The Marshall Times

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Calvert City named City Government of the Year for 2025 by Kentucky League of Cities

The City of Calvert City has been named the 2025 City Government of the Year by the Kentucky League of Cities (KLC). An independent panel of judges selected Calvert City from several nominations, recognizing the city for its transformational achievements and outstanding leadership.

KLC has presented the City Government of the Year Award annually since 1999, honoring cities that demonstrate innovation, excellence in governance, and community impact. The award will be formally presented to Calvert City officials at the KLC Conference on September 26 in Owensboro, Kentucky.

"This award is a testament to the dedicated leadership of our employees, especially those at the retirement level

whose hard work has laid the foundation for this recognition," said City Administrator John Ward. "Their vision and combined experience of over 75 years brought Calvert City to this proud moment, and they deserve to be celebrated."

Mayor Gene Colburn added, "Calvert City exemplifies the best of Kentucky—resilient, resourceful, and rooted in community. With trailblazing initiatives, nationally recognized infrastructure, a growing economic footprint, and a powerful civic spirit, we continue to prove that size is no barrier to excellence."

With many employees at retirement age, city officials emphasized that the award comes at the perfect time to honor the achievements of staff whose service and

dedication have shaped the city's progress. From police and fire to public works, utilities, clerks, managers, board and council members—every member of our team helps make Calvert City the vibrant, welcoming community we all call home.

The Kentucky League of Cities (KLC) is a nonprofit membership organization representing more than 380 cities across the Commonwealth. Since its founding in 1927, KLC has provided advocacy, training, research, and resources to help cities thrive, promoting effective local governance and community development throughout Kentucky.

For more information about the City Government of the Year Award and Calvert City's recognition, visit www.

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saving in any manner.

ARKEMA Opens New Production Unit in Calvert City

By Kelsey Edwards Marshall Times Editor

ARKEMA, a chemical manufacturer held its ribbon cutting for a new production unit at its plant in Calvert City, Kentucky. The new production unit was around a 60 million dollar unit, and in a news release, Arkema said the facility will produce a liquid blowing agent that is used for temperature control in homes and other buildings which will help improve energy efficiency. During the celebration, the company said the cooling agent is especially important in relation to the growth of artificial intelligence and increased demand for data centers in the U.S. It was stated that the product, Forane Foam Blowing Agent 1233zd, was largely made overseas and imported to the U.S., and now the Calvert City site will be one of two in the nation where it is made. "The new production unit manufacturing Forane FBA 1233zd and Forane HTS 1233zd further enables Arkema's strategy to become a leader in specialty materials," a statement from Arkema Inc. President/CEO Tony O'Donovan read. "This unit will serve both U.S. and international customers providing regional supply reliability and flexibility in case of supply chain or other disruptions." Additionally, the company did make note that Forane FBA 1233zd "doesn't deplete the ozone and has virtually no impact on global warming." The Arkema Calvert City plant has been in operation since 1949 and currently employs about 250 people.

Kentucky Issues Countywide Burn Ban Due to Dry Conditions

Marshall County,

Marshall County officials have issued a countywide burn ban effective immediately due to increasingly dry weather conditions and an elevated risk of wildfires. The decision was made in coordination with local fire departments and emergency management agencies to help protect residents, property, and natural resources from the threat of uncontrolled fires.

The ban prohibits all outdoor burning, including the burning of brush, trash, campfires, and any open flame activities outside of contained grills or approved fire pits. Violating the burn ban could result in fines or other enforcement actions as determined by county officials.

"With little rainfall in recent weeks and ongoing high temperatures, conditions are ripe for wildfires," said Marshall County Emergency Management Director Curt Curtner. "Even a small spark can quickly turn into a dangerous fire under these circumstances. We're asking all residents to do their part in keeping the community safe."

The burn ban will remain in effect until significant rainfall reduces the fire risk, at which point officials will reassess the situation. Residents are encouraged to monitor local news outlets, the Marshall County Emergency Management Facebook page, or the county government website for updates.

Local fire departments have already responded to several small brush fires in recent days, which were fortunately contained before causing significant damage. Officials warn that continued dry weather could make future incidents more difficult to control.

"We know burn bans can be inconvenient, especially for those doing land clearing or outdoor projects," said Curtner. "But safety must come first. We appreciate everyone's cooperation."

As fall approaches and drought conditions persist across parts of Kentucky, similar bans have been issued in neighboring counties. Residents are reminded to stay vigilant, report any signs of wildfire, and take all necessary precautions during this high-risk period.

Marshall County FRYSC Now Taking Christmas Assistance Applications

By Kelsey Edwards

Marshall Times Editor

Even though the Christmas season is still a few months away, preparation for one of the busiest times of year has already started including groups who help families in need across west Kentucky such as the Marshall County Schools Family Resource Youth Service Centers (FRYSC). The MC FRYSC has started taking applications for those who are in need of Christmas assistance. The organization starts promoting the program this early due to the amount of time it takes to complete the process.

Any family who is interested in applying for Christmas assistance should reach out to the FRYSC coordinator for their children or their school. Once that is complete, the coordinator will send each family a link to complete a digital questionnaire before going any further in the process. If you are wanting to register, you must do so with the coordinator of the correct school by 3 p.m. on October 2, 2025.

Once the questionnaire is complete, the coordinator will then schedule an interview with the parents or guardians. Each center handles that process differently, some schools have the guardians of elementaryage students usually attend the interview in person, while guardians of middle school and high school-age students

are usually interviewed over the phone. It was said that the interviews cover more than just Christmas needs and will also allow coordinators to better connect with the families they are serving, in addition to finding other needs the family may have. After those two steps are completed, a parent class is required. This can be fulfilled by either completing a set of virtual modules by October 31 or by attending the Marshall County Health Fair which is at the end of this month, on September 30, 2025. The final step of the process is to fill out an application that includes the child's clothing sizes and wish list. These applications are due by October 31, 2025. Once that deadline has passed, each of the centers begin to secure sponsorships and donations in order to provide those needs to the families.

If you are a business, churches, organizations, a family, etc. who is interested in donating and/or sponsoring a child or family, you need to contact one of the centers around November 1. While sponsorships often come from area churches and organizations, Byers encourages anyone interested in donating or sponsoring to reach out. All the centers will accept donated items based on the wish lists, but they also accept monetary donations that the coordinators can use to

purchase the items on the wish

lists. While the wish lists include various items that the children may request, the centers begin with buying each child two or three complete outfits, prioritizing needs for coats and shoes. After that has been completed, the coordinators will then move on to toys for the younger children and other items for middle and high school students. They are also requesting that sponsors need to make sure all gifts are dropped off at the correct center by December 5 in order to have the time to prepare the items and that they are sent to the families as quickly

as possible. Here is the person and contact information for your child's school. For Marshall County High School, Paige Buchanan at 270.527.1453 or paige.buchanan@ marshall.kyschools.us. North and South Marshall Middle Schools you can reach out to Glenda Byers, at 404.855.1943, or glenda. byers@marshall.kyschools.us. For Benton and Central Elementary Schools, your contact person is Melissa Elrod at 270.527.3373 or melissa.elrod@marshall. kyschools.us. For Calvert and Sharpe Elementary Schools contact Crystal Thorning at 270.395.4664 or crystal.thorning@ marshall.kyschools.us. Lastly, for Jonathan and South Marshall Elementary Schools, you can reach out to Melanie Grimes at 270.354.6450, or melanie.grimes@

marshall.kyschools.us.

Ballard Memorial families open homes, hearts to exchange students

By Laurna Todd KPI Writer

At Ballard Memorial High School, the world feels a little smaller this year. With 11 exchange students enrolled, the hallways buzz with languages, traditions, and perspectives from across the globe. But the exchange program is about far more than travel or academics—it's about relationships, family, and the life-changing impact of cultural exchange.

For the students, living in the United States is a chance to experience American traditions in a way no textbook could capture. For the families who open their homes, it's an opportunity to give a young person a dream come true and in return, gain new traditions, perspectives, and often, a "son" or "daughter" for life.

Families Who Said "Vos"

When asked why she decided to host, **Brandy Robertson** shared that she wanted her boys to learn about other cultures while helping a student achieve their dream stating, "Well I thought it would be a great opportunity to introduce my boys to different cultures but also to give a student the chance at their

dream! Many of these students wait years to be chosen. "

Her family welcomed Tjark from Germany, she says the experience has been rewarding for everyone. "The Ballard community has been so welcoming," Brandy added. "They've treated Tjark and the other students like family."

For Marilyn Ingram, the decision came unexpectedly. After a phone call from the local exchange coordinator, she and her husband agreed to host. Soon after, they welcomed Andrea from Italy, a 6'5" teen with a big smile and an even bigger love for basketball. Ingram stated, "Clutching our welcome signs, we anxiously waited for him to come through door, and he had the biggest smile on his face when he saw us even though he had been awake for over 24 hours flying. I had no idea what hosting was about at the time, but Andrea soon became part of our family and a Ballard Bomber."

The experience was so meaningful that the Ingrams are now in their second year of hosting, this time welcoming Alice from Belgium. "The biggest surprise was how fast the time flew by and how hard it is to say



The First Community Bank of the Heartland Ballard County team welcomed 11 exchange students to Ballard Memorial High School at the start of the school year, gifting them Bombers spirit gear as a show of community support.

goodbye," Marilyn reflected. "These students become your children. You celebrate victories, share disappointments, and continue to stay in touch long after they return home."

For Christy Overstreet, it was her son Wyatt who pushed for their family to host. When she read the student profile of Riccardo from Italy, she was captivated by his mother's description of him as "a hurricane of joy."

Sara Shoulta, who has hosted seven exchange students over the years discussed how impactful these students are to their family and community Shoulta states, "A very strong bond is formed over the next 9 months and the students becomes a HUGE part of your heart and family. We are super close to all 7 of our exchange students and we have visited them in Europe as well as many of ours has been back to the states several times to visit us again.

And most of the time when they return they bring their parents back to meet us which is the best part."

A Two-Way Exchange

For the students, the program means living everyday American life: attending classes, joining sports teams, celebrating holidays, and being embraced by new families. For the host families, it's a chance to see their own community through new eyes and to build friendships that stretch across

continents.

The exchange doesn't end when the students return home. Lifelong connections are made—connections that reshape families, strengthen communities, and remind everyone that hospitality has the power to bridge cultures.

At Ballard
Memorial, opening
your home to an
exchange student
means opening your
heart as well. And in
the process, the world
feels just a little
closer to home.











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270-554-7750 Randy and Andrea Orr

Local senior representing Kentucky on national council

Brody Miller shares experience with electric co-op leaders

Louisville, Ky -Brody Miller, a McCracken County High School senior, is Kentucky's 2025 delegate to the National Rural **Electric Cooperative** Association (NRECA) Youth Leadership Council. Miller, a Paducah native, spoke about his experience in an address to more than 300 electric cooperative leaders during the Kentucky **Electric Cooperatives**

79th Annual Meeting in Louisville.

Each year, one student from each delegation on the NRECA Electric Cooperative Youth Tour is selected to represent his or her state on the Youth Leadership Council, a national program that builds leadership and public speaking skills while deepening students' understanding of the energy industry and the cooperative business

model.

Kentucky Electric
Cooperatives has
coordinated the Youth
Tour since 1972,
providing rising high
school seniors the
opportunity to gain a
personal understanding
of American history
and their role as
citizens and members
of electric cooperatives.
The students tour
monuments and

see MILLER, page A3



Lifeline's 16th annual golf tournament raises \$50,000 for addiction recovery

Approximately 100 golfers on 25 teams raised \$50,000 Friday at Lifeline Recovery Center's 16th annual golf tournament.

The tournament at Paxton Park Golf Course benefits Lifeline's residential treatment services for those struggling with addiction.

Todd Trimble, tournament chair and Lifeline board member, said the event offers an opportunity for golfers to support a good cause and have fun together. Proceeds help keep costs low for those seeking treatment at Lifeline's separate men's and women's campuses. "Because of community support, we can offer a long-term residential treatment program at a fraction of the cost of most 30-day treatment programs," Trimble added.

Ashley Miller, Lifeline's executive director, said donations can make the program available to more people. "Currently, our facilities allow us to accept close to 80% of all applicants," Miller said. "Community support helps us grow, so we can help more people struggling with addiction."

Lifeline Recovery Center, a Christcentered recovery program founded in 2004 in Paducah, Ky., has served more than 2,500 individuals with a 60% success rate of sobriety after one year. Charitable donations account for more than 35% of Lifeline's annual budget. To learn more or make a donate, visit Lifeline RecoveryCenter.org.



Dr. Rand Paul Congratulates Hempwood on Their Facility. Congratulations to HempWood on the grand opening of their second facility! "I was honored to do the hemp wood "board cutting" in Murray recently and look forward to hearing all about the continued growth and success of this great Kentucky company," Paul said. "I'm proud to support Kentucky's hemp industry!"

Baptist Health Paducah names Honey BEE award recipient

(PADUCAH, KY)
— Christy Harris,
Patient Access
Coordinator has
received the Honey
BEE Award at Baptist
Health Paducah.

The Honey BEE
Award is a prestigious
recognition given
to staff members
who consistently
demonstrate
compassion, empathy,
trust, teamwork and
a desire to go the
extra mile to create
exceptional patient
experiences.

Recipients are honored for their dedication to "Being Extraordinary Every Day" or BEE. The hospital recognizes one staff member with this special honor quarterly.

Below is the nomination



Christy Harris

submitted in Christy's honor:

"Christy was handling a telephone call regarding an appointment. She recognized that the patient did not sound right. Christy asked the patient if there

was someone she could call for him.

He stated that he did not have any emergency contacts. Christy was able to connect with him the nurse line. The patient was brought to the hospital for a stroke. Christy demonstrates the importance of listening to patients and recognizing potential problems even over the telephone. She very well may have saved his life this day."

Go to the website to nominate a worthy candidate for the Honey BEE Award.

To learn more about career opportunities at Baptist Health Paducah, visit BaptistHealth.com/Careers.

MILLER, from page A2

historic sites and meet with members and staff of Kentucky's congressional delegation. In 2025, Miller and more than 60 other Kentucky high school students also visited the White House.

Sponsored by
Jackson Purchase
Energy Cooperative,
Miller has taken the
initiative to meet with
leaders from his co-op
to learn firsthand about
the seven cooperative
principles and how
electricity powers
homes, schools and
businesses in his
community.

In his remarks, Miller shared how the Youth Tour gave him the confidence to pursue his goals without fear of judgment.

"Have you ever been

so afraid of being different, or of being made fun of, that you didn't do something important to you? That was me until Youth Tour," Miller said. "It set me free to be the me I'm meant to be."

Since his Youth Tour experience, Miller has volunteered at the Boys and Girls Club, met with local leaders about economic development and engaged in discussions about artificial intelligence and clean energy.

"I may only be an 18-year-old high school kid, but I'm no longer afraid to raise my hand, ask the hard questions, and chase the big dreams," Miller said. "Youth Tour taught me this: Fear is temporary; regret is forever."

Mallory Wafzig, Kentucky Electric Cooperatives manager of cooperative outreach, praised Miller's message. "Brody is a shining example of how Youth Tour changes lives," she said. "He



Brody Miller speaks at the Kentucky Electric Coop 79th annual meeting. Photo by Tim Webb

represents the best of our next generation of leaders, and his passion for co-ops, community and innovation is inspiring to us all."

Miller plans to study opportunities in the energy sector while staying involved with electric cooperatives.

"The best way to predict the future," he concluded, "is to help create it."



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WKCTC Adult Education Receives \$5,000 Grant from the Dollar General Literacy Foundation to Support Family Literacy

The Dollar General Literacy Foundation (DGLF) recently awarded the WKCTC Adult Education a \$5,000 grant to support family literacy. The funds are a part of a record-setting, oneday donation in the Foundation's history of more than \$13.2 million to support adult, family, and summer literacy programs in the 48 states in which Dollar General operates.

"We are honored to receive the 2025 Dollar General Family Literacy Grant in partnership with the Adult Education program housed on the campus of West Kentucky Community and Technical College," said Andy Wilson, Executive Director of the Paducah Junior College Foundation.

"This funding enables us to launch programs and practices that support parents and children learning together in ways which improve reading, writing, and other foundational skills. These programs are very important in helping break cycles of low literacy and generational poverty,"



added Monty Rogers, Director of WKCTC Adult Education.

The Dollar General Literacy Foundation (DGLF) supports organizations which increase access to educational programming, stimulate and enable innovation in the delivery of educational instruction and inspire a love of reading. Each year, DGLF awards funds to nonprofit organizations, schools, and libraries within a 15-mile radius of a Dollar General store or distribution center to support adult, family, summer and youth literacy programs.

The Foundation also offers a student referral program for individuals interested in learning how to read, speak English, or prepare for the high school equivalency exam. Referrals to a local organization that provides free literacy services are available online here or through referral cards found in the Learn to Read brochures that are available at the

Dollar General store. "For over 30 years, the Foundation has been investing in literacy and basic education programs in our hometown communities," shared Denine Torr,

cash register of every

executive director of the Dollar General Literacy Foundation.

"Today's grant announcement is a celebration of our unwavering commitment to student and teacher success. We are grateful to all the grant recipients for their commitment to advancing education and helping students thrive."

The Foundation also recently launched its sixth annual The Yellow Glasses Project campaign on July 21, 2025, in which customers may purchase yellow sunglasses at Dollar General stores for \$2 each to benefit the DGLF.

Kentucky State Police Post 1 welcomes new post commander

MAYFIELD, Ky.

— Kentucky State
Police (KSP) Post 1 is
proud to announce the
arrival of new Post
Commander, Captain
Joey Adams, a 26 year
veteran of the agency.

While Captain

Adams is new to the roll of Post Commander, he is no stranger to Post 1. A native of Carlisle County, Captain Adams began his career as a trooper in July of 1999 upon graduation from KSP Cadet Class 76. He was first assigned to Post 8, Morehead before coming home to Post 1 in 2001. Captain Adams remained at Post 1 for 17 years, serving 14 of those years as a Sergeant. Captain Adams has held the ranks and titles of Trooper, Detective, **Squad Sergeant** and Administrative Sergeant at Post 1. In September 2018, Captain Adams transferred to the Division of Forensic Services, where he served as the Commander, supervising all six forensic laboratories and the Sexual **Assault Kit Initiative** (SAKI) Investigative Team. While in the Division of Forensic Services, Captain Adams promoted to Lieutenant in September of 2019 and then Captain in September of 2021. After 7 years away at the Division of Forensic Services, we are excited to welcome him back home to Post

Before beginning his career with KSP, Captain Adams obtained his Associate Degree from Paducah Community College and his Bachelor's Degree in Police Administration from Eastern Kentucky University. Captain Adams also served a combined 5 years with the Carlisle County Sheriff's Office and Paducah Police Department, graduating with class 250 of the Department of Criminal Justice Training Academy in

Captain Adams has served a noteworthy career filled with awards and accomplishments. He has received two **KSP Commissioners** Commendation Awards. He was named the Four Rivers Behavior Health Crisis Intervention Team (CIT) Officer of the Year in 2010 and 2013 and the NAMI Kentucky CIT Officer of the Year in 2014. In 2016 he received the Four Rivers Behavioral Health Lovey Raburn Award. In addition to these awards, he is a Collision Reconstructionist and certified Kentucky Law Enforcement

As we welcome Captain Adams to his new role as the Post 1 Commander, we also congratulate his predecessor, Major David Archer, on his recent promotion. After 5 years as the Post 1 Commander, Major David Archer will now serve kor as the West Troop Major, overseeing operations among the 8 post districts in the west half of the commonwealth.

Council Instructor.



Captain Joey Adams

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INCENTIVES PROGRAM (CAIP)
Applications are available for McCracken

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

Application Period:

COUNTY AGRICULTURAL

August 26 through September 19, 2025

No applications will be accepted before August 26 or after 4:30 pm September 19

Application Availability:

McCracken Co Soil Conservation District anytime in the box on the office door McCracken Co Cooperative Extension Office Monday – Friday, 8:00 – 4:30

For More Information:

Contact Amanda Tilford at (270) 554-5242 or email mcccd@vci.net

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

***Youth Program for ages 9 and up also available

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WEST KY SPORTS

Glisson finishes runner-up All A State

By Tim Taylor

The pressure to compete and win a championship is tough. To win a 2nd title is tougher and to win a third is even tougher. The pressures to win 4 consecutive championships is unimaginable, much less for that type of pressure and expectations to be placed on a teenager. That must have been on the mind of Ballard Memorial's Madison Glisson as she entered the All A State Golf Tournament. You would not be able to tell it from her play on the golf course as she held her composure though things did not go as planned. She battled throughout the day at the University Club at Arlington in Richmond but came one spot short of her 4-peat attempt at another All A individual title. Her expected toughest competition was from Kenzie Willen of Cumberland County who entered the tournament as leader in Kentucky

all high school girl competitors. While Glisson was off slightly on some of her longer putts, Willen was finding herself a little closer and was able to make some putts. Willen birdied holes 3 and 6 while Glisson parred the holes. Hole 10 would be the turning point. Glisson bogeyed her 2nd consecutive hole while Willen birdied hole 10 to go ahead of Glisson by 4 shots. While Glisson got her first birdie on hole 12, Willen eagled the hole to improve to 5 under while Glisson was at 1 over par. The Lady Bomber senior birdied 3 of her final 7 holes to finish the tournament at 1 under par 71 but was 3 behind Willen who captured her first ever All A title. Glisson found herself tied for 2nd place. Showing her mental toughness, Glisson had to go into a playoff for 2nd place. She birdied the same hole 10 she bogeyed in regulation to claim the runner up finish. "I played pretty good. I could have made some putts out there,



but I am just happy to finish 2nd and win the playoff." Not winning her 4th All A Title may be the motivation needed to propel her to win the overall KHSAA Championship Golf Tournament in October. Glisson next competes in the Kentucky Golf Coaches Association

All State Invitational on September 13th and 14th in Lexington.

Earlier in the week, Glisson won a match against Fulton County shooting a 2 under par 34 at the Ballard **County Country** Club while in boys' action, Lynden Davis shot a 42 to take boys medalist honors.

HIGH SCHOOL VOLLEYBALL KVCA Region 2 Top 5 poll released

Staff Report

LEXINGTON — Henderson County is ranked number one in the first KVCA Region 2 Top 5 Poll of the 2025 high school volleyball season.

The Kentucky Volleyball Coaches Assocoiation released the KVCA Region 2 Top 5 Poll on Wednesday. Sept. 3.

Christian County (2), Caldwell County (3), Crittenden County (4) and Heritage Christian Academy (5) accompany Henderson County in the KVCA Region 2 Top 5 Poll.

The Kentucky Volleyball Coaches Association ranks the top five teams in each of the state's 16 regions.

The KVCA Region 2 Top 5 Poll follows.

KVCA Region 2 Top 5 Poll

- 1. Henderson County
- 2. Christian County
- 3. Caldwell County 4. Crittenden County
- 5. Heritage Christian
- Academy

2. Mercy Academy

3. Bowling Green

5. Elizabethtown

6. Notre Dame

7. Sacred Heart

8. Lexington Catholic

11. DuPont Manual

13. West Jessamine

14. McCracken County

12. South Warren

15. Beechwood

16. North Oldham

17. Central Hardin

4. St. Henry

9. Ballard

10. Ryle

HIGH SCHOOL VOLLEYBALL McCracken County ranked 14th in KVCA Poll

Staff Report

PADUCAH — McCracken County is ranked 14th in the KVCA Top 25 Poll.

The Kentucky Volleyball Coaches Association (KVCA) released its first regular season poll for the 2025 season on Wednesday, Sept 3.

McCracken County remains the frontrunner in the 1st Region. A perennial title contender, McCracken County is among the state's best high school volleyball

Assumption is ranked first in the KVCA Top 25 Poll, which follows.

KVCA Top 25 Poll

18. Holy Cross (Louisville)

19. Frederick Douglass 20. Paul Laurence Dunbar

21. Christian Academy-Louisville

- 22. Great Crossing
- 23. Tates Creek
- 25. Henry Clay
- 24. Greenwood

1. Assumption

New practice facility will keep UK basketball among elites

By Keith Taylor Kentucky Today

All State points for

Kentucky has always been on top of the game when it comes to athletic facilities, especially pertaining to men's basketball.

It shouldn't come as a surprise that the athletic department, now under the umbrella of non-profit Champions Blue LLC, approved the first step toward the first stage of a sports medicine facility that would also feature a practice facility for the men's basketball team.

The design phase of the project, which is likely to cost approximately \$1 million, would still need to be approved by the school's board of trustees. The initial step has already cleared the first hurdle, which means plans for a new men's basketball practice facility is beyond the brainstorming phase.

Those who have been charged with overseeing the athletics program, mainly the men's basketball team throughout the history of time, have always dreamed big when it comes to staying ahead with the changing times.

It all began when historic Memorial Coliseum — The House that Rupp Built — served as home to the Wildcats from 1950-1976. The coliseum was constructed in honor of those lost in World War I, World War II, and the Korean War. When it opened in 1950, the arena had a capacity of 12,000 and was one of the largest venues in the

Over time, the "House that Rupp Built" wasn't enough to accommodate the team's fan base, and a move to 24,000-seat Rupp Arena in 1976 began a new era for the men's basketball team

and other programs across the nation. Many Kentucky's lead and began building larger arenas of their own to keep up with the Wildcats.

Late coach Joe B. Hall was even innovative and added the team's own living quarters -Wildcat Lodge. The team now resides in Wildcat Lodge, which is adjacent to Memorial Coliseum, where the dream big ideas began more than seven decades ago.

Memorial Coliseum remained a practice facility for the Wildcats until the Joe Craft Center opened in 2007. The modern facility provided an immediate need for a more adequate practice facility for the men's and women's basketball teams

It's hard to believe the Craft Center is nearly 20 years old and remains in good shape for its age. However, the time has come to think ahead toward the future, just as the school did when Rupp Arena was built to replace an outdated Memorial Coliseum.

While thinking ahead, Kentucky athletics director Mitch Barnhart has preserved the past with the recent renovation of Historic Memorial Coliseum, which serves as home to the women's basketball and volleyball teams.

The venue combines the old with the new and gives the arena an updated facelift, especially within the interior of the structure.

In order for Kentucky to remain among the elite programs in the nation, facility upgrades are needed periodically. A new men's basketball practice facility within the next couple of years will keep the Wildcats ahead of the competition





GIRLS' HIGH SCHOOL SOCCER Marshall County shuts out Murray

Staff Report

BENTON — Marshall County shut out Murray 2-0 in a 2nd District girls' soccer match on Tuesday, Sept. 9.

Multiple players contributed for Marshall County in its shutout win.

Chaney Green and Lily Hays scored one goal apiece for the Lady Marshals.

Chipping in offensively for Marshall County, Maddie Reed distributed one assist.

Defensively for Marshall County, goalkeeper Savannah Dodd recorded a shutout. Dodd, a defensive standout, logged three saves during the district match.

Marshall County and Murray aren't scheduled to meet again in the current regular season.

Both Marshall County and Murray will compete in the 2nd District Girls' **Soccer Tournament** at the conclusion of the regular season.

GIRLS' HIGH SCHOOL SOCCER Marshall County 8, Paducah Tilghman 0

Staff Report

BENTON — Marshall County shut out Paducah Tilghman 8-0 in its season opener.

The Lady Marshals excelled in each half of the girls' high school soccer match.

Marshall County benefitted from a balanced offensive attack. London Lockhart (two goals, two assists), Rylee Teague (two goals, one assist), Addi Wall (two goals), Chaney Green (one goal), Harper Smith (one goal) and Maddie Reed (one assist) each produced offensively for the Lady Marshals.

Defensively for Marshall County. goalkeeper Savannah Dodd recorded a shutout. Dodd delivered one save in Marshall County's convincing victory over 1st Region counterpart Paducah Tilghman.



The Mayfield girls' soccer team finished as the 2025 All "A" Classic Regions 1 & 2 Sub-State Runner-up. photo courtesy of Mayfield High School Girls' Soccer



Calloway County won the 2A, Section 1 Volleyball Championship at Murray on Thursday, Sept. 4. The Lakers outlasted Webster County 3-2 (25-19, 25-23, 18-25, 13-25, 15-9) in the 2A, Section 1 Volleyball Tournament title match.

photo courtesy of Calloway County High School



Calloway County won the 2A, Section 1 Girls' Soccer Championship on Thursday, Aug. 28. The Lakers edged Murray 1-0 in the 2A, Section 1 Girls' Soccer Tournament title match.

photo courtesy of Calloway County High School I

High School Scoreboard

Results from Tuesday, Sept. 9

BOYS' SOCCER Calloway County 5, Hopkinsville 1 Mayfield 6, Caldwell County 2

McCracken County 4, Paducah Tilghman 1

Calloway County 9, Fort Campbell 1 Marshall County 2, Murray 0 McCracken County 9

GIRLS' SOCCER

McCracken County 9, Paducah Tilghman 1

VOLLEYBALL Ballard Memorial 3, Livingston Central 0 Carlisle County 3, Fulton County 0 Marshall County 3, Murray 0

Mayfield 3, St. Mary 0 Paducah Tilghman 3, Christian Fellowship 2

Results from Monday, Sept. 8

BOYS' SOCCER University Heights 3, Mayfield 2

GIRLS' SOCCER
Calloway County 8,
Hopkinsville 0
Trigg County 6,
Graves County 2
University Heights 8,
Mayfield 0
Crittenden County 8,
Union County 0
Henderson County 3,
Caldwell County 0

VOLLEYBALL Carlisle County 3, Calloway County 0 Fulton County 3, Paducah Tilghman 2 Mayfield 3, Community Christian 0

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Cards will open, close ACC games on road; Duke to be league home debut foe

By Russ Brown, Kentucky Today

LOUISVILLE, Ky. (KT) -- Louisville will open its 2025-26 Atlantic Coast Conference basketball season away from home. A long way from home.

The Cardinals will tip off their league schedule on the West Coast against the two California members. They will face Cal on either Dec. 30 or 31 before playing Stanford on Friday, Jan. 2.

The ACC schedules released Tuesday afternoon have U of L playing its league home opener in the KFC Yum! Center against Duke on Jan. 6 or 7 to start a three-game homestand, with Boston College on Saturday, Jan. 10 and Virginia on Jan. 13 or 14 following the Blue Devils. The Duke game will be a rematch of last year's ACC championship game won by the Devils.

A weekend trip to Pittsburgh on Saturday, Jan. 17 will precede a weeklong break before hosting Virginia on Jan. 24. Then the Cards will travel to Duke on Jan. 26 for a rematch. They will return home to meet SMU on Saturday, Jan. 31 and Notre Dame on Feb. 3 or 4.

After starting the season on the road, Louisville will also end it on the road, playing six of its final nine

games away from the Yum! Center, starting at Wake Forest on Saturday, Feb. 7.

The Cards will have a single home appearance against NC State on Monday, Feb. 9 prior to a road swing to Texas, where they will take a break from their league slate to play Baylor at Dickies Arena in Fort Worth on Saturday, Feb. 14 and stay in the Lone Star State for a game at SMU on Feb. 17 or 18.

U of L's final Saturday home game will be against Georgia Tech on Feb. 21 and its final Monday game at North Carolina on Feb. 23.

The Cards will travel to Clemson on Saturday, Feb. 28 before playing their final home game against Syracuse on March 3 or 4 and wrapping up their regular season on Saturday, March 7.

Television and tip times have yet to be announced, as well as a specific date in some cases. Six of Louisville's games are listed as Tuesday or Wednesday. The full schedule with dates and times will be announced in the coming weeks.

The ACC Tournament returns to the Spectrum Center in Charlotte, N.C. March 10-14, with the top 15 teams in the a8-team league earning a spot in the event.

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Patterson runner up; Racers take fourth at Total Athlete Collegiate

The Racers opened the fall season with a solid showing at the Country Club of the North

Patti PattersonThe
Murray State women's
golf placed fourth and
Patti Patterson brought
home a runner-up
showing in the Racers'
fall opener in The Total
Athlete Collegiate at
the Country Club of the
North in Xenia, Ohio.

The Racers carded team scores of 297-293-312=902.

MSU's Patti Patterson was the runner-up on scores of 72-70-76=218, just two shots off the pace of medalist winner Sofia Perez Escarcena of Youngstown State at 216.

The Racers got a sixplace showing from Tina Von Arx on scores of 71-71-79=222.

Next up for the Racers is The Velvet (Sept. 15-16) at the Country Club of Paducah (KY). The event is named in honor of Murray State Hall of Famer, Coach Velvet Milkman, who launched the MSU women's golf program in 1993 and led it for 28 years. Milkman's teams won 12 Ohio Valley Conference championships and made seven NCAA Regional appearances.

Total Athlete Collegiate Sept. 8-9, 2025 Country Club of the

North - Xenia, Ohio Par 72/6,237 yards FINAL SCORES Team Youngstown State 302 289 295 886



Tennessee Tech 295 296 307 898

Akron 310 286 303 899 Murray State 297 293 312 902

Austin Peay 308 304 301 913

Northern Kentucky 318 315 303 936

Eastern Illinois 323 315 328 966

Bellarmine 339 315 312

Cedarville 362 347 351 1060

4 Murray State 297 293 312 902

2 Patti Patterson (2) 72 70 76 218 +2

6 Tina Von Arx (1) 72 71 79 222 +6

16 Elin Tynan (3) 77 75 75 227 +11 19 Ella Scherer (I) 75

76 78 229 +13 28 Alyvia Boddie (4) 76 77 82 235 +19

30 Kylah Lunsford (5) 80 78 83 +25

Boys' High School SoccerMustangs shut out Blue Tornado

Staff Report

PADUCAH — McCracken County defeated Paducah Tilghman 4-1 in a 1st District boys' soccer match on Tuesday, Sept., 9.

Maks Hazel led McCracken County to the district win, scoring two goals for the Mustangs.

Eli Riley and Dawson Beyer accompanied Hazel in McCracken County's scoring column, netting one goal apiece.

Chipping in offensively for

McCracken County, Brady Hayden and Mason Atnup each dealt out one assist.

McCracken County goalkeepers Braxton Freeman (two saves), Cameron Sullivan (one save) and Lane Grace combined to hold Paducah Tilghman to one goal.

Paducah Tilghman avoided being shut out when Oliver Eck scored off an assist from Charlie Wolfrom.

Defensively for Paducah Tilghman, goalkeeper Braden Talbert recorded five saves while allowing four goals.

Boys' High School SoccerTigers blank Marshals

Staff Report

MURRAY — Murray shut out Marshall County 3-0 in a 2nd District boys' soccer match on Tuesday, Sept. 2.

The Tigers benefitted from a balanced offensive attack. Brady Burkeen (one goal, one assist), Kellen Crouch (one goal, one assist), Henri Acreman-Nyamwala (one goal) and Elias Houck (one assist) accounted for Murray's offense.

Goalkeeper Hank Fronza led Murray defensively, recording a shutout. Fronza delivered two saves for the Tigers.

Defensively for Marshall County, goalkeeper Carson Lovett logged five saves while allowing three goals.

Murray and Marshall County aren't scheduled to meet again in the current regular season.

Both Murray and Marshall County will compete in the 2nd District Boys' Soccer Tournament at the conclusion of the regular season.



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Conservative activist Charlie Kirk fatally shot in act of 'political assassination' at Utah college

By Hannah Schoenbaum, Alana **Durkin Richer, Mark Sherman and Eric Tucker**

OREM, Utah (AP) — Charlie Kirk, a conservative activist and close ally of President Donald Trump who played an influential role in rallying young Republican voters, was shot and killed Wednesday at a Utah college event in what the governor called a political assassination carried out from a rooftop.

"This is a dark day for our state. It's a tragic day for our nation,' said Utah Gov. Spencer Cox. "I want to be very clear this is a political assassination."

No one was in custody late Wednesday, though authorities were searching for a new person of interest, according to a law enforcement official familiar with the matter who was not authorized to discuss the situation by name and spoke on condition of anonymity. Authorities had earlier provided evolving information on the status of the manhunt, with FBI Director Kash Patel initially saying on social media that a "subject" had been taken into custody, only to later say that the person had been released after being questioned.

Authorities did not immediately identify the person who had been in custody, a motive or any criminal charge.

But the circumstances of the shooting drew renewed attention to an escalating threat of political violence



Charlie Kirk hands out hats before speaking at Utah Valley University in Orem, Utah, Wednesday, Sept. 10, 2025.

(Tess Crowley/The Deseret News via AP)

in the United States that in the last several years has cut across the ideological spectrum. The assassination drew bipartisan condemnation, but a national reckoning over ways to prevent political grievances from manifesting as deadly violence seemed

Videos posted to social media from Utah Valley University show Kirk speaking into a handheld microphone while sitting under a white tent emblazoned with the slogans "The American Comeback" and "Prove Me Wrong." A single shot rings out and Kirk can be seen reaching up with his

Associated Press was able to confirm the videos were taken at Sorensen Center courtyard on the Utah elusive. Valley University campus. Kirk was speaking at a debate hosted by his nonprofit political organization. Immediately before the shooting, Kirk was taking questions from

> and gun violence. "Do vou know how many transgender Americans have been mass shooters over the last 10 years?" the person asked. Kirk responded, "Too many."

an audience member

about mass shootings

right hand as a large

from the left side of

spectators are heard

gasping and screaming

his neck. Stunned

before people start

to run away. The

volume of blood gushes

The questioner followed up: "Do you know how many mass shooters there have been in America over the last 10 years?"

'Counting or not counting gang violence?" Kirk asked.

Then a single shot rang out. The shooter, who Cox pledged would be held accountable in a state with the death penalty, wore dark clothing and fired from a roof on campus some distance away.

The death was announced on social media by Trump, who praised the 31-year-old Kirk, the co-founder and CEO of the youth organization Turning Point USA, as "Great, and even Legendary."

"No one understood or had the Heart of the Youth in the United States of America better than Charlie," Trump posted on his Truth Social account.

Utah Valley University said the campus was immediately evacuated and remained closed. Classes were canceled until further notice. Those still on campus were asked to stay in place until police officers could safely escort them off campus. Armed officers walked around the neighborhood bordering the campus, knocking on doors and asking for information

on the shooter. Officers were seen looking at a photo on their phones and showing it to people to see if they recognized a person of interest.

The event, billed as the first stop on Kirk's "The American Comeback Tour," had generated a polarizing campus reaction. An online petition calling for university administrators to bar Kirk from appearing received nearly 1,000 signatures. The university issued a statement last week citing First Amendment rights and affirming its "commitment to free

speech, intellectual inquiry, and constructive dialogue."

Last week, Kirk posted on X images of news clips showing his visit was sparking controversy. He wrote, "What's going on in Utah?"

The shooting drew swift condemnation across the political aisle as Democratic officials joined Trump, who ordered flags lowered to half-staff and issued a presidential proclamation, and Republican allies of Kirk in decrying the violence.

"The attack on Charlie Kirk is disgusting, vile, and reprehensible," Democratic California Gov. Gavin Newsom, who last March hosted Kirk on his podcast, posted on X.

"The murder of Charlie Kirk breaks my heart. My deepest sympathies are with his wife, two young children, and friends," said Gabrielle Giffords, the former Democratic congresswoman who was wounded in a 2011 shooting in her

Arizona district. The shooting appeared poised to become part of a spike of political violence that has touched a range of ideologies and representatives of both major parties. The attacks include the assassination of a Minnesota state

lawmaker and her husband at their house in June, the firebombing of a Colorado parade to demand Hamas release hostages, and a fire set at the house of Pennsylvania's governor, who is Jewish, in April. The most notorious of these events is the shooting of Trump during a campaign rally last year.

Former Utah congressman Jason Chaffetz, a Republican who was at Wednesday's event, said in an interview on Fox News Channel that he heard one shot and saw Kirk go back.

"It seemed like it was a close shot," Chaffetz said, who seemed shaken as he spoke.

He said there was a light police presence at the event and Kirk had some security but not enough.

"Utah is one of the safest places on the planet," he said. "And so we just don't have these types of things."

Turning Point was founded in suburban Chicago in 2012 by Kirk, then 18, and William Montgomery, a tea party activist, to proselytize on college campuses for low taxes and limited government. It was not an immediate success.

But Kirk's zeal for confronting liberals in academia eventually won over an influential set of conservative financiers.

Despite early misgivings, Turning Point enthusiastically backed Trump after he clinched the GOP nomination in 2016. Kirk served as a personal aide to Donald Trump Jr., the president's eldest son, during the general election campaign.

Soon, Kirk was a regular presence on cable TV, where he leaned into the culture wars and heaped praise on the thenpresident. Trump and his son were equally effusive and often spoke at Turning Point conferences.

Richer and Sherman reported from Washington. **Associated Press** writers Nicholas Riccardi in Denver and Michael Biesecker, Brian Slodysko, Lindsay Whitehurst and Michelle L. Price in Washington contributed to this report.

Turning Point USA Founder Charlie Kirk speaks at a Turning Point event prior to Republican vice presidential nominee Sen. JD Vance, R-Ohio, speaking, Sept. 4, 2024, in Mesa, Ariz. (AP Photo/Ross D. Franklin, File)

Youth Violence:

A growing concern and community response

By Laurna Todd **KPI** Writer

Violence among young people is an alarming trend that continues to affect communities both locally and globally. The recent incident in Mayfield serves as a sobering reminder of how serious this issue has become. Colonel Nathan C. Kent, Chief of the Mayfield Police Department, reported

that on September 11, 2025, officers responded to a call regarding a juvenile making threats toward Mayfield Middle School. Police quickly located and detained the 11-year-old suspect, who is now facing a charge of Terroristic Threatening in the 2nd Degree, a Class D felony.

Fortunately, there was no ongoing threat to public safety, and

Mayfield Independent School officials were kept informed throughout the investigation. However, this incident highlights a troubling reality: too many young people are resorting to violence or making threats, and this is happening far too frequently.

Our region has experienced multiple such cases in recent months, ranging from school threats to actual

shootings. This is not just a local issue; it is a global concern. The question is: why does this keep happening? Experts point to several contributing factors, including the influence of social media, a lack of positive role models, unresolved mental health issues, and easy access to harmful content that glorifies violence.

Schools and police

departments are working together to enhance safety through education, training, and visible security measures. However, ensuring the safety of our communities requires more than just law enforcement. Parents, teachers, faith leaders, and neighbors must also be part of the solution. Children need guidance, compassion, and clear boundaries—

not just punishment after the fact.

As Americans, we cannot let fear isolate us in our homes. Instead, we must come together, set positive examples for our youth, and make it clear that violence is unacceptable. Real change begins with strong communities that are committed to fostering respect and responsibility in the next generation.

Breathitt Veterinary Center at Murray State University welcomes Dr. Narayan Paul as new director

MURRAY, Ky.

- The Breathitt
Veterinary Center
(BVC) at Murray
State University is
excited to announce
the appointment
of Dr. Narayan
Chandra Paul as its
new director.

A board-certified diplomate of the American College of Veterinary Microbiologists, Paul brings more than two decades of expertise in veterinary diagnostics, microbiology and leadership alongside a proven track record in advancing animal health, food safety and public health. He assumed the role in July 2025.

Paul earned his Doctor of Veterinary Medicine from the University of Chittagong (Bangladesh), followed by a Master of Science in microbiology (virology) from Bangladesh Agricultural University, and a doctorate in microbiology

the University
of Copenhagen
(Denmark). His
distinguished
career spans
academia,
international
development
and veterinary
diagnostics,
including service
with the Food
and Agriculture
Organization of the
United Nations.

Before joining BVC, Paul led the Bacteriology and **Mycology Section** at the Texas A&M Veterinary Medical Diagnostic Laboratory, where he guided a team of scientists and technicians, expanded testing capabilities and spearheaded innovative research in bacterial and fungal diseases affecting livestock, companion animals

and wildlife.

Throughout his career, Paul has collaborated with veterinarians, livestock producers and public health officials across the U.S. and internationally. His leadership in quality assurance.

and laboratory accreditation ensures the highest diagnostic standards. His expertise will continue to support producers, veterinarians and regulatory agencies in safeguarding animal health and ensuring the safety of the food supply in Kentucky.

As Director of BVC—a National Animal Health Laboratory Network Level 1 laboratory— Paul is committed to strengthening BVC's role as a trusted partner for Kentucky's animal agriculture industry and veterinary community.

"The Breathitt
Veterinary Center
plays a vital role in
protecting animal
health, supporting
our state's poultry,
cattle and equine
industries, and
safeguarding
the food chain,"
said Paul. "I look
forward to working
with our talented
team to continue
delivering accurate,
timely diagnostics



Photo: The Breathitt Veterinary Center (BVC) at Murray State University is excited to announce the appointment of Dr. Narayan Chandra Paul as its new director.

and innovative solutions for our clients."

Dr. Brian Parr, dean of the Hutson School of Agriculture at Murray State, shared his enthusiasm: "I am very excited to have Dr. Paul in the director role for the Breathitt Veterinary Center here in the Hutson School

of Agriculture!
Dr. Paul has a
wealth of expertise
that will benefit
our students,
our faculty and
staff, as well as a
large number of
animal health care
professionals in the
region."

About Murray State University: Since 1922, Murray State University has provided a collaborative,

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opportunity-rich living and learning community that fosters personal growth and professional success through a high-quality college experience. Students receive support from inspiring faculty and staff and will join a distinctive campus community — the Racer

Family. With more than 10,000 students, Murray State prepares the next generation of leaders to join more than 80,000 successful alumni who make a difference in their community, across the country and around the world We are Racers. The University's main campus is located in Murray, Kentucky, and includes five regional campuses in Ft. Campbell, Henderson. Hopkinsville, Madisonville and

Paducah.
To learn more
about Murray State
University, please
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edu.



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Ag Update Submitted by Tom Miller, Ballard County Extension Agent for Ag and Natural Resources

Bagworms

I have gotten several calls on bagworms in the last few weeks. The problem is that once you see bagworms like the picture above it is too late, and nothing can be done for this season. You can pick the bags off of the plant and drop them in a bucket of soapy water then dispose of them, so they won't be around next year.

Fast Facts

Bagworms (also known as common or evergreen bagworms) are caterpillar pests that construct a 1.5-2 inch long "bag" around their body using silk and materials from the plant they are feeding on.

While bagworms are commonly associated with evergreen plants such as juniper, arborvitae, spruce, and pine, they can

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also be found in deciduous hosts such as maple, oak, and locust trees.

Bagworms cause defoliation, which leads to thinning in the leaf canopy. Further, when they feed on evergreens, they can induce plant "bronzing".

Management is dependent on catching the infestation early (in May or June) and using biorational insecticides such as Bt (Bacillus thuringeinsis), neem, or Spinosad. Older and larger bagworms (found in late summer) can be partially managed with synthetic

insecticides like bifenthrin and carbaryl. Hand removal of bags is also effective.

You can find more information on bagworms by looking up ENTFACT-440 "Dealing with bag worms on Lanndscape Plants"

Programs of the Kentucky Cooperative Extension Service serve all people regardless of race, age, sex, color, religion, disability or national origin. For additional information, contact the Ballard County Extension Office, 110 Broadway, LaCenter, 665-9118.

UK to host 54th annual Pest Control Short Course

By Jordan Strickler

Lexington, Ky.— For more than half a century, pest management professionals from across Kentucky and the surrounding region have gathered in Lexington each fall to strengthen their skills, learn about new tools and connect with experts in the field. This November, the University of Kentucky Martin-Gatton College of Agriculture, Food and Environment will once again host the **UK Pest Control Short** Course, marking its 54th year as one of the longest-running training events of its kind in the country.

The 2025 edition will take place Nov. 4–6 at the Hyatt Regency in downtown Lexington. Organized in partnership with the Kentucky Pest Management Association, the three-day event offers education, networking and professional development opportunities for pest control operators, public health officials, housing authorities and other members of the industry. Speakers from across the country will cover topics ranging from rodent control strategies to updates on regulations and

methods available to professionals in the field.

"Pest control isn't just about comfort, it's about protecting public health," said Zachary DeVries, The **Bill Gatton Foundation Endowed Chair** associate professor of urban entomology in the Department of Entomology and one of the event's organizers. "Cockroaches can trigger asthma, mosquitoes and ticks spread disease, termites destroy structures and bed bugs cause severe stress. The Short Course makes sure the people fighting these pests have the best training possible, so they are prepared to tackle these issues and keep folks in Kentucky and the surrounding states

safe."
The program
combines large group
lectures with breakout
sessions and features
a full exhibit hall of
vendors showcasing
new products and
technologies. Attendees
will also have the chance
to earn continuing
education units (CEUs),
which are required to
maintain certification
and licenses in pest

management. One of the hallmarks of the Short Course is its role as a bridge between research and practice. Students in UK's Department of Entomology help organize the event and present their own work to industry professionals. This gives trainees handson experience in translating academic research into practical solutions while providing pest control operators with access to the latest findings.

"Our students aren't just watching from the sidelines," DeVries said. "They're sitting shoulder-to-shoulder with professionals from Kentucky and beyond, learning from them and sharing their own research. It's a unique opportunity to prepare them for their careers while helping the industry stay ahead of emerging challenges."

The Short Course is open to the general public, though its main audience is professionals connected to the pest management industry. Early-bird registration, which ends Sept. 30, is \$290. Afterward, the cost increases to \$340. Exhibitor opportunities are also available, with an exhibit hall expected to feature more than 40 vendors.

"This course is one of the most important things we do each year," DeVries said. "Not everyone can travel to national meetings, but we bring the same level of expertise here to Kentucky. It's an investment in our industry and in the safety and health of the people we serve."

For details on the program, including registration information and a full schedule, visit the UK Pest Control Short Course website at kyshortcourse.ca.uky.

www.hooversauctions.com





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South central Kentucky farm's production of pastured poultry is booming

By Chris Aldridge Kentucky Ag News

FRANKFORT - What began as a part-time business venture three years ago among three longtime friends has turned into a fast-growing Kentucky Proud pastured poultry operation near Smiths Grove, Ky.

Founding partners Alex Houchens, Benjamin Williamson, and Steven Richardson met as students at Barren County Middle School in nearby Glasgow. They were later joined by William Callis.

"Four of us came together to get this farm going," Houchens said as poultry producers across the state celebrate National Poultry Month during September. "I've known two of these guys for a really long time.

"This was just meant to be a side project, now I feel like it's driving us. It's blowing up."

In three years, the farm's production has exploded from 480 broiler chickens in 2022 to 8,000 this year.

"We have the potential to double our production next year," Houchens said. "We've been overwhelmed with the response.'

The partners named the land that they lease Lakewatcher Farms because "when the sun rises and sets here, it

looks like a lake in the sky," Houchens noted.

The men were heavily influenced by regenerative farmer Joel Salatin, who has been appointed by President Trump as an advisor to the U.S. Department of Agriculture. Salatin has written 15 books, including "Pastured Poultry Profits" and "Folks, This Ain't Normal: A Farmer's Advice for Happier Hens, Healthier People, and a Better World." He received the American Pastured Poultry **Producers Lifetime** Achievement Award for his contributions to the farming method of allowing his chickens to roam freely outdoors in confined spaces.

"We started Lakewatcher Farms in 2022 just as a function of seeing a need for premium chicken," Houchens said. "We're just standing on the shoulders of giants like Joel Salatin, following

in his footsteps in a way. "It's amazing how much customers value what you don't do to chicken rather than what you do!"

Much of the difference can be noticed in the taste, Houchens claims.

"In our early days at Metcalfe County Farmers' Market in Edmonton, we conducted blind taste tests," he said, noting Lakewatcher chicken was chosen the tastiest every

time. He pointed out that most customers also chose the taste of pastured poultry in similar tests across the nation.

"Thousands and thousands of households say you can absolutely tell the difference," Houchens added. "We thought, 'There's definitely something here."

Lakewatcher Farms keeps its chickens moving daily around the pasture in mobile shelters.

'We roll 80-100 birds from one footprint to the next," Houchens said. "Our approach is to move our birds every day under fresh pasture. Our forage is Kentucky pasture; There's no secret sauce. By raising our birds outdoors, the flavor, texture, and quality of the meat is so much better. The fresh air, fresh pastures, and clean environments combine for a great-tasting bird."

Houchens says Kentucky offers two key components to pastureraised chicken that many of his farming counterparts don't have access to.

"Because we're in Kentucky, we have access to an abundant supply of non-GMO, high-quality feed because of the bourbon industry," he said, referring to spent grains, a byproduct created during the distilling process.

"We're also fortunate



Lakewatcher Farms' production has exploded from 480 broiler chickens in 2022 to 8,000 this year, with the potential to double production next year. It's pastured poultry is available at farmers' markets in Glasgow, Wilmore, and Nicholasville and retail stores in Glasgow and Lexington, and can be ordered online.

to have an air chiller processor, which is extremely rare," Houchens added, referring to Misty Lea Farm Poultry Processing in southern Christian County. He called air chilling "a huge key to our success," noting the process locks in the chicken's juices, which "makes a huge difference.

"Bring that together with high-quality feed, and we're in a unique position. We couldn't have done this just anywhere."

Houchens said in the poultry industry, it's typically acceptable that 15 percent of chickens will die before they reach maturity.

'Our mortality is under 4 percent," Houchens

said. "We do not vaccinate chicks. The birds are clean and produce exceptional chicken."

Lakewatcher Farms raises a standard broiler breed, Cornish Cross. In the future, Houchens hopes to begin raising a French breed, Bresse Gauloise, which is considered the best quality table chicken in the world and sought by fine dining restaurants.

"That is definitely where we want to go," he said. "Right now, we're trying to strike the middle ground by providing gourmet quality chicken that's still affordable."

Lakewatcher chicken is available at Bounty of the Barrens Farmers' Market in Glasgow, Wilmore

Farmers' Market, and Nicholasville Farmers' Market and Dodd's Corner Farmers' Market in Nicholasville, and two retail stores: Phillips Family Butcher Shop in Glasgow and Good Foods Co-op in Lexington. Houchens is also working to expand availability to nearby Bowling Green. Lakewatcher chicken can also be ordered online at www.LakewatcherFarms. com.

"When we go to farmers' markets and talk to customers, we see really, across the board, people are way more food conscious," Houchens added. "They want to know where their chicken comes from and how it's raised.



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Murray State University receives gift from the Bridges family

By Wilbur Jackson KPI Writer

MURRAY, Ky. - Murray State University has received a significant historical and genealogical gift from the Bridges family, enriching the academic and archival resources of the institution and shedding new light on the early settlement history of western Kentucky. The donation, titled "History of Thomas & Bridges Family," was presented to Murray State **President Emeritus** Dr. Bob Jackson by Gillis Bridges, a twotime Murray State alumnus.

The extensive work was compiled and published by Gillis's father, the late Gilbert N. Bridges, a native of Cadiz, Kentucky. Gilbert Bridges was a recognized local author and historian with a deep passion for preserving the stories of Trigg County's pioneer families. Before his

passing, he expressed his wish that a copy of his genealogical work be donated to Murray State University to support research and serve as a lasting legacy for future generations.

The "History of

Thomas & Bridges Family" volume traces the genealogy of two prominent pioneer families: James and Mary Stanley Thomas, and Drewry and Charity Calhoun Bridges. These families originally migrated from Bertie and Edgecombe counties in North Carolina to what was then Christian County, Kentucky, in 1804. That area would later become part of Trigg County. The book provides detailed genealogical charts, historical narratives, and personal anecdotes that document the families' journey, land acquisitions, community involvement, and the growth of their



Left to right are Murray State President Emeritus Dr. Bob Jackson and Gillis Bridges.

descendants.

It is estimated that several hundred individuals across the Pennyrile and Purchase regions of Kentucky, and beyond, are descendants of these

early settlers. One notable descendant

is former Kentucky First Lady and Murray State alumna Karen Jackson, illustrating the broad regional impact of these family lines.

The book will be preserved and made accessible to the public in the Smith-Johnson Genealogy and History Room at Murray State's Pogue Library. This space is dedicated to historical and genealogical research and serves as a valuable resource for students, historians, and members of the public with an interest in western Kentucky's rich past.

"I want to thank Mr. Gillis Bridges, a longtime friend, for providing this book which will be a valuable research resource," said Dr. Bob Jackson. "This region has a rich

history, and this generous gift helps to tell that story."

The donation aligns with Murray State University's broader mission to support regional engagement, academic research, and historical preservation. With this addition, the University continues to expand its archival collections and provide meaningful tools for understanding Kentucky's cultural and genealogical heritage.

Through the generosity of the Bridges family, the legacy of Trigg County's pioneer settlers will be preserved and shared with future generations, continuing to inspire inquiry, connection, and pride in the region's roots.

MARSHALL COUNTY WEEK IN REVIEW

Colette Serrato, the store manager of the Calvert City Food Giant was picked for the People Development Award at the 2025 Store Manager Appreciation Awards banquet.

Marshall **County District 3**

Commissioner, Monti Collins, successfully completed the Kentucky Chamber's Fellowship for Civic Leadership. This is a statewide program that empowers business leaders, aspiring public officials, and civicminded individuals to make a meaningful impact in their communities. Over the course of the program, participants engaged with elected officials, policy experts, and campaign professionals while building valuable connections with peers from across Kentucky.

MARSHALL COUNTY UPCOMING EVENTS:

MURRAY/CALLOWAY COUNTY UPCOMING EVENTS:

Sept 12, Chair Yoga, Calvert Library, 10 am Sept 12, Coffee & Cuties, Hardin Library, 10

Sept 12, Senior Games, Benton Library, 1 pm Sept 12, Food Truck Fridays-Date Nights, Calvert Memorial Park, 4:30 pm - 7:30 pm Sept 12, Golf Cart Scavenger Hunt, Calvert City Memorial Park, 6 pm

Sept 12, The Kentucky Headhunters, Kenlake State Resort Park, 8 pm

Sept 12-14, Pickin' On 2025, Hardin Sept 13, Benton Farmers Market, HH Lovett

Sept 13, Benton Partnership's Farner's

Market, Farm to Fork Market Pavilion, 7 am Sept 13, Popsicle Stick Canvas Painting,

Calvert Library, 10:30 am Sept 13, Puzzle Swap, Hardin Library, 1 pm Sept 13, Car Cruise/Concert Benton Court Square, 5 pm

Sept 13, Laid Back Country Picker, Kenlake State Resort Park, 7 pm

Sept 15, Chair Yoga, Benton Library, 10 am Sept 15, Stories & Connections, Benton Library, 11 am

Sept 15, Bingocize, Hardin Library, 1:30 pm Sept 15, Calvert Trails Book Club, Calvert Library, 3 pm

Sept 15, MC Community Garden Initiative, Ky Dam Village, 6 pm

Sept 16, 2025 Master Cattlemen Program, GC Extension Office, 5 pm Sept 16, Yoga in the Park, Calvert City Civic

Center, 6 pm Sept 16, Suicide Awareness Walk, Calvert City

Memorial Park, 6 pm Sept 17, Vegetable Garden Harvesting, Calvert

City Library, 10 am Sept 17, Bingocize, Hardin Library, 1:30 pm

Sept 18, Breakfast & Bingo, Calvert Library,

Sept 18, Bunco Night, Benton Library, 5:30 pm Sept 19, Chair Yoga, Calvert Library, 10 am Sept 19, Food Truck Fridays-Date Nights, Calvert Memorial Park, 4:30 pm - 7:30 pm

MURRAY / CALLOWAY COUNTY WEEK IN REVIEW

Murray State University is now offering a new criminal justice concentration within its Master of Business Administration (MBA). The new 30-hour degree program will be open in the spring of 2026. The MBA offers convenience for students, including classes taught on the Murray State's main campus during the days and evenings, and is offered 100% online, as well.

Murray State University's statewide Program of Distinction in Cybersecurity and Network Management (CNM) has experienced a third consecutive record-breaking year in student enrollment. This milestone highlights both the exemplary reputation of the program and the increasing demand for skilled professionals in the ever-evolving field of cybersecurity. This fall semester, the program welcomed 85 new first-time students which is an alltime high for incoming cyber students.

With this influx, total enrollment in the CNM program has surpassed 250 students, marking the highest in the program's history.

The Murray-Calloway County Chamber of Commerce held a ribbon cutting on September 5, 2025 for the grand opening of **Buffalo Wild Wings** which is located at 720 Plaza way in Murray. Many community members waited in line for the ribbon to be cut so they could get some delicious food.

Sept 12, MTG-Edge of Eternities **Championship Event, Enchanted Gaming**

Emporium, 6 pm Sept 12, Comedy Night, The Big Apple Bar &

Grill, 8 pm Sept 13. Downtown Farmers Market. Downtown Murray, 7 am - 12 pm Sept 13, Opening Day, Penny Pumpkin Patch,

Sept 13, Still Life Drawing, Murray Art Guild, 10 am - 1 pm

Sept 13, 2025 Pac Fund Poker Run, Central Park School House Pavilion, 10 am - 5 pm Sept 13, Pokemon Mega Evolution Prerelease, Enchanted Gaming Emporium, 5 pm - 7 pm Sept 13, Clean Comedy Night, Corvette Lanes, 7 pm - 9 pm

Sept 13, Cinema International Presents Here

and There, MSU Faculty Hall, 7:30 pm - 9:30

Sept 16, Trivia, Tap 216, 7 pm - 8 pm Sept 16, Tuesday Night Darts, The Big Apple Bar & Grill, 8:30 pm - 9:30 pm

Sept 17, 3rd Annual Farmer Appreciation Day, William 'Bill' Cherry Expo Center, 10 am - 1

Sept 18, Breakfast on the Farm, MSU Arboretum, 7:15 am

Sept 18, An Evening of Chocolate & Sweets, Murray Women's Clubhouse, 5:30 pm Sept 18, Taylor Night, Murray Art Guild, 6 pm Sept 18, Sid Easley Lecture: Dr. Karen Patrone, MSU 7 pm

Sept 18, Cinema International Presents Sun & Daughter, MSU Faculty Hall, 7:30 pm Sept 18, Karaoke, Night, Tap 216, 9 pm

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AUTUMN ADVENTURES

Fall is loaded with opportunities to have fun

It can be bittersweet to say farewell to summer. Months of warm weather and sunshine are hard to beat and provide plenty of opportunities to rest and relax.

Just because summer has come and gone doesn't mean the opportunity to enjoy recreation is in the rearview mirror. Fall is awash in opportunities to enjoy the fresh, inviting air and take part in the various activities that go hand-in-hand with this time of year.

Apple and pumpkin picking

Heading to a nearby orchard or farm and choosing fresh fruit is a hallmark of fall. In fact, these are some of the most popular places to visit on the weekends, as crowds of people clamber to grab their Granny Smith or Cortland apples. Call ahead to learn which varieties

are ripe and plan to arrive early before the trees are picked clean

Apple orchards and pumpkin patches can be dusty, muddy or messy, so dress accordingly for the environment, including closed-toe shoes you don't mind getting dirty. Keep in mind that many of these establishments are cash-only. Bring cash and expect to have your bounty weighed upon checkout.

Wine tasting
September and
October are prime
months for grape
harvesting, which
means local vineyards
may host special
tours and events to
take advantage of
their growing season.

Fall also is a great time to visit a vineyard that offers tastings, as you can sit out in the sun and cool weather and enjoy a glass or two of the latest



vintage. Follow local vineyards on social media or get on their email lists to stay on top of upcoming events.

Leaf peeping
The gradual
depletion of
chlorophyll in tree
leaves is responsible
for the amazing

and colorful display Mother Nature puts on each fall. Everyone is treated to vivid panoramas of reds, oranges, purples, and yellows, making them ideal all-natural photo backdrops.

Plenty of people travel to more rural areas to witness leaves change color, and that means that country areas can get crowded. It always pays to plan a leafpeeping excursion for early in the day to account for the possibility of traffic along the route. Make an entire day of it by seeing the sights, grabbing lunch, and hitting a farmer's

market while out and about.

Fall fair
Many towns
hold off on their
annual fairs and
carnivals until the
cooler months of
the year. These are
entertaining and
boisterous events
that can include
everything from
food and livestock

contests to rides and amusements

to musical

the fun.

outdoors.

performances.
As these fairs tend to last a couple of days to a week, it could be fruitful to look into whether they sell multi-day passes at a discount, particularly if you plan to attend a few times and maximize

Opportunities for fun abound each fall. With inviting weather and calendars full of seasonal offerings, now is an ideal time to enjoy the great







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Turning loss into Legacy:

A mother's tribute to her fallen firefighter son

By Michelle Grubbs

What does it mean to be the mother of a fallen firefighter? It's a hard realization of losing my son (Trevor Doom) at age 26 in a tragic car crash in 2021. It's pushing beyond grief & explaining why my son was so proud to be a part of the brotherhood

of firefighters. Trevor always wanted to be a firefighter, following in

see **LEGACY**, page 3

Women firefighters in Graves County:

Training, dedication and service

By Laurna Todd KPI Writer

Graves County is home to a dedicated group of volunteer firefightersmen and women who step up when emergencies strike. While firefighting is traditionally maledominated, women continue to play an important role in local departments. Graves County currently has several active female firefighters, and many are eager to share why training and ongoing education are so vital to their work.

Tracy Warner, with **Graves County Emergency** Management, says training never truly stops for those in the fire service. "It is very important to keep up with the newest tools or tricks in the fire service," Warner explained. "Things change over time with the materials used to build houses, furniture, etc. One of the newest things is electric vehicles. They are not just your average vehicle fire, and we have to learn what to do, what not

see **WOMEN**, page 2



Forever Grateful

Today and every day, we honor the bravery, sacrifice, and unwavering dedication of our first responders. They are the heartbeat of our communities, and for that, we are forever grateful.

WOMEN, from page 1

to do, to keep us safe and the ones we are helping."

Each year, the Kentucky Fire Commission provides departments with 21 hours of training. Local departments choose which classes to host, with instructors supplied by the commission. This year, Graves

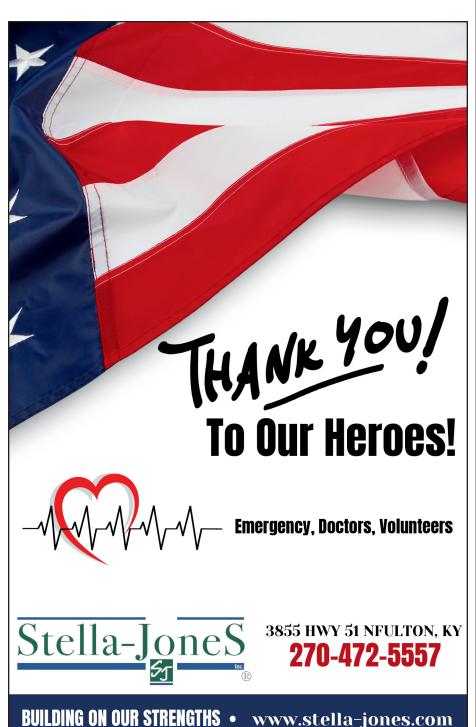
County departments voted to donate 10 of those hours for specialized training not typically offered locally. Classes included Rope Awareness, Rope Operations, Man vs. Machine, Bobtail/ Propane Prop, and Fire Blast Trailer. Approximately 85 firefighters from Graves and surrounding counties took part.

Warner shared

that even after more than 800 hours of firefighting experience, she continues to attend classes like Basic 20. "You should always want to be better than what you were the day before," she said. "When we train together, we learn who can do what jobs on the fire scene. We are family, and we look out for each other. This is our family helping yours."



Recently, The first Graves County Weekend Fire Training brought 80 volunteer firefighters together at three locations for hands-on drills and exercises, emphasizing safety, teamwork, and ongoing preparation to better serve the community.



Carlisle County Emergency Management:

Honoring Firefighters and building a safer community

By Laurna Todd KPI Writer

Carlisle County
Emergency
Management
Director Josh
Glover is reminding
residents that safety
is a community
effort—one
that depends
on preparation,
prevention, and
appreciation for the
first responders who
serve around the
clock.

Glover said his office is working closely with local fire departments, EMS crews, and rescue squads to address a wide range of risks. While every county faces its own set of challenges, Carlisle County is focusing on severe weather events such as tornadoes, flooding, and winter storms. Emergency officials are also preparing for public health threats, hazardous materials incidents, and the growing possibility of cyberattacks that could disrupt local infrastructure.

"Another priority is ensuring we have the resources and partnerships in place to manage large-scale emergencies, whether that's a mass-casualty incident, a prolonged power



outage, or a supply chain disruption," Glover said.
"Our goal is to be proactive so that if these risks occur, our county is ready to respond effectively and recover quickly."

Part of that preparation involves educating and engaging the public. Carlisle County Emergency Management offers CPR, First Aid, AED, and Stop the Bleed training, while the National Weather Service in Paducah provides Weather Spotter courses. Glover emphasized that there are opportunities for residents of all ages and skill levels to volunteer with local departments, noting, "There is something for everyone."

Equally important, Glover encouraged

the community to show support for firefighters not just in times of crisis, but every day. "The most meaningful way the community can show gratitude is through genuine support and appreciation," he said. "Practicing fire safety at home, attending prevention programs, and reducing risks that put first responders in harm's way are the best ways to say thank you."

He added that emergency managers, firefighters, EMS, and rescue squads are on call 24/7—often meeting people at the worst moments in their lives. "The best 'thank you," Glover said, "is a safer community where everyone does their part."



LEGACY, from page 1

the footsteps of my Dad & my brother to become the 3rd generation volunteer firefighter in our family. Being born prematurely & having mild cerebral palsy, the chances of Trevor becoming a firefighter were quite small. Thanks to a special childhood best friend & his father who believed in Trevor, he was able to join Wickliffe Rural Fire Department & go through training that was adapted to his limitations. Trevor learned how to drive the firetrucks & run the pumps so he could be an active firefighter but out of an immediate fire danger zone. Trevor lived & breathed to be a firefighter & give back to our community.

He was known by all in the county as being first on scene & last to leave after cleaning up at the station. My son inspired me by his ability to overcome the obstacles of his life & not only chasing his firefighter dream, he

successfully made it happen.

I created a legacy in my son's memory to make a difference & inspire others to give back to their community. I'm honored to be part of the Ballard County First Responders Banquet that's held each year in November. This event was created in November 2021 after losing Trevor & within the banquet, we honor a first responder that goes above the call of duty with the "Trevor Doom Memorial Above & Beyond Award.'

This year will be the 5th banquet & we hope to continue this well into he future. In 2024, we awarded a special "Angels Among Us" award in Trevor's memory as a special award for an individual for the service he's given in so many areas of our county. In May of 2022 & 2023, **Ballard Fiscal Court** honored the Fallen First Responders in the county with a memorial service at the courthouse in Wickliffe on the Saturday before Memorial Day. I'm honored to have



been invited for both Trevor & my Dad to now have a memorial paver brick installed at the Ky State Fallen Firefighter Memorial wall in our state Capitol of Frankfort, KY. Their names are now forever a part of Ky firefighter history. I worked with local, state, & Federal

lawmakers to make safety changes to laws to save future lives from crashes like Trevor's. I was successful in getting the speed limit lowered & a center turn lane built near the site of the crash.

We're working on additional changes in Trevor's memory for road safety. In 2022 Lexington, Ky fire department station 21, engine 21 honored Trevor's birthday with a memorial service & then sent us the folded American flag off the firetruck & some patches from their station. This year, we were honored to create a First Responder meet/greet event at the 2025 Smoky Mountain Jeep Invasion to thank first responders from all over. We own a jeep & it's themed in a firefighter theme in Trevor's memory. We had over 119 attendees from all over the US. We were honored to have members of Sevierville Police Department, Sevierville Fire Dept. Engine 12 & Pigeon Forge Engine 21 for this event.

We plan to continue this event into the future as well. The inspiration we've accomplished has been nothing short of mind

blowing. Others are now creating events in their local areas to honor first responders as well. Trevor's story has had such an impact on others & while it's hard to talk at events without the emotions overtaking me at times, I believe it helps for people to see/ hear the emotions of a grieving Mom because that's what makes the greatest impact.

My goal in starting a legacy for Trevor was for people to see that even through the grief, our story was a beautiful one! What made Trevor a firefighter people remember wasn't the disability, it was his ability to live his life giving back & finding a positive outlook to life! It's been a true honor to "pay it forward" to the brotherhood of first responders Trevor was proud to be part of! It's a brotherhood like no other & I'm Blessed to now have "first responder family" members all over the 50 states.

Volunteer Firefighters:

The backbone of Barlow's Fire Dept.



Facebook photo

By Laurna Todd KPI Writer

Barlow Fire Chief LaDoy Owens believes volunteer firefighters are more than responders they are one of the most important assets any community can have. "Without volunteer firefighters, service to the community for various emergencies could potentially cease, leaving residents exposed," Owens said. "They respond to fires, motor vehicle accidents, alarm activations, and assist

EMS when needed. They also give back in lighter ways—like parades—where kids and adults alike smile when they see the trucks and wave. That's part of building community."

see **BARLOW**, page 4



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NEWLY CERTIFIED



Lt. Corey Howard and firefighters Paxton Boldry and Dylan Grief earned their swift-water rescue technician certificates after completing a 32-hour course recently. The training covered self-rescue, victim recovery, rope work, and boat operations, preparing personnel for emergencies such as flooded vehicles and swift-water rescues. Firefighters from multiple McCracken County departments trained together, strengthening teamwork across agencies.

BARLOW, from page 4

Owens stressed the importance of recruiting new members. "Without an influx of new firefighters, any department will eventually be understaffed and unable to meet its mission," she said. Volunteers not only answer calls but also give up personal time to train, perform inspections, and keep apparatus maintained so equipment is ready when needed.

Training has been a major focus in recent years. In 2024, two Barlow

firefighters attended electric vehicle emergency training, enhancing knowledge of new hazards. Four firefighters participated in flashover chamber training, learning to recognize dangerous signs in a controlled environment. Others have completed driver's training, operated aerial ladders with Wickliffe Rural, and are preparing for firefighter rescue and survival courses in Paducah this fall. "It's about preparing our newer members for the real-life challenges they will face," Owens said.

Even as a smaller

firehouse, Owens sees Barlow's strength in its people and their partnerships. "Many of us roll with EMS, rescue, and other departments," she explained. "Sometimes our members respond knowing they may be the only one available. That's dedication."

Owens also credits city leaders for their support. "The council, commissioner, and mayor stand behind us—whether it's fixing, buying, or planning," she said. "That support allows us to keep moving forward and serving Barlow the right way."











Ballard County Fire Department:

Proudly honors firefighters, but challenges remain

By Laurna Todd KPI Writer

Ballard County recognizes the dedication and selfless service of its firefighters, who often show up when people are experiencing their darkest moments. According to Emergency Manager Travis Holder, the county deeply values its volunteer fire personnel — but ongoing funding and

staffing challenges threaten the future of this critical public service.

Each year in
November, Ballard
County hosts a
First Responders
Banquet to honor
all emergency
personnel. The
event features a
full meal, guest
speakers, awards,
and door prizes.
Among the most
meaningful moments
of the evening are
the presentation of

the Firefighter of
the Year Award —
given to a standout
member of each
department — and
the Trevor Doom
Above and Beyond
Award, which honors
a first responder
who has gone the
extra mile for their
community.

Holder says that while these events help show appreciation, the broader public may not fully understand the sacrifices volunteers make.

"They spend hours away from family, miss holidays and ball games, and most even pay out of pocket for gear and equipment — all to serve their neighbors for no pay," he said.

One of the biggest issues facing Ballard County's fire departments is funding. Rural departments still rely on a duesbased system, which only sees 45–50%

collection. Holder believes a more reliable system is needed, including exploring the idea of Fire Taxing Districts. "It's not popular, but it may be the only way forward. Emergency services aren't for profit, but their costs go up just like any business."

Looking ahead, staffing is another pressing concern. Holder urges community members to consider stepping up. "VOLUNTEER. Every department in Ballard County is accepting new members," he emphasized. "Without volunteers, we may one day find ourselves without help when a crisis strikes."

Ballard County remains grateful for its firefighters — and committed to ensuring they're supported, prepared, and never taken for granted.



First responders are trained to recognize and respond to emergencies, playing a vital role in public safety. Each day, these individuals act with courage and skill to help others and protect our communities.

Please join us in thanking them for their service and sacrifice, and honoring those who have lost their lives in the line of duty.



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THANKS to all





Wickliffe Fire Dept. focused on growth, training, and community service

By Laurna Todd KPI Writer

The Wickliffe Rural Fire Department continues to expand its capabilities while keeping community service at the heart of its mission. Chief Timothy Greif said the department has recently added a ladder truck to its fleet, received from the City of LaCenter. Now serving as Ladder Truck 27, the addition strengthens Wickliffe's ability to respond to large-scale emergencies across Ballard County.

"We're a fire and rescue department, and along with LaCenter and Kevil Fire Departments, we handle auto extrication calls within the county," Greif explained. "We also provide support

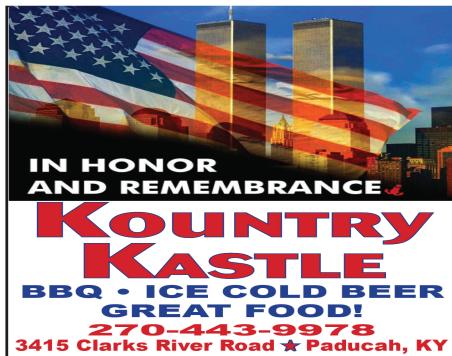
on all structure and large fire calls."

In addition to equipment upgrades, several members recently earned swiftwater and boat operations certifications—an important step in enhancing the department's readiness for flood and water rescue emergencies. Over the past three weeks, Wickliffe firefighters have been training alongside Wickliffe City and Barlow Fire Departments, focusing on pump operations, driver training, and ladder truck operations.

Chief Greif emphasized that ongoing training directly impacts the department's ability to respond quickly and effectively in critical situations. "The more prepared we are, the faster we can serve our community when they need us most," he said.

Looking ahead, the department's top priorities over the next five to ten years include expanding its membership and continuing to build a strong training foundation. Greif noted that the Junior Firefighter Program, open to youth ages 15–17, is one way the department encourages young people to get involved.

"We'd love to see more people step up and join," Greif said. "Volunteering is vital. The strength of our fire service depends on the community members who are willing to serve."









Breaking Barriers: Pam Owens' journey into firefighting

By Laurna Todd **KPI** Writer

When LaDoy Owens came home from a city hall meeting in tears, it wasn't out of disappointment, it was out of overwhelming emotion. He had just been appointed fire chief of the Barlow City Volunteer Fire Department, and he was determined to restore the department's respect and reputation.

Watching her husband's determination, Pam Owens asked what she could do to help. She expected to be handed a task like clerical work or fundraising. Instead, LaDoy looked at her and said a single word that would change everything: "Join."

Pam admits the answer caught her off guard. Having recently undergone knee surgery, she wasn't sure how much she could contribute. Still, she accepted the challenge. She threw herself into virtual training, various in person training classes and completed 115 hours of coursework, and earned her Basic Firefighter 1 certification. She is now working toward Basic 2.

Since joining, Pam has responded to calls ranging from smoke alarms to traffic accidents and fire scenes, where she has often been the one to meet and comfort victims. Even with her limitations, she remains actively involved by running rehab—bringing water and Gatorade from the service truck and making sure firefighters take necessary breaks.

The most difficult

part for her is the gear. The turnout coat, boots, SCBA, and tank together feel nearly impossible to move in. "I used to think I was strong, but firefighting takes a whole different kind of strength." she said, noting how much she admires the women who make it look effortless.

Pam has also learned a valuable lesson about the fire service: there is a place for everyone. "An instructor once told me, 'Even someone in a knee brace has a job," she recalled. "That stuck with me. Volunteering isn't about being the strongest—it's about meeting a need."

And in her own way, Pam Owens is doing exactly that filling a role, serving her community, and proving that determination can break barriers.



Thank you to all of our men & women who put their life on the line everyday to serve our community.

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1 Say thanks to a first responder, in person or on social media.

Community's First Responders

- 2 Send a handwritten note expressing your gratitude to a local department or agency. Parents and teachers can help kids create handmade thank-you cards to deliver to first responders.
- **3** Have breakfast or lunch delivered to a local department or agency, enlisting neighbors or coworkers to help finance the gesture.
- 4 Consider making a donation to a local fire, EMS or police department, or to an organization that supports first responders and their families.
- **5** If you own a business, consider offering a courtesy discount for first responders!



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Thank You First Responders, EMT's & Firemen

Stay prepared and safe with fire safety

By Laurna Todd KPI Writer

If there is a fire emergency in your home be prepared to evacuate your family as safely and quickly as possible. Having a well thought out plan and practicing with everyone is key.

Make your home fire resistant

Ensure that all electrical cords and appliances are not damaged and in good condition. Keeping all flammable items away from heat sources. Installing smoke alarms on all levels and ensuring they work properly by conducting a monthly test and replacing the batteries at least once a vear. Wickliffe City Fire Departments Chief Starnes has 4 tips for fire safety:1 Close all the doors at bedtime, 2 do not overload electrical outlets, 3 keep a fire extinguisher in the kitchen and 4 if a fire does occur, get out and stay out!

Using a Fire

Extinguisher

Everyone should know where it is and how to use one correctly. Regularly check that your fire extinguisher is current and replace it if necessary. Check the gauge to make sure it is fully charged and inspect the nozzle for any blockages.

When using a fire extinguisher you need to remember the PASS acronym. P – Pull the Pin: Pull the safety pin from the handle. This pin prevents accidental discharge, so removing it will allow you to use the extinguisher. A – Aim the Nozzle: Stand about 6 to 8 feet from the fire and aim the nozzle of hose at the base of the flames. Targeting the base is crucial for extinguishing the fire's fuel source. S -Squeeze the Handle: Firmly squeeze the handle to release the extinguishing agent. Apply the agent evenly over the fire. S - Sweep from Side to Side: Move the nozzle from side to side, covering the entire area of the fire. Continue applying until the fire is fully extinguished.

While keeping a distance, watch the area to ensure a fire does not reignite. If the fire begins to spread or grows, evacuate immediately.

Putting out Fires

If there is a fire that is small and contained you need to use your fire extinguisher. If the fire is larger or begins to get out of control you need to exit the building and alert everyone else there is a fire. Contact first responders by calling 911 and letting the fire department know. If you are unable to escape due to smoke, flames or heat, use a damp towel to cover the door's bottom and keep it shut until help arrives.

Planning to Evacuate

Create multiple escape plans and ensure everyone knows the plan. The evacuation plan needs to include a place to meet outside of the home. You should keep escape ladders in



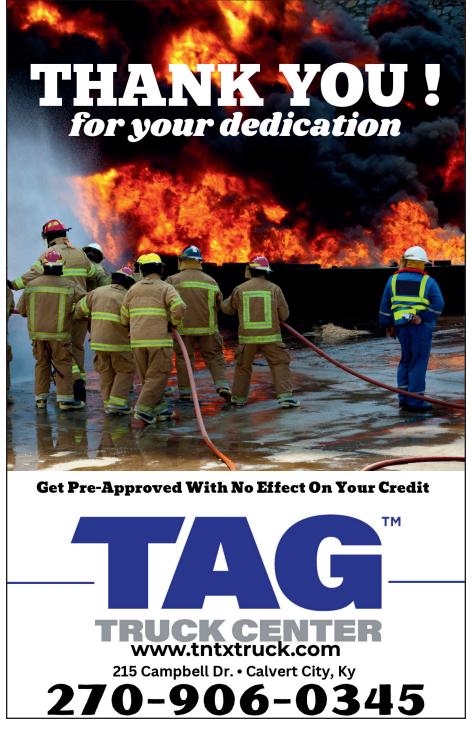
upper-level rooms and let everyone know the location of it and how to use it properly.

Ronnie Rathman, Chief, Kevil City Fire Department talks about how they teach fire safety. He says "When I teach the children at the elementary school I always stress that every family should have a meeting place. More times than not people get separated in an emergency. By having a meeting place such as a tree, a neighbors house, etc. This makes it easier to account for everyone. This also prevents firefighters from searching for people. This allows them to concentrate on the fire / emergency situation. Studies also show that you should keep your bedroom doors in your house closed when you are sleeping. This closes off air flow that a fire needs to grow rapidly. I hope this helps. If I can help you out anymore feel free to reach out. "

When an evacuation is required remember to stay alert of your surroundings.

A warm door may indicate that fire is on the other side, and opening it can cause the fire to spread more rapidly to other areas of the house. If you find yourself in a smoke-filled room or hallway, remember that smoke and hot air rise. To stay safe, crawl low to the ground where the air is clearer. As you move, close doors behind you to help contain smoke and fire, which can prevent further spread and improve safety during your escape.





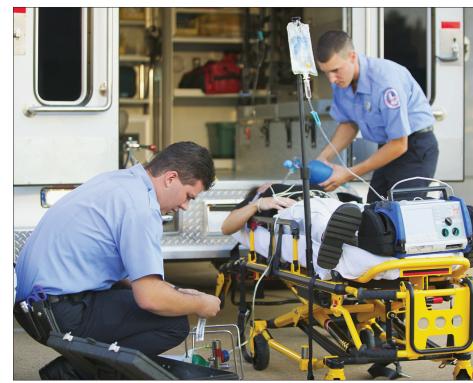
The role EMS workers play in your community

Every community has its unsung heroes. Without the contributions of selfless individuals whose efforts often go unnoticed, thriving communities would not be as safe, welcoming or successful.

EMS workers are among the most important individuals in a community. The contributions of these individuals, many of whom work as unpaid volunteers, are invaluable and worthy of recognition. Making an effort to understand the role EMS workers play is a great first step toward showing them how much they're appreciated.

What is EMS?

The National Highway **Traffic Safety** Administration's Office of EMS notes that Emergency Medical Services, or EMS, is a system that provides emergency medical care. The Office of EMS also notes that EMS does not exist in isolation, as it is integrated with other services and systems with the goal of maintaining and enhancing the health and safety of a community and its residents. This is why EMS services, though they vary from community to community, may be based in fire departments, hospitals, independent government agencies, or nonprofit corporations.



What duties do EMS workers perform? **Because EMS** is a system, EMS workers wear a range of hats. The Office of EMS notes that

the responsibilities and services EMS workers provide may include:

- Incident
- Access 911
- Dispatch
- recognition
- First responder
- · Basic life support
- · Advanced life support
- Air/ground transport
- Emergency department services

- · Specialty care
- Patient
- rehabilitation
- Prevention and awareness
- Public education

When do EMS personnel interact with their communities?

Many people only encounter EMS workers during medical emergencies when they are most in need of help. That underscores the vital role EMS workers play in public health and safety and just how integral they are in instances that could escalate into life-or-death situations.

Recognition of the roles EMS workers play is a great way to show support for these often unsung community heroes.





How to honor first responders

This Thursday marks the 24th anniversary of the 9/11 terrorist attacks. The attacks on September 11, 2001 remain the deadliest terror attacks in world history, claiming more than 2,900 lives and causing countless injuries and long-term health problems for tens of thousands of civilians and first responders.

The 24th anniversary of 9/11 will no doubt evoke responses that span the emotional spectrum. Sadness may dominate such responses, but the anniversary of 9/11 also is a great time to reflect on the efforts of first responders. First responders played a vital role on 9/11, and many lost their lives and/or suffered long-term health consequences resulting from their selfless efforts to save innocent victims of the attacks.

In the two decades since the 9/11 attacks, first responders have continued to make countless sacrifices to ensure their communities are safe and peaceful places to call home. The 24th anniversary of 9/11 is a great time to recognize the efforts of first responders and honor them for all they do.

• Donate to local fire departments. According to the U.S. Fire Administration, 54 percent of active firefighting personnel are volunteers. Many of those volunteer firefighters work for underfunded departments that are in need of financial support. Donating to such departments is a great way to show first responders how much their efforts are appreciated. Donations may be used to purchase new equipment, upgrade existing facilities, provide vital training, and/or improve response times, the latter of which can increase the likelihood that firefighters make it through calls safe and sound.



• Back legislation to support wounded first responders. Many first responders suffer significant mental and physical injuries while on the job. Various nonprofit organizations help wounded first responders who may need to make modifications to their homes or purchase costly equipment to

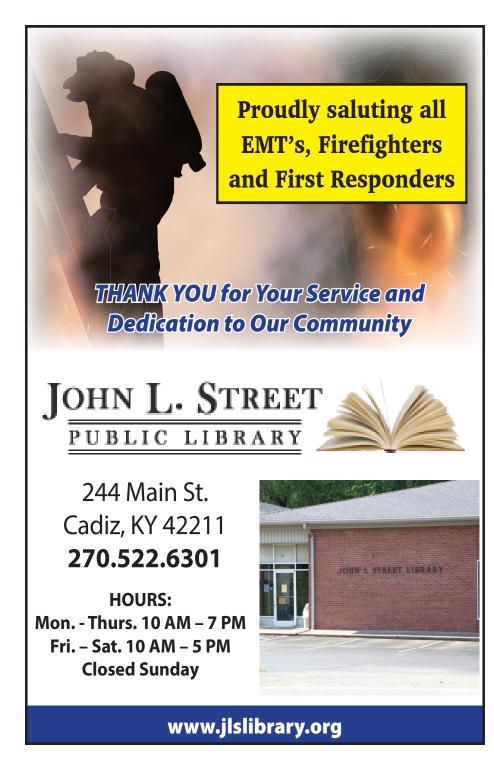
get through their daily lives. But nonprofit organizations cannot go it alone in support of wounded first responders. Citizens can do their part by promoting and voting for local, state and national legislation that makes it easy for wounded first responders to get the help they need, when they need it. In

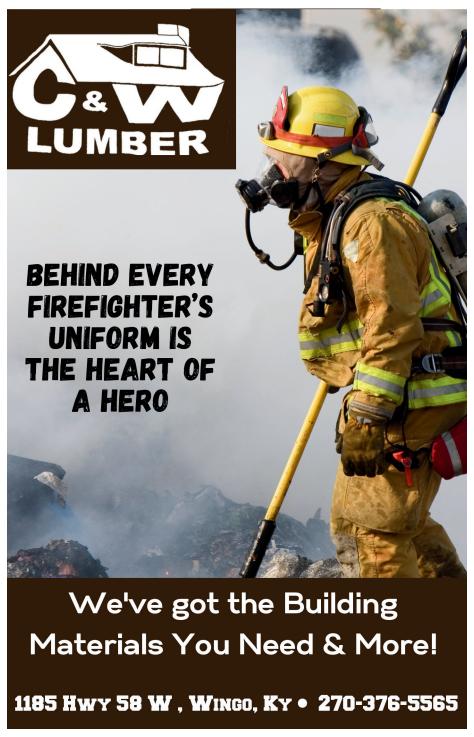
addition to urging local politicians to support such legislation, private citizens can utilize social media to promote proposals and other efforts to support wounded first responders. Many 9/11 first responders are still fighting for government-backed support to treat injuries suffered 24 years ago, and a vocal

citizenry can be a strong asset in their fight and the fight of countless others in need of help.

 Commit to supporting first responders yearround. The 24th anniversary of 9/11 will call attention to the efforts of first responders on that day 24 years ago as well as the countless times since then that these brave men and women have served their communities. But first responders deserve vocal, yearround support. Make a concerted effort to thank policemen, firefighters, EMTs, nurses, and doctors in your community whenever you interact with them, and urge others to follow suit.

First responders play a vital role in communities across the globe. The 24th anniversary of 9/11 can serve as a catalyst for communities to express their support for first responders.

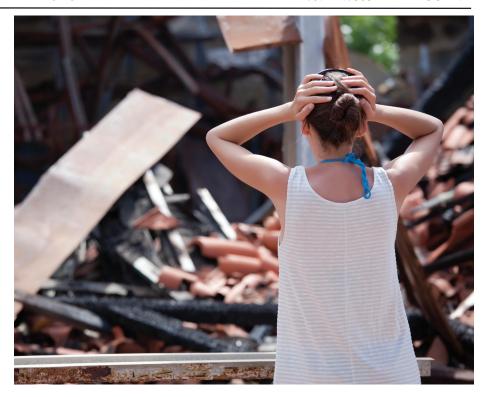












What to do when you've had a house fire

Teresa Pearson KPI Writer, reprinted

When your home has been damaged by a fire, and you are uncertain about what steps to take. There are some guidelines for recovering.

First, if you discover a fire in your home, call 911 to report the fire and attempt to extinguish it if you can safely. If you can't then just get out of the way until firefighters can do their job. Next, contact family and let them know that you are safe. If anyone in your home has injuries, seek medical attention.

Remember, do not return to your home and search for items that may have survived the fire until it is completely safe to do so. Fires often have lingering hot spots that may smolder for days after the visible flames have been extinguished.

Next, contact your insurance agent as soon as you can, and provide a brief description of the incident and the extent of the damage. When possible, make a list of lost items and provide photos and receipts. Also, keep new receipts for extra expenses that are due to the fire, including motel expenses or rent, cleaning supplies and repairs.

Make duplicates of all documentation submitted to your claims adjuster or insurance company. You may need to replace essential documents lost in a fire, like a driver's license, insurance policies, and birth, marriage and death certificates.

Fires present a risk to our physical wellbeing, homes and possessions, but they can also take a toll on our mental health. After a fire, try to maintain routines as much as possible to help with the mental anguish. Make sure that everyone is eating right and getting adequate rest. Don't hesitate to ask for help if it's needed and be prepared to accept assistance from others graciously. Fires create devastating loss and recovery will take time. So, lean on family and friends to help you get back on your feet and back to normal life.



Disaster prep essentials

Preparation can pave the way to professional success, and that utility extends beyond one's career. Preparation also is a vital component of personal safety, particularly in relation to natural disasters. Knowledge of storms and weather-related events such as hurricanes, tornadoes and floods can be lifesaving, and various government agencies encourage adults and children alike to learn what they can do to stay safe should a storm strike. But it's equally vital to personal safety to assemble a disaster supplies kit. Ready.gov, the official website of the United States Department of Homeland Security, recommends individuals gather and maintain the following items as part of a basic emergency supply kit.

- Water (one gallon per person per day for several days). Keep in mind that the water is not only for drinking, but also for sanitation.
- Food: Each person in your household should have a severalday supply of nonperishable food.
- Batterypowered or hand crank radio and a National Oceanic and Atmospheric Administration Weather Radio with tone alert. Various retailers carry NOAA radios, which typically cost \$50 or less.
- Flashlight: A flashlight for each person in the household is ideal.
 - First aid kit
- Extra batteries: Enough extra batteries to keep flashlights and radios operational during a potentially dayslong power outage is recommended.
 - · Whistle: A power

- whistle that's loud and carries for a significant distance can be used to signal for help, if necessary.
- Dust mask: Air can become contaminated during a natural disaster, so a dust mask for each person in the household can ensure everyone can safely breathe.
- Plastic sheeting, scissors and duct tape: These materials can be employed to stay safe and warm or cool when ordered to shelter in place.
- Moist towelettes, garbage bags and plastic ties: Personal sanitation items such as these can help people stay healthy and keep an area sanitary when services such as garbage pickup and water utilities are not operating normally.
- Wrench or pliers: Tools such as a wrench and pliers can be used to turn off utilities when it's necessary to do so,

such as during a flood.

- Manual can opener: A manual can opener can open canned goods during power outages.
- Local maps:
 Local maps of areas
 around your home,
 place of business and
 children's schools can
 help you get around if
 roads are closed. Even
 people who feel they

know the areas where they live, work and attend school like the back of their hand are urged to keep maps of such regions readily available.

• Cell phone with chargers and a backup battery:
Backup chargers and batteries can make it possible to maintain access to potentially

lifesaving information and facilitate staying connected with loved ones and neighbors.

A well-stocked disaster preparation kit can keep people and their loved ones safe should a weather-related storm or other dangerous event strike and present potentially dangerous living situations.

Every day, hundreds of thousands of men and women protect and serve, often putting their own lives at risk.

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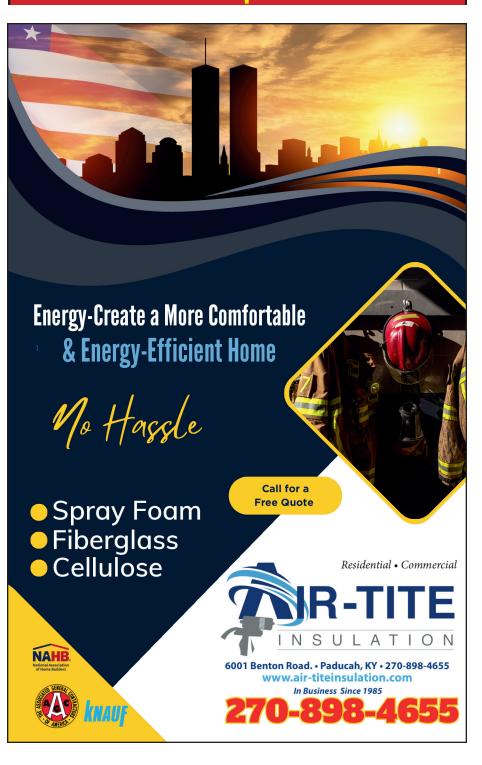
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What contributes to floods?

Flooding can result in extensive and expensive damage. The Pew Charitable Trusts indicate that at least one flood event has occurred on nearly 300 days per year each year since 2000 in the United States. That's almost a flood a day. Statista reports there were 170 flood disaster events recorded worldwide in 2023. The Center for Disaster Philanthropy indicates there have been 44 floods in the U.S. between 1980 to October 2024, with each resulting in more than a billion dollars in damage.

Considering how catastrophic floods can be, people may wonder what contributes to these events and if there is anything they can do to prevent them. An understanding of flooding can help anyone respond more effectively should a flood occur.



What is a flood?

Flooding occurs
when an overflowing
of water finds its
way onto land that
is normally dry,
says the National
Severe Storms
Laboratory of the
National Oceanic
and Atmospheric
Administration.

Damaging floods may occur with only a few inches of water, or flooding may be so severe it can cover a house to the rooftop. The NOAA says floods are the most common and widespread of all weather-related natural disasters.

What causes floods?

Many different situations can cause flooding. The main types are:

- Melting snow and
- Dams or levees breaking
- Storm surges, resulting in ocean waves coming on shore
- Heavy rainfall
- Geography, such as locations that are near rivers

How does urbanization impact flooding

impact flooding? As land is increasingly converted from fields and woodlands to developed areas, it loses the ability to absorb rainfall, according to officials with the city of Brownsville, Texas. Urbanization can increase runoff two to six times over what would occur on natural terrain.

Urban areas are at higher risk for floods because rooftops divert rain to the ground below, which is comprised of cement and paved surfaces that prevent the ground from absorbing rain.

What is a flash flood?

Some flooding can be anticipated, but flash floods often happen with little to no warning, says the NOAA. They occur when there is more rain than the soil can absorb. This extra water quickly flows into rivers and creeks and can overwhelm storm drains. Flash floods can be the most dangerous kind of floods because they feature fast-moving flood waters. Flash flooding can affect an area within minutes. Densely populated areas often are at highest risk for flash

floods because these urban areas cannot absorb the rain and water runoff effectively.

What can I do in the event of a flood?

People can take certain precautions if flood conditions are anticipated.

- Listen to local media for flood watches and warnings.
- Know the evacuation zone and route, and evacuate if prompted.
- Have a "grab bag" ready with essential items.
- Seek higher ground, which could be the highest floor of the home.
- Do not drive, walk or try to swim through floodwaters. Even shallow moving water can sweep a person away.
- Water can conduct electricity, so stay away from downed electrical wires.
- Use a stick to check the depth first if you must walk in flood water.
- Turn off and disconnect appliances and utilities, if advised.
- Remain away from damaged areas until officials have officially cleared them for return.
- Consider purchasing flood insurance as homeowner's insurance policies typically do not cover flood damage.

Staying alert, prepared and safe during floods is vital.







How to stay safe during a tornado

Tornadoes are powerful storms that feature rotating columns of air and violent thunderstorms that reach from sky to ground. People in the path of tornadoes must recognize that these storms can topple homes, flip cars and send debris flying into the air.

The National Weather Service indicates about 1,200 tornadoes occur in the United States each year. The United States and Canada account. for the most tornadoes in the world each year, though Canada, which experiences roughly 100 tornadoes yearly, gets far fewer than the U.S. The Government of Canada's Get Prepared website says tornadoes can last from a few minutes to several hours, and are most likely to occur between 4 p.m. and 8 p.m.

Tornadoes can occur at any time of year, and also outside of areas that are typically associated with the storms. That means it is imperative for just about everyone to know how to act in the event of a tornado. These safety tips can help people get ready.

Watch vs. warning
The American Red
Cross says either a
watch or a warning is
issued for tornadoes.
A tornado watch
means tornadoes are
possible in the area
and everyone should
be prepared to act

quickly. A tornado warning means a tornado is near and there is danger. Everyone should move to a safe location immediately when a warning is issued.

Emergency kit

It is important to assemble an emergency kit that can facilitate riding out a tornado. The kit should contain:

- Water (enough for each person for several days)
- Food that won't spoil, such as canned goods
 - · Manual can opener
- Wind-up or batterypowered flashlight and radio
- First aid kit
- Extra car and house keys
 - Cash
- Important family documents
- Infant formula/diapers
- Extra prescription medication

Seek safe shelter

The emergency kit should be housed in a safe shelter. A safe shelter means a safe room, basement, storm cellar, or a small interior room on the lowest level of a sturdy building, according to Ready.gov, the official website of the U.S. Department of Homeland Security. Stay away from windows, doors and outside walls. As the tornado blows through, protect your head and neck with your arms and by putting



materials such as blankets on top of you.

If you are caught outside in a vehicle during a tornado, you might be able to drive out of the tornado's path by moving at right angles to the tornado if it is far enough away; otherwise, park the car out of traffic lanes and stay in the car with the seat belt on. Put your head down below the windows, and cover your head with a cushion, coat, or blanket, if possible. If you can get noticeably lower than the level of the roadway, such as in a ditch or valley, leave the car and lie in that area, covering your head with your hands.

Practice an emergency plan

It's vital that households establish an emergency tornado plan and practice it often, especially for people who live in an area prone to tornadoes. Practice moving to the safe locations you've identified. If you live

in a mobile home, practice going to a safe place.

Tornadoes can rip apart lives in an instant with strong winds that can reach upwards of 200 miles per hour. Rain, lightning and even hail can make tornadoes even more dangerous. Everyone should know what to do if a tornado is spotted in the area.



Involve kids in emergency preparedness

It is essential to keep cool and remain calm in the face of adversity, including when facing dangerous conditions like those that present during a natural disaster. Adults may experience anxiety when facing adversity. Children who may not be mature enough to fully understand what's going on may worry more than adults, which

can increase their chances of being harmed in dangerous situations.

Making disaster preparedness a routine component of family life can take some of the mystery out of what to do in the event of an emergency. According to the U.S. Department of

see KIDS, page 16



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✓ Not able to sleep at night or sleeping during the day

 $\checkmark \textbf{Restlessness, easily agitated}$

- √ No energy/no longer enjoy
- activities/hobbies
- ✓ Panic attacks
- √PTSD

(Post Traumatic Stress Disorder

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KIDS, continued from page 15

Veteran Affairs, it is never too early to start teaching kids about preparing for emergencies. Children are the most vulnerable when diaster strikes. Without sufficient preparation, children may suffer developmental, physical and psychological trauma following exposure to a disaster or another emergency.

Ready.gov and the VA offer tools and information to help all members of the family prepare for potential disasters. The following are some of their suggestions.

· Get talking. Talk about storms or conditions that may occur where you live. For example, if you live where hurricanes are prevalent, you might want to address hurricane information more so than someone who lives where tornadoes or earthquakes are more likely. Explain what can be expected during these storms and find out if kids have a cursory understanding of what to do if one strikes.

• Make a plan.
Children rely on the adults around them to provide direction.
Make sure kids understand who to call and where to meet as part of an



emergency plan. Write down the instructions and important phone numbers and keep this information in a place that's accessible to children. If the emergency plan includes evacuating the house or going into a storm cellar, practice getting up and moving safely but quickly together.

• Assemble emergency supplies. Include children in building a kit that includes a threeday supply of water, nonperishable food, flashlights, blankets, and kidfriendly activities. For a detailed list of what to place in an emergency supply kit, refer to suggestions

from the American Red Cross and the Federal Emergency Management Agency.

· Teach kids about different storms. All sorts of storms may strike, so in addition to the ones that are notable in your area, instruct kids about what to do during common scenarios, such as thunderstorms and floods. Children should understand to move indoors if they see lightning or hear thunder. Following the "Turn Around, Don't Drown!" motto can help kids understand that just six inches of moving water can knock them off their feet during flood conditions.

Employ additional

resources. Kids may learn better through stories and activities geared to their level. The Red Cross and FEMA partnered to create the "Prepare with Pedro" program, which utilizes an activity book, a preparedness game and additional resources to teach kids about emergency preparedness in a fun way.

Instructing children about natural disasters and emergency preparedness can take some of the mystery out of how to behave in these situations. It also may make surviving an emergency much easier for the entire family.









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- Debra Roberts

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Independence Day
Celebration

Presented By: CommUNITY

Paducah

Dates: September 13, 2025 Visit Website

(720) 335-1524 rickk1234@gmail.

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Price: FREE Time:

10:00 AM to 2:00 PM Overview

Loteria (Mexican

Bingo)
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Soccer and a Pinata
Free to Everyone!
All ages welcome!!

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McCracken County Quilt Block Trail

Dates: March 26, 2025 - December 31, 2025

2025 New Holt Road, Paducah, KY 42003 Overview

Follow a trail of barn quilts through Paducah-McCracken County. Brochures are available at Paducah CVB, National Quilt Museum, Whitehaven Welcome Center, and McCracken County Cooperative Extension Office. Sponsored by McCracken County Civic Beautification Board and McCracken County Cooperative Extension Service.

Lost and Found: Love Letters to the Land

Dates: August 28, 2025 - October 3, 2025 Paducah School of

Art & Design 905 Harrison Street, Paducah, KY 42001

Overview

Lost and Found: Love Letters to the Land features a solo exhibition of charcoal and graphite drawings by Nashville artist Hannah Maxwell Rowell.

com

PM

Price:

accepted

Time:

Overview

FREE: Donations

12:00 PM to 10:30

This event is an

all day festival style

and Girls Club with

food, local beer and

Fall Menu Tasting

Presented By:

Branch Out Foods

Dates: September

Branch Out Foods

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4:00 PM to 6:00 PM

Fall is calling... and

it tastes incredible.

September 6th from

4–6 PM for our first

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ever Fall Menu

seasonal menu.

Each flight

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(8oz Container)

includes:

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cozy, flavor-packed

preview of our new

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rice with Impossible

pickled red cabbage.

Plantain Taco –

Jerk-seasoned fried

plantain with green

Paducah, KY 42003

(270) 443-7028

gmail.com

Time:

Price: \$20

Overview

local music, local

local vendors.

Flight

16, 2025

fundraiser benefiting

The Oscar Cross Boys

"Watching the land I've lived on for 20 years change has been powerful," Rowell said. "Erosion, climate shifts, and the resilience of the natural world have all inspired these drawings. This work is a love letter to the land — a reflection on its healing power, its wild unpredictability and the tension between fragility and resilience."

Rowell's drawings explore themes of rootedness, regeneration and reverence for nature, blurring the line between the physical and the emotional landscape.

An opening reception will be held Thursday, Aug. 28, from 5 to 6:30 p.m. The exhibitions will remain on view through Oct. 3. Gallery hours are Monday through Thursday, 10 a.m. to 4 p.m. at the Paducah School of Art & Design, located at Ninth and Harrison streets in historic Lower Town Paducah. All exhibitions and events are free and open to the public. The Helen LaFrance Exhibition in the PJC Library will also be available for viewing during the reception.

For more information, visit paducahschoolof artanddesign.org or contact the Paducah School of Art and Design.

5th Annual Local Licks Music Festival and Fundraiser

Presented By: Four Rivers Entertainment Dates: September

13, 2025 Paducah Beer Werks

301 N 4th Street, Paducah, KY 42001 (270) 816-9103 fourriversent chili cream sauce, pickled cabbage, and chimichurri.
Carne Asada Taco
Citrus-marinated
Impossible steak with white onion, cilantro, and salsa.
Pumpkin Chili

Pumpkin Chili Mac – Creamy mac and cheese mixed with our rich, spiced pumpkin chili. (6oz Container)

Pumpkin Cupcake
– Pumpkin cupcake
with pumpkin butter
maple buttercream
and ginger cookie
crumble.

Caramel Apple
Cider Milkshake –
Apple cider blended
with ice cream
and swirled with
coconut caramel. (4oz
Container)

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ky@gmail.com

Paddle for a
Purpose
Presented By:
Marrs Property
Group
September 20, 2025
Add to Calendar
9670 Old Hall Road,
West Paducah, KY
42086

(270) 559-5762 marrs.res@gmail. com

Price: \$25 per player
Time:
8:00 AM to 2:00 PM
Overview
Join us as we reserve up fun and
friendly competition

friendly competition at the Marrs Property Group Pickleball Tournament – a local event bringing together the community and players of all levels. Grab your partner and get ready to paddle for a purpose!

The event will be held at Heath Community Park (9670 Old Hall Road) on Saturday, September 20th. Estimated times will be 9AM-11AM (Men's Doubles), 12PM-2PM (Women's Doubles) and 2PM-4PM (Mixed Doubles). Please arrive 30 minutes before your start time for player registration and checkin.

Registration Fee (includes t-shirt): \$25 per person. Online payments may be accepted via Venmo at @Isaac-Marrs. Please write name of players in the memo line. If you prefer cash or check, please drop off your payment to Keller Williams Experience Realty at 3420 Park Ave Suite 2 | Paducah, KY 42001



THE PSYCHOLOGY OF SPENDING

Why We Buy Things We Don't Need—and How Compass Counseling Can Help

By Laurna Todd KPI Writer

Most people know the feeling: clicking "checkout" online or walking out of a store with bags in hand, only to later wonder, "Why did I buy that?" From impulse purchases to chronic overspending, shopping can be more than just a financial choice-it can be a window into our emotional and mental health.

Why We Overspend

Overspending is often driven less by logic and more by emotions. Shopping triggers dopamine, the brain's "feel-good" chemical, creating a temporary sense of excitement and reward. This can lead to "retail therapy," where buying becomes a way to cope with

stress, sadness, or boredom.

Leta Norman states, "many people who shop excessively spend money as a coping mechanism to manage stress and unwanted emotions.

In addition to emotions, marketing plays a major role. Flash sales, limitedtime offers, and loyalty programs create a false sense of urgency. Social pressures also influence spending whether from friends, family, or comparisons on social media, the desire to "keep up" can push us toward unnecessary purchases. When Shopping Becomes a Problem

Occasional splurges are normal, but compulsive shopping—sometimes

called a shopping addiction—can create serious consequences. Research from the University of Iowa suggests about 5.8% of the U.S. population struggles with a shopping addiction, and some studies place the percentage much higher. According to Norman, "many people who shop excessively spend money as a coping mechanism to manage stress and unwanted emotions. However, it is important to understand that occasional impulsive purchases or shopping as a recreational activity does not necessarily mean one has a shopping addiction. Excessive shopping shares some

characteristics with

other psychological disorders including obsessive-compulsive disorder (OCD), mood disorders, anxiety, substance abuse and impulse-control disorders."

Signs of compulsive shopping may include:

- Constantly thinking about shopping.
- · Continuing to spend despite mounting debt.
- Buying items you don't need or can't use.
- Skipping obligations to shop.
- · Lying about or hiding purchases out of guilt.

Getting Help

If overspending feels out of control, help

is available. Talking with a mental health professional can uncover the emotional roots of spending habits and provide tools for healthier coping.

Cognitive behavioral therapy (CBT) and support groups are among the most effective ways to address compulsive shopping. Therapy can help individuals increase self-awareness, set boundaries with money, and reduce the guilt and shame that often accompany overspending.

How Compass Counseling Supports Change

At Compass Counseling, individuals find a safe and nonjudgmental space to explore their relationship with

money. Whether the issue is occasional overspending or a deeper pattern of compulsive shopping, Compass counseling helps clients recognize underlying triggers, develop healthier coping skills, and work toward greater balance in both finances and emotional wellbeing.

Ultimately, shopping itself isn't "bad." But when it becomes a way to escape or mask deeper struggles, seeking help can be a powerful step toward regaining control.

Compass Counseling has offices in Paducah and Benton, KY, offering compassionate support for individuals and families navigating life's challenges.





ET3012 '16 Mauldin M413XT maintainer



DY0927 '11 John Deere 6115D MFWD tractor



EC4373 JCB 427ZXT4F wheel loader



EF2133 '23 Case SV280B skid steer



YA0957 '15 Manitex TC450-142 truck mounted crane



EB8219 '19 Peterbilt 579 semi truck



ED1484 '14 CAT D6T LGP dozer



YA0773 '14 Rogator RG110 sprayer



EC4372 JCB 512.56 telehandler



ED1482 '17 Sakai SW850ND-II double drum vib roller



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Funeral Notice

Paid obituary furnished to Kentucky Publishing Newspaper Group

William Jerry L. Deatherage

William Jerry L Deatherage, age 81, of Salem, KY, passed away Thursday, September 4, 2025, at Livingston Hospital and Healthcare Serv-

ices. Jerry was born in Crittenden County, KY, to the late Robert and Elsie May (Cosbey) Deatherage. Jerry spent most of his time with his grandmother



Deeply committed to his community, Jerry was a former magistrate of Livingston County and shared his talents as a certified engineer and maintenance supervisor at Livingston Hospital and Healthcare Services, where he worked for more than 20 years.

Jerry is survived by his loving wife of 61 years, Phyllis Deatherage; his daughter, Jacinda (Rusty) Lee Deatherage Renner of

Lola; his granddaughter, Jacey Lee Campbell of Lola; his brother, Robert Deatherage of Kissimmee, FL; and his nephew, Jimmy Deatherage.

He will be remembered for his steadfast dedication to family, faith, and service.

Funeral services will be held Monday, September 8, 2025, at 1:00 PM, in the chapel of Boyd Funeral Directors and Cremation Services. Military honors will be rendered following the service, with burial in Salem Cemetery. Friends may visit with the family on Monday from 11:00 AM until the funeral hour.

Condolences may also be left online at boydfuneraldirectors.com

• BALLARD •

Kenneth Allen Poloski, Jr., of Bandana, Kentucky, passed away on September 5, 2025, at Ray & Kay Hospice Center, surrounded by loving family, friends and his dog JD. Funeral services were Wednesday, September 10, 2025, at 1:00 p.m. at Morrow Funeral Chapel in LaCenter, KY with the Rev. Glen Crowe and Rev. Brian Overstreet officiating. Interment on the family farm.

Carolyn Elizabeth (Gragg) Warford, 91, passed away early Sunday morning, September 7, 2025, at NHC Place At The Trace Health Care in Nashville, Tn. Graveside services were held Tuesday, September 9, 2025, at Oscar Community Cemetery.

Patrick Wallace, age 62, passed away on September 1, 2025, at LifeCare Center of LaCenter. There will be no services held.

• CALDWELL •

Linda Faye Grant passed away at her home on Friday morning, September 5, 2025, following a long illness. Graveside services will be held on Tuesday, September 9, 2025 at Lance Nichols Cemetery.

Billy Joe Breedlove, passed away peacefully on September 5, 2025, at Caldwell County Hospital, at the age of 62. Funeral services will be held at 1:00 p.m. on Tuesday, September 9, 2025, at Lakeland Funeral Home with Bro. Jeremy Short officiating. Burial will follow in Kuttawa Cemetery.

Gregory Layne Watson, age 77 went home on September 4, 2025 at Princeton Nursing & Rehab Center after a long illness. Visitation will be held on Sunday, September 7th, 2025 from 12:00 PM until service time at 2:30 PM,

at Morgan's Funeral Home with Bro. Mark Faughn officiating. Burial to follow in Morse Cemetery in Farmersville.

· CALLOWAY ·

Charles J. Carroll, 82, of Hazel, KY, passed away on Monday, September 1, 2025 at Spring Creek Health and Rehab in Murray. A graveside service was held Thursday, September 4, 2025 at McDaniel Cemetery.

Ronald Gordon Tecoma, 79, passed away on August 31, 2025, at West Tennessee Health Care, Henry County Hospital. Per Mr. Tecoma's request, no services have been planned.

Diana Kay Robinson, 62, of Murray, KY, and formerly of Sacramento, CA, passed peacefully at her home on Sunday, August 31, 2025. A private ceremony honoring Diana's life will be held at a later date.

Thomas Loyal Smith, 86, of Murray, KY, passed away Sunday, August 31, 2025, at Spring Creek Health Care in Murray. A graveside service was held Monday, September 8, 2025, at 10:30 a.m. at Elm Grove Cemetery, with Rev. Sammy Cunningham officiating.

William (Bill) Frisque, 73 years old, passed away peacefully on September 4,, 2025, in his home in Murray, Kentucky. All of the funeral arrangements will be held at Nicolet Memorial Park, 2770 Bay Settlement Road, Green Bay, Wisconsin, on September 26, 2025. This will include visitation, located in the chapel, from 12-2 pm, with his burial following.

• CARLISLE •

David "Boo" Ferguson, 65, of Arlington, Kentucky, passed away on Saturday, September 6, 2025. Visitation was held Wednesday, September 10, 2025, at Milner & Orr Funeral Home of Arlington. A private graveside service will be held for the family.

• CHRISTIAN •

Linda Rogers Hillman, 84, of Christian County, KY died at 2:27 p.m. Monday, September 1, 2025 at Jennie Stuart Medical Center. Funeral services were Monday, September 8, 2025 at Hughart, Beard & Giles Funeral Home with Brother Clayton Miller officiating. Burial in Powell Cemetery in LaFayette, KY.

Connie J. Ford, 68, Shaw Ovil Road, Hopkinsville, KY passed away Saturday, September 6, 2025 at Dawson Springs Health & Rehab, Dawson Springs, KY Graveside services were Wednesday, September 10, 2025 at Peaceful Meadows Cemetery. Lamb Funeral Home is assisting with arrangements.

Kathleen Smith, 66, of Lafayette, Kentucky passed away on Sunday, September 7, 2025 at her residence with her companion at her side. A memorial service will be held at a later date. Dogwood Funerals & Cremations of Hopkinsville is assisting with arrangements.

Judy Jane Goddard, 75, of Herndon, KY died at 9:05 a.m. Tuesday, September 2, 2025 at her residence. Memorial services will be a later date. Dogwood Funerals & Cremations of Hopkinsville is in charge of the arrangements.

Conney Sue Underwood Floyd, 83, of Bardstown, Kentucky died at 7:42 p.m., Monday, September 1, 2025 at Norton Audobon Hospital in Louisville, Kentucky. Funeral services were Saturday, September 6, 2025 at Voice of Faith Church in Crofton, Kentucky with Rev. Clint Hopper and Rev. Alan Hopper officiating. Burial in Ridgetop Cemetery in Crofton.

• CRITTENDEN •

Chantel Denyse "Chicken" Millikan, 54, of Marion, KY passed away September 2, 2025 at Deaconess Health in Madisonville, KY. Services were Monday September 8, 2025 at Gilbert Funeral Home in Marion, KY with interment in Sugar Grove Cemetery.

Marlene Sue (Kaegi) Lewis left this world peacefully on August 31, 2025, at the age of 92. A private family service will be held this fall to honor her life.

William Jerry L Deatherage, age 81, of Salem, KY, passed away Thursday, September 4, 2025, at Livingston Hospital and Healthcare Services.

• FULTON •

Edna Emily Atler, 80, of Fulton, met her heavenly reward on Tuesday, September 2nd, 2025, at Fulton Nursing& Rehab in Fulton, Ky. Friends may visit the family at a Celebration of Life being held at Faith Fellowship Church in Fulton, Ky. September 20th, 2025, at 12:00 pm with Bro. Rusty Robinson & Bro. Donnie Hawkins officiating.

• GRAVES •

Linda Sills age 78 of Mayfield Passed away Monday September 8th at the Fulton Nursing and Rehabilitation center in Fulton KY. Funeral Arrangements for Mrs. Linda Sills are incomplete at this time at the Brown Funeral Home of Mayfield.

Robert Lynn Eubanks, age 72 of Wingo, Ky passed away on Sunday, September 7, 2025 at 5:06 PM in Wingo, Ky. Funeral Services were Tuesday, September 9, 2025 at the Brown Funeral Home in Wingo, Ky with Brandon Knight officiating. Burial in the Pinson Cemetery.

Rebecca Lynn Newberry, age 60 and a resident of Mayfield, passed away at 6:38 A.M. Tuesday, September 2, 2025 at her residence. Funeral services were Friday, September 5, 2025 at the Brown Funeral Home in Mayfield with Rev. Brett Miles Officiating. Interment in the Maplewood Cemetery.

Christina M. Clancy, 51, a resident of Mayfield, passed away on Sunday, August 31, 2025, at Lourdes Hospital in Paducah. A Memorial Mass in honor of Christina M. Clancy will be held at 11:00 AM on Saturday, September 20, 2025, at St. Jerome Catholic Church in Fancy Farm. The family will welcome friends beginning at 9:00 AM at the church, prior to the service.

Theresa Mary Thompson, age 62 of Fancy Farm, Ky passed away on Sunday, August 31, 2025 at 1:13 PM at her residence. Memorial Mass was held Saturday, September 6, 2025 at 11:00 AM at the St. Jerome Catholic Church with Fr. Darrell Venters officiating.

• LIVINGSTON •

William Jerry L Deatherage, age 81, of Salem, KY, passed away Thursday, September 4, 2025, at Livingston Hospital and Healthcare Services. Funeral services were Monday, September 8, 2025, at 1:00 PM, in the chapel of Boyd Funeral Directors and Cremation Services. Military honors were rendered following the service, with burial in Salem Cemetery.

FUNERAL NOTICES continued

FUNERAL NOTICES continued

• HENDERSON •

Pearlee Abrams, age 86, of Henderson, KY, passed away on Tuesday, September 2, 2025, at her daughter's home under the care of St. Anthony's Hospice. The funeral service was held Saturday, September 6, 2025, at the funeral home with Reverend Gary Cobb officiating. Burial at Roselawn Memorial Gardens in Henderson, KY.

Virgil L. Mitchell, age 98, of Henderson, KY, passed away on Tuesday, September 2, 2025, at his home under the care of St. Anthony's Hospice. The funeral service was held Saturday Sept. 6 at the funeral home with Pastor Sam Hinkston officiating. Burial at Roselawn Memorial Gardens in Henderson, KY. Military honors were rendered by the American Legion Worsham Post #40.

Stephanie Pippin, age 58, of Henderson, KY, passed away on Monday, September 1, 2025, surrounded by her family. The funeral servicewas held Friday, Sept. 5 at the funeral home with Reverend Kevin Stone officiating. Burial at Roselawn Memorial Gardens in Henderson, KY.

Tracy Haire Ford, 60, of Henderson, Kentucky, passed away on Monday, September 8, 2025, at Deaconess Henderson Hospital. Services will be at noon Friday, September 12, 2025, at Holy Name of Jesus Catholic Church. Father Richard Meredith will officiate. Burial will be in Roselawn Memorial Gardens.

Mary Lucinda Trimborn, 84, of Henderson, Kentucky, passed away Thursday, September 4, 2025. Services were Tuesday, September 9, 2025, at Rudy-Rowland Funeral Home. The Reverend Tim Shockley officiating. Burial in Fernwood Cemetery.

J.Z. "Junebug" Shelton, Jr. October 4, 1944 It is with both a heavy heart and deep reverence that we announce the coming home of Staff Sgt. Junior J. Shelton, who bravely served his country until his untimely death on October 4, 1944, in the vicinity of Hatterath, Germany. In celebration of his life and sacrifice, graveside services will be held on October 4, 2025, at 11:00 AM at the Springdale Cemetery in Sebree, where Dr. Daniel S. Lovell will officiate. The profound ceremony will include military honors, a fitting tribute to a soldier whose dedication to his country demanded the ultimate price. Prior to the ceremony, family and friends are invited to gather for visitation from 9:00 AM until 10:30 AM at the Tomblinson Funeral Home Sebree Chapel. This time of togetherness will be an opportunity to reflect on Junior's life, share stories, and celebrate the profound impact he made on so many.

William "Bill" Terrel Nelson, 76, of Robards Ky, born in Midland Ky, to the late William "Red' Nelson and Jewell Forehead Nelson. He passed away on September 3, 2025, at I.U. Methodist Hospital. Funeral Service were Thursday September 11, 2025, at Tomblinson Funeral Home Henderson Chapel.

Bettie "June" Griffin Sneddon, 92, of Robards, passed away on Tuesday, September 2, 2025, at St. Anthony's Lucy Smith King Care Center. Funeral services were Saturday, September 6, 2025, at Tomblinson Funeral Home Sebree Chapel. Pastors Rick Nollman and Kenny Palmer officiating with burial in Pleasant Valley Church Cemetery in Robards, KY. **David Elbert Wallace**, a revered husband, father, brother, and friend, will be honored as he peacefully leaves this earth on September 1, 2025, at the age of 85. Funeral services were Monday September 8, 2025, with Rev. Janet Carden and Rev. Leslie McKown officiating.

• HOPKINS •

Sara Geneva Corbitt, 85 of Nortonville passed away Monday, September 8, 2025, at Jackson Purchase Medical Center in Mayfield. Service were held Thursday, Sept. 11 at Bandy Funeral Home in Nortonville with Bro. Butch McKnight officiating. Burial at Good Hope Cemetery in Nortonville.

David Edwin Bell, Jr., 81 of LaGrange passed away Thursday, September 4, 2025, at Baptist Health East in Louisville. Graveside service were Sunday, Sept. 7 at New Salem Cemetery in Nortonville with Bro. Steve Rutherford officiating.

Patsy Gaye Bearden, 71 of Mortons Gap passed away Monday, September 1, 2025, at Baptist Health Deaconess. Service was held Thursday, Sept. 4 at Bandy Funeral Home in Nortonville with Bro. Lowman Scarbrough officiating. Burial at Bethlehem Cemetery in Madisonville.

Mari Lou Keown Yandall, 74, of Madisonville, KY, passed away on Monday, September 8, 2025, surrounded by the people she loved most, her children at Baptist Health Deaconess in Madisonville, KY. A private memorial service was held on Thursday, September 11, 2025, in the chapel of Harris Funeral Home conducted by Kevin Barnes.

Paul Douglas Hibbs, 91, of Madisonville, KY passed away on Saturday, September 6, 2025, at the Lucy Smith King Care Center in Henderson, KY. The funeral service will be held at 1 p.m. on Saturday, September 13, 2025, in the chapel of Harris Funeral Home in Madisonville with Pastor David Eddmenson officiating. Burial to follow at Odd Fellows Cemetery in Madisonville. Military honors will be conducted by the United States Army and the Hopkins County Honor Guard. A visitation will be held from 4 p.m. until 7 p.m. on Friday and from 11 a.m. until the funeral hour Saturday at the funeral home.

Lucas James Bivins, born on Wednesday, September 3, 2025 and passed away at Owensboro Health Regional Hospital in Owensboro, KY, and is now resting in the arms of Jesus. A graveside service was held Monday, September 8, 2025, at Bivins and Pendley Family Cemetery in Dawson Springs, KY with Pastor Brad Tucker officiating. Harris Funeral Home is in charge of the arrangements.

Leonard Howard Parish, 91, of
Madisonville, KY, formerly of Manitou,
Kentucky, passed away peacefully on
Monday, September 1, 2025, at Baptist Health
Deaconess in Madisonville. A funeral service
was held Saturday, September 6, 2025, at
Concord General Baptist Church Manitou,
KY, officiated by Rev. Eddie Fleming, Dr.
Carroll Parish, and Rev. James Parish. Burial
at Concord General Baptist Church Cemetery
in Manitou. Military honors were conducted
by the United States Army and the Hopkins
County Honor Guard. Harris Funeral Home
is in charge of the arrangements.

· LYON ·

Donald Ray Rushing, 85, of Eddyville, passed away Friday, September 5, 2025, at the Princeton Nursing and Rehabilitation center. Funeral services will be held at 11:00 a.m. on Monday, September 8, 2025, at Lakeland Funeral Home with Bro. Richard Sexton and

Bro. Don Houston officiating. Burial will follow in Rolling Hills Cemetery in Eddyville.

• MCCRACKEN •

Barbara Robinson, 90, of Paducah, Kentucky, passed away peacefully on Saturday, September 6, 2025, at Mercy Health at Lourdes. A Funeral Mass was held on Thursday, September 11, 2025, at St. Thomas More Catholic Church with Rev. Basilio Az Cuc officiating. Burial at Mt. Carmel Cemetery.

Gail A. Brewer, beloved wife, mother, grandmother, and cherished friend to many, passed away on September 5th, 2025 at the age of 61. A funeral service will be held at 11 A.M. on Friday, September 12, 2025 at the Milner and Orr Funeral Home of Paducah with Rev. Rick Shellhardt and Rev. Richard Romain officiating. Visitation will take place at the funeral home from 5 to 7 P.M. on Thursday, September 11, 2025, and on Friday from 10 A.M. until the funeral service begins at 11 A.M. Burial will follow at the Brook Hill Cemetery.

Francis J. Scheer, age 93, passed away on Thursday, September 4, 2025, at Mercy Health Lourdes Hospital. Services were Monday, September 8, 2025, at St. John Catholic Church with Rev. Bruce Fogle officiating. Burial at the St. John Cemetery with military honors.

Edwina Mae Fouts passed away on September 4, 2025 at the age of 92. A graveside funeral service was held Tuesday, September 9, 2025 at 10 A.M. at the Mount Carmel Cemetery in Paducah.

Malinda Richie, 78, of Paducah, Kentucky, passed away at 1:34 p.m. Wednesday, September 3, 2025, at the Ray & Kay Eckstein Hospice Care Center at Mercy Health Lourdes. Funeral services were Saturday, September 6, 2025, at Milner & Orr Funeral Home of Paducah with Rev. Bob Martin officiating. Burial at the Clarks River Cemetery.

Holly Skinner Henderson, 69, of Paducah, Kentucky, passed away on September 1, 2025, at Baptist Health Paducah. Funeral Services will be held at 1:00 P.M. on Saturday, September 13, 2025, at Milner & Orr Funeral Home of Paducah with Paul Wingfield officiating. Burial will follow at Maplelawn Park Cemetery.

Donna Jo Poole, 71, of Paducah, Kentucky passed away Saturday September 6, 2025. Donna wishes were to be cremated and be laid to rest with her son in Oak Wood Cemetery in Hickman, Ky.

Troy Ball, 58, of Paducah passed away on Thursday, September 4, 2025, at the Ray & Kay Eckstin Hospice Care Center in Paducah Friends may visit the family from 4:00pm to 7:00pm on Friday, September 12, 2025, at Lindsey Funeral Home.

Weldon Adkinson, 73 of Paducah, passed away Tuesday September 2, 2025 at his home. Family planned memorial is planned at later date.

Penny Perry, 67, of Paducah passed away at 11:34 AM on Thursday, September 4, 2025 at her residence. Funeral services were Monday, September 8, 2025 at Hughes Funeral Home in Paducah with Rev. Drew Gray officiating. Burial at Bethlehem Cemetery in Palma, KY.

FUNERAL NOTICES continued

Stanley Charles Wallace, 72, of Paducah passed away at 9:34 AM on Wednesday, September 3, 2025 at his residence. Funeral services were Sunday, September 7, 2025 at Hughes Funeral Home in Paducah with Tommy Tucker and Brian Arnold officiating. Burial at Salem Cemetery.

• MARSHALL •

Tammie Marie Hopkins, 59 of Calvert City, Ky passed away on Tuesday, September 2, 2025, surrounded by her loving husband and children. A celebration of Tammie's life will be held at a later date.

Mitchell O'Shane Mathis, 74, of Gilbertsville, Kentucky, passed away on Monday, September 1, 2025, at the Ray and Kay Eckstein Hospice Care Center in Lone Oak, Paducah. A memorial service was held Friday, September 5, 2025, at Pathway Baptist Church with Bro. Michael Donald.

Virginia Sue Lape passed away peacefully at Commonwealth Senior Living-Memory Care in Manassas, Virginia, on September 4, 2025 She was 93. Graveside funeral service will be held at 10:00 a.m. on Saturday, September 13, 2025 at Wilson Cemetery, Bro. Wesley Morehead officiating.

Bettie Marie (Walton) Ivey, age 87, of Brewers, KY, passed peacefully from this life into eternal life with her Lord and Savior on September 1, 2025, surrounded by her loving family. Funeral service was held Thursday, September 4, 2025 at Collier Funeral Home, located at 211 W. 5th St., Benton, KY 42025. Burial at Brewers Cemetery.

Lisa Marie Kwiatkowski, age 61, of Hardin, KY died on Sunday, August 31, 2025, at her home. A memorial service was held Sunday, September 7, 2025, at Collier Funeral Chapel located at 211 West 5th St. Benton, Kentucky 42025 with Father Jegin Puthenpurackal officiating.

• TRIGG •

Carolyn Wade Major Sholar, 71, passed away on Sunday, September 7, 2025, following a long illness, at her home in Hanson, Kentucky. Funeral services were Thursday, September 11, 2025, at First Christian Church, 1030 College Drive, Madisonville, Kentucky, with the Reverend Kara Foster officiating. Burial in Riverside Cemetery in Hopkinsville, Kentucky.

Henry R. "Dick" Vinson, Jr., age 87, of Hopkinsville, Kentucky, passed away on Friday, September 5, 2025, at Jennie Stuart Medical Center in Hopkinsville. Arrangements are being handled by Goodwin Funeral Home, Inc., 138 Main Street in Cadiz, where services were held Tuesday, September 9, 2025. Graveside service at Wall Cemetery in Wallonia.

Steven D. Nunley, age 67, of Cadiz, Kentucky, passed away on Tuesday, September 2, 2025, at Ray and Kay Eckstein Hospice Care Center in Paducah, Kentucky. There will be no services at this time.

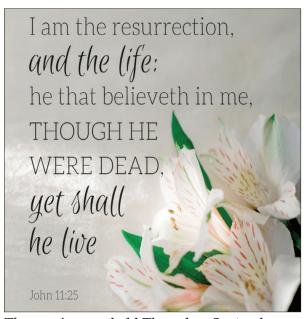
Gregory Lee "Greg" Brown, Sr. 80 of Benton, KY formerly of Princeton, KY passed away on Sept. 5, 2025. Private Memorial Services will be held at a later date on the family farm in Princeton. King's Funeral Home is in charge of the arrangements.

Teresa Lorraine Cates Ingle 60, of Cadiz, KY. passed away Sept. 4, 2025. A private memorial service will be held at a later date. King's Funeral Home is in charge of the arrangements.

• UNION •

Terry "Grasshopper" Wright age 73 passed away September 7th 2025 at Lucy Smith King Care center. Graveside service and burial was held on Thursday, September 11th 2025 at 10:30 AM at Odd Fellows Cemetery in Morganfield, KY. Reverend Brad Tucker will officiating.

Dorothy Vandervort, age 74 of Sturgis, KY passed away Friday, September 5, 2025 at Deaconess Hospital Henderson County.



The service was held Thursday, September 11, 2025 at Whitsell Funeral Home in Sturgis. Bro. Troy Black officiating. Burial in Old Bethel Cemetery.

Robert "Bob" Winders, age 76 of Morganfield, KY passed away Saturday Sept 6, 2025 at his home. Funeral service was held Wednesday, September 10, 2025 at Whitsell Funeral Home in Morganfield KY. Ingrid Winders officiating. Burial in St. Ann Cemetery in Morganfield, KY with full military rites.

• WEBSTER •

Phillip Anthony Williams, 61 of Savannah, GA (born in Madisonville) passed away Monday September 1, 2025 at Deaconess Gateway in Evansville, IN. Memorial services will be conducted at 2:00 PM on Saturday, September 20, 2025 at Skidaway Community Church in Savannah, GA. Reception to follow after the service.

Thomas Dale Oldham, 92, of Providence, KY, passed away peacefully on Sunday, August 3, 2025, at Shemwell Nursing Home in Providence, KY. Funeral services were Wednesday, August 6, 2025, at Lewis Funeral Home in Providence, KY, with Kent Akin officiating. Burial at Homesite Cemetery, with the Hopkins County Honor Guard providing graveside military honors.

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

Area SUPPORT GROUPS: Tornado survivor, Gambling, Celebrate Recovery, AA, NA, Grief

Tornado Survivor Support Group

Stronger Together! You are not alone. Join us on the 4th Thursday of each month, 5 p.m. at the Graves County Baptist Association, 1400 KY-303, Mayfield, KY. Call 270-247-7947 for more information.

GAMBLERS ANONYMOUS

Kentucky Council on Problem Gambling, Inc. KYCPG.org On this website, visitors may learn about gambling addiction, determine whether they or someone they know may have a gambling problem, and obtain referral information to counselors or Gamblers Anonymous.

Connect with Gamblers Anonymous via phone: Lexington Hotline Number: 855-2CALLGA (855-222-5542) Louisville Hotline Number: 855-2CALLGA (855-222-5542)

GAMBLERS ANONYMOUS -ZOOM MTGS

THURSDAY
Lexington, KY
6:30 p.m. EST, Zoom
https://us02web.zoom.
us/j/7097833052
SUNDAY
Lexington, KY
6:30 PM EST, Zoom
https://us02web.zoom.
us/j/7097833052

CELEBRATE RE-COVERY

• Grace United Methodist Church, Celebrate Recovery on Hwy 60 in LaCenter, Thursdays 7 p.m.

• Benton Campus, Celebrate Recovery 1001 Main Street. Benton, Tuesdays, 6 p.m.

- Murray Campus, Celebrate Recovery 915 Arcadia Cir., Murray, Thursdays, 6 p.m.
- Bardwell Campus, Celebrate Recovery Marris Valley Church St., Hwy 1181, Fridays, 6 p.m.
- New Life Community Church in Bardwell, Celebrate Recovery, 6:30 p.m.,Fridays. For all hurts, habits and hang ups. Celebrate Recovery is a safe place to find community and freedom from the issues that are controlling our life. Everyone welcome.
- Clinton First Baptist Church, Celebrate Recovery Mondays, 6p
- Grace Life Church, Celebrate Recovery Graves County, Sunday

Nights, 6:30 p.m.

- Paducah Brown St. Club: Clean Living NA, Mon., Tue., Fri. 6 p.m.
- AA Meetings, Tuesday nights at 6 p.m. at 1st Baptist Church, 5th & Olive in LaCenter.
- AA Meetings, Friday nights at 6 p.m. New Covenant Community Church on Coffee Dr. in LaCenter.
- Arlington City Hall, AA Meetings, Tue. & Fri. 6 p.m.
- First United Methodist Church, AA Meetings, Mondays, 8 p.m.
- Turning Point Recovery Center, Paducah, (270) 444-3621 AA Meetings: Sun. 9

a.m., Sat., 9 a.m. NA Meetings: Sun-Noon and 6 p.m., Mon-Noon and 6 p.m., Tue-6 p.m., Wed-Noon, Thur-6 p.m., Fri-Noon, Sat-Noon and 6 p.m.

• A Recovery Support Group called OVER-COMERS.

Christian Fellowship Ministries, 1343 US Hwy 68 East Benton, KY. Meeting are Tuesdays 6- 8 p.m. - Call to confirm meeting beforehand Jada McWilliams 270-205-5294 270-527-8369

Grief Share

Grieving the death of a loved one? Join us: Thursday evenings from 6:30-8:30 p.m. at Trace Creek Baptist Church; 3577 State Route 131 Mayfield, KY. This is a 13 week course, but you are welcome to join in at any time. \$20 includes workbook Monica L Rogers, facilitator, 270-705-2421 www.griefshare.org

Grief Support Group presented by Mercy Health Hospice, meets every Thursday at 3 p.m., at Mayfield First United Methodist Church's Outreach Building at 316 South 8th St., Mayfield. Contact phone 270-415-3636 for information.

• Sober Hearts Ministry Friday at 7:00 p.m. at First Baptist Church in Barlow, KY SoberHeartsFamily-Ministry@outlook. com Facebook - Sober Hearts Family Ministry - Text – (270)445-1008.

VICTORIOUS world ... in a troubled world

A present help in time of need

By Teresa LeNeave Leneave2@comcast.net

We really are not alone although sometimes it feels like it. When I read about a "present help in time of need", I am encouraged for myself, my family, my church and my country. We're not alone. Everywhere you go, and all the news you hear, is about how bad things are and how much worse they are going to get. But, you're not alone. You have a "present" help.

The Bible says the Holy Spirit is given to us a "helper"; someone to walk along side of us. The Holy Spirit guide us, gives assurance to us and even pray for us. In fact, His main title is Comforter. If you ever need comforting, Psalm 46:1 is a verse to embrace: "God is our refuge and

strength, a very present help in trouble."

What does it mean to have "present help"? It means He'll be right there when you need Him. He'll give you strength when you need it. Guidance when you need it. Wisdom when you need it.

The Bible says light drives away the darkness. God is light (I John 1:5). "If we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin" (I John 1:7).

We're not talking about religion. We're talking about light. About understanding. About a relationship with the Creator of all things; about someone you know you can call on in



time of trouble. The main thing we must do, as a nation, as a people, is make sure all is well with our soul. We need the confidence to know we can call and God will listen.

Whatever we face, it's easier with God in our lives. Asking Him to shield our heart and renew our mind is paramount to living without fear of everything

happening in this world. The truth is that we cannot remove evil from the world. We know prayers are powerful, but we cannot transform those with hatred in their hearts. We cannot change the horrible mess we are in, but I believe God can.

If ever there was a time to pray, it is now. Chaos and unrest are everywhere and it's easy to be drawn into the confusion of so many conflicting voices. To have present help in time of need, consider memorizing Phillipians 4:5-8 that says, "Let your gentleness be known to all men. The Lord is at hand (He's present). Be anxious for nothing, but in everything

by prayer and supplication, with thanksgiving, let your request be made known to God; and the peace of God, which surpasses (passes) all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren (fellow Christians), whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy mediate on these things."

Jesus is the present help. He is the answer to our worries. He is bigger than our troubles. Find rest in His love.



As many of you know, I spent the first 29 years of my life in Kentucky. Since I lived only about three hours or less from Lexington and Louisville, my culture was around thoroughbreds. basketball, and bourbon – with a mixture of tobacco fields. Even though my experiences were limited to basketball, these other influences were always in the

background. With that said, let me pass on a story I heard.

heard. At the celebration of the Buffalo Trace Distillerv's sixmillionth barrel, Julian Van Winkle Jr. handed a legendary tour guide, Freddie Johnson, a bottle of 20-vear-old Pappy's - an expensive and rare gift. He was to use it to celebrate with his dad and

brother. That night they opened it. and when Freddie tried to save some for a future time. his dad stopped him. He told his son there would always be more old bourbon, but not more of them. He said," We are the fragile part of this whole thing." So. that night they sat, talked, laughed and finished the bottle. Nine months later, both his father and his brother were

gone—leaving
Freddie with the
line that's now
famous: "It's not
about the whiskey.
It's about the lives
you touch and the
people you meet."

Why do I tell you this? Deer season is upon us. For years, I have witnessed landowner after landowner, and many selfish hunters, try to protect their deer at the expense of a youth, new, or even old hunter.

the most fragile part of this process to be the animals and not the lives of those they could forever impact. And there is no doubt there will be some hunter who will not be with us next year. Remember my friends, it's not about the deer. It's about the lives you touch and the people vou meet. Adjust accordingly. Gary Miller has

They have deemed

written Outdoor Truths articles for 23 vears. He has also written five books which include compilations of his articles and a father/ son devotional. He also speaks at wild-game dinners and men's events for churches and associations. Stay updated on Outdoor Truths each week by subscribing at Outdoortruths.org

Keeping Your Stories Alive

By Laurna Todd KPI Writer

Every family carries a history—woven through traditions, memories, and the stories passed from one generation to the next. Preserving those stories is more than an act of nostalgia; it's a way to ensure that the voices of today continue to inspire and connect families long after the storytellers are gone.

Recording Life's Journey

One of the simplest yet most

powerful ways to preserve a personal legacy is by writing it down. Seniors can capture their life stories in journals, typed documents, or even audio and video recordings. Some choose to focus on childhood memories, while others highlight key life lessons or defining experiences.

Even small snapshots of life—short notes about a special holiday, reflections on a first job, or memories of raising children—can become priceless treasures for future generations. Community centers, libraries, and local organizations often provide resources or classes that can help those who want structure and support as they begin documenting their stories.

Building a Family Record

Beyond individual memories, preserving a broader family history helps connect generations. Organizing photographs, assembling family trees, or gathering histories from relatives tells a family's story in greater detail.

Today's digital tools make it easier to explore ancestry and safeguard important documents. Genealogy websites, apps for recording stories, and digital photo albums allow families to preserve and share information across distances. Family gatherings and reunions provide natural opportunities to gather stories and label photos, ensuring details are not lost over time.

Passing Along Traditions and Wisdom

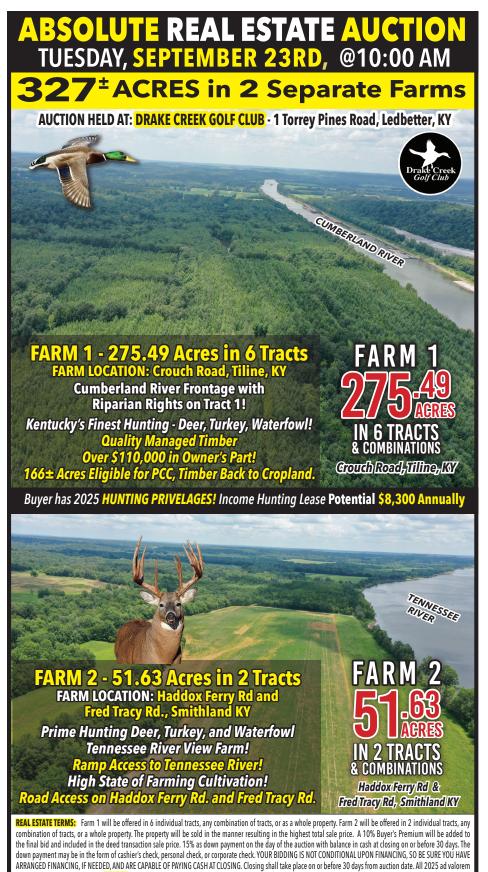
While names, dates, and events are important, a legacy is also built on values and traditions. Teaching a younger family member how you cook a signature dish, repair something around the house, or approach life's challenges with resilience can be as meaningful as recording a life story.

Some families create "legacy letters" filled with blessings and reflections to be shared later, while others prepare memory boxes containing keepsakes with written explanations of their significance. These tangible reminders help carry forward not only knowledge but also the heart and spirit behind it.

A Lasting Gift

Preserving a legacy is not only for the benefit of future generations—it is also a deeply rewarding process for those doing the reflecting. Looking back at life's milestones provides perspective, purpose, and often joy.

In the end, creating a family legacy ensures that stories are not forgotten, values are not lost, and connections remain strong. It is a gift that reaches beyond time, linking the past with the future in meaningful and lasting ways.



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Christ is the vine, we are the branches

By William F Holland Jr. billyhollandministries.com

I was having a discussion with a friend the other day about how it seems that so many people are living in sadness and discouragement when he mentioned something that really made me think. He said that it was impossible to be depressed and walk in the joy of God's presence at the same time. After our conversation, I continued to ponder this thought and by the way, I do agree with it. I'm not saying that developing an optimistic lifestyle is easy, but being a positive or a negative thinker are both learned behaviors. Since a healthy relationship with the Lord is associated with the level of our spiritual joy, we can know that a lifestyle of encouragement will depend on changing the way we think. "Why art thou cast down, O my soul? And why art

thou disquieted within His love and peace, we me? Hope thou in God: for I shall yet praise Him, who is the health of my countenance, and my God" Psalm 42:11.

Like the Psalmist, there are times when we allow sadness to lead us down the road of discouragement. I use the word allow because joy and sadness are attitudes of the mind which we choose. How can we live in victory if we are always worried and afraid? I'm still learning that it's up to me whether I accept the misery of anxiety or become determined to focus on God and find refuge in the safety of His arms. We cannot control what happens to us, but we can decide how we will respond. When I've been too busy to pray, study or worship Him, my faith turns to doubt as I begin to lose my confidence that He will take care of my problems and needs. When we drift away from the security of

are vulnerable to the overwhelming feelings of hopelessness and sadness from mistakes and sins we have committed. The dark side will sniff out our failures and attempt to bring guilt and condemnation to remind us of what we could and should have done. The enemy of our soul never takes a vacation and is devoted to condemning and tempting us to be depressed about missed opportunities and wrong decisions.

There are many followers in the kingdom of God that are tired and disappointed and often they do not feel appreciated in their calling, but the Lord sees your labor and His definition of success is not the same as the world. There is nothing more wonderful than to know the mission and will of God and to be walking in it, however, if there is anything that can deter us from following Jesus we will be tested and

tempted. "For the Lord God can help me; therefore shall I not be confounded [confused] therefore have I set my face like a flint, and I know that I shall not be ashamed" Isaiah 50:7. Setting our face like flint is declaring a message of faith that we are dedicated to becoming the person God has called us to be. Flint is a very hard substance and in the season of our trials, the strategy for victorious spiritual combat is to stand strong and not allow doubt or intimidation to influence or persuade us to compromise or surrender.

Our Creator is waiting to give us the stability and perseverance we need to accomplish His plans, but He is also depending on us to become committed in our obedience to Him. His river of contentment is available anytime and beckons for us to wade out into the deeper waters of His presence. We are invited to be saturated in His Spirit and to bask in His glory if this is what we really want. Unfortunately, many are relaxing in their lounge chairs at "poolside" and only stick their toes in the water occasionally when a crisis comes upon them they cannot fix on their own. The best way to maintain a successful Christian life is to pray and study God's word daily which renews our minds and keeps us sensitive to His thoughts and the demonstration of

His character. John chapter 15 explains about how Jesus is the vine and we are His branches, which allows everyone to witness His nature and attributes. There is a difference between talking about what we should be and actually manifesting it. We know we are to believe in Him, but when is the last time you considered that He believes in you?

Read more about the Christian life at billyhollandministries.com

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.

SEEING THE UNSEEN WORK

Bro. Brandon G. Bramlett Bandana Baptist Church

I had witnessed a miracle: an apartment building had magically sprung up overnight. I was perplexed because I had driven through the area many times before, and never noticed any work being done—no work trucks, no construction crew, and no building materials. If someone living there had said a fourplex apartment was being built, I would have thought they were joking or lying. How, then, did an apartment structure appear out of nowhere? It didn't—my view of the work was obscured by a grassy

The big hill faces the road and the apartment building is nestled behind it—only the top floors and roof are visible. The hill hindered me from seeing months of hard labor: the laying of the foundation, the beams being raised, and the walls being put in place. Just because I couldn't see work being done doesn't mean work wasn't happeningthe problem was my

perspective. Had I stood forsake not the works on the other side of the hill, I could have seen the work that was

hidden from my sight. Similarly, there is a "hill" obscuring our perception of the unfathomable work that our gracious God is always doing for our good and His glory—a veil between the physical realm we live in and the spiritual realm where God performs His sovereign will. But just because we sometimes do not see His providential work for our soulbetterment and His renown does not mean He is idle. The Lord is the hardest worker in existence—never clocking out or taking a break from doing whatever it takes to fulfill His good plan for His children (Rom. 8:28). He "neither slumbers nor sleeps" (Ps. 121:4), and as Jesus said, "My Father is working until now, and I am working" (John 5:17). Because of this, every believer can say with the psalmist, "The LORD will perfect that which concerneth me; thy mercy, O LORD, endureth forever;

of thine own hands" (Psalm 138:8, KJV).

From our limited perspective, we may think that God is inactive—not working in our efforts to reach the unsaved, not working in our marriage and in our kids' lives, not working in our church, not working in our personal sanctification, and not working amidst our heartbreaking troubles. But God assures us, as He assured the prophet Habakkuk: "For I am doing a work in your days that you would not believe if told" (Hab. 1:5b). Thus, we are commanded to "walk by faith, not by sight" (2 Cor. 5:7), trusting His plan and promises even when we cannot see the fulfillment of them with our physical eyes. The unseen God is at work in your life, and one day, when you stand in His presence on the other side of the hill, His perfect plan will be made plain. As Jesus promised, "What I am doing you do not understand now, but afterward you will understand" (John 13:7).



Be more active by overcoming back pain

Back pain is one of the most common conditions across the globe. The World Health Organization says low back pain is the single leading cause of disability around the world, affecting an estimated 619 million people in 2020. That number was projected to rise to 843 million by 2050 as a result of aging populations and sedentary lifestyles. The National Institutes of Health says that 80 percent of adults in the United States experience low back pain at some point in their lives.

There are many reasons why back pain can occur. Muscle strain, arthritis, herniated discs, and other conditions can contribute to back pain. The National Institute of Neurological Disorders and Stroke

advises visiting a doctor if back pain is persistent. Early diagnosis can prevent chronic issues and rule out more serious conditions.

Get moving

Although moving around may be the last thing on the minds of people experiencing back pain, remaining physically active is essential to good health. Plus, movement actually is the best medicine for back pain itself. A review published in JAMA Internal Medicine in 2016 found that exercise alone reduces the risk of back pain by 35 percent. Low-impact activities like walking, swimming and yoga help to strengthen muscles, improve flexibility and reduce pain in the process. This can be beneficial to seniors who find

low-impact activities are best for their health.

Strengthen core People now sit for long periods of time, which can contribute to back problems. The Centers for Disease Control and Prevention says Americans sit for an average of 10 hours a day, often with poor posture and nonengaged core muscles. Getting up off of seats and strengthening core muscles can prevent back injury and pain.

The American
College of Sports
Medicine recommends
two days of strength
training per week
with a focus on the
core, back and hips.
Individuals who don't
know how to start
safely should consult
with a physical
therapist or certified
personal trainer.



Alternative treatments

It may be easy to take a pill when pain begins, but people may want to explore alternative methods to alleviate pain. Changing ergonomics of work stations

or how a person performs activities can help. The American Psychological Association reports techniques like mindfulness and cognitive behavioral therapy can reduce pain severity and improve quality of life. Massage therapy or even acupuncture are additional treatments to consider for back pain.

Back pain is a common complaint as one ages. There are ways to overcome the pain and remain as active as possible.

Activities for seniors with limited mobility

Physical activity is a valuable tool in the fight against chronic disease and other conditions. In fact, the Cleveland Clinic highlights physical activity among its nine ways to prevent disease in an effort to live a long and rewarding life.

Children, adolescents, young adults, and even men and women in middle age may not face too many physical hurdles when they try to exercise, but seniors are not always so lucky. Aging men and women with mobility issues may wonder if they can reap the rewards of physical activity, and thankfully there are many ways to exercise even if getting up and going isn't as easy as it might have been in years past. Sometimes referred to as "aerobic exercise" or simply "cardio,"

cardiovascular exercise is an umbrella term that encompasses a wide range of physical activities that raise the heart rate and improve endurance. Seniors with mobility issues can look to various forms of cardio for inspiration as they seek to be more physically active without compromising their overall health.

• Walk your way to a healthier you.

Walking is a form of cardiovascular exercise that is ideal for older adults with mobility issues because it need not be physically demanding and it's safe to walk just about anywhere. Walking in a place such as a local park can be particularly good for older adults because they can take periodic breaks on benches if aches, pains or stiffness is affecting their ability to keep moving. • Take up swimming.

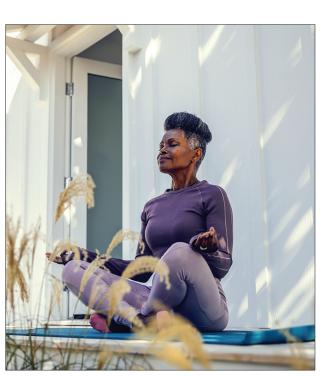
Swimming might be tailor-made for seniors with mobility issues because it's a great workout and exercising in water tends to be less taxing on muscles and joints. The Cleveland Clinic notes that swimming promotes heart health, strengthens the lungs, helps to burn calories, and builds muscle, among other benefits. And many seniors find swimming is just as fun in their golden years as it was in their youth, which means aging adults might not face problems with motivation when the time comes to get in the pool.

• Use an exercise bike or portable pedal exerciser. Cycling is a wonderful exercise but one that seniors with mobility issues may feel is no longer possible. If doctors advise against riding a traditional bike, an exercise bike or portable pedal exerciser can provide many of the benefits of cycling without as great a risk for accident or injury. A portable pedal exerciser can be carried to a park, where seniors can still spend time in the great outdoors, which is one of the most appealing reasons to get on a bike and go.

• Take beginner yoga or tai chi. HelpGuide. org notes that gentle yoga or tai chi can help to improve flexibility and reduce stress and anxiety. Though yoga and tai chi can provide as much demanding physical activity as individuals allow, beginner classes in each discipline don't require much movement but do provide enough for seniors hoping to be less sedentary.

Even seniors with mobility issues can find safe and effective ways to be more physically active. Prior to beginning a new exercise regimen, seniors with mobility issues are urged to discuss activities with their physicians.





Common warning signs for cataracts

No one wants to imagine a day when their vision might abandon them, but diminished eyesight is a common occurrence that affects people of all ages and from all walks of life. A 2022 report from the World Health Organization indicated that at least 826 million people have distanceor near-vision impairment that could be addressed with an appropriate pair of eyeglasses. Those people are among the estimated 2.2 billion people who currently have issues that affect their ability to see.

Cataracts are a common and treatable vision problem. Access to cataract treatment is limited in various countries. In fact, a 2021 study published in the journal Lancet Global Health found that 94 million people ages 50 and over have vision impairment or blindness that could be corrected through access to cataract surgery. Surgery might not even be considered if people are not first aware of the symptoms of cataracts, which can manifest in various ways.

• Blurry vision: The American Academy of Ophthalmology notes that blurriness may be associated with an assortment of vision problems, including cataracts. Blurry vision makes it difficult to see clearly or sharply, and cataracts are characterized by cloudiness that affects the natural lens of the eye. The

blurriness associated with cataracts is the result of a breakdown of proteins in the lens of the affected eye, according to the AAO.

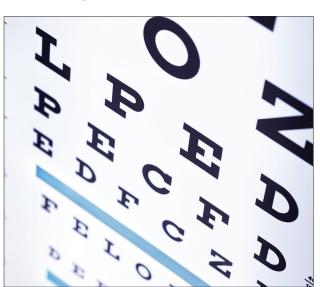
• Seeing double: Double vision also is symptomatic of various vision issues, including cataracts. The AAO notes that when a person is seeing double, he or she may be seeing two, often overlapping, images of a single object.

 Sensitivity to light: The AAO notes a need to shield eyes from light to prevent eye pain could indicate a sensitivity to light that is characteristic of cataracts. This sensitivity may be especially noticeable when confronted by oncoming headlights at night.

• Difficulty seeing at night: The AAO reports that this symptom is often characterized by difficulty seeing in dark conditions that can make it harder to adjust to seeing when going from a well-lit space into darkness. That adjustment also may take longer in people experiencing cataracts. Some people may not be able to see at all in dimly lit conditions.

• Seeing faded colors: Bright colors that appear faded or yellow is another symptom of cataracts.

Cataracts compromise vision, but it's important that people recognize there are effective treatments for this condition. More information is available at aao.org.



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Signs of overexertion seniors can learn to recognize

Exercise is a vital component of a healthy lifestyle. When paired with a nutritious diet, routine physical activity promotes long-term health and improves quality of life.

The benefits of a physically active lifestyle are undeniable, but it's important to guard against overexertion. That's particularly important for seniors, as aging produces bodily changes that pose unique challenges to older adults who are physically active. According to Easy Exercising, a Queenslandbased organization that specializes in assisting seniors with exercise, aging bodies experience decreased physiological resilience over time, which makes them less adaptable to stress. That reality underscores the need for seniors to recognize the signs of overexertion, a recognition that can help seniors reduce their risk for illness and injury.

• Dizziness: The online medical resource Healthline notes a number of things can cause post-workout dizziness, including overexertion. Seniors taking group classes may be especially vulnerable to overexertion-related dizziness, as they may be trying to keep up with classmates and pushing themselves without even realizing it. Dizziness during or after a workout should not be taken lightly, and seniors should sit down immediately, catch their breath and drink water as their heart rate slows. Seniors who become dizzy while taking a group class should alert their teacher immediately.

Soreness:

Soreness is another sign of overexertion, but seniors should recognize this symptom can be a little harder to categorize. Some soreness is common after exercise. After all, a good workout challenges the body. However, soreness that manifests as tightness, sharp pain or a throbbing or burning sensation is likely a sign



of overexertion.
When such
symptoms present,
stop exercising
immediately and
emphasize rest. After
sufficient rest, make
sure a return to
exercise is less taxing
(i.e., lower intensity
with cardiovascular
exercise and less
weight with strength
training).

• Nausea: A workout should never make anyone nauseous,

regardless of their age. Healthline notes feeling nauseated or vomiting after a workout are a sign that a change in routine is necessary. As noted, aging bodies experience diminished resilience over time, so feeling nauseated is a sign that a body was pushed too far during a workout. Seniors who push their bodies so far during a workout that they are feeling

nauseated also are increasing their risk for injury and muscle and joint strain. Take the first sign of nausea as a warning that a workout has gone too far, and make the necessary adjustments to avoid a repeat episode.

• Abdominal pain: The Maryland Pain & Wellness Center notes overexertion during physical activity can cause muscle strain and spasms that manifest as abdominal pain. Rest is necessary when such symptoms present, and a return to exercise should be marked by a lowerintensity workout.

Seniors have much to gain from exercising regularly. But it's vital that seniors avoid overexertion, which can lead to a host of unpleasant and potentially harmful side effects.





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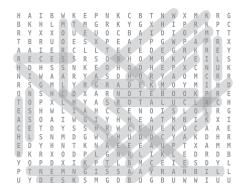
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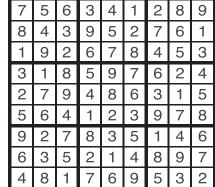
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Benton. Outstanding KY Lake waterfront Lindal Cedar Home on wooded lot with private dock! Open floor plan with panoramic views. Vaulted ceilings, open balconies, 2 living areas & 2 dining areas perfect for entertaining. 2 car garage, large deck. 5 bedrooms, 3 bathrooms. Fully furnished & move in ready. \$749,900 Call Carla Bridges REMAX Realty Group at 270-559-8425.

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2020 Chevy Silverado; 78,600 miles; good condition. 270-210-2870 or 270-853-4108 tfn

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3.2 Prong Hay Fork \$150; B275 Diesel International project tractor \$1,250. Call 731-487-7062.

JD 7720, 4WD 30.5x32 tires,long auger, \$12,000 OBO. Call 859-608-4942 (tfn)

KillBros Seed Tender w/ plastic auger \$2,000, 1985 M & W 375 Wagon \$2,200 309-275-0524. (tfn)

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

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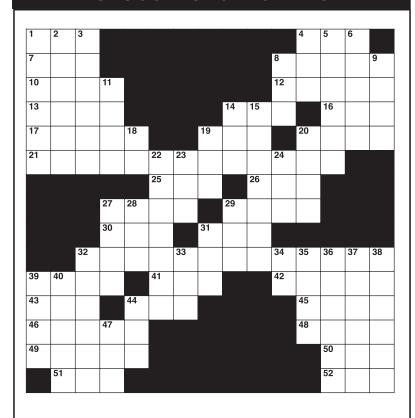
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Crossword Puzzle



CLUES ACROSS

- 1. Utilitarian fashion accessory
- 4. Engine additive
- 7. Macaws
- 8. Listens to
- 10. Self-righteously moralistic person
- 12. Made of wood
- 13. Chinese lute
- 14. Beginning military rank
- 16. Indicates near
- 17. Ties the score 19. Chum
- 20. Long ago
- 21. Localities
- 25. Midway between northeast and east
- 26. Make fun of
- 27. Tennis great Arthur

- 29. Construction location
- 30. Cow's noise
- 31. Blue
- 32. One of the Fab Four
- 39. Formula 1 team
- 41. Dash
- 42. Lifting device
- 43. Basics
- 44. Keyboard key
- 45. Old Irish alphabet
- 46. Shaking of the Earth's surface
- 48. Covered stadium
- 49. Sword handles
- 50. Longing or yearning
- 51. Creators' social network
- 52. Boxing's GOAT

CLUES DOWN

- 1. Occur
- 2. Show up
- 3. Capital of Taiwan
- 4. Ocean 5. Givers and
- 6. Gets ready 8. Ad
- 9. Fit of irritation
- 11. Criminal organization
- 14. Exclamation that denotes disgust
- 15. American state
- 18. Sensor hub
- 19. Before

- 20. The boundary of a surface
- 22. Witnesses
- 23. Singular
- 24. Type of meal
- 27. Music awards show
- 28. Former French coin of low value
- 29. A bag-like structure in an animal 31. Schenectady County Airport
- 32. Calm down
- 33. Partner to cheese
- 34. Cola brand
- 35. Stepped on 36. Japanese city
- Ρ Τ S Т Α R Ε Α R S Α PUZZLE SOLUTION Κ Ε R G 0 Α Ν 1 Ρ С Ε F Ρ 1 Α R S ٧ Ε N S Ε Ε G Н 0 Н 0 D S П В R 0 Ν R Α Ε Ε G H E S Т Α S М 0 S Α 0 D U МС С Α Α L R Т N Ε S D Α С R Α С Ε S С G В 0 Α Ε S Μ D 0 Ε 1 M F S Α Τ Υ Ε Μ Υ Μ Α L

Coloring Fun



Word Search



R 0 C Н R Т Α Ε Х 0 D Р L G N R Ι K D Ι K Ρ Т L В М Ε Ι D

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

В U G В U

S Α Α Υ R Α R

WORDS

ASSIGNMENT BACKPACK BLACKBOARD CALCULATOR CHALK CLASSROOM EXAM GRADE HIGHLIGHTER HOMEWORK LESSON LIBRARY MARKER NOTEBOOK PRINCIPAL RECESS RULER SCHEDULE TEACHER **TEXTBOOK** WHITEBOARD

Answers on Classified Page

Sudoku Puzzle

Е

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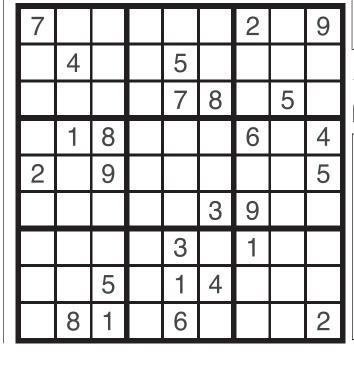
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How it Works:

Sudoku puzzles are fomatted 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.



Word Scramble

Rearrange the letters to spell something pertaining to hiking.

PCKA



Answer:Pack

Guess Who?

I am an actor born in Pennsylvania on September 11, 1958. I studied literature at Rutgers University. I also was a minor league baseball pitcher in the 1980s. I've been on various television shows and also in the "Saw" films. But I'm best known as a gruff diner owner with a heart of gold.

Answer: Scott Patterson

NEWS

Paducah Fire Chief Steve Kyle Elected President of Kentucky Association of Fire Chiefs



By Wilbur Jackson KPI Writer

At the Kentucky Association of Fire Chiefs (KAFC) annual conference held this week in Bowling Green, Kentucky, Paducah Fire Chief Steve Kyle was elected as the organization's new president. Chief Kyle will serve a two-year term, representing fire departments and fire service leaders across the Commonwealth.

Chief Kyle, who has led the Paducah Fire Department with distinction, expressed deep gratitude for the opportunity. "I am extremely proud and honored to represent the City of Paducah, Paducah Fire Department, and the Kentucky Fire Service," he said following the announcement.

The KAFC plays a crucial role in supporting and advocating for fire service professionals. Its mission is to provide education, information, unity, and support to fire chiefs and leaders throughout Kentucky. With Chief

Kyle at the helm, the organization is poised to continue advancing its initiatives and expanding its impact statewide.

to public safety are

expected to bring

valuable insights

mission of unifying

and supporting fire

departments across the

to the KAFC's

state.

Paducah Mayor George Bray praised Chief Kyle's leadership and dedication to public service. "I have observed closely Chief Kyle's leadership journey and am very proud of his commitment to excellence," said Mayor Bray. "He makes us proud—for many reasons—but most importantly, because the Paducah Fire Department is essential to our community. As critical first responders and by ensuring safety through a commitment to the latest enhancements in both suppression and prevention, the Paducah Fire Department is one of the city's most important assets."

presidency marks a of Paducah but for the broader fire service community in Kentucky. His leadership experie and commitment

Chief Kyle's significant milestone, not only for the City



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How seniors can cultivate a new hobby



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You First

Retirement is often characterized as a carefree time in life when adults who spent years in the workforce get to enjoy the fruits of their labors. But upon retiring, many retirees find themselves fighting boredom. A recent study from Indeed found that, as of March 2022, 3.2 percent of workers who retired a year earlier had already reentered the workforce. No two retirees are the same, and a host of variables, boredom among them, likely compelled recently retired professionals to go back to work.

Retirees who like the freedom of not working but are confronting a good bit of boredom can consider these tips to cultivate a new hobby that can help them pass the time in a rewarding and engaging way.

ullet Identify new (or old) interests. Many retirees discover new passions in retirement, while others turn back the clock and revisit favorite hobbies from their youth. A good way to begin cultivating a new

hobby is to jot down a list of activities you always found interesting but never had the time to learn or became too busy to fully invest in. Some seniors hit the links for the first time in retirement, while others return to school to study subjects they find interesting but did not engage with during their college years. The options are endless, and jotting down a list of new or old interests is a great way to get the ball rolling.

• Embrace new ways to engage a passion. Virtual resources like online courses and book clubs conducted over Zoom with fellow readers across the nation and possibly even the globe are a great way to cultivate a new hobby in retirement. Virtual resources can be especially beneficial for seniors with mobility issues.

 Consider locally based resources. Community parks departments and libraries may offer an array of free or affordable opportunities for seniors to engage with a new hobby. Parks departments may

offer anything from cross country skiing tutorials to age-based hiking excursions, while libraries may offer weekly crafting sessions or wellness programs to local residents. In addition to providing fun ways to discover and cultivate a new hobby, programs offered through parks departments and local libraries are great ways to meet fellow retirees.

• Put your experience to use. Retirees with years in their field don't have to go back to work to make use of their professional expertise. Contact local youth organizations or outreach programs sponsored by churches, libraries or local law enforcement agencies and offer to share your expertise with young people. Such opportunities allow retirees to continue to engage with their professions and help a younger generation of aspiring professionals gain valuable insight into fields they're interested in.

There's no shortage of ways for seniors to overcome retirement boredom and cultivate rewarding hobbies.



What seniors should know about alcohol consumption

Change comes with the territory as persons grow older. Many adults recognize the need to change various habits as they approach their golden years. Some might go to bed earlier, while others may resolve to be more physically active. A reconsideration of

one's habits regarding alcohol also may be in order as individuals near or surpass retirement age.

Alcohol is perhaps a larger part of older adults' lives than many may realize. According to the 2023 National Survey on Drug Use and Health (NSDUH), 3.3 percent

of respondents age 65 and older reported heavy alcohol use in the previous month, while 12 percent in that same age group acknowledged binge drinking in the 30-day period prior to the survey. While many

> see ALCOHOL, page B19



How to make bathrooms safer for seniors

Maintaining a sense of independence throughout retirement can inspire seniors to live their golden years to the fullest. For many seniors, nothing is more emblematic of their ability to stay independent than remaining in their homes. A number of variables can affect how long seniors stay in their homes, including the layout of the property and any potential safety threats that may arise as men and women age. Some small, safety-centric tweaks to a property can help men and women remain in their homes for as long as possible.

• Increase lighting in bathrooms throughout the home. Lighting is easily overlooked as a safety measure, but a well-lit space is easier to navigate. Increasing lighting in the bathroom and upgrading existing

features to LED lighting can make it easier for seniors to navigate bathrooms at night. That's a notable benefit, as seniors may need to make routine bathroom trips overnight.

- Install grab bars. Grab bars are often found in public restrooms, but they're equally useful in the bathrooms or private homes, particularly in seniors' residences. Grab bars can be installed on both sides of all toilets and in the bathtub/ shower stall so seniors can get up and down easily and reinforce their stability on wet surfaces.
- Invest in bathroom storage systems. A cluttered bathroom is a potential safety hazard. Items in cluttered bathrooms can easily end up on the floor, and that goes for bathing

items like shampoo and soap as well. A bathroom storage system for a vanity and an organizer for bathing items inside a shower or tub can decrease the chance that items end up on the floor, where they can pose an injury risk for seniors who might struggle to bend over to pick them up or slip on fallen items when bathing.

- · Renovate your existing shower. Seniors whose current bathrooms house a traditional shower setup that requires them to step over a tub can renovate the space and replace that feature with a walk-in shower. A walk-in shower does not require seniors step over a bathtub, greatly reducing the risk of falls while bathing. Some additional shower renovations include installing a bench so seniors can sit down while bathing, ideally while using a handheld shower head.
- Purchase nonslip materials for the bathroom. Nonslip floor mats in a bathroom are essential for anyone, and especially beneficial for seniors. A non-slip vanity storage bin and toothbrush holder also can ensure daily accessories remain accessible.

• Elevate toilet *heights*. Elevating toilet heights in bathrooms throughout the home can make it easier for seniors to sit down and get up when going to the bathroom. Toilets compliant with the Americans with Disabilities Act (ADA) are roughly 18 inches taller than standard toilets, which can make a big difference for seniors.

These are just a handful of ways seniors can make their bathrooms safer as they aspire to stay in their homes longer.

ALCOHOL, from page B18

adults can consume alcohol without placing themselves in jeopardy, data from the Centers for Disease Control and Prevention indicates 38 percent of all alcoholrelated deaths in 2020 and 2021 were people age 65 and older.

The data surrounding seniors and alcohol consumption is eye-opening and suggests that seniors who drink may benefit from discussing their habits with their physicians. In the meantime, seniors can consider these noteworthy tidbits about the effects of alcohol on aging bodies.

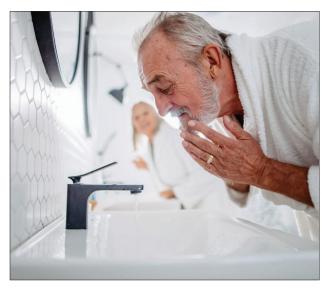
- · Alcohol can have a more powerful effect as people age. The National Council on Aging notes that aging individuals may feel the effects of alcohol more strongly even if they are not increasing the amount they consume. The Mayo Clinic reports that alcohol is a toxin that aging adults' bodies cannot process as easily as they could when they were younger. That means the effects of alcohol may linger longer and potentially increase aging adults' vulnerability to falls or other injuries.
- Certain bodily changes heighten the effects of alcohol. A reduction in the speed with which the body processes alcohol is not the only bodily change seniors should recognize before they

enjoy a drink. The National Institute on Alcohol Abuse and Alcoholism notes that aging contributes to a reduction in muscle mass and body water. As a result, some older adults may reach a higher blood alcohol concentration than younger individuals who consume the same amount of alcohol. The tendency to have a reduced tolerance as the body ages is something all seniors should keep in mind when consuming alcohol.

Alcohol can worsen

chronic conditions that affect many seniors. The NIAAA reports that various medical conditions that commonly affect aging persons, including chronic pain, cardiovascular disease and respiratory infections, can be made worse when people with them consume alcohol. In addition, the NIAAA notes that consumption of alcohol may increase a person's risk of developing those conditions. For example, the NIAAA notes researchers have found that even low levels of alcohol consumption can increase risk for breast cancer and cardiovascular disease.

Seniors who consume alcohol can discuss their consumption with their physicians to determine if it's in their best interest to have a drink or something that should be avoided in service of their long-term health.





Celebrating my grandparents

By Laurna Todd KPI Writer

Grandparents Day is more than just a

holiday—it's a time to honor the people who connect us to our roots, share their wisdom, and fill our lives with unconditional love. Grandparents play an irreplaceable role in families. They

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are storytellers, teachers, and keepers of traditions, shaping the lives of their children and grandchildren in ways that last for generations. Connecting with grandparents is essential to keeping our family's legacy going as well as understanding history within the community.

From sharing family recipes to teaching life lessons, their influence extends far beyond the moments we spend with them.

For me, this celebration carries special meaning. I am grateful for the love and guidance of Teresa (Nana) and Greg LeNeave (Gramps), Joyce Workman (Jo-Jo), and Vicki Todd (Nana).

I also honor the memory of my grandparents and great-grandparents who have passed away, but were very important in my life: Larry Sullivan, Sammy Workman,

Bill Hazelwood, Ruth Hazlewood Young (Granny), Papa Joe Young, Mother Ginia and Daddy Sam Workman, Dicki Todd, and Sue and Jessi Reynolds. It's hard to believe all these have passed away in my lifetime and I'm only 27 years old.

All these grandparents have shaped my family's story in so many unique ways. I am blessed to have great memories with all of my grandparents and great-grandparents. A cherished photo of my greatgrandmother, Marie Galloway, who is currently at Life Care Center, alongside JoJo, (Joyce Workman), and her niece, Dana Tubbs, reminds me of the deep bonds we share across multiple generations.

I will always remember the memories I have with my grandparents whether it is of my Nana and Gramps having movie nights, going to ballgames with all the grandkids, or cooking with Granny. I will never forget growing up and riding to church with Nana Teresa and hearing her sing the entire way there. And every Christmas Gramps taking all the grandkids to pick out a live Christmas tree, together, at Holly Nursery and stopping to get a hot chocolate at McDonald's. These may seem like simple moments in life, but I will always cherish these moments. I am grateful to be close to my grandparents.

This Grandparents Day, take a moment to reach outwhether through a visit, a phone call, or a handwritten note. Small gestures mean the world to those who have given us so much. By celebrating our grandparents, we not only honor their love and sacrifices but also carry forward the lessons and values they worked so hard to preserve.



Consuming calories

Age, gender and activity levels affect how much calories the U.S. Department of Health and Human Services advises aging individuals to consume each day. According to DHHS guidelines, sedentary men ages 61 and older should consume roughly 2,000 calories per day. Moderately active men between the ages of 61 and 65 are advised to consume 2,400 calories per day, while men at that activity level age 66 and older are urged

to consume roughly 2.200 calories per day. **DHHS** recommendations indicate active men between the ages of 61 and 75 should consume 2,600 calories per day, while those 76 and up should reduce that consumption to 2,400 calories per day. Women's recommended calorie intake is significantly lower, as DHHS guidelines advise sedentary women age 61 and older to consume 1,600 calories per day. Women 61 and older

who engage in moderate physical activity each day are urged to consume 1,800 calories per day, a recommendation that increases to 2,000 calories per day for those in the same age group who live a physically active lifestyle. It's important to note that these recommendations are just guidelines, and seniors should consult a physician familiar with their medical history for more personal recommendations regarding calorie consumption.