



Launch of MyPaducah

A service request app and online portal

Community is encouraged to download the app, register for an account, and subscribe to notifications or enter a service request by the end of the day on October 3 to be eligible for a group dinner with Mayor Bray and one of five prize baskets valued at \$200 each.

The City of Paducah has partnered with CivicPlus® to implement its SeeClickFix software solution. The MyPaducah app and online portal empowers residents to report quality-of-life issues, request services, and ask questions. MyPaducah is replacing the previous app called Paducah 311 which will no longer be supported in October.

“Clear communication along with flawless follow-through on citizen inquiries has always been a goal of this commission under my leadership,” said Mayor George Bray. “We have been listening to the community’s feedback about ways to improve communication with the City, and this new app is a huge upgrade. The app is more user-friendly,

convenient to find and download from the App Store and other sources, and easier for the city team to manage. Please download and utilize this new app. You’ll be able

- Solid Waste – brush pickup, bulk item pickup, missed trash, trash/recycle bin replacement.
- Code Violations – report unsafe, dilapidated, or abandoned

– all other questions and requests.

MyPaducah also permits citizens to subscribe to notifications which will provide information on topics including service changes, upcoming holidays, emergency alerts, and more. To receive the notifications, a user must register for an account.

To encourage citizens to download the app or visit the portal, everyone who registers for an account and subscribes to notifications or enters a request by the end of the day on October 3 will be eligible for a random drawing of \$200 in prizes and gift cards. There will be five winners, each receiving prizes valued at \$200. Winners, who will be notified by email, also will be invited to join Mayor Bray for a group dinner. City employees, elected officials, and direct family members of city employees are not eligible to participate in the drawing.

“I encourage the community to start using MyPaducah,” City Clerk and Customer Experience Department Director

see **MYPADUCAH**, back page



to track progress on requests, receive real-time updates from city departments, and see other requests entered. We hold ourselves accountable to our citizens, and this new app is a big win for all of us.”

Request types that can be submitted through MyPaducah include

- buildings; report abandoned vehicles; report overgrown yard or yard debris.
- Streets – road maintenance and obstructions, alley maintenance.
 - Park Maintenance Requests – city park maintenance requests, Oak Grove Cemetery maintenance request.
 - General Inquiries



Touch a Truck returns to Paducah September 19th

By: Laurna Todd
KPI Writer

PADUCAH – Families will soon have the chance to get up close to big rigs and emergency vehicles as Paducah Parks & Recreation and Barkley Regional Airport hosts its annual Touch a Truck event on Friday, September 19, from 9 to 11 a.m. at Barkley Regional Airport’s former terminal building.

The free, family-friendly event gives children the opportunity to explore nearly two dozen different vehicles, from fire trucks and ambulances to concrete mixers, garbage trucks, and police cars. Youngsters are encouraged to climb inside, honk horns, and meet the professionals who operate these machines every day.

Touch a Truck first began in Paducah as a way to connect

kids with the “big wheels” they often see around town but rarely get to experience up close. Organizers hoped to spark curiosity about how these vehicles serve the community while providing a safe and fun outing for families. Over the years, it has grown into a much-anticipated tradition, drawing schools, church groups, and families from across the region.

Children get hands-on experiences, while parents and caregivers enjoy seeing their faces light up. It’s also a chance for kids to meet local heroes like firefighters, police officers, and EMTs.

Schools and church groups are asked to pre-register by calling 270-444-8508. Individual families are welcome to attend without pre-registration.

Baptist Health Paducah spotlights teen mental health warning signs

PADUCAH, KY — Baptist Health Paducah is raising awareness about the warning signs of teen mental health concerns and the importance of connecting young people with care. September is National Suicide Prevention Awareness Month, a timely reminder of how early recognition and support can make a difference.

“Suicide is a leading cause of death among teens,” said pediatrician Caitlyn Cecil, MD, Baptist Health Medical Group Pediatrics. “The teenage years bring many changes and

pressures, and adults who regularly interact with teens, such as family members, teachers and coaches, can be instrumental in noticing warning signs early and helping connect teens with care.”

According to the American Psychiatric Association, about half of all chronic mental illnesses begin by age 14.

Warning signs in teens may include:

- Hyperactive behavior
- Regular nightmares
- Frequent extreme outbursts
- Disobedient or aggressive behaviors



- Decline in school performance
 - Excessive worry or anxieties about everyday tasks or activities
 - Social isolation
 - “Understanding the signs is the first step but knowing where to turn can save lives. There is no shame or embarrassment in seeking help,” said Dr. Cecil.
- Baptist Health offers
- access to behavioral health specialists for ages six and older, providing guidance, support and treatment in a compassionate, approachable way.
- Baptist Health

programs provide a wide range of services to address psychological, emotional and lifestyle challenges. For those unsure where to start, the Baptist Health Behavioral Health Resource Connection is available at 1.800.395.4435 daily from 7 a.m. to 7 p.m. to provide guidance on available programs and services.

For immediate crisis support, individuals are encouraged to call or text 988, the national Suicide and Crisis Lifeline.

To learn more, visit BaptistHealth.com/BehavioralHealth.

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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 “Yes”

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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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

\$8 Big Mac Value Meal

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Mayfield • Murray • Metropolis • Paducah

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 Christ-centered 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

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.



Christy Harris

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 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.”



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



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**Advance Yeoman • Carlisle County News • The Carlisle Weekly • Livingston Ledger
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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 State points for

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.

New practice facility will keep UK basketball among elites

By Keith Taylor
Kentucky Today

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 nation. 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 top programs followed 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.

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 Association 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

- Henderson County
- Christian County
- Caldwell County
- Crittenden County
- Heritage Christian Academy

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

KVCA Top 25 Poll

- Assumption

- Mercy Academy
- Bowling Green
- St. Henry
- Elizabethtown
- Notre Dame
- Sacred Heart
- Lexington Catholic
- Ballard
- Ryle
- DuPont Manual
- South Warren
- West Jessamine
- McCracken County
- Beechwood
- North Oldham
- Central Hardin
- Holy Cross (Louisville)
- Frederick Douglass
- Paul Laurence Dunbar
- Christian Academy-Louisville
- Great Crossing
- Tates Creek
- Greenwood
- Henry Clay

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

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

GIRLS' SOCCER
Calloway County 9,
Fort Campbell 1
Marshall County 2,
Murray 0
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



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

PATRIOT DAY

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'22 TOYOTA HIGHLANDER LE

\$34,000

PS519648

'23 TOYOTA HIGHLANDER L

\$23,000

PS141594

'24 CHEVY EQUINOX LT

\$24,000

PU207887

'24 TOYOTA CAMRY LE

\$20,500

PE804361

'24 KIA FORTE LXS

\$24,000

W223205

'21 TOYOTA RAV4 XLE

\$18,000

PG431795

'20 KIA OPTIMA SE

\$8,000

1596532

'17 TOYOTA PRIUS C TWO

\$19,000

PL480723

'24 NISSAN KICKS SV

\$25,000

P637341A

'22 TOYOTA CAMRY

\$28,500

W313958

'24 TOYOTA RAV4 LE

\$23,000

P1135674

'22 TOYOTA C-HR NIGHTSHADE

\$27,000

PF100661

'22 INFINITI QX55 ESSENTIAL

\$37,000

F003772

'24 HONDA CR-V HYBRIDE SPORT

\$46,000

U821643

'25 HYUNDAI PALISADE

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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.

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 six-place 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
966
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 Kyla Lunsford (5)
80 78 83 +25

Boys' High School Soccer

Mustangs 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 Atup 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 Wolf from.

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

Boys' High School Soccer

Tigers 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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2022 CHEVY COLORADO LT #P142876 \$16,000	2018 AUDI Q3 PREMIUM PLUS #PR007155 \$17,000	2020 CHRYSLER PACIFICA L #PR276518, TOURING \$17,500	2019 JEEP CHEROKEE LATITUDE #PD402733, PLUS \$17,500	2020 CHRYSLER PACIFICA #PR276518, TOURING \$17,800
2019 GMC ACADIA DENALI #P2195890 \$18,700	2019 VOLKSWAGEN ATLAS 3.6L #C557656, 3.6L V-6, R-LINE \$19,000	2023 CHEVY MALIBU LT #PF221507 \$19,500	2022 VOLKSWAGEN TAOS S #PM080957 \$19,500	2017 CHRYSLER 300S #PH622254 \$20,800
2021 FORD BRONCO SPORT #PRA09347, 66K MILES \$21,700	2019 TOYOTA AVALON XLE #U014792, TOURING \$22,000	2021 NISSAN ALTIMA 2.5 SL #PN370234, LOW MILES! \$22,500	2018 LEXUS IS 300 F SPORT #P5079040 \$23,700	2023 HONDA CIVIC SPORT #H542048 \$25,500
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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



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)



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 elusive.

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

right hand as a large volume of blood gushes from the left side of his neck. Stunned spectators are heard gasping and screaming before people start to run away. The Associated Press was able to confirm the videos were taken at Sorensen Center courtyard on the Utah Valley University campus.

Kirk was speaking at a debate hosted by his nonprofit political organization. Immediately before the shooting, Kirk was taking questions from an audience member about mass shootings and gun violence.

“Do you know how many transgender Americans have been mass shooters over the last 10 years?” the person asked. Kirk responded, “Too many.”

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 then-president. 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.

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 (bacteriology) from

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,

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 visit murraystate.edu.

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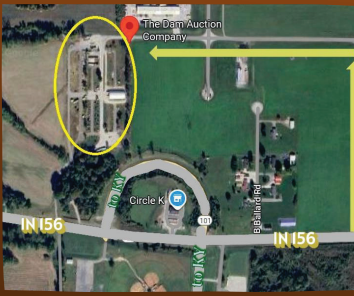


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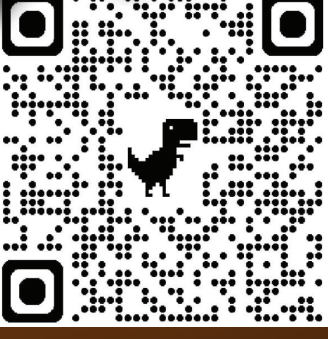


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Ag Update

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

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

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 thuringiensis*), 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 Landscape 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.



(Photo: Jim Kalisch, University of Nebraska-Lincoln)

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 the newest control

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 hands-on 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.edu

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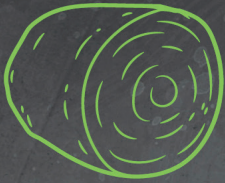
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South central Kentucky farm’s production of pastured poultry is booming

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 pasture-raised 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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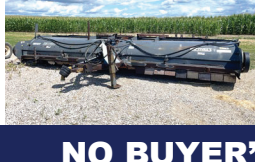
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MYPADUCAH,
From front page

Lindsay Parish said, “We asked for the public’s feedback earlier this year, and over the past few months, the city team researched various solutions and selected SeeClickFix which is used by numerous other cities. The team also worked to streamline the request system. MyPaducah is an innovative product that will help us better engage and respond to our community.”

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For app details and a link to the online portal, visit MyPaducah.

If someone needs assistance using the app or portal, please email the Customer Experience Department at CustomerExperience@cityofpaducah.com.

Virtual community forum series open for public input on state’s foster care system

FRANKFORT, Ky., — The public is invited to attend a virtual community forum series in September and October hosted by Citizen Foster Care Review Boards to discuss ways to improve outcomes for Kentucky families and children in the foster care system. All interested individuals are encouraged to attend one of the forums scheduled for Sep. 25 and 29 and Oct. 3 and 8. Registration is required.

The forums are part of the reforms outlined in House Bill 1, passed in 2018 to address challenges within the foster care and adoption systems. The Citizen Foster Care Review Boards (CFCRBs) first held regional forums to gather public input on the foster care system in late October 2018.

The forums will focus on prevention efforts, including protecting children from harm, fostering strong and nurturing relationships between children and their parents, and connecting families with essential resources. Due to confidentiality, specific cases will not be discussed.

Discussion points at the community forums will include:

- What early intervention services are available in your community?
- What type of targeted services are



available for children and families that are tailored to meet the family’s individual needs?

- What barriers impede prevention efforts?
- What local solutions can be identified to overcome these barriers to prevention?
- How can your community prioritize prevention of child maltreatment?

Findings from the forums will be reported to the Kentucky Citizen Foster Care Review Board and will be included in the CFCRB’s annual recommendations to the Supreme Court, the governor and legislature.

FORUM SCHEDULE

Registrants will receive a confirmation email with the Zoom meeting link one week before their town hall. For more information, email cfcrb@kycourts.net.

Sep. 25, 2025
11 a.m.-noon CT/noon- 1 p.m. ET
Registration required at <https://kcoj.info/Sep25CFCRB>.
For residents in

these counties: Allen, Ballard, Barren, Breckinridge, Butler, Caldwell, Calloway, Carlisle, Christian, Crittenden, Daviess, Edmonson, Fulton, Graves, Grayson, Hancock, Hardin, Hart, Henderson, Hickman, Hopkins, LaRue, Livingston, Logan, Lyon, Marshall, McCracken, McLean, Meade, Metcalfe, Muhlenberg, Nelson, Ohio, Simpson, Todd, Trigg, Union, Warren and Webster

Sep. 29, 2025
11 a.m.-noon CT/noon- 1 p.m. ET
Registration required at <https://kcoj.info/Sep29CFCRB>.
For residents in

these counties: Adair, Bath, Bell, Boyd, Breathitt, Carter, Casey, Clay, Clinton, Cumberland, Elliott, Floyd, Green, Greenup, Harlan, Jackson, Johnson, Knott, Knox, Laurel, Lawrence, Leslie, Letcher, Lewis, Magoffin, Marion, Martin, McCreary, Menifee, Monroe, Montgomery, Morgan, Perry, Pike, Powell, Pulaski, Rockcastle, Rowan, Russell, Taylor, Washington, Wayne, Whitley and Wolfe

Oct. 3, 2025
11 a.m.-noon CT/noon – 1 p.m. ET
Registration required at <https://kcoj.info/Oct3CFCRB>.
For residents in these counties:

Anderson, Boone, Bourbon, Boyle, Bracken, Campbell, Carroll, Clark, Estill, Fleming, Franklin, Gallatin, Garrard, Grant, Harrison, Henry, Jessamine, Kenton, Lee, Lincoln, Madison, Mason, Mercer, Nicholas, Oldham, Owen, Owsley, Pendleton, Robertson, Scott, Shelby, Spencer, Trimble and Woodford

Oct. 8, 2025
11 a.m. -noon CT/noon -1 p.m. ET
Registration required at <https://kcoj.info/Oct8CFCRB>.
For residents in these counties:

Bullitt, Fayette and Jefferson

Citizen Foster Care Review Board

The Kentucky General Assembly created the state CFCRB in 1982 to decrease children’s time in out-of-home care. More than 700 volunteers across the state serve as members of the Kentucky CFCRB.

Thousands of Kentucky children enter foster care each year due to dependency, neglect and abuse. CFCRB volunteers play a crucial role in protecting children

by reviewing the cases of each child in the custody of the Department for Community Based Services within the Kentucky Cabinet for Health and Family Services.

CFCRBs review the case of each child in foster care at least once every six months, as required by statute. In fiscal year 2024, volunteers reviewed 19,565 cases involving 11,301 children in out-of-home care. View the latest CFCRB annual report at <https://kcoj.info/CFCRB2024>.

Join a CFCRB

Make a difference for the children in your community by serving as a CFCRB volunteer. CFCRBs throughout Kentucky need volunteers. Get more information and apply at bit.ly/CFCRBvolunteer. Contact the state CFCRB at CFCRB@kycourts.net.

Administrative Office of the Courts

The Administrative Office of the Courts administers the CFCRB program. The AOC is the operations arm for the state court system and supports the activities of nearly 3,300 employees and 412 elected justices, judges and circuit court clerks. The AOC also executes the Judicial Branch budget.

Ag Commissioner Shell to lead visits to 16 Ky. schools Sept. 15-19 during All In For Agriculture Education Week

FRANKFORT — Kentucky Agriculture Commissioner Jonathan Shell, Lt. Gov. Jacqueline Coleman, and Kentucky Commissioner of Education Robbie

Fletcher will speak at a press conference to kick off All In For Agriculture Education Week at 7:45 a.m. Monday, Sept. 15 at Simpsonville Elementary

School in Shelby County.

For five straight days next week, Sept. 15-19, Commissioner Shell will lead visits to 16 schools across the state and attend Farmers’ Appreciation Day on Wednesday, Sept. 17 in Murray. He will be joined at times by Lt. Gov. Coleman, Commissioner Fletcher, and/or members of their offices, along with various community partners. At each school, Commissioner Shell and the attendees will sign and present a Kentucky Ag Map to each principal before visiting classrooms and projects.

Who: Agriculture Commissioner Jonathan Shell

What: All In For Agriculture Education Week

Where & When: Monday, Sept. 15 (Central Kentucky) 7:45-9:05 a.m. EDT at Simpsonville Elementary School

9:10-9:45 a.m. at Simpsonville Parks and Recreation’s Wiche Pavilion

10:45-11:50 a.m. at Perryville Elementary School

12:05-12:45 p.m. at Boyle County Schools’ Central Office

1:10-2 p.m. at Woodlawn Elementary School in Danville

2:10-3:05 p.m. at Boyle County High School in Danville

Tuesday, Sept. 16 (Western Kentucky)
9:30-10:30 a.m. CDT at Providence Elementary School

11 a.m.-1 p.m. at Madisonville North Hopkins High School

1:30-3:15 p.m. at Pride Elementary School in Madisonville

Wednesday, Sept. 17 (Southern Kentucky)
10 a.m.-1 p.m. CDT at Farmers’ Appreciation Day at Murray State University

1:30-3 p.m. at North Calloway Elementary School in Murray

Thursday, Sept. 18 (Central Kentucky)
9-10 a.m. EDT at New Highland Elementary School in Elizabethtown

11:30 a.m.-1:30 p.m. at Red Cross Elementary School in Glasgow

2-3:30 p.m. at Hiseville Elementary School

Friday, Sept. 19 (Eastern Kentucky)
8-10 a.m. EDT at George Rogers Clark High School in Winchester

Noon-1 p.m. at Greenup County High and Greysbranch Elementary schools

1:15-1:45 p.m. at McKell Middle School in South Shore

2:15-2:45 p.m. at Wurtland Middle School

3-3:30 p.m. at Greenup County Extension Office in Greenup

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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 leaf-peeping 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 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 the fun.

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

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The Scene



A woman with blonde hair, wearing a white dress, stands next to a red and white fire truck. She is holding a framed American flag. The fire truck has "Wickliffe Rural Fire Department" written on its side. The scene is set outdoors during the day.

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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.



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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.”



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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 the 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

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.”

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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 dues-based 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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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.”



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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.



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- 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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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 year. 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.



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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 recognition
- Access 911
- Dispatch

- 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.



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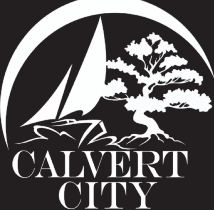




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How to honor first responders

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 year-round.** 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, year-round 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.



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Honoring

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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 well-being, 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.



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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 several-day supply of non-perishable food.
- Battery-powered 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 days-long 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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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.



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.

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 ice
 - 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?

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

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.



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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 battery-powered 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.

The residents of Salem

Salute Our First Responders

Thank you for your dedication and sacrifice to our community.

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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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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 three-day supply of water, nonperishable food, flashlights, blankets, and kid-friendly 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.

Thank You to All Law Enforcement, Emergency Personnel, Firefighters and First Responders for Always Giving 110%!

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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, limited-time 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.



ONLINE / NO RESERVE AUCTIONS



SEP 18

EC4370 '15 Kenworth T800 roll-off container truck



SEP 16

ET3012 '16 Mauldin M413XT maintainer



SEP 25

EC4373 JCB 427ZXT4F wheel loader



SEP 25

YA0957 '15 Manitex TC450-142 truck mounted crane



SEP 25

ED1484 '14 CAT D6T LGP dozer



SEP 25

EC4372 JCB 512.56 telehandler



SEP 17

DY0927 '11 John Deere 6115D MFWD tractor



SEP 25

EC2133 '23 Case SV280B skid steer



SEP 18

EB8219 '19 Peterbilt 579 semi truck



SEP 17

YA0773 '14 Rogator RG110 sprayer



SEP 25

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 Services.

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 Ruth Champion. A man of faith, he was a devoted member of Salem Baptist Church. He proudly served his country as a United States Air Force veteran during the Vietnam era.

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

• 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.

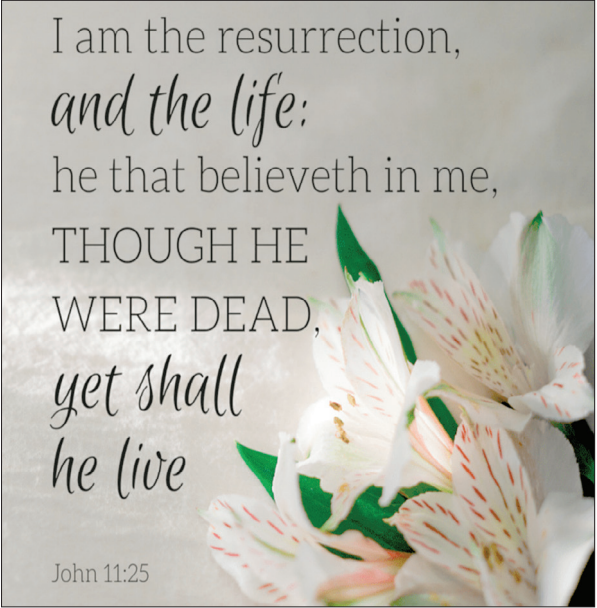
Gregory Lee “Greg” Brown, Sr. 80 of Benton, KY formerly of Princeton, KY passed away on Sept. 5, 2025. Private Memorial Services will be held at a later date on the family farm in Princeton. King’s Funeral Home is in charge of the arrangements.

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

• Benton Campus, Celebrate Recovery
1001 Main Street, Ben-

ton, 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

ton, Tuesdays, 6 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
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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 OVERCOMERS.**
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

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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
SoberHeartsFamilyMinistry@outlook.com
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- Text – (270)445-1008.

VICTORIOUS *Living* ...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.



By Gary Miller
Outdoortruths.org



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.

At the celebration of the Buffalo Trace Distillery’s six-millionth barrel, Julian Van Winkle Jr. handed a legendary tour guide, Freddie Johnson, a bottle of 20-year-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.

They have deemed 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 you meet. Adjust accordingly.

Gary Miller has

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

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 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

His love and peace, we 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 depend-

ing 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.com

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 hill. 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 happening—the problem was my

perspective. Had I stood 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 soul-betterment 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;

forsake not the works 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).

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Randy and Andrea Orr

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 non-engaged 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.

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A photograph of a woman sitting in a yoga pose (lotus or similar) on a mat, with her eyes closed and hands in a prayer position, suggesting a focus on mindfulness or relaxation.

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 distance- or 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.

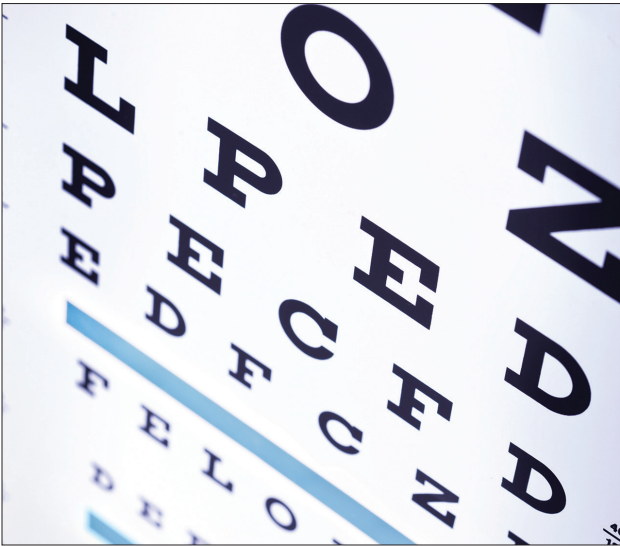
Cataracts are a common and treatable vision problem. Access to cataract treatment is limited in various countries. In fact, a 2021 study published in the journal Lancet Global Health found that 94 million people ages 50 and over have vision impairment or blindness that could be corrected through access 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 Queensland-based 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 lower-intensity 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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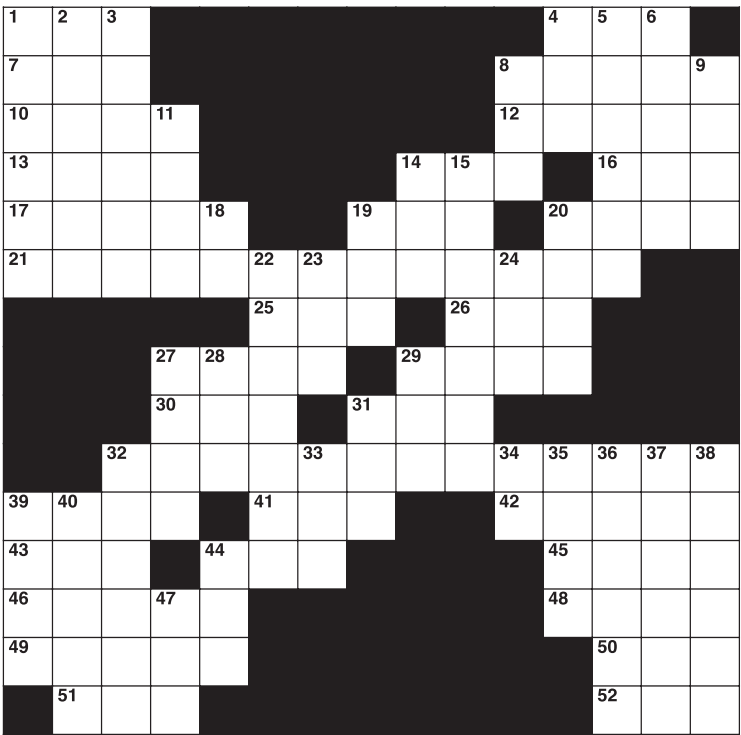
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Crossword Puzzle



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

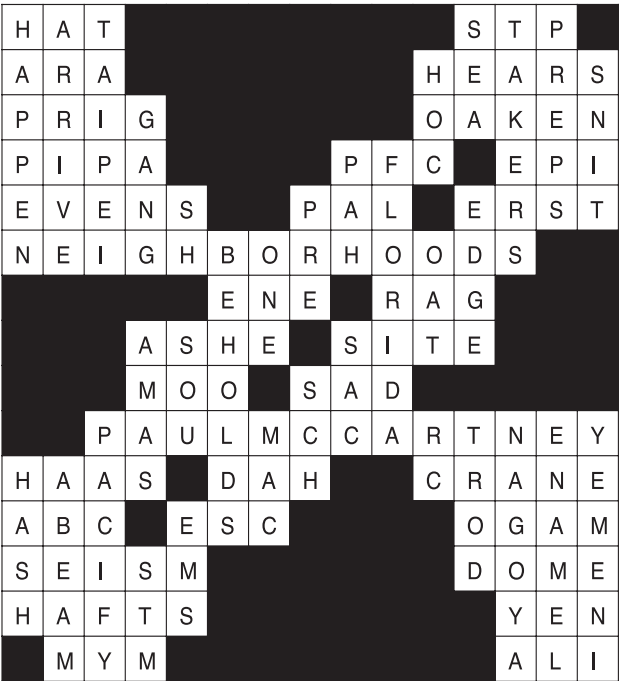
33. Partner to cheese

34. Cola brand

35. Stepped on

36. Japanese city

PUZZLE SOLUTION



Coloring Fun

Thank You First Responders!



Word Search

SCHOOL YEAR

WORD SEARCH

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

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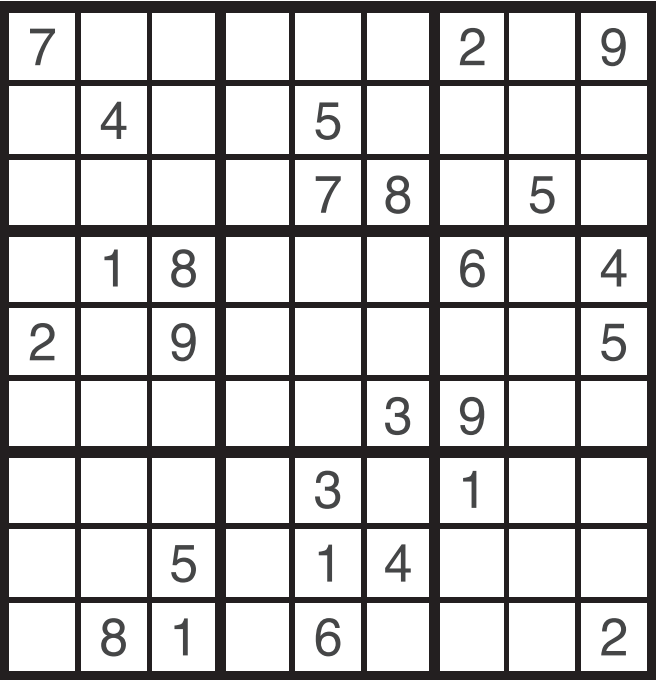
Find the words hidden vertically, horizontally, diagonally, and backwards.

Answers on Classified Page

Sudoku Puzzle

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.

P C K A

Answer: Pack

Guess Who?

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

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.

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.”

Chief Kyle’s presidency marks a significant milestone, not only for the City of Paducah but for the broader fire service community in Kentucky. His leadership experience and commitment

to public safety are expected to bring valuable insights to the KAFC’s mission of unifying and supporting fire departments across the state.



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How seniors can cultivate a new hobby



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.

- *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.

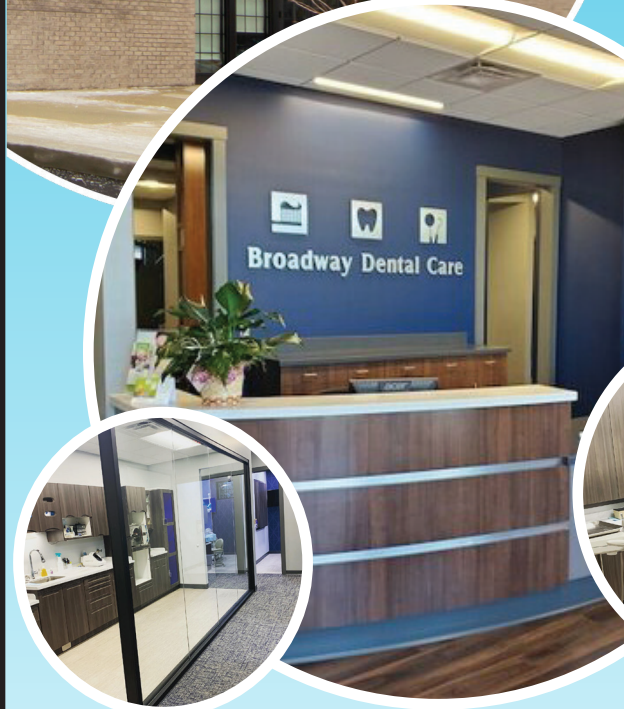
There's no shortage of ways for seniors to overcome retirement boredom and cultivate rewarding hobbies.

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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 hand-held shower head.

• *Purchase non-slip materials for the bathroom.* Non-slip 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 alcohol-related 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.

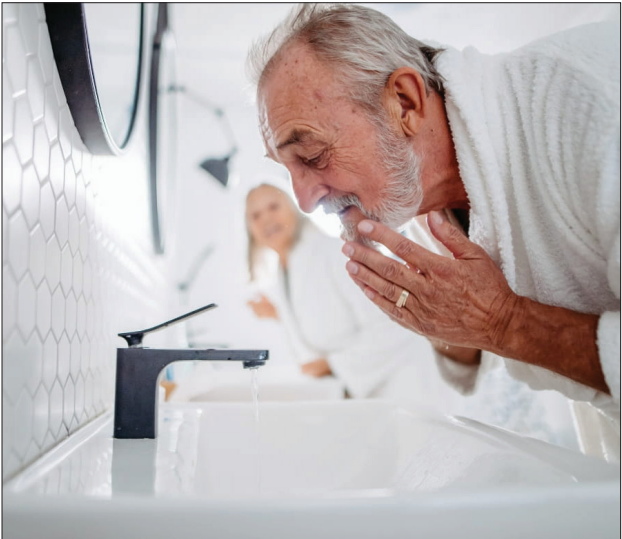
• Alcohol can have a more powerful effect as people age. The National Council on Aging notes that aging individuals may feel the effects of alcohol more strongly even if they are not increasing the amount they consume. The Mayo Clinic reports that alcohol is a toxin that aging adults’ bodies cannot process 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.



THANK YOU FIRST RESPONDERS!

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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

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 Hazelwood 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 great-grandmother, 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 out—whether 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.



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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.