



★★★ **FLAG DAY SALUTE** ★★★



## More than a symbol: Honoring the American flag on the road

By **Laurna Todd**  
*KPI Writer*

As Americans prepare to celebrate Flag Day, community leaders and veterans are encouraging citizens to remember that the American flag represents far more than patriotism—it stands as a reminder of the freedoms, principles, and sacrifices that have shaped the nation.

Karen Presson, President of American Legion Auxiliary Unit 3 in La Center, said the Stars and Stripes serves

as a lasting symbol of the values upon which the United States was founded.

“The flag of the United States is a precious symbol of our nation founded on the ideals of justice, freedom, and democracy,” Presson said. “Teaching proper flag etiquette ensures respect and honor.”

She noted that veterans often have a special appreciation for what the flag represents because of their commitment to protecting those freedoms.

“A veteran, whether active duty, retired, discharged, or reserve, is someone who at one point in his life wrote a blank check payable to the United States of America for an amount up to and including his life,” Presson said. “That is honor.”

Displaying the Flag on Your Vehicle  
Few images are as distinctly American as a flag waving from a pickup truck, motorcycle, or classic car. While such

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## Red, white and blue: Honoring the American flag

By **Laurna Todd**  
*KPI Writer*

Flag Day is a time for Americans to pause and reflect on one of our nation’s most recognizable symbols—the American flag. More than just red, white and blue fabric, the flag represents our freedoms, our history, and the sacrifices made by those who have defended our country.

Many people have heard the story that a 17-year-old student named Robert G. Heft designed the

current 50-star American flag in 1958. While Heft did submit a design as part of a national contest, historians now believe the final design was likely influenced by several submissions rather than the work of a single person.

The American flag has changed throughout our nation’s history. The first flag, adopted in 1777, featured 13 stars and 13 stripes representing the original colonies. As new states joined the Union, additional

stars were added. Today’s flag has 50 stars, one for each state, and has remained unchanged since Alaska and Hawaii joined the United States in 1959.

The colors of the flag each carry a special meaning. Red symbolizes courage and valor, white represents purity and innocence, and blue stands for vigilance, perseverance, and justice.

Proper flag etiquette is also

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## Famous American flags and the stories they tell

By **Laurna Todd**  
*KPI Writer*

Throughout our nation’s history, certain American flags have become powerful symbols of courage, sacrifice, perseverance, and patriotism. Today, many of these historic flags are preserved in museums across the country, allowing visitors to experience firsthand some of the most memorable moments in American history.

### **The Star-Spangled Banner**

One of the most famous flags in American history is the original Star-Spangled

Banner, which is displayed at the Smithsonian Institution in Washington, D.C. This was the flag that inspired Francis Scott Key to write the words that would later become the United States National Anthem.

The massive flag was sewn by Mary Pickersgill, along with the help of her daughter, nieces, and Grace Wisher, a young African American servant. More than 200 years later, it remains one of the nation’s most treasured artifacts.

### **The Betsy Ross Flag**

While historians continue to debate whether Betsy Ross

actually created the first American flag, her name remains closely tied to the nation’s earliest banner. Ross did sew flags during the Revolutionary War, including several for the Pennsylvania Navy.

Visitors to Philadelphia can see a replica of the famous 13-star flag at the Betsy Ross House, which also serves as a focal point for many Flag Day celebrations.

### **Old Glory**

The original “Old Glory” is preserved at the Smithsonian National Museum of

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## A seat at the table:

By **Laurna Todd**  
*KPI Writer*

LACENTER, Ky. — Area veterans and their families are invited to enjoy a morning of fellowship and a hearty breakfast during the monthly Veterans Breakfast hosted by the

American Legion Auxiliary Unit 3 of LaCenter.

According to Karen Presson, President of American Legion Auxiliary Unit 3, the buffet-style breakfast will be held on Saturday, June 13, at the American Legion Post 3 located

at the Ballard County Fairgrounds, 152 Fairground Drive in LaCenter. Serving will begin at 9 a.m.

The event is open to all veterans, and family members are encouraged to attend as well. Organizers say the breakfast provides an opportunity for

veterans to connect with one another while enjoying good food and community fellowship.

Following the breakfast, members of the American Legion Auxiliary Unit 3 will hold their monthly business meeting at 10 a.m. Agenda items will include planning

## American Legion Auxiliary hosts veterans breakfast

for the upcoming July 4th Parade and participation in Ballard County Fairactivities.

Presson encourages all local veterans to attend and take part in the gathering.

For additional information, contact Karen Presson at 270-

642-2116.

“We invite every veteran to join us for breakfast and fellowship,” Presson said. “It’s a wonderful opportunity to connect with fellow veterans and stay involved in community activities.”

# How the Pledge of Allegiance has changed through the years

By Laurna Todd  
KPI Writer

For generations, Americans have stood, placed their hand over their heart, and recited the Pledge of Allegiance as a way of showing respect for the American flag and the nation it represents. While the pledge is familiar to most of us today, its wording and traditions have changed several times over the years.

The original Pledge of Allegiance was written in 1892 by Francis Bellamy. The first version read, "I pledge allegiance to my Flag and the Republic for which it stands, one nation, indivisible,

with liberty and justice for all."

In 1923, the wording was updated to specifically mention the United States of America, making it clear which flag was being honored. The revised version became, "I pledge allegiance to the Flag of the United States of America and to the Republic for which it stands, one nation, indivisible, with liberty and justice for all."

The way Americans salute the flag has also evolved. When the pledge was first introduced, citizens often used a military-style salute before extending their arm

toward the flag. Over time, that practice was replaced with the tradition we know today—placing the right hand over the heart while reciting the pledge.

The United States Flag Code provides guidance for properly saying the pledge. Citizens are encouraged to stand facing the flag with their right hand over their heart. Those wearing hats should remove them and hold them over the left shoulder so the hand remains over the heart. Members of the military in uniform render a formal military salute.

Another significant


change came in 1954 when President Dwight D. Eisenhower encouraged Congress to add the words "under God" to the pledge. Since then, Americans have recited the version familiar today:

"I pledge allegiance to the Flag of the United States of America, and to the Republic for which it stands, one nation under God, indivisible, with liberty and justice for all."


More than 130 years after it was first written, the Pledge of Allegiance continues to serve as a reminder of the freedoms, values, and unity that Americans share.



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displays are common, many motorists may not realize there are established guidelines for properly exhibiting the nation's colors.

According to the U.S. Flag Code, a single American flag displayed on a vehicle should be mounted on the right side. When more than one U.S. flag is displayed, each should be flown at the same height and in the same manner.

The blue field of stars, known as the union, should always be positioned in the place of highest honor. On a moving vehicle, the union should face forward. Motorcycles should display the flag either at the center rear or on the rider's right side.

When flown with another banner, such as a state or foreign

flag, the American flag should maintain the position of prominence and should never be smaller than accompanying flags.

**Decals, Stickers, and Vehicle Displays**

Patriotic decals and stickers are generally acceptable when used respectfully. However, the Flag Code considers it improper to drape an actual flag across a vehicle's hood, trunk, roof, or truck bed.

Any printed representation should accurately reflect the flag's design, including the proper number of stars and stripes.

**Safety and Respect**

In addition to proper etiquette, safety remains an important consideration. Flags should not obstruct a driver's vision, cover license plates, block lights, or interfere with the operation of a vehicle.

Larger displays should be secured to prevent them from becoming hazards for other motorists. As with any display of the American flag, it should never be allowed to touch the ground.

Presson said Flag Day offers an opportunity to reflect on the history of the nation's most recognizable symbol and the sacrifices made under it.

"Flag Day is one day set aside to honor and reflect on the history of the national flag," she said. "Veterans continue to be at the forefront educating the public about sacrifice, courage, and the price of freedom."

By learning and practicing proper flag etiquette, Americans can demonstrate respect for both the Stars and Stripes and those who have served to defend the freedoms it represents.

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important. The U.S. Flag Code recommends displaying the flag from sunrise to sunset. However, it may be flown around the clock if it is properly illuminated during nighttime hours.

The American flag has even made its

way beyond Earth. During the Apollo missions, astronauts placed six American

flags on the moon, creating a lasting symbol of American achievement and exploration.

As we celebrate Flag Day, the Stars and Stripes serve as a reminder of our nation's past, the freedoms we enjoy today, and the generations who will carry its legacy into the future.



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American History. The flag belonged to Capt. William Driver, who carried it on voyages around the world.

During the Civil War, Driver reportedly hid the flag from Confederate troops who wanted to destroy it. Thanks to those efforts, the historic flag survives today as a symbol of American resilience.

**The Iwo Jima Flags**

Few images are more recognizable than the photograph of U.S. Marines raising the American flag atop Mount Suribachi during the Battle of Iwo Jima in World War II.

The two flags used during that historic day are now displayed at

the National Museum of the Marine Corps in Virginia. The photograph captured by Associated Press photographer Joe Rosenthal became one of the most iconic images of the war and earned a Pulitzer Prize.

**The 9/11 Flag**

One of the most powerful modern symbols of American strength is the flag raised by firefighters at Ground Zero following the terrorist attacks of September 11, 2001.

The flag became a national symbol of hope and determination during a difficult time in American history. After mysteriously disappearing, it was rediscovered nearly 15 years later and is now preserved at the 9/11 Memorial and Museum

in New York City.

**Flags That Reached the Moon**

The American flag has even traveled beyond Earth. During the Apollo missions, astronauts planted six U.S. flags on the moon as symbols of exploration and achievement.

While the original lunar flags remain on the moon, replicas are displayed at the National Air and Space Museum in Washington, D.C., reminding visitors that the Stars and Stripes has flown not only across our nation, but beyond our world.

From battlefields and historic moments to the surface of the moon, these famous flags continue to tell the story of America and the people who helped shape its history.



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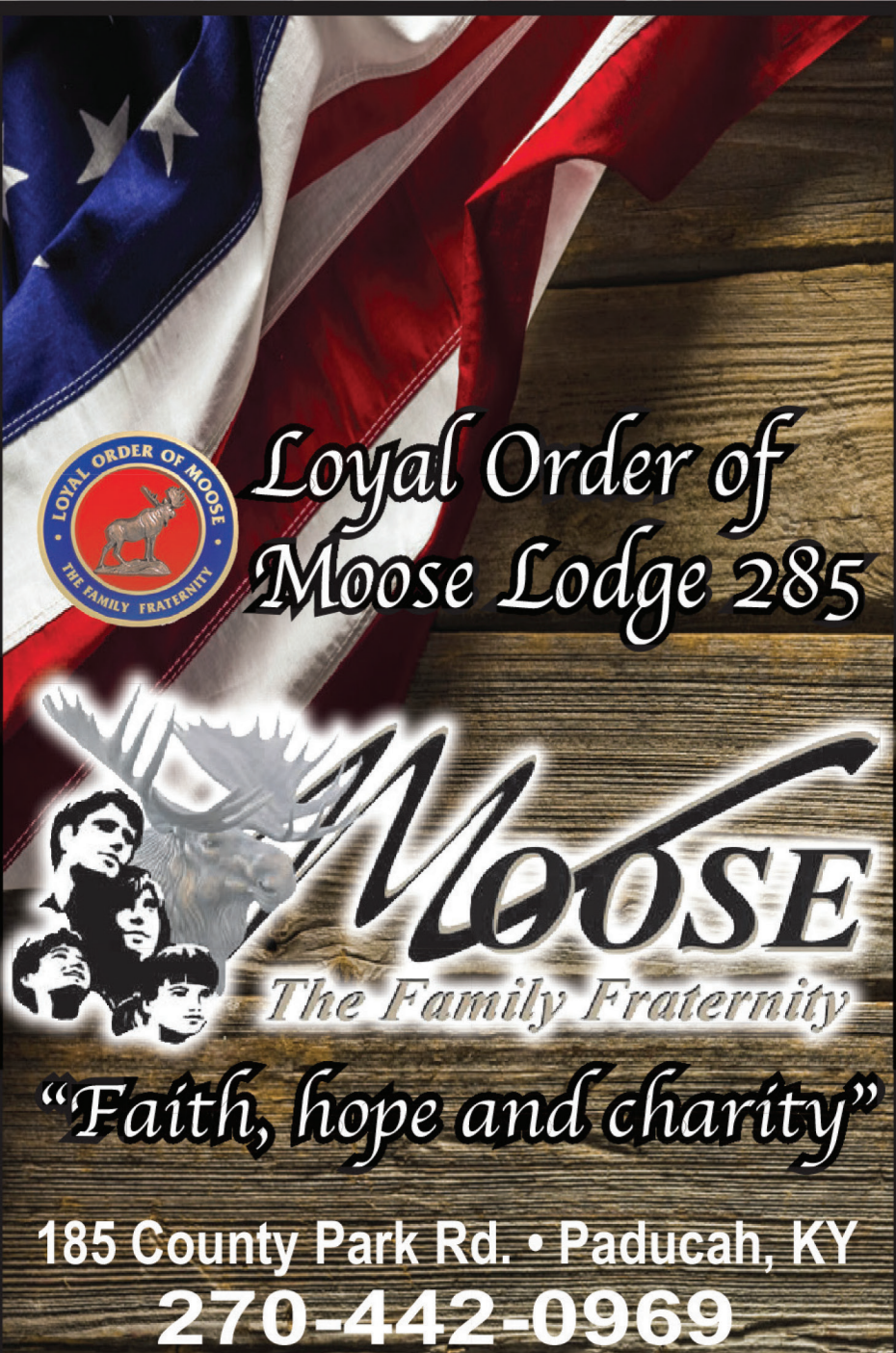
# Facts about the American flag

- 1. First Flag Design:** The Grand Union Flag, used during the American Revolutionary War, featured 13 alternating red and white stripes with the British Union Jack in the corner, symbolizing the colonies' connection to Britain while asserting their desire for independence.
- 2. Stars and Stripes:** The current design of the flag, adopted in 1777, symbolizes the union of the states. The 13 stripes represent the original colonies, while the 50 stars represent each of the current 50 states, symbolizing unity and statehood.
- 3. Five Rows of Stars:** Before 1912, the stars on the flag were arranged in different patterns, often in circular arrangements. The current arrangement was standardized by President Taft to ensure clarity and uniformity as states were added.
- 4. Flag Act of 1818:** This Act established a guideline for adding stars to the flag whenever a new state joined the Union. It ensured that the flag would maintain the addition seamlessly on the Fourth of July, symbolizing growth and change.
- 5. Flag Day:** Instituted in 1916 by President Woodrow Wilson and later made a national observance in 1949, Flag Day commemorates the adoption of the flag by encouraging citizens to celebrate with parades and ceremonies that honor the flag's history.
- 6. Betsy Ross Myth:** Although the story of Betsy Ross crafting the first flag is popular, historical documentation and research suggest that while she was a flag maker, there is little evidence to confirm that she created the first official flag.
- 7. Colors' Meaning:** The color symbolism reflects American ideals: red for courage and sacrifice, white for purity and innocence, and blue for justice and perseverance, enhancing the flag's role as a symbol of national values and identity.
- 8. Height and Proportions:** The official proportions of 2:3 ensure that the flag is recognizable and visually balanced. Different sizes of flags can be made, but this proportion must be maintained for all national flags.
- 9. Old Glory:** The term "Old Glory" is believed to have originated from Captain Driver in 1831. Over time, it has come to symbolize the flag's resilience and the spirit of patriotism.
- 10. Protocol for Display:** The flag should be displayed from sunrise to sunset, should never be tokened or draped on objects, and in ceremonies, it should always be positioned of honor. This protocol reinforces the respect and dignity the flag represents.
- 11. Flag Code:** The U.S. Flag Code, established in 1923, provides guidelines on how to handle, display, and care for the flag. This includes saluting the flag and the proper procedures during ceremonies, reflecting patriotic respect.



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# VICTORIOUS *Living* ...in a troubled world

## The Lasting Influence of Fathers

By Teresa LeNeave  
leneave2@comcast.net

Scripture tells us that one of God's first instructions to humanity was to "be fruitful and multiply, and replenish the earth, and subdue it" (Genesis 1:28). Beyond populating the earth, this command carries with it the responsibility of raising children who understand faith, purpose, and character. For young couples who want children, there is no greater joy than to hear the doctor say, "You're going to have a baby".

When a couple becomes prospective parents, few stop to consider the tremendous responsibility they are about to assume. From the moment a child is born, parents are entrusted with raising stable, productive, kind, and loving individuals. It is a task that is both inspiring and, at times, overwhelming.

Fathers, in particular, play a vital role in shaping the lives of their children. They are among God's greatest gifts to



**Todd and his two kids, Cohen and Maggie Adams, enjoying the day catching fish. A father's influence teaches the art of social skills, hobbies and the love of sports that last a life. Todd is also a coach for both, Maggie and Cohen.**

families. I often think of my own father. Though he has long since passed on, his lessons, guidance, and wisdom continue to influence my decisions. A father's impact can last a

lifetime—for better or worse. The example he sets follows his children throughout their lives.

A father's responsibility extends beyond teaching good manners and citizenship.

He is also called to teach the value of work and responsibility. A strong work ethic is one of the most important gifts a father can pass on to his children.

That is not to

diminish the importance of mothers. There is no more important person in a child's life than a loving mother, and her influence is immeasurable. But fathers have a special role as

well. They provide strength, stability, and leadership within the family.

Every father's story is different. Some men carry wounds and disappointments from their own fathers. Nevertheless, every father has the opportunity each day to create a better future for his children than the one he experienced himself.

How can fathers make that future better? The answer is simple: teach children to love God and serve Him. Provide spiritual, emotional, mental, and financial stability. Invest in the generation you have been entrusted to raise.

Whether the memories they leave behind are good or bad, fathers are not forgotten. That reality should remind every father of the importance of his role. The way fathers raise their children influences not only their families, but also the future of our communities and our world.

## WHEREVER HE LEADS

Bro. Brandon G. Bramlett  
Bandana Baptist Church

The boy was abruptly abducted. Convinced he would make a good slave, his kidnappers forced him to tend sheep in the extreme conditions of a remote land beyond the sea. Although not particularly religious, the excruciating ordeal compelled the young lad to pray.

Finally, after five arduous years, he escaped from captivity by boarding a vessel that carried him home to the embrace of grateful parents who implored him never

to leave again. But the runaway slave would eventually undertake the unthinkable: return to the

land of his captors with the gospel of Christ—Saint Patrick of Ireland was his name.

The Lord constrained him to return to his nightmare of a life when an Irishman appeared in his dreams, pleading, "We beg you to come and walk among us once more." Go back to the land that stole his freedom? Relive the past he fought so hard to forget? Saint Patrick said yes. He traded his own safety

for service to his Savior and convenience for compliance with Christ's calling on his life.

The results were miraculous. His evangelistic efforts contributed to the conversion of practically the entire population. An ancient painting of Patrick says it all. It depicts him driving out snakes—the "snakes" of idolatry and dark superstition, which he expelled by proclaiming the Man who crushed the head of the serpent (cf. Gen. 3:15). Even the Celtic slave trade that had once ensnared him diminished

because of the transforming power of the message he preached.

A willing believer saying "yes" to a difficult task plus a wonder-working God is a powerful combination. As a matter of fact, the Lord's greatest works are rarely accomplished the easy way. Moses had to repeatedly stand before an intimidating Pharaoh before Israel was delivered. Gideon had to defeat the Midianites with a significantly decreased fighting force (Judges 7:1-3). The first church had to endure severe persecution in order to multiply (Acts 8:1-

4). Even Christ had to suffer and die upon the cross before being raised on the third day (1 Cor. 15:1-4).

God is most active in the hard places: the difficult conversation you don't want to have, the uncomfortable sacrifice you don't want to make, and the frightening step of faith you hesitate to take. This is why the Lord delights in servants who answer His sometimes-challenging calls and commands like Isaiah: "Here am I; send me" (Isa. 6:8). Indeed, the path of obedience might bring you face-to-face with

your fears, but it will also lead directly to the breathtaking purposes of God. Therefore, the anthem on every believer's lips ought to be that which is found in B. B. McKinney's well-known hymn which says, "It may be through the shadows dim, or o'er the stormy sea, I take my cross and follow Him; wherever He leadeth me. Wherever He leads I'll go, wherever He leads I'll go, I'll follow my Christ who loves me so, wherever He leads I'll go."

# OUTDOOR Truths

By Gary Miller  
Outdoortruths.org



When I first began bass fishing as a young adult, I didn't have the luxury of a bass boat and all its frills. I fished with a friend who had a "V" hull aluminum boat. The trolling motor was small, and the outboard was even smaller. He owned a small cabin on the lake, so our fishing always started from the same location. Because of the limited horsepower we rarely traveled very far away. We always

fished in the same places and seldom went home empty-handed. It seems as I got older and better equipped, I traveled farther up and down the lake to find those illusive bass, only to have pretty much the same results. You see now I spend more of my time moving than I do fishing and while I can see what's below now with all the sonar, I once knew what was below by experience. I had fished Straight Creek

Hollow so many times, under so many situations, that I knew where the bass were probably hiding. I was simply forced to bloom where I was planted. Oh, there were times that I wished I were up in the river or down beside the bridge; but I was forced to learn to succeed where I was at the time. I think about this same scenario when I deer hunt. I know that I will be better off if I will just come to

know the 50 acres I've been given instead of trying to hunt 400 acres.

I can remember taking a picture of a young pine tree. It was growing from the middle of a huge rock, and it was thriving. What it couldn't go around, above, or under, it just went through. I knew it was not supposed to grow there but it didn't. I knew it was out of place but it didn't. I could have explained to it every

reason why it would never become a fruitful tree, but the only thing that would have been unfruitful were my words. Because, you see, it bloomed where it was planted.

Don't let anyone tell you that you will never succeed where you are. Don't let anyone add you to the average or make you fit into a certain research demographic. When God is with you, what you can't go around, above, or under, He will take

you through.

*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](http://Outdoortruths.org)*

## What we think about matters to God

By William F Holland Jr.  
[billyhollandministries.com](http://billyhollandministries.com)

Are we ashamed of God? Is God ashamed of us? Do we not realize that God knows our thoughts? Yes, the spiritual atmosphere within society has changed in the last 75 years, and one of the reasons is the older generations who stood fervently for God have passed on, and many of the younger ones do not have the same passion for Christ. Do we care about developing an awareness of His presence? Look at the technology that has evolved in this period of time, and it's easy to see the minds and hearts of the masses have allowed themselves to be tempted to adopt a different way of thinking and believing. A tsunami of knowledge has been released upon the world, and with more information, we have more dis-

tractions. There was a time when families would gather in the evenings and read and discuss the Bible and pray together. What happened?

Television in its early days was closely monitored and not allowed to be consumed night and day. This is when kids played outside, parents read the newspapers, neighbors were friendly, and family and people enjoyed each other's company. Compare this to today's world, where many choose isolation, where they are mesmerized by some type of electronic device. Are we trading our individual thoughts, creativity, and personalities for the sake of artificial intelligence? Instead of developing spiritual discernment and quietly listening to learn what God wants us to do, we are deliberately being controlled by "Pied piper" devices

luring us into mental captivation. We have the choice to decide how we use our time, which also includes a responsibility to reject being willingly governed by any spiritual force other than God.

Romans 12:2 says, "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing and perfect will." Shouldn't we be guarding our minds from evil persuasions, and how high on our priority list is knowing God and standing with him? Maybe some people use distractions as a way of hiding from Him. Have you noticed that many people dislike silence and prefer to have something playing in the background? We don't always need to

have the television on or the car radio on. The silence is a secret place because it helps us to hear God's voice. If we constantly need background noise, something is wrong. Are we afraid to be alone with God? Do some feel convicted or guilty because they are not walking with Him in obedience and holiness? Life is filled with distractions we cannot help, but we surely do not need to intentionally make it worse. We notice in Luke 5:15-16 that the more Jesus gave of Himself, the more time He spent praying in secret for clarity to maintain His relationship with the Father.

Be encouraged today, for since Christ accomplished His mission on the cross and rose from the dead, those who are partakers with Him are preserved by the greatest power and authority in heaven and earth.

He is the creator of all things, the Alpha and Omega. Let us not place our confidence in this earthly realm; instead, let us actively and intentionally trust the one who knows, created, and controls everything. Humans strive to build the perfect life, but only Christ embodies true perfection. His desire is for us not to worship the material, but to set our hearts on the spiritual realm. The message for this hour is urgent: a dark enemy seeks to deceive, kill, steal, and destroy. But you are not powerless. Resist this attack by saying no to fleshly desires. Draw the line today—determine in your heart that you will not give your heart to the world. Choose to be a living sacrifice: holy and acceptable. Take this stand now and commit fully to God.

What we consume through our eyes and

ears acts as "food" for our souls, ultimately shaping our thoughts. I John 2:15 declares, "Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them." A few chapters over, God says, "For everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith." "You adulterous people, don't you know that friendship with the world means enmity against God? Therefore, anyone who chooses to be a friend of the world has become an enemy of God."

*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](mailto:psalmz103@gmail.com)*

## BALLARD

**Lori Hite**, a cherished member of the Bandana Community Church and a devoted volunteer at His House Ministries, passed away peacefully on June 7, 2026, at Baptist Health in Paducah, KY. A visitation to honor Lori's memory was held on June 10, 2026, from 11:00 a.m. until 2:00 p.m. at Morrow Funeral Chapel in LaCenter, KY. Funeral service began at 2:00 p.m. with Brother Bob Cain officiating. Interment followed at Barlow Cemetery.

**Clyde Cooper**, 96, passed away on Wednesday, June 3, 2026, at Metropolis Rehabilitation and Health Care in Metropolis, IL. In his younger years, he worked in a sawmill and was a jack of all trades who could fix just about anything. Clyde retired after 28 years in maintenance at Lourdes Hospital in Paducah. A farmer at heart, he raised cows, chickens, goats, and peacocks, and was also a beekeeper. Visitation was held on Sunday, June 7, 2026, after 12:00 p.m. at Morrow Funeral Chapel in LaCenter, KY. Funeral services followed at 2:00 p.m., with Rev. Neil Eidson officiating. Interment followed at Oscar Community Cemetery in Oscar, KY.

## CALDWELL

**Carla Pendleton**, age 70, of Princeton, passed away Sunday, June 7, 2026 at Baptist Deaconess Hospital in Madisonville. A memorial visitation will be held from 11:00 am until 1:00 pm Saturday, June 13, 2026 at Morgan's Funeral Home. A private graveside service will follow the visitation on Saturday, June 13, 2026.

## CALLOWAY

**Dan Glover**, age 80, of Murray, Kentucky, passed away Saturday, June 6, 2026, at Brookdale Assisted Living in Murray. Graveside service will be held at 1:00 p.m., Thursday, June 11, 2026, at the Cedar Hill Cemetery in Princeton, Kentucky with Bro. Ralph Austin officiating. No public visitation will be held.

**Robert Lee "Bob" Ross**, age 74, of Murray, Kentucky, passed away Friday, June 5, 2026, at the Calvert City Convalescent Center. Graveside service will be held at 10 a.m., Saturday, June 20, 2026, at Sugar Creek Baptist Church Cemetery. Pastor Mike Donald will officiate and burial will follow. No public visitation will be held.

**Paul Leo Dennis**, age 64, of Kirksey, Kentucky passed away on Tuesday, June 9, 2026, at the Murray-Calloway County Hospital

in Murray, Kentucky. Arrangements are currently incomplete at the J.H. Churchill Funeral Home & Cremation Services.

**Wanda Ruth Robbins**, age 65, of Murray, Kentucky, passed away on Monday, June 8, 2026, at the Spring Creek Healthcare in Murray, Kentucky. There will be no public service or visitation held. The J.H. Churchill Funeral Home & Cremation Services are in charge of arrangements.

## CARLISLE

**James "Jimmie" Edward Carter**, age 101, passed away peacefully on Friday, June 5, 2026, at Baptist Health Paducah. A funeral service was held at 1:00 pm on Wednesday, June 10, 2026, at Milner & Orr Funeral Home of Arlington with Bro. Rick Burton officiating, beginning with Masonic Rites. Burial followed with military rites at Arlington Cemetery.

## CHRISTIAN

**Gary Myers Sr.**, age 80, of Hopkinsville, KY, passed away on Saturday, June 6, 2026, at his home of natural causes. The family has chosen cremation with a Celebration of Life Service to be held at 12:00 Noon at Gary's Home on Saturday, June 13, 2026. Maddux-Fuqua-Hinton Funeral Home has been entrusted by the family to handle the arrangements.

**Thomas Jesse "Tommy" Yates**, age 79, of Pembroke, KY, passed away on Friday, June 5, 2026, at Christian Heights Nursing and Rehab in Pembroke of natural causes. The family has chosen cremation with a Celebration of Life Service to be held at a later date. Maddux-Fuqua-Hinton Funeral Home has been entrusted by the family to handle the arrangements.

**Elmer "J" Corley**, 82, Harmony Grove Road, Hopkinsville, KY passed away on Monday, June 8, 2026 at Christian Heights Nursing and Rehab Center, Pembroke, KY of natural causes. Graveside services were held at 1:00 p.m., Wednesday, June 10, 2026 at Bainbridge Grove Cemetery. Lamb Funeral Home is assisting with arrangements.

**Mark Aaron Carlross**, 59, of Hopkinsville, KY died Thursday evening, June 4, 2026, at his home surrounded by his friends and family. Funeral services were held at 2:00 p.m. Sunday, June 7, 2026, at Dogwood Funerals & Cremations of Hopkinsville. Burial followed in Riverside Cemetery.

## FULTON

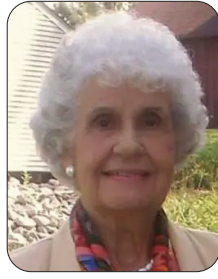
**Jan Work**, of South Fulton,

## Funeral Notice

Obituaries furnished to Kentucky Publishing

### Mary F. "Dolly" Williamson

Mary F. "Dolly" Williamson Travis-Gresham, age 98, of Paducah, formerly of Lyon County, passed away Saturday,



June 6, 2026 at her daughter's residence.

Dolly was born March 14, 1928 in Lyon County near the Cumberland river. She was born to the late Leona Gray Williamson and Minus "Mike" Williamson. Her sister at 15 months old said, "Oh my little, Dolly". It was from then on that family and friends knew her as "Dolly". She attended Dewey School and Saratoga Grade School through the 8th grade. She then went on to graduate from Old Eddyville High School in 1945. Her family moved to Evansville, IN and she and her sister went to Dayton, OH to work at Wright Patterson Air Force Base doing clerical work.

Dolly was a devoted Christian wife, mother, grandmother, and friend whose life was marked by faith, service, and love for her family. As the wife of a Baptist minister, she faithfully served alongside her husband wherever he pastored, including at Lamasco Baptist Church and Mt. Zion Baptist Church, teaching Sunday School for generations of children and adults. Her dedication to Christian education continued until the remarkable age of 92.

Dolly loved music and especially enjoyed singing in the church choir. During the 1970s and 1980s, she and her family were well known throughout the area as the "Travis Family Quartet," sharing their faith through song at churches and community events. She was a faithful member of Reidland Baptist Church.

Above all, Dolly dearly loved her family and treasured every moment with her children and grandchildren. She took great pride in her roots as a Lyon County native and carried that pride throughout

her life. Her legacy of faith, service, music, and family devotion will be remembered by all who knew and loved her.

She is survived by her daughters, Carla (Bill) Bartleman of Paducah and Bonita (Jim) Holloway of Paducah; brother, Jerry (Liz) Williamson of Alaska; grandchildren, Jeni (Steve) Drake, Chris (Shelley) Holloway, Leslie (Scott) Williams and Terri (Adam) Nance; great-grandchildren, Austin (Alyssa) Drake, Tristin Drake, Cadin Drake, Jessica Holloway, Erica (Alex) VanVoriss, Michael (Stephanie) Holloway, Kalesha Williams; great-great-grandchildren, Bentlee Drake, Beckett Drake, Parker Holloway, Brooklyn Holloway, Roman VanVoriss; step-children, Ron Gresham of Illinois and Gena (Andy) Allen of Cadiz; step-grandchildren, Hunter Allen and Tyler Allen; several nieces, nephews and cousins.

In addition to her parents, she was preceded in death by her first husband, James R. "Rev. Jim" Travis; second husband, Genie Gresham; daughter, Mariann Travis; sister, Margaret VonArx; brother, Luby Williamson; step-son, Joel Gresham.

Visitation will be held from 11:00 am until 1:00 pm Saturday, June 13, 2026 at Lakeland Funeral Home.

Funeral services will be held at 1:00 pm Saturday, June 13, 2026 at Lakeland Funeral Home. Burial will follow in Lamasco Baptist Church Cemetery.

Expressions of sympathy may be made towards Mercy Health Hospice, 225 Medical Center Dr, Suite 203, Paducah, Kentucky 42003 and Thriving at Home Senior Care, 306 S 12th St, Murray, KY 42071.

You may light a candle or share a message with the family at [www.morgansfuneralhome.com](http://www.morgansfuneralhome.com).

## GRAVES

**Vivian Ann Goatley**, age 91, of Mayfield, KY, passed away Tuesday evening, June 9, 2026, at her residence. Funeral arrangements for Mrs. Vivian Ann Goatley are incomplete at the Brown Funeral Home in Mayfield.

**Kathy A. Howard**, age 67, a resident of Mayfield, Kentucky, passed away at 5:55 AM on Saturday, June 6, 2026, at her home. Funeral services for Mrs. Kathy A. Howard were held at 1:00 PM Wednesday, June 10, 2026, at the Brown Funeral Home in Mayfield with Rev. Kerry Lambert officiating. Entombment followed at Woodlawn Memorial Gardens.

**Linda Jane Bisher**, age 83, a resident of Mayfield, passed away at 3:29 A.M. Friday, June 5, 2026 at Baptist Health Hospital in Paducah. Memorial services were conducted at 2:00 P.M. Monday, June 8, 2026 at the Brown Funeral Home in Mayfield with Rev. Presley Lamb officiating.

**Charles Albert Morris**, age 78, of Mayfield, Kentucky, passed peacefully into eternal life at his home on June 5, 2026, surrounded by the love of his family. Funeral services were held at 2:00 p.m. on Thursday, June 11, 2026, at Brown Funeral Home in Mayfield with Bro. Antonio Sherrill officiating. Burial followed in the Highland Park Cemetery.

## HENDERSON

**Vera Nell Isbell Gish**, age 81, passed away peacefully at her home on June 8, 2026, surrounded by loved ones. Graveside services were held at 10:00 AM Wednesday, June 10, 2026, at Roselawn Memorial Gardens with Chaplain Dayne Bogard officiating.

**Pearl (Hicklin) Quinn**, 86 of Calhoun, KY passed away on Sunday June 7, 2026. Services will be held at 11:00 AM, Saturday, graveside at Onton Cemetery. Jeff Hawkins will officiate. Visitation will be Friday from 4:00 until 7:00 and Saturday 9:00 AM until 10:30 AM at Tomblinson Funeral Home, Sebree Chapel.

It is with heavy hearts that we announce the passing of **Jerry L. Ligon**, who left us on June 5, 2026, at Deaconess Gateway. Funeral service was held on June 10, 2026, at 2:00 PM at Tomblinson Funeral Home Henderson Chapel. Brother Alan Butler will officiate. Burial to follow at Basket Cemetery.

**Sharron Overfield Young**, 63, of Henderson, Kentucky, passed away on Saturday, June 6, 2026, at her home. Services will be at noon Saturday, June 13, 2026, at Rudy-Rowland Funeral Home. The Reverend David Petrie will officiate. Burial will be in St. Louis Cemetery. Visitation will be from 10 a.m. until service time Saturday at the funeral home.

**Forrest Everett Cates**, 95, of

Corydon, Kentucky, passed away on Friday, June 5, 2026, at the Joseph "Eddie" Ballard Western Kentucky Veterans Center in Hanson, Kentucky. Services were held at 2 p.m. Tuesday, June 9, 2026, at Rudy-Rowland Funeral Home. The Reverend Nick Duvall (Chaplain at Western Kentucky Veterans Center) and Brother Byron Williams will officiate. Burial followed in Corydon Cemetery in Corydon, Kentucky.

## HOPKINS

**Larry Michael Berry** (1944-2026) - With deep heartbreak and countless cherished memories, we celebrate the life of Larry Berry, 82, of Madisonville, KY, who passed away at his home in Madisonville, with his wife, Maureen C. Berry, and Cooper, their wire fox terrier, at his side. No services are scheduled at this time. Barnett Strother Funeral Home is in charge of arrangements.

**Edwin Nathan Lacy**, 60 of Dawson Springs passed away Friday, June 5, 2026, at Heartford Hospice House in Owensboro with his family at his side. Memorial Service will be held at 2:00 pm on Saturday, June 13, 2026, at Living Word Christian Center in St. Charles. Visitation will begin at 1:00 pm at the church. Burial will follow at Gilland Ridge Cemetery in St. Charles.

**Christopher Lee Johnson**, 48 of Madisonville passed away Thursday, June 4, 2026, at Baptist Health Deaconess. Memorial Service was held Sunday, June 7th at noon at Bandy Funeral Home in Nortonville with Bro. Dennis Mosby officiating. Burial will be private for family only at a later date.

**Lucille Kelley Vandiver**, 90, of Madisonville, KY, passed away on Monday, June 8, 2026, at Redbanks in Henderson, KY. A funeral service was held at 1 p.m. on Thursday, June 11, 2026, in the chapel of Harris Funeral Home with Pastor Andy Couch officiating. Burial followed at White Oak Cemetery in Clay, KY.

**Naomi Pearl Fuller Tyson**, 66, of Madisonville, KY, passed away on Sunday, June 7, 2026, at Baptist Health Deaconess in Madisonville. A memorial service will be held at 4 p.m. on Friday, June 12, 2026, in the chapel of Harris Funeral Home with her family conducting the service. A private burial will be held at Lafayette Cemetery in Dawson Springs, KY. Visitation will be from 2 p.m. until the service hour on Friday at the funeral home.

**Patricia Faye Massey**

**Continued on next page**

**Garrison**, 60, of Madisonville, KY, passed away on Wednesday, June 3, 2026, at Deaconess Hospital in Evansville, IN. A graveside service will be held at a later date at Masonic Cemetery in Raleigh, IL. Harris Funeral Home was entrusted with care.

## LIVINGSTON

**Sara Rebecca “James” Dunn**, age 46, passed away on Sunday, June 7, 2026, at Vanderbilt Hospital in Clarksville, Tennessee. Sara’s memory will live on in the hearts of her family, friends, and all whose lives she touched. Arrangements and service information may be added when available. Boyd Funeral Directors are in charge of arrangements.

## LYON

**Mary F. “Dolly” Williamson Travis-Gresham**, age 98, of Paducah, formerly of Lyon County, passed away Saturday, June 6, 2026 at her daughter’s residence. Visitation will be held from 11:00 am until 1:00 pm Saturday, June 13, 2026 at Lakeland Funeral Home. Funeral services will be held at 1:00 pm Saturday, June 13, 2026 at Lakeland Funeral Home. Burial will follow in Lamasco Baptist Church Cemetery.

## MARSHALL

**Jerry Sue Waldrup**, 84 of Benton, Kentucky passed away on Friday, June 5, 2026, at Calvert City Convalescent Center in Calvert City, Kentucky. A graveside service was held on Tuesday, June 9, 2026 at 2:30 PM at Fairdealing Church of Christ

Cemetery with Mark Ray officiating.

**Glen Thomas Hobgood**, 80, of Benton, Kentucky, passed away on Friday, June 5, 2026 at Skyline Medical Center in Nashville, Tennessee. Visitation will be held at the Collier funeral home on Friday, June 12, 2026 from 10:00 AM until the funeral hour at 2:00 PM. Jason Jackson, minister at Walnut Grove Church of Christ, will be officiating. Burial will be in the Birmingham Cemetery.

## MCCRACKEN

**James “Jimmy” Wilson**, known to many as Jim, of Paducah, Kentucky, passed away peacefully at his residence on Sunday, June 7, 2026, at the age of 89. A Funeral Mass was held at 11:00 am on Wednesday, June 10, 2026, at St. John the Evangelist Catholic Church with Rev. Bruce Fogle officiating. Burial followed at St. Charles Catholic Church Cemetery in Bardwell, Kentucky.

**Sue Clark**, born on August 11, 1933, in Paducah, Kentucky, passed away on June 7, 2026, at Parkview Nursing and Rehabilitation Center. A memorial service will be held at 6:00 pm on Friday, June 26, 2026 in the Carson Chapel of First Baptist Church Paducah with Rev. Tommy Tucker officiating. Visitation will be held from 4:00 pm until the 6:00 pm service time on Friday, June 26, 2026 in the Carson Chapel of First Baptist Church Paducah.

**Susan Jones Lanier**, age 64, of Paducah, Kentucky, passed away Saturday, June 6, 2026, at 1:18 p.m. at the Ray & Kay Eckstein Hospice

Care Center. Services were held Wednesday, June 10, 2026, at 1:00 p.m. at the Milner & Orr Funeral Home of Paducah, with Freddy Daack and Thomas Blackford speaking. Burial followed at the Bethel Cemetery in Gage, Kentucky.

**Linda “Little” Culp**, 66, of Paducah, Kentucky, passed away on June 3, 2026, at Baptist Health Paducah. Funeral services were held at 1:00 p.m. Monday, June 8, 2026, at Milner & Orr Funeral Home of Paducah with Bro. Rick Miller officiating. Burial followed at Maplelawn Cemetery.

**Phillip Antonio Hall**, a man whose life was defined by love, humility, and unwavering dedication to family, passed away on June 2, 2026, in the Vanderbilt Medical Center of Nashville, TN. A Funeral Service will

be conducted on Saturday, June 13, 2026, 11:00 AM, at the Mt. Sinai Missionary Baptist Church, 1915 North 10th Street, here in Paducah. Bishop Jonathan McReynolds and Bishop LaRita Horton Addison will officiate. Friends may also call on the family at the church on Saturday from 9:00 a.m. until the funeral hour. Burial will follow in the Green Lawn Memorial Garden in Villa Ridge, IL.

**Thomas “Tommy” Coreau**, age 57, a beloved husband, father, grandfather, brother, and cherished member of the Paducah community, passed away on June 7, 2026, at Lourdes Hospital in Paducah, Kentucky. A Celebration of Life service will be held at a later time to honor Tommy’s memory and the incredible legacy he leaves behind. Those who had the privilege to know him will remember

a man of great heart and soulful spirit—a beacon of love, laughter, and genuine connection. His memory will live on in the hearts of all who were fortunate to know him. Keeling & Goodman Funeral Home is honored to serve the Coreau family.

**Robert Lynn Strickland**, 65, of Paducah passed away on Thursday, June 4, 2026, at Baptist Health Paducah. No services are scheduled at this time. Keeling & Goodman Funeral Home is honored to be serving the Strickland family.

**Mary F. “Dolly” Williamson Travis-Gresham**, age 98, of Paducah, formerly of Lyon County, passed away Saturday, June 6, 2026 at her daughter’s residence. Visitation will be held from 11:00 am until 1:00 pm Saturday, June 13, 2026 at

Lakeland Funeral Home. Funeral services will be held at 1:00 pm Saturday, June 13, 2026 at Lakeland Funeral Home. Burial will follow in Lamasco Baptist Church Cemetery.

## TRIGG

**Carol Ann Courtney** - July 3, 1962 - June 10, 2026 - A Celebration of Life for 63 year old Carol Ann Courtney of Hopkinsville will be held at a later date. King’s Funeral Home is in charge of the arrangements.

**Joseph “Joe” Phillips** - November 1, 1967 - June 6, 2026 - A Celebration of Life for 58 year old Joseph “Joe” Phillips of Elkton will be held at a later date. King’s Funeral Home is in charge of the arrangements.



# A tangible symbol of sacrifice: *Honoring the American Flag*

**By Laurna Todd**  
KPI Writer

Few sights are as patriotic as an American flag waving proudly from a pickup truck, motorcycle, or classic car. But did you know there are official guidelines—and even federal laws—governing how the flag should be displayed on a vehicle?

The American flag is more than a decoration; it is a cherished symbol of our nation and should always be treated with dignity and respect.

### Proper Flag Placement

According to the U.S. Flag Code, a single American flag displayed on a vehicle should be mounted on the vehicle’s right side. If multiple American flags are displayed, they should be flown at the

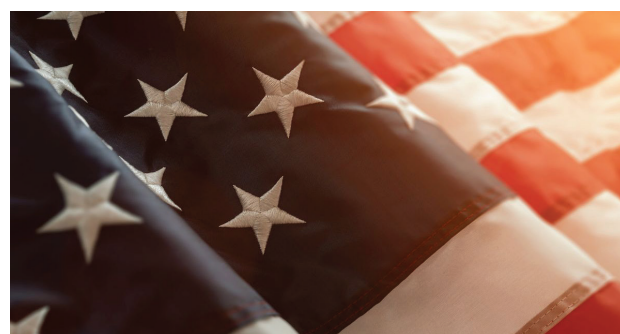
same height and in the same manner.

The blue field of stars, known as the union, should always occupy the position of highest honor. When mounted on the right side of a moving vehicle, the stars should appear toward the front of the vehicle. On motorcycles, the flag should be mounted either at the center rear or on the rider’s right side.

When displayed alongside another flag—such as a state flag or a foreign flag—the American flag should never be smaller and should always hold the position of prominence.

### Flags, Decals and Stickers

Patriotic decals and flag stickers are generally acceptable when displayed respectfully. However, draping an actual flag



across a vehicle’s hood, trunk, or truck bed is considered improper under the Flag Code.

Any printed or adhesive representation of the flag should accurately depict the correct number of stars and stripes and maintain proper proportions.

### Safety Comes First

Whether using a cloth flag, decal, or other display, safety should never be compromised. Flags should not obstruct a driver’s view, cover license plates, block turn signals, or

interfere with the safe operation of the vehicle.

Large flags should also be secured properly so they do not become a hazard to other motorists. And as always, the American flag should never be allowed to touch the ground.

Displaying the Stars and Stripes on your vehicle is a proud expression of patriotism. By following proper flag etiquette, motorists can honor the flag while ensuring both respect and safety on the road.

As Americans

prepare to celebrate Flag Day, organizations such as the Veterans of Foreign Wars continue to emphasize flag education and proper respect for the nation’s most recognized symbol.

Shane Draper of VFW Post 5409 in Bardwell said the importance of honoring the flag can be summed up in one simple sentence:

“The flag is a tangible symbol of sacrifice.”

“For veterans, it isn’t an abstraction,” Draper said. “It is directly related to our fallen friends and brothers and sisters.”

Draper also believes it is important for Americans—especially younger generations—to understand the distinction between the flag and the government.

“There is currently a bit of confusion

between the flag and our government,” he said. “There should always be a distinction between the two. Respect for the flag isn’t the same as unquestioning support for our government or its officials.”

Instead, Draper encourages Americans to view the flag as a symbol of the freedoms and principles that unite the nation.

“We as Americans should look to the flag as a symbol of the ideal of recourse and respectful debate because of what it means,” he said.

As Flag Day approaches, veterans hope that learning the history, symbolism, and proper etiquette of the American flag will help preserve the respect and appreciation it deserves for generations to come.

# FLAG ETIQUETTE AT PARADES



When an American Flag passes:

- Stand Up
- Remove your hat
- Place your right hand over your heart
- Stop any conversation you are having

**Note: It is not necessary to salute every American Flag that passes.**

- If it is carried by an honor guard or in a group with other flags, stand up and salute (veterans) or pay respect to the Flag.
- Do not salute small hand-held flags carried by attendees & participants

Teach children to respect our nation's Flag. If they are given a small Flag, please do not throw it on the ground or in the street.



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our Armed Forces  
personnel and  
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# FNB Bank Strengthens Lending Team with Addition of Roman Harris and Kelty Carlson

**Staff Report**

MAYFIELD, Ky. — FNB Bank has announced the addition of two experienced banking professionals, Roman Harris and Kelty Carlson, as the institution continues to expand its lending and business banking services across western Kentucky.

Harris joined FNB as a Construction and Residential Mortgage Specialist, returning to the bank where he began his banking career in 2018. During his career, Harris has held a variety of positions, including Teller, Universal Banker, Indirect Lending Underwriter, Consumer Loan Officer, and Mortgage Loan Originator.

“Bringing Roman back to FNB is a win for our customers and our mortgage team,” said Josh Adams,



Roman Harris

FNB’s Residential Mortgage Leader. “His experience spans every part of the lending process and gives him a well-rounded perspective that benefits our customers.”

A 2016 graduate of Graves County High

School, Harris earned an associate degree from West Kentucky Community and Technical College before completing a bachelor’s degree in business administration from the University of the Cumberlands in



Kelty Carlson

2022. He is active with Young Professionals of Murray, serves on the Murray-Calloway County Chamber of Commerce Membership Committee, and assists with coaching football at Sedalia Elementary School.

FNB bank also welcomed Kelty Carlson as a Business Banking Officer serving Paducah and McCracken County. Carlson brings 15 years of experience in banking and agricultural finance, having worked

as a Commercial Agricultural Loan Officer, Commercial Lender, and Credit Training Specialist.

“We’re excited to have Kelty join our team in McCracken County,” said Ike Nichols, FNB’s McCracken County Market President. “Her experience and dedication to local businesses will strengthen our ability to serve the community.”

Carlson earned a Bachelor of Science in Agriculture from Murray State University in 2010 and remains active in community and church organizations throughout the region.

Founded in 1875, FNB Bank operates 10 locations across western Kentucky and manages assets exceeding \$740 million.

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Some work may be performed by other attorneys in firm.

# Murray State Employee's Death Investigated as Homicide in Henry County

### Staff Report

MURRAY, Ky. — Members of the Murray State University community were notified June 5 of the death of a university employee whose case is now being investigated as a homicide.

MSU President Ron Patterson informed faculty, staff and students through a university notice that a member of the campus community had passed away. The individual was later identified as Angela Claxton, 49, an administrative assistant in the university's

Branding, Marketing and Communication Office.

Claxton, who lived in Buchanan, Tennessee, was also a member of Fairview Baptist Church in Tennessee.

According to a press release issued June 5 by Henry County Sheriff Josh Frey, deputies responded to a call regarding a deceased person at a residence on Cay Lawrence Road in Buchanan. Upon arrival, authorities identified the victim as Claxton, who was found inside her home.

Investigators have



Angela Claxton

since determined that Claxton's death is being treated as a homicide. Her body was transported to the

medical examiner's office in Nashville for further examination.

The Henry County Sheriff's Office is

working alongside the Tennessee Bureau of Investigation as the case remains active. Authorities are seeking assistance from the public as they work to determine the circumstances surrounding Claxton's death.

Sheriff Frey asked residents living on or near Cay Lawrence Road, Buchanan Road and Cowpath Road to review any available security camera footage from the evening of June 3 through June 4. Investigators are particularly interested in identifying vehicles, motorcycles

or other forms of transportation that may have traveled through the area between 9 p.m. on June 3 and June 4.

Officials are also asking anyone who was traveling in the area during that time and observed unusual activity or encountered suspicious vehicles to contact investigators.

Anyone with information is encouraged to contact the Henry County Sheriff's Office Criminal Investigation Division at 731-642-1672, option 7, or call 1-800-TBI-FIND.

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Emma's Rose Apartments is conveniently located off Phoenix Drive. Our goal is to set a standard of elegance and affordability to the seniors of Trigg County.

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Our spacious apartments allow residents to feel at home while also providing many opportunities for residents to mingle with their neighbors in the various communal areas.

**FEATURES/AMENITIES**

- Small pets are welcome
- Community-wide WiFi
- 24-hour on-call services
- Washer/dryer in apartment
- Fully equipped kitchens
- Controlled access
- Elevator
- Smoke-free
- Great outdoor area
- Some utilities included



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# JUNE HEAVY EQUIPMENT

## SAT. JUNE 20TH. 2026 - 8:30AM



**DOZERS:** 2014 Komatsu D65WX-17 dozer-8,951 hrs, cab, heat/AC, 12 ft 4 way blade, 36 in tracks; Komatsu D65EX-12 dozer-2,355 hrs, OROPS, 136 in blade, 24 in tracks; 2020 Komatsu D61PXI-24 dozer-4,817 hrs, cab, heat/AC, 6 way blade, 34 in tracks; 2019 Komatsu D51PXI-24 dozer-7,422 hrs, cab, heat/AC, 6 way blade, 28 in pads; 2022 Deere 650K LGP dozer-2,613 hrs, cab, heat/AC, 6 way blade.



**OFF-HIGHWAY TRUCKS:** 2006 Volvo A40D 40 ton haul truck-17,752 hrs, cab, heat/AC, tailgate; 2007 Volvo A40D 40 ton articulated haul truck-15,430 hrs, cab, heat/AC.



**EXCAVATORS:** 2019 CAT 336 excavator-6,277 hrs, cab, heat/AC, aux hydr, 48 in bucket; 2010 Deere 350D LC excavator-10,177 hrs, cab, heat/AC, hydr thumb, 52 in bucket; 2015 Komatsu PC308US LC-3E0 excavator-9,831 hrs, cab, heat/AC, aux hydr, hydr coupler, 55 in bucket; 2014 Kobelco SK260SR LC-3 excavator-8,428 hrs, cab, heat/AC, aux hydr, hydr quick coupler, 48 in bucket; 2005 CAT 320CL excavator-15,357 hrs, cab, heat/AC, aux hydr, quick coupler, bucket; 2007 Ingersoll-Rand ZX125 excavator-865 hrs, cab, rubber tracks, swing boom, hydr thumb, blade; 2020 Komatsu PC88MR-10 excavator-5,165 hrs, cab, heat/AC, aux hydr, rubber pads; Hitachi ZX85USB-5N excavator-2,279 hrs, cab, heat/AC, aux hydr, hydr thumb, quick coupler, blade.



**MINI EXCAVATORS:** 2021 CAT 305.5E2 mini excavator-783 hrs, cab, heat/AC, aux hydr, hydr thumb, blade; 2019 CAT 305E2 CR mini excavator-3,055 hrs, OROPS, aux hydr, angle blade, bucket; 2016 CAT 305E2 CR mini excavator-367 hrs, OROPS, aux hydr, bucket, blade; CF Industry QK16R mini excavator, gas, rubber tracks, blade, hydr thumb; CFG Industrial mini excavator, gas, rubber tracks, aux hydr, thumb, bucket, blade, NEW/UNUSED; CFG, ZJG & ATS mini excavators, gas and diesel options, buckets, blades, thumbs, LED lights, toolboxes, several NEW/UNUSED.



**WHEEL LOADERS:** 2021 Komatsu WA380-8 wheel loader-5,778 hrs, cab, heat/AC, 124 in rock bucket, rear camera; 2019 Volvo L90H wheel loader-5,640 hrs, cab, heat/AC, JRB quick coupler, aux hydr, bucket; 2019 Volvo L70H wheel loader-4,308 hrs, cab, heat/AC, JRB hydr quick coupler, bucket; 2021 Deere 524 P-Tier wheel loader-3,414 hrs, cab, heat/AC, hydr quick coupler, aux hydr, bucket.



**SKID STEERS / TRACK LOADERS:** 2019 CAT 299D2 tracked skid steer-6,557 hrs, cab, aux hydr, bucket; 2024 CAT 289D3 tracked skid steer-2,053 hrs, cab, heat/AC, hi flow XPS, hydr attach, bucket; 2019 Deere 333G tracked skid steer-2,516 hrs, cab, heat/AC, hi flow, quick attach; 2019 Deere 333G tracked skid steer-2,151 hrs, cab, heat/AC, hi flow, 2 spd, quick coupler; 2018 Deere 333G tracked skid steer-1,996 hrs, cab, heat/AC, hi flow, hydr quick attach; 2024 Yanmar TL100VS tracked skid steer-745 hrs, cab, heat/AC, 2 spd, bucket; 2020 JCB 3TS-8T TeleSkid-2,062 hrs, cab, heat/AC, hi flow, telescopic boom, bucket; Kubota SVL90-2 tracked skid steer-3,584 hrs, OROPS, aux hydr, bucket; 2023 Bobcat T76 tracked skid steer-2,005 hrs, cab, heat/AC, 2 spd, hydr quick attach; 2023 CAT 259D3 tracked skid steer-3,200 hrs, cab, heat/AC, 2 spd, hydr quick attach; 2023 CAT 259D3 tracked skid steer-1,056 hrs, cab, heat/AC, 2 spd, hydr quick attach; 2019 CAT 259D tracked skid steer-2,928 hrs, cab, heat/AC, aux hydr, hydr quick attach; 2020 Bobcat T650 tracked skid steer-3,680 hrs, cab, heat/AC, 2 spd, hydr quick attach; 2020 Case TV370B tracked skid steer-4,225 hrs, cab, heat/AC, 2 spd, quick attach; 2019 Deere 317G tracked skid steer-2,077 hrs, cab, heat/AC, aux hydr; 2019 Deere 317G tracked skid steer-1,944 hrs, cab, heat/AC, aux hydr; 2019 Deere 317G tracked skid steer-1,840 hrs, cab, heat/AC, aux hydr; 2023 JCB 270 skid steer-870 hrs, cab, heat/AC, aux hydr, 2 spd, quick attach; 2024 CAT 226D3 wheeled skid steer-1,009 hrs, cab, heat/AC, aux hydr, hydr quick attach; 2021 CAT 262D3 skid steer-5,848 hrs, cab, heat/AC, 2 spd, hydr quick attach; 2016 Bobcat S570 skid steer-2,638 hrs, OROPS, heat/AC, aux hydr, 2 spd; 2007 Bobcat S250 skid steer-3,590 hrs, OROPS, aux hydr, bucket; 2014 JCB 190 skid steer-668 hrs, cab, heat/AC, aux hydr, quick attach.



**MINI SKID STEERS:** 2021 Bobcat MT100 mini track loader-1,128 hrs, diesel, aux hydr; 2019 Bobcat MT85 mini track loader-779 hrs, aux hydr, bucket, diesel; ATS & ZJG mini skid steers, gas, aux hydr, buckets, toolboxes, several NEW/UNUSED.

**CRANES:** 1992 Grove AP308B carry deck crane-2,689 hrs, Cummins diesel, 24 ft boom, 15 ft jib; 2020 Hiab K-Hipro 505 truck crane, 82 ft horizontal reach, 91 ft vertical reach, 6,400 lb cap.



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**TELEHANDLERS:** 2023 Magni TH5.5.19P telehandler-1,625 hrs, 12,000 lb cap, 61 ft reach, cab, heat/AC, forks, outriggers; 2019 Merlo P50.18HM telehandler-514 hrs, 12,000 lb cap, 59 ft height, cab, heat/AC, aux hydr, forks; 2018 Xtreme XR1147 telehandler-10,580 hrs, 11,000 lb cap, 47 ft height, cab, heat/AC, aux hydr, forks; 2023 JCB 510-56 telehandler-655 hrs, 10,000 lb cap, 56 ft reach, outriggers, aux hydr, forks; 2018 Xtreme XR1055 telehandler-4,594 hrs, 10,000 lb cap, 55 ft reach, OROPS, outriggers, forks; 2018 SkyTrak 10054 telehandler-7,764 hrs, 10,000 lb cap, 54 ft reach, cab, heat/AC, forks, outriggers; 2016 SkyTrak 10054 telehandler-4,575 hrs, 10,000 lb cap, 54 ft height, forks, outriggers; 2004 JLG 944E-42 telehandler-1,999 hrs, 9,000 lb cap, 42 ft reach, OROPS, 4x4; 2024 Bobcat TL619 telehandler-246 hrs, 5,500 lb cap, 19 ft reach, cab, aux hydr, quick attach.

**TRENCHER / PAVER / SWEEPERS:** Hoes 685 trencher-800 hrs on motor, Deutz engine, 7 ft digging depth, tile boots; 2016 Volvo PF2181 asphalt paver-5,939 hrs, diesel, heated screed, 15 ft 7 in max paving width; 2017 Lay-Mor Sweepmaster 300 towable sweeper-408 hrs, OROPS; Tennant 550 floor scrubber-2,108 hrs, OROPS.

**BOOM LIFTS / SCISSOR LIFTS:** 2013 Genie S85 boom lift-2,278 hrs, 85 ft reach, 4x4; 2015 JLG 600S boom lift-5,419 hrs, 60 ft height, diesel; 2014 JLG 600A boom lift-3,213 hrs, 60 ft height, 4x4, dual fuel; 2014 Genie S45 boom lift-3,728 hrs, 45 ft height, 4x4, jib; 2011 Genie Z45/25J boom lift-6,086 hrs, 45 ft platform height, dual fuel; 2007 Genie S40 boom lift-2,955 hrs, 40 ft height, gas; 2012 JLG E400AJPN electric boom lift, 40 ft height; 2018 JLG T350 towable boom lift-160 hrs, 34 ft platform height; 2008 Genie GS5390RT scissor lift-2,531 hrs, 4x4, outriggers, 53 ft height; Skyjack SJ9250RT scissor lift-2,230 hrs, 4x4, outriggers, 50 ft platform height; 2015 Genie GS5390RT scissor lift-2,115 hrs, 4x4, outriggers; 2012 JLG M4069LE electric scissor lift-524 hrs, 40 ft platform height; 2006 JLG 2630ES electric scissor lift-469 hrs; 2023 MEC Micro 26 AC electric scissor lift-143 hrs.

**COMPACTORS / ROLLERS:** 2014 CAT CP56B padfoot roller-11,158 hrs, cab, heat/AC, 84 in drum; 2012 CAT CP56 padfoot roller-7,517 hrs, cab, blade, 84 in drum; 2017 Bomag BW177PDH-5 padfoot roller-1,177 hrs, OROPS; 2010 Bomag BW138AD double drum roller-2,060 hrs; 2017 Bomag BW900-50 double drum roller-158 hrs, OROPS; Benford 2010SD roller-558 hrs.

**TRACTORS:** 2021 John Deere 5045E tractor-2,409 hrs, OROPS, MFWD, 3pt, PTO; 2019 John Deere 5045E tractor-2,745 hrs, OROPS, MFWD, 3pt, PTO; John Deere 3010 tractor-1,578 hrs, open station, synchro trans, PTO, 3pt; 2007 John Deere 2320 loader tractor-1,229 hrs, loader, mower deck, hydrostatic trans.

**TRUCKS:** 2007 Kenworth T800 dump truck-812,770 mi, quad axle, CAT C15, 18 spd, aluminum bed, roll tarp; 1996 Mack RD688S dump truck-36,817 mi, quad axle, aluminum bed, roll tarp, 8LL trans; 2005 Peterbilt 378 sleeper semi-503,000 mi, rebuilt engine, manual trans, wet kit; 2013 Kenworth T660 sleeper semi-1,387,668 mi, Cummins, tandem axle, sleeper; 2005 Peterbilt 385 day cab-820,419 mi, CAT engine, manual trans; 2010 International ProStar day cab-416,479 mi, Cummins, manual trans; 1999 GMC TopKick C7500 dump truck-191,299 mi, CAT engine, auto trans, roll tarp; 2012 International Durastar 4400 dump truck, MaxxFace, auto trans, roll tarp; 2007 International 4400 flatbed-319,525 mi, tandem axle, MaxxFace DT, Allison auto; 2006 Chevrolet Kodiak C4500 dump truck-192,846 mi, crew cab, Duramax, auto trans; 2017 Ford F550 XL service truck-270,009 mi, 4x4, diesel, crane, compressor; 2012 Ford F450-174,168 mi, 6.7L Powerstroke, enclosed van body; 1994 Ford F700 dump truck-177,000 mi, Cummins L10, manual trans, 9 ft dump body; 2017 Chevrolet 3500HD LTZ-56,947 mi, crew cab, dually, 4x4, Duramax; 2018 Ram 2500HD-158,513 mi, crew cab, long bed, 4x4, gas; 2013 Ford F150 Platinum-191,093 mi, crew cab, 4x4, leather; 2007 Ford F150 Lariat-210,230 mi, extended cab, 4x4; 2014 Ford E250 van-187,594 mi.

**TRAILERS:** 2017 Wilson DWH-651 40 ft hopper trailer, electric tarp, electric hoppers, lift axle; 2015 Western 44 ft belt trailer, hydr door, roll tarp; 2008 Utility 53 ft van trailer, fixed axle, missing reefer unit; 2005 Wabash 53 ft van trailer, sliding axle; 2005 Wabash 53 ft van trailer, tandem fixed axle; 1995 Fruehauf van trailer, tandem axle; 1993 Transcraft Eagle aluminum flatbed trailer, 45 ft x 96 in, spread axle; 1971 40 ft flatbed trailer, tandem axle, wood deck; Fontaine step deck trailer, 41 ft overall, 10 ft step, 29 ft main deck; 1979 East 30 ft end dump trailer, roll tarp, plastic liner; 2026 Industrias America 625 bale wagon;



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# How the body changes with age

Aging is an inevitable component of life. Young children often cannot wait until they get older because of the freedoms that seemingly come with being more mature. On the flip side, adults often wish they were young again. Time waits for no person, and with aging comes many changes, many of which manifest physically.

The following are some components of healthy aging that go beyond graying hair and wrinkling skin.

### Bones, joints and muscles

According to the

Mayo Clinic, with age bones may become thinner and more fragile. Joints will lose their flexibility, while muscles lose mass and strength, endurance and flexibility. These changes may be accompanied by a loss of stability that can result in balance issues or falls. It's common for the body frame to shrink, and a person may lose a few inches from his or her height.

A doctor may suggest a bone-density test or supplementation with calcium and vitamin D to keep bones as strong as possible. Physical activity that

includes strength training can help keep muscles strong and flexible.

### Body fat

As muscle mass diminishes, body fat can increase. The Merck Manual indicates that, by age 75, the percentage of body fat typically doubles compared with what it was during young adulthood. The distribution of fat also changes, which can adjust the shape of the torso.

### Heart

Organs in the body also age, and cells begin to die off, making those organs work less efficiently. The heart is one such organ that changes with age. It pumps more than 2.5 million beats during one's lifetime. As a person gets older, blood vessels lose their



elasticity, and the heart has to work harder to circulate blood throughout the body, reports Johnson Memorial Health. Exercise can help keep the heart as strong as possible.

### Urinary tract and kidneys

The kidneys become smaller as a person ages,

which means they may not be able to filter urine as effectively. Urinary incontinence may occur due to hormonal changes or because of an enlarged prostate. Furthermore, the bladder may become less elastic, leading to an urge to urinate more frequently.

### Memory and

### thinking

Older adults experience changes to the brain as they age. Minor effects on memory or thinking skills are common and not usually cause for worry. Staying mentally active by reading, playing word games and engaging in hobbies can help. Following a routine and making lists (as multi-tasking may become challenging) are some additional ways to address memory issues.

These are just some of the changes that can come with aging. Generally speaking, exercising, using the brain and adhering to a balanced, healthy diet can help keep the body functioning well into one's golden years.

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**B - Believe Jesus Died for Your Sins**  
For God so loved the world that He gave His one and only son, that WHOEVER believes in Him shall not perish but have eternal life. - John 3:16

**C - Confess Jesus is Lord**  
If you confess with your mouth "Jesus is Lord," and believe in your heart that God raised Him from the dead you will be saved. - Romans 10:9

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# Health care costs and seniors



The burden on health care costs in retirement could be a significant hurdle for retirees without a sizable nest egg or effective strategy to cover such expenses. According to the Fidelity Retiree Health Care Cost Estimate, an average retired couple aged 65 in 2022 could need around \$315,000 after taxes to cover their health care expenses in retirement. Thought traditional retirement goals like financing travel or relocating to a warmer climate are worthy pursuits, it's vital that individuals of all

ages, including those on the cusp of retirement, recognize the importance of saving for health care expenses as well. Such expenses, which include medication costs, are easy to take for granted when individuals are still working. However, Fidelity notes that generics, branded drugs and specialty drugs account for roughly 17 percent of retirement health care expenses. That equates to around \$53,500 that might be needed to pay for medication alone.

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# Potential dangers of mixing herbal and prescription meds

Medications improve the lives of billions of people across the globe every day. Without access to medication, millions may die while countless others would experience a dramatic decline in their quality of life.

Though there's no denying the positive effects of medication, the efficacy of herbal supplements and prescription drugs does not mean each are risk-free. Risks may even be compounded when individuals take herbal supplements and prescription medications concurrently. According to the Mayo Clinic, herbal supplements do not always interact well with prescription medications. For example, herbal supplements can interact with medicines utilized to treat issues affected the heart and blood vessels. That includes conditions like high blood pressure, which estimates from the World Health Organization indicate affects nearly 1.3 billion adults between the ages of 30 and 79.

Mixing medications has always been risky, but a growing reliance on herbal medicines has potentially



elevated that risk. That's perhaps due to perceptions of herbal supplements as wholly natural, leading some to conclude that a substance that's wholly natural cannot jeopardize the human body. However, an analysis published in the British Journal of Clinical Pharmacology detailed more than a dozen instances of adverse drug reactions affecting individuals who took herbal medicines alongside various prescription medications. The

medications taken, some of which were antidepressants, were prescribed to treat various conditions, including HIV, epilepsy and heart disease.

The potential dangers of mixing herbal and prescription medications underscore the need to engage in honest and open discussions with a physician before taking any herbal or prescription medications. Individuals currently taking a prescription medication should consult with their

physician before taking any herbal supplements, while those who take herbal medicines and supplements should bring that up with their physicians if they are prescribed a new medication.

*What are some symptoms of herbal and prescription interactions?*

The Mayo Clinic notes that a fast heartbeat and changes in blood pressure are two indicators of drug interactions. But many additional side effects can indicate a potentially dangerous or unhealthy interaction is taking place. For example, the U.S. Food and Drug Administration notes that increased dryness or irritation of skin when taking more than one topical acne drug at the same time indicates an unhealthy interaction is taking place.

Herbal and prescription medication interactions can be dangerous. Individuals are urged to contact their physicians before combining medications and to bring up their existing medication regimen whenever they are issued a new prescription.

# Receding vision after 40 is common

Adults in their early 40s who feel as though their vision has begun to recede should know that slight changes in vision are common at this point in life. According to the American Optometric Association, problems seeing clearly at close distances, such as when reading or working at a computer, are common between the ages of 41 and 60. Known as presbyopia, this problem will progress over time.

*How does age-related vision loss affect daily life?*

The AOA notes that individuals who are developing presbyopia may need to hold reading materials farther away than normal to see them clearly. Still others

might feel the need to remove their eyeglasses so they can see better up close. Words may appear blurred, especially in dimly lit environments like restaurants.

Another way age-related vision loss affects daily life concerns driving. Many individuals begin to experience increasing difficulty with glare when driving at night after they turn 40.

*Are all adults over 40 equally vulnerable to eye and vision problems?*

Individuals with preexisting conditions are at a higher risk of developing vision problems after 40. Such conditions include diabetes and high blood pressure. The AOA also notes that individuals over 40 may be more vulnerable if they take

medications for health conditions related to high cholesterol, thyroid problems, anxiety or depression, and arthritis. A family history of glaucoma and macular degeneration also increases the risk that individuals over 40 will develop problems with their eyes and vision.

*Does everyone over 40 have the same experience with receding vision?*

The symptoms of age-related vision changes like presbyopia are not the same for everyone, so the lack of common symptoms does not necessarily mean individuals' vision isn't receding. That's one reason why the AOA urges all individuals between the ages of 40 and 64 to schedule eye exams at least every

two years. Individuals in this age group who have been deemed "at-risk" should get annual exams.

Eyeglasses (or new prescriptions for individuals who

already wear them), contact lenses and surgical procedures can help individuals with presbyopia overcome the condition. It's important that adults over 40 recognize that

the changes sparked by presbyopia typically stop around age 60.

More information about receding vision after 40 can be found at [www.aoa.org](http://www.aoa.org).



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2 Cemetery Lots (side by side) Located at Woodlawn Memorial Cemetery (in The Garden of the Good Shepherd). 6965 Old Hwy 45, Paducah, KY. \$5,000 for both

lots 2702-519-5449 or 270-841-5001.

For Sale 1 Vault in Brookhaven Memorial Park, last one in the chapel. Holds 2 caskets. \$7,000.00. Call 270-556-0524

3 possibly 4 Grave Plots Woodlawn Memorial Gardens Paducah Ky. Trinity Garden section. Normally \$3700.00 each. Will sell for \$2500.00 each Call 270-970-0678

**STORAGE UNIT SALE**

Storage Unit Sale. 3919 Cairo Rd., Paducah. May 8th 9-3:00 pm. Closed Noon-1:00. Tools, TV, Kewpie Dolls, Prom dresses, Karaoke Items. Rain Cancels. (5/8/26)

**YARD SALE**

YARD SALE, Palestine United Methodist Church 7925 Ogden Landing Rd. West Paducah. 270-444-9813

**PETS FOR SALE**

Goodman 4 ton central heat & air split unit, hardly used. Call thomas 270-247-7589. (tfn)

For Sale, Sleep Number Plus, Twin Long ILE 360 smart bed frame flex fit, 360 remote, Call 270-556-0524 TFN mattress pad, 2 fitted sheet sets \$5,000.00

**NOW HIRING**

Elderly man needs House cleaner. And Physical Therapy Part Time. 270-994-3230

**FOR HIRE**

Housekeeper, 9-3 on Thursday. \$110.00 Jennifer Gay 270-994-7939

**MEDICAL**

Are you looking for a private sitter, home health care, hospice, and elderly care services. Please contact Tina at 270-559-9181 nights, days and weekends

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available.

**MEDICAL SUPPLIES**

Fully electric hospital bed \$1300, Hoyer patient lift \$350, older wheelchair \$50, rollator walker \$30, oxygen tank holder for wheelchair \$20. Call 270-836-1002.

**AUTO MISCELLANEOUS**

27 ft Car Hauler Cargo Trailer. Used once, 2-7,000 lb axels, 4,000 lb rear door ramp, Call for extras 303-775-0310, \$11,300 (tfn)

For Sale: 2025 Diamond Trailer - 7' x 14', Enclosed, Fold Down Back Door, Side Walk-In Door, Tandem Axle, Electric Brakes, \$4,500. Call Don: 386-559-7004

**HOUSES FOR RENT**

\$1,299 per month SINGLE FAMILY 3 BR, 1 Bath, Living Room, Kitchen, Utility Room. Central Heat & Air. Storage Shed. Located in CALVERT CITY. 1 month security deposit. 1 year lease. 270-709-0955

**REAL ESTATE**

Awesome beautiful 2 Large lots! Brand New Home built just across the street. Great area on Barkley Lake. Over 1 acre, year round view of Barkley Lake! 1 mile to BRR Marina ! \$64,000.00 MLS # 121914. CALL Jennifer Palmer Realty at 270-519-9000. (tfn)

**135 Allegheny Road • Gilbertsville, Kentucky • \$1,399,900.** This Incredible Customer Built 2015 property is amazing! Across the road 1,000 yards from KY Dam Village State Park, Dam, Marina, Restaurant/Lodge. 2,000 yards from the Golf course! Less than 2 miles to Aviation Airfield, & I-24/69. 5 total bedrooms, 4 full baths, 2 half baths, 2 laundry areas & 3 gas log fireplaces! Vaulted & Cathedral ceilings. Detailed woodwork & moldings, polished marble, w/unique characteristics! Expansive Living room open to kitchen/breakfast area. Primary suite offers a custom tiled bath, heated floor & walk-in closet! Covered patio w/ wood burning FP. In-ground

pool, privacy fence & gated concrete drive w/ ample parking, 2 1/2 car garage has apartment, extra lot & huge PRIVACY FENCE! CALL Jennifer Palmer Realty at 270-519-9000

**27 Paradise Point Road • Gilbertsville, Kentucky \$369,000.** 3 beautiful lots, over 1/2 acre sitting up HIGH on a hill with a SPECTACULAR BREATHTAKING VIEW OF KY LAKE in Cambridge Shores Subdivision! Build your Dream Home! Magnificent Stunning view of KY Lake! Enjoy all the amenities that Cambridge Shores has to offer. This quiet KY Lake neighborhood is the perfect place to call home! CALL Jennifer Palmer Realty at 270-519-9000

**135 Allighany ----Unique Custom Built 2015 property.** Stunningly Luxurious with Captivating Elegance across the road 1000 yards from Ky Dam Village State Park, Dam, Marina ,Restaurant/Lodge. 2000 yards to Golf course! Less than 2 miles to Aviation Airfield, & I-24/69. 5 total bedrooms, 4 full baths,2 half baths, 2 laundry areas & 3 gas log fireplaces! Vaulted & Cathedral ceilings, detailed woodwork, polished marble, with unique characteristics! Primary suite offers custom tiled bath, heated floor & walk-n closet! Kitchen island & beautiful cabinetry! Music room, sun room & office! Basement has family room, kitchen, bedroom, storage room & bath. Covered patio with wood burning FP. In-ground pool ,privacy fence, & gated concrete drive, 2 & 1/2car Gar, ,apartment, additional lot & massive stately privacy wall. Can be a VRBO! Jennifer Palmer Realty at 270-519-9000

**718 Marina Village Dr. ----Beautiful Custom Built 3 bed 3 & 1/2 bath 2006,** looks like a new Home sitting on 2 private lots in Prestigious Gated Marina Village Subdivision! Hardwood Floors,9 ft ceilings , many updates, large family room open to Kitchen! 2 Bedrooms on main level & one HUGE bedroom up. All bedrooms have a full bath. Kitchen has custom cabinetry! NEW HEAT/AIR UNITS IN

2023. Upstairs-2019. NEW DECK, 4 car garage heated & cooled, Storm Shelter, ALL FURNITURE, DECOR, TABLEWARE, BEDDING, LIGHTHOUSE PICTURES, Towels STAY PLUS NEW flooring that has not been installed. Take a golf cart ride to Grand Rivers, world famous Patties Restaurant, antique shops & more! Jennifer Palmer Realty at 270-519-9000

**27 Paradise Point----Wow!** 3 beautiful lots , over 1/2 acre sitting up HIGH on a hill with a SPECTACULAR WATERVIEW OF KY LAKE in Cambridge Shores Subdivision! Build your Dream Home on these lots. Wow! what a Magnificent Stunning view of Ky Lake! Enjoy the amenities that Cambridge Shores including 2 boat ramps, a covered picnic pavilion, a swim area with sandy beach, courtesy docks, tennis court, basketball court and Private Club House. HOA fee only \$175.00 annually. CALL Jennifer Palmer Realty at 270-519-9000

2836 James Sanders Blvd., Paducah, KY. MLS #134672. High traffic location, Approximately 3+ acres off exit #4 I-24 on James Sander's BLVD between Texas Road House and Academy Sports. Great location for commercial development. Approximately 450 feet of road frontage, level, with all utilities. \$2,450,000, Carla Bridges @ REMAX at 270-559-8425

6330 Burchell, Paducah, KY. MLS #136950. Premier custom home in one of Paducah's most prestigious neighborhoods, The Grove, privately set on a cul-de-sac. Grand entry, open kitchen with butler's pantry, spacious living room with fireplace, office, craft room, and luxurious primary suite with his and hers baths and sitting area. Enjoy a large, covered porch with outdoor kitchen, screened porch and 3 car garage. Upstairs offers 3 bedrooms, 2 baths, playroom/bedroom and bonus room. The walkout basement includes 2 bedrooms, full kitchen, family room, patio, storage, mechanical room and concrete safe room. Elevator serves

all floors. French country exterior, stone/brick/extensive landscaping and circle drive. \$1,595,000. Contact Carla Bridges @ REMAX at 270-559-8425

500 S 17th • Paducah, KY 42003 Commercial/Industrial - \$1,399,000 MLS Number • 125918 • 18,900 sq. ft. Outstanding professional office building in the heart of Paducah featuring approximately 15,600 sq. ft. of office space with 26 private offices, 4 bullpens, 2 conference rooms, kitchen/breakroom, 2 IT rooms, 3 laboratory rooms, multiple work areas, and storage closets along with 2300 sq. ft. warehouse area. Also has an approximately 1000 sq. ft. detached storage building. Contact Carla Bridges @ REMAX at 270-559-8425

1114 Broadway, Paducah, KY. MLS #132732. Excellent opportunity for a client in need of a nice office building in midtown Paducah, centrally located in the heart of Paducah's business district with high traffic location. Dual access from Broadway and Kentucky Avenue. Current tenants are expected to move by late fall. \$459,900. Contact Carla Bridges @ REMAX at 270-559-8425

House For Sale Ranch style, 3 bedroom, 2 full baths, Cedar siding. Sits on 6 acres. 116 Darnell Rd. Benton 42025. Call 270-404-6972 for appointment.

100 Acres sold all together. Livingston County, near Elementary school. store, fire department. Can be used for residential or commercial. 10 miles from Ky Lake 270-210-6697 (tfn)

37 Acres, Beautiful Building Site. 5050 Metropolis Lake Rd, W. Paducah. \$10,000 per acre. Call 270-210-4666 tfn

4 Adjacent 1 acres lots in Peninsula Subdivision on Lake of Egypt. Great year round fishing with no carp, barges, or big boats. 50 minutes from Paducah. \$29,995 for all four. Might divide into 2 parcels. Call owner 314-239-6676.

Large Ky Lake lot Mature trees, utilities, restricted to new construction or double wide. \$24,900. 270-970-8000 (tfn)

Beautifully and totally renovated condo in exciting Lower Town, Paducah, KY. Stainless steel and granite kitchen, original wood floors, two master suites with attached baths. Carport with storage. 2/3 -2,140

sq. ft. \$247,500. (972) 816-8766 (tfn)

401 E 12th St., Benton Charming and spacious 2,240 sq. ft. home. Immaculate property centrally located in Benton on a well landscaped corner lot. 3 Bedroom / 2 Bath. Expansive basement includes interior and exterior entrances. Workshop with additional outbuilding with concrete flooring for mower etc. \$269,900 Call Carla Bridges REMAX Realty Group at 270-559-8425

1.6 acres with hookups septic and well. 2357 State Rt 384 Mayfield Ky. \$20k FIRM 270-564-6774(TFN)

**CAMPERS FOR SALE**

Camper For Sale. 2019 Heritage Glen 26.5 ft

For sale Pop camper 2001 Coleman Grand Tour Utah; \$3,000. 270-519-7849 TFN

**BOATS FOR SALE**

REDUCED 2008 20 ft. Crestliner 1950 SF series, easy load trailer, 175 HP Mercury motor, canopy, travel cover, 2 fish finders, radio FM/AM, much more, garage stored, valued at \$15K, sell for \$12,000. 270-665-0010 / leave a message.

14' Polar Craft Boat,Like new motor, electric start, trailer 1 fuel can, Minkota trolling motor, canopy, fish finder, battery. Benton Ky \$5,500.00. OBO 815-236-9455 (TFN)

**AUTOS FOR SALE**

For Sale. 2009 Mercury Milan 82000 miles. Bought August 2024 for commuting to work. No longer needed. Last Service June 2025 78,500 miles New Tires June 2025 78,800 miles. Price \$7500.00. Call 615-430-7544.

2015 Mercedes E-350 104,000 miles, Light grey Real nice vehicle, drives real nice. \$13,000 OBO call 270-493-2176

2007 Red Chevy Avalanche Truck, needs transmission and frame rusted.Selling truck for parts. \$3000. Please call 270-217-4980

2017 GMC Sierra Denali Crew Cab pickup, 99,000 miles, loaded, Beautiful truck, \$23,500. Please call... 270-519-3674 or 270-519-1254

1986 Chevrolet 4 x 4 Pickup, wrecked but a/c works \$2,000 cash or OBO. 327 Motor and 3 speed trans-

mission out of 1980 Impala \$1,000 cash or OBO. Call 270-804-5399.

REDUCED 2010 Black Honda Fit Sport 4 door hatchback. Excellent mechanical condition minor cosmetic damage clear title \$4,500.00 OBO Cal 812-631-3921

**GOLF CART FOR SALE**

REDUCED 2019 EZGO Golfcart 48V. Flame Red with Black seating. very good condition in Salem, Ky area 4,200.00. Call 812-483-1116 (tfn)

**FARM & LAWN EQUIPMENT**

1996 8570 MF Combine Big motor, 30' GH, SCH Knife & drive, Maurer bin ext, flotation rears, second owner. C-Tech maintained. Approx. 3,000 hrs \$50,000 OBO. 419-615-0950

REDUCED 1987 John Deere Combine 7720 Titan 2, 4 wd, long auger, 30.5 x 32 tires, always kept inside shed. \$11,000 OBO 270-254-0318 3.2 Prong Hay Fork \$150; B275 Diesel International project tractor \$1,250. Call 731-487-7062.

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

1950 8N Ford tractor \$1,250.00, Call 270-832-1281. W0.5x32

King Kutter Bushhog 48" w/ PTO Connector, Like New. \$900 OBO. Benton, KY. 815-236-9455 (TFN)

**MISC. FOR SALE**

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

For Sale: Baldwin Upright Piano In Good Condition \$300.00 Call 270-564-1860

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

Roofing supplies left over a job. GAF shingles, under lay, edging, nails. Retail value \$700. Your cost for lot \$250 cash and carry. 270-559-8467

Hunting equipment, trophy deer heads, tools, household horse and Indian items, thousands of like new items priced to sell. Traders Mall Flee Market June 13th

**Sudoku Answers**

9	6	1	7	5	3	4	8	2
5	4	8	2	1	9	3	6	7
7	3	2	6	4	8	9	1	5
8	2	4	1	9	5	6	7	3
6	9	9	3	7	2	8	4	1
1	7	3	8	6	4	2	5	9
2	9	5	4	8	1	7	3	6
3	8	6	5	2	7	1	9	4
4	1	7	6	3	9	5	2	8

**Word Search Answers**

ACROSS: 1. GOLF, 2. HILL, 3. LAKE, 4. VIEW, 5. BRIDGE, 6. HOUSE, 7. OFFICE, 8. BUILDING, 9. CAMPER, 10. BOAT, 11. MOTOR, 12. TRACTOR, 13. COMBINE, 14. PAVILION, 15. BEACH, 16. COURT, 17. HOUSE, 18. DEVELOPMENT, 19. FRONTAGE, 20. UTILITIES, 21. PANTRY, 22. SUITE, 23. OFFICE, 24. ROOM, 25. PORCH, 26. KITCHEN, 27. BATHS, 28. PLAYROOM, 29. BONUS, 30. ROOM, 31. WALKOUT, 32. BASEMENT, 33. BEDROOMS, 34. KITCHEN, 35. PATIO, 36. MECHANICAL, 37. ROOM, 38. CONCRETE, 39. SAFE, 40. ROOM, 41. ELEVATOR, 42. SERVES, 43. ADJACENT, 44. LOTS, 45. PENINSULA, 46. SUBDIVISION, 47. GREAT, 48. YEAR, 49. ROUND, 50. FISHING, 51. WITH, 52. NO, 53. CARP, 54. BARGES, 55. OR, 56. BIG, 57. BOATS, 58. 50, 59. MINUTES, 60. FROM, 61. PADUCAH, 62. \$29,995, 63. FOR, 64. ALL, 65. FOUR, 66. MIGHT, 67. DIVIDE, 68. INTO, 69. 2, 70. PARCELS, 71. CALL, 72. OWNER, 73. 314-239-6676, 74. LARGE, 75. KY, 76. LAKE, 77. LOT, 78. MATURE, 79. TREES, 80. UTILITIES, 81. RESTRICTED, 82. TO, 83. NEW, 84. CONSTRUCTION, 85. OR, 86. DOUBLE, 87. WIDE, 88. \$24,900, 89. 270-970-8000, 90. (TFN), 91. BEAUTIFULLY, 92. AND, 93. TOTALLY, 94. RENOVATED, 95. CONDO, 96. IN, 97. EXCITING, 98. LOWER, 99. TOWN, 100. PADUCAH, 101. KY, 102. STAINLESS, 103. STEEL, 104. AND, 105. GRANITE, 106. KITCHEN, 107. ORIGINAL, 108. WOOD, 109. FLOORS, 110. TWO, 111. MASTER, 112. SUITES, 113. WITH, 114. ATTACHED, 115. BATHS, 116. CARPORT, 117. WITH, 118. STORAGE, 119. 2/3, 120. -2,140

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# Spay and neuter grants available for local governments

By **TOM LATEK**  
*Kentucky Today*

FRANKFORT, Ky. (KT) – The Kentucky Animal Control Advisory Board (KACAB) is inviting all Kentucky county and metro governments to apply for grants that are available to spay and neuter dogs and cats.

The board will award up to \$3,000 to each government on a competitive basis. Spay/neuter grant candidates can learn more about the program and download the grant application at [kyspayneuter.com](http://kyspayneuter.com). The application can be found under “Resources” at the top of

the page.

Governments may also partner with non-profit organizations to obtain the best use of resources. Applicants are encouraged to seek out the best price possible for the average anticipated cost per alteration. Grant amounts will be based in part on alteration costs.

Grant applications must be received by email no later than July 15. Please email all documents and required attachments to [michael.grant@ky.gov](mailto:michael.grant@ky.gov). No faxed or mailed applications will be accepted.

In addition, the board encourages Kentucky vehicle



owners to purchase spay/neuter license plates when buying or renewing their vehicle registrations,

as funds for this program come from the sale of spay/neuter license plates.

The Animal Control

Advisory Board was established in 1998 by the Kentucky General Assembly. The duties of the board include

making recommendations to the Kentucky Commissioner of Agriculture relating to animal control issues, evaluating applications for disbursement of animal care and control funds, establishing shelter standards, and creating training programs. It is attached to the Kentucky Department of Agriculture for administrative purposes.

For more information or questions, go to [kyspayneuter.com](http://kyspayneuter.com) or contact Michael Grant at [michael.grant@ky.gov](mailto:michael.grant@ky.gov).

# Simple ways to lessen your financial load after 50

By the time people reach their fiftieth birthday, many have begun to imagine what their life in retirement may look like. Though data from the U.S. Census Bureau indicates the number of people working into their 70s increased significantly during the first two decades of the twentieth century, the vast majority of professionals still call it a career sometime during their 60s.

Retirement may still be a long way off for people who are 50 or in their early 50s, but around this time thoughts of what retirement could be compel many people to seek ways to reduce their financial load in anticipation of the day when they will no longer be working. Cutting back needn't be complicated, and the following are some simple ways for individuals 50 and over to save money.

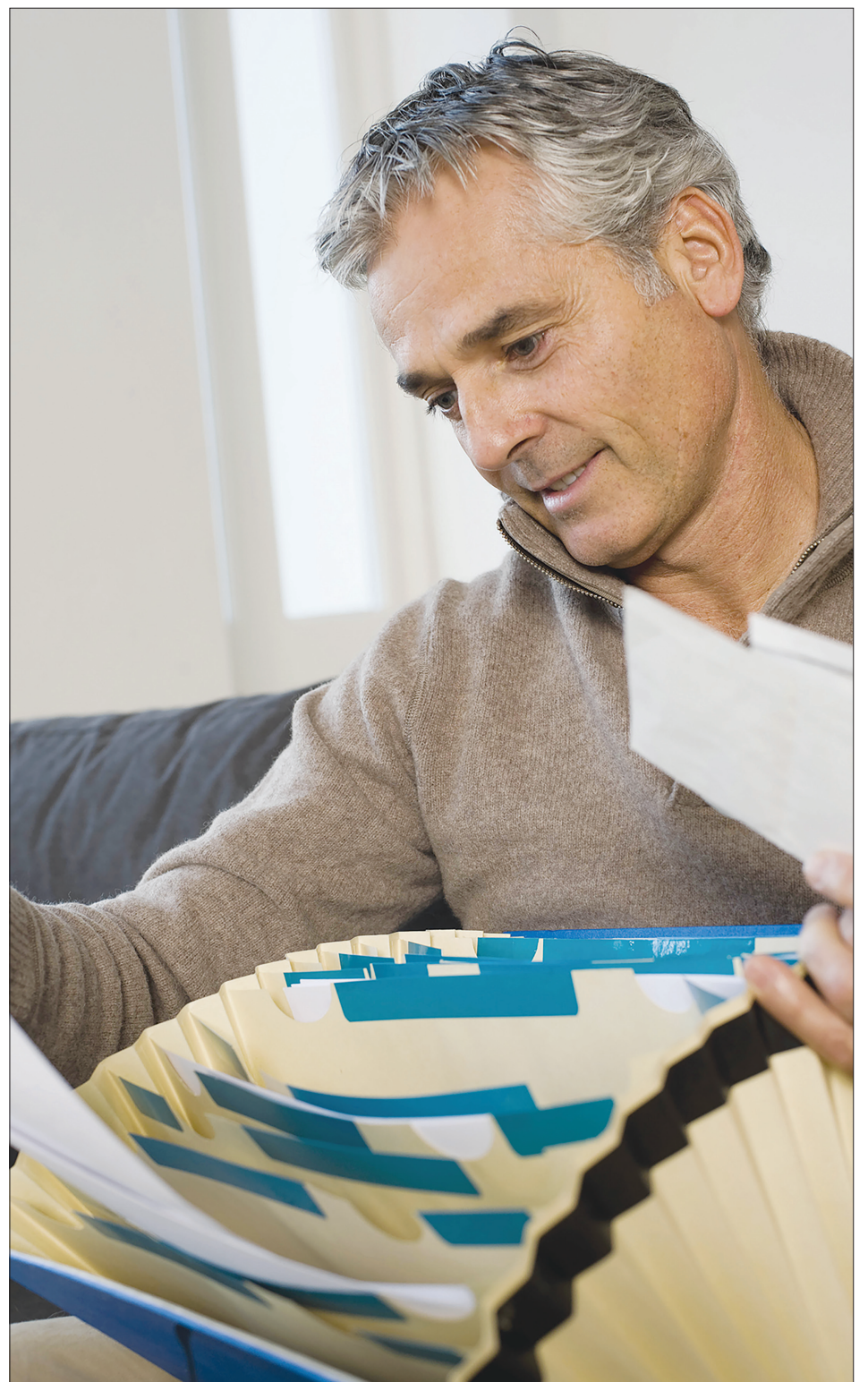
- **Address unsecured debt.** Unsecured debt, which can include credit card balances and medical bills, tends to carry higher interest rates than debts that carry a collateral requirement. According to the Federal Reserve, roughly 12.5 percent of individuals over 50 still have student loan debt, which is another type of unsecured debt. If possible, people over 50 should pay off these debts immediately or make their best effort to pay extra each month so they are paid off as soon as possible.

- **Pay in “cash.”** It's not enough to simply pay off unsecured debt like consumer credit. It's also important to stop accruing additional debt. Individuals over 50 should resist the temptation to use their credit cards, instead paying with cash or debit cards. Credit card debt is often characterized as a problem for

young consumers, but a 2021 report from ValuePenguin found that the median credit card debt among individuals between the ages of 55 and 64 was higher than it was for consumers aged 35 to 44. Paying in cash, whether it's with paper currency or a debit card, ensures you're not digging yourself into debt.

- **Reexamine your housing situation.** Adults 50 and over who purchased their home in their late 20s or early 30s are likely nearing the maturity date on their mortgages. If so, paying a little extra toward the principal each month will help you pay off that mortgage a good deal earlier than if you keep paying the same amount you've been paying for years. Though paying extra money each month may not seem like reducing your financial load, it will do so considerably over time. For example, the financial experts at Wells Fargo note that individuals with a fixed-rate mortgage loan of \$200,000 at 4 percent can cut the term of that loan by more than 4.5 years by paying as little as \$100 extra each month toward their principal. Homeowners over 50 who have already paid off a significant percentage of their mortgage loans could reach maturity much sooner if they start paying more toward principal now. Since housing costs are many people's greatest expense, removing a mortgage payment from your financial ledger by the time you reach 55 could create significant financial flexibility as you get closer to retirement.

Individuals over 50 can utilize some simple yet effective strategies to reduce their financial obligations as retirement nears.



# What seniors should know about red meat

As people age, their dietary habits may need to be modified in protection of their long-term health. Seniors may be advised to avoid certain foods, including red meat.

The consensus regarding seniors and red meat now emphasizes balance. Red meat, which consists of beef, lamb and pork, offers bioavailable nutrients that are difficult to get from plants alone. Red meat contains vitamin B12, which is crucial for cognitive function and nerve health. Since absorption of B12 often declines with age, according to UCLA Health, it can be challenging to get enough.

Red meat contains heme iron, which is more easily absorbed by the body than the non-heme iron found in beans or spinach. Iron helps ward off age-related anemia, according to UMass Memorial Health. High-quality protein also is essential to combat age-related muscle loss, a condition known as

sarcopenia.

Despite the benefits of red meat, the American Heart Association and the World Cancer Research Fund suggest moderation because of the impact it may have on cardiovascular health. Many cuts of red meat are high in saturated fats, which have the potential to elevate LDL (bad) cholesterol. For seniors with a history of elevated lipid panels or heart disease, leaner cuts of red meat are key. Alternative protein sources also should be chosen more often than red meat.

Limiting red meat also can help combat digestive system concerns. As a person ages, the digestive system produces less stomach acid, says Cary Gastroenterology Associates. That makes it harder to break down heavy proteins like red meat. This can lead to bloating or discomfort if too much is consumed.

Certain studies have explored the link between



high red meat consumption and systemic inflammation that can aggravate conditions like arthritis. Baylor College of Medicine says high levels of saturated fat and omega-6 fatty acids could elevate inflammatory markers like C-reactive protein, exacerbating autoimmune conditions and

other health issues. Best practices for seniors concerning red meat involve looking for cuts with “loin” or “round” in the name, as they have the highest protein-to-fat ratios. Seniors also should discuss the newest federal Dietary Guidelines for Americans with their doctors or nutritionists, as the 2026 guidelines represent a

significant shift that promotes higher consumption of red meat, full-fat dairy and animal proteins, rather than restricting them to one to two times per week, despite advising limiting saturated fat intake. These contradictory

messages may confuse the average person. As with all dietary recommendations, advice will vary depending on one’s specific needs and underlying medical conditions.

**ABSOLUTE ESTATE AUCTION**

**SAT., JUNE 27TH AT 10:00 A.M.**  
326 St. Rt. 944, Wingo, KY. Just off Hwy 45  
South of Wingo. Watch for Signs!!!

Selling the Estate of Joe & Wanda Mullins. Real Estate, Nice Furniture, Appliances, Collectibles, Household Items & More!!!  
Visit [www.bunchbrothers.com](http://www.bunchbrothers.com) for more information!



TERMS: Real Estate sells AS-IS. 20% Down day of sale with Balance due within 30 business days or upon delivery of deed.

Selling a NICE 3 Bedroom, 2 Bath Brick Home on .95+/- Acres. Home consists of Utility Room, Eat In Kitchen w/Bar, Living Room, Family Room w/Gas Fireplace, 2 Hot Water Heaters, Central Heat & Air, LP, Large Covered Patio, Attache 2 Car Garage, 28'x40' Shop & More! NOTE: Water is supplied by adjoining property and buyer will have 90 days to either hook to South Graves Water or dig a well. NO BUYER'S PREMIUM!!

















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**Estate AUCTION**

**SATURDAY - JUNE 13, 2026 - 10:00 A.M.**

Home & Personal Property of  
**Ronald Bloebaum Trust**  
1376 Pleasant Valley Ave. • Union City, TN 38261

\*\* AUCTION HELD RAIN OR SHINE. WATCH FOR SIGNS! \*\*

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# LG&E and KU offer important tips this summer

*Learn how you can better manage energy, stay safe during hot weather*

(LOUISVILLE, Ky.) — With warm days already here and June being National Safety Month, Louisville Gas and Electric Company and Kentucky Utilities Company are offering important tips and resources to help customers save energy and stay safe this summer.

**Energy-saving tips**

The weather and how we use energy are two major factors that can affect utility bills. LG&E and KU are encouraging customers to keep

a few simple tips in mind to help beat the heat:

- Make sure your system is ready. Have a certified professional service your air conditioning unit annually to make sure it's ready to perform in extended high temperatures. Set a reminder to change your filter each month, or according to the manufacturer's instructions, to keep your system operating properly.
- Program your



Follow campground and local guidelines while outside and do not build a campfire in hazardous, dry conditions, which could start a fire.

- Take steps for fire safety. Find out if the campground has an existing fire ring or fire pit you can use, and have a source of water, a bucket and a shovel nearby at all times.

Visit lge-ku.com for important safety information and more ways to save energy this summer.

Louisville Gas and Electric Company and Kentucky Utilities Company, part of the PPL Corporation (NYSE: PPL) family of companies, are regulated utilities that serve more than 1.3 million customers and have consistently ranked among the best companies for customer service in the United States. LG&E serves 335,000 natural gas and 436,000 electric customers in Louisville and 16 surrounding counties. KU serves 545,000 customers in 77 Kentucky counties and 28,000 in five counties in Virginia. More information is available at [www.lge-ku.com](http://www.lge-ku.com) and [www.pplweb.com](http://www.pplweb.com).

thermostat. Setting the thermostat to the highest comfortable setting during the day will help manage cooling expenses. Raising your thermostat setting by one degree can save as much as 4-7 percent on the cooling portion of your energy bill. Customers also can purchase a smart thermostat using the LG&E and KU Online Marketplace, which offers instant rebates up to \$75. Visit [shop.lge-ku.com](http://shop.lge-ku.com) to explore available options.

- Open and uncover vents. Be sure vents are open and clear, unblocked by furniture or other

obstructions that could prevent air from circulating through your home.

- Pull the shade. Closing curtains, drapes and blinds on sun-facing windows helps block rays that naturally increase indoor temperatures.

**Summertime safety tips**

Summer weather also means increased outdoor activities, including camping and hiking, and traveling. Here are some helpful tips to remember while outside or on the go:

- Assemble an emergency

kit. Include essential items such as water, nonperishable foods, first-aid items, a cell phone charge, weather radio and extra batteries.

- Keep at least a half tank of gas in your car.

- Take frequent breaks to hydrate and cool down.

- Pay attention to local weather. Monitor the local forecast and National Weather Service for the latest updates if inclement weather is expected for your area.

- Follow campground rules.

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## Outfit your golf cart with must-have accessories

Golf carts are not necessarily reserved for those hitting the links. While it's true that a cart makes it easier for golfers to make their way around a course, golf carts are quite popular in and around many residential neighborhoods as well.

Global Market Insights says the golf cart market was valued at \$2.5 billion in 2023, with an estimated growth of more than 7.5 percent expected between 2024 and 2032. These carts are regularly

utilized in residential communities, retirement villages, university campuses, and even across campgrounds and small towns. Many homes in suburban communities, like those being built in Texas, Florida and Georgia, now boast additional, smaller garages designed specifically for golf carts. Designated golf cart parking also has turned up in town centers and other retail locations around the country.

As the popularity

of golf carts surges and more people rely on them as a second vehicle, outfitting these carts with the right gear can help them stand out.

- Cover: For those without the benefit of a special garage for the golf cart, a golf cart cover protects the vehicle against sun and weather damage. Look for a cover that is water-repellent.

- Cup holders: Whether it's for a morning cup of coffee

see **outfit**, page B23

# Tips to help seniors travel safely

Travel was once a key component of the picture working professionals created of their ideal retirements. While the COVID-19 pandemic put many retirement travel plans on hold in recent years, jetting off to distant locales is once again on retirees' radars.

A 2022 survey from AARP found that individuals 50 and over were poised to not only get back on the road, but also spend significantly more money on travel. Prior to the pandemic, Americans 50 and over spent \$7,314 annually on travel, according to data from AARP. By spring 2022, individuals in that same age bracket indicated a readiness to spend \$8,369 on travel.

Eagerness to get back on the road, in the air or on the high seas could make it easy to overlook some principles of safe travel. However, such an oversight could lead to complications that could make it hard to enjoy time away from home. The following tips can reduce the likelihood that seniors encounter trouble while traveling.

- Determine if any health issues are affecting your desired destinations. The Centers for Disease Control and Prevention has a website devoted to travel vaccines ([cdc.gov/travel/page/travel-vaccines](https://www.cdc.gov/travel/page/travel-vaccines)), and that page can be an invaluable resource for individuals planning a vacation. What's more, the CDC even provides a specific



list of destinations and the latest travel health notices for each of those nations. That list, accessible at [cdc.gov/travel/destinations/list](https://www.cdc.gov/travel/destinations/list) can help seniors determine if there are any health-related safety issues in countries they hope to visit.

- Speak to your physician. A pre-trip consultation with a physician can uncover any issues that might arise while you're away. Such issues may be easily managed for domestic travelers who are not planning to visit any especially remote locations, but they will not necessarily be as easily navigated when traveling overseas. Physicians can recommend certain vaccinations or measures to ensure your health while away. In addition, a pre-trip doctor visit is a great time to refill prescriptions that you will need while you're

away.

- Take financial precautions as well. Of course, not all travel-related concerns are medical. Finances also require some pre-trip attention. Inflation has caused a sharp spike in the price of various commodities since the start of 2022, so travelers should study up on the cost of food and attractions at their destination to ensure they have enough money to enjoy themselves. Baggage costs have risen significantly in recent

years, so seniors traveling on a budget may want to pack less and do laundry while traveling in an effort to save money. In addition, the unpredictable nature of travel since the onset of the pandemic has underscored the utility of travel insurance. Seniors can look into travel insurance that could reimburse them in the case of delays or cancellations.

- Privately share your itinerary. Prior to departing, share your itinerary with friends and family. Avoid sharing the itinerary on social media platforms, which can make you a target for criminals at home and at your destination. The itinerary should include where you're staying, the dates you're visiting certain locations and the dates of activities you'll be engaging in on your trip.

Seniors rediscovering the joy of traveling can take various measures to make their trips more safe.

## OUTFIT,

continued from page B22

or an insulated water tumbler, cup holders are must-haves on the golf cart. Many cup holders attach easily to the rear accessory bar and elsewhere.

- Upgraded tires: Tires that come standard on most golf carts are not the most durable, says Matt's Custom Golf Carts. Therefore, replacing the tires with ones designed to traverse the terrain you travel the most can be a wise investment.

- New lighting: Improve on visibility and style by customizing lighting accessories on the golf cart. Many golf carts are being used to get around town, so it pays to have brighter headlights to see roadways and

increase your visibility to oncoming traffic and pedestrians.

- Anti-slip mats: These mats can help ensure passengers stay safe and secure when stepping in and out of the golf cart, particularly on rainy days. Custom floor mats are available so you can put even more style into your ride.

- Side mirrors: Improve on safety with the addition of side mirrors. Icon Electric Vehicles says most factory golf carts feature just one small, center-mounted mirror to view the rear. While adequate for the golf course, it is not safe for the open road. Adding side mirrors helps elevate the safety factor.

- Tinted windshield: Some golf carts do not come with windshields. The addition of one,

particularly a tinted version, can help reduce glare and protect against debris and bugs while driving.

- Rear flip seat kit: This kit increases the seating capacity of the golf cart. When not in use, the seat can be flipped down to carry cargo.

- Speakers: No ride is complete without music. Adding speakers to the golf cart can make the ride even more enjoyable. Bluetooth speakers may not require any special wiring and can work immediately with your smartphone.

Golf carts are turning up well outside of golf courses, making them a go-to second vehicle for people in various communities. Accessorizing a golf cart can improve the driving experience.



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# Kentucky is part of UVA sugary beverage research

By **TOM LATEK**  
*Kentucky Today*

CHARLOTTESVILLE, Va. (KT) – University of Virginia researchers are testing a digital program designed to help rural families in Kentucky and four other states reduce their consumption of sugary drinks.

Backed by a \$669,251 grant from the National Cancer Institute, the team from the UVA School of Medicine and UVA School of Education and Human Development have rolled out the weSIPsmarter program to eight Head Start programs – which support children’s development from birth

through age five – in Kentucky, Alabama, Georgia, Ohio and Virginia.

Sugary drinks are the largest single source of added calories for Americans and account, on average, for about eight percent of children’s daily calories and seven percent among adults, said researcher Jamie Zoellner, PhD, RD, a registered dietician with UVA’s Department of Public Health Sciences. Nearly half of American children ages 2-5 consume sugary drinks every day, Zoellner said. Sugary drink consumption increases the risk for a range of health conditions, including cancer, heart disease



and diabetes.

Sugary drink consumption among adults is higher in rural areas than in urban areas, she added, which is why the study evaluating weSIPsmarter is targeting both adults and their young children.

“Research shows that helping parents

build knowledge, confidence and healthy attitudes about sugary drinks can improve what young children drink,” stated Zoellner the study’s principal investigator. “Factors such as parents’ understanding of healthy beverages, their own drinking habits and how they

offer drinks to their children can all influence a child’s intake of sugary drinks. “This is especially important because adults ages 18 to 34, the age group that includes many preschool parents, consume the highest amounts of sugary drinks themselves.”

The program has six online “cores” that provide information and activities designed to motivate families who volunteer for the study to reduce their sugary drink consumption. Automated reminder emails, along with text messages and phone calls as needed, encourage families to complete all six cores. Families

report their daily sugary drink intake either by responding to a text message or by logging into a study website. Parents also have the option to track their weight daily by stepping onto a digital scale with cellular connectivity provided free as part of the program.

Researchers will evaluate the program on whether it reduces sugary drink consumption among children, as well as parents’ sugary drink consumption, overall beverage and diet quality, body mass index and families’ quality of life.



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