



How eating healthy can lower stress and save you money

By Laurna Todd
KPI Writer

Many people think of healthy eating as expensive and time-consuming, but in reality, choosing nutritious foods can both reduce stress and save you money in the long run. The way we eat affects not only our physical health but also

our mental well-being. With a few intentional changes, a healthy diet can lead to lower stress levels, improved energy, and even a healthier bank account. Eating a balanced diet rich in whole foods—like fruits, vegetables, lean proteins, and whole grains—helps stabilize blood sugar levels. When your blood

sugar is steady, you’re less likely to experience mood swings, fatigue, and irritability, all of which can contribute to stress. Nutrient-rich foods also support brain function. Vitamins like B-complex, magnesium, and omega-3 fatty acids are known to play a role in reducing anxiety and improving mood. A diet high in processed foods

and sugar, on the other hand, can increase inflammation and lead to crashes that worsen stress. Healthy eating also encourages better lifestyle habits overall. Preparing meals at home instead of relying on takeout or fast food

see **EATING**, page B11

The impact of AI on senior health care experiences

Artificial intelligence (AI) continues to change the world. The “Logic Theorist” program, created by Herbert A. Simon and Allen Newell in 1955, which was designed to prove mathematical theorems, is widely considered to be the first AI program. Today, AI is employed to answer questions, solve problems and even create artwork. AI can serve amazing purposes in health care settings. Though AI can benefit persons of all ages, seniors may find it especially improves their health care experience. Here are some ways AI can enhance seniors’ quality of life, independence and support systems.

- Monitoring: AI-powered systems can be used to monitor

vital signs like heart rate, oxygen levels and blood pressure. Some wearables even can detect irregular heartbeats or other anomalies and alert individuals or caregivers.

- Early detection: Echelon Health says AI can be invaluable in the early detection of illnesses by predicting risk factors in patients. AI can be utilized with the first levels of screening, which may detect the smallest changes that could highlight underlying issues. Research has shown AI can detect serious diseases such as lung cancer or heart disease earlier to offer patients a better chance of effective treatment before diseases progress.
- Predictive

see **AI**, page B10

Brown Cancer Center - First In U.S. to offer new comprehensive cancer sequencing

LOUISVILLE, KY – UofL Health – Brown Cancer Center recently became the first facility in the United States of America to offer its patients access to an FDA approved assay for solid tumor testing. The test, known as Illumina TruSight™ Oncology (TSO) Comprehensive, is FDA approved and performed on-site at UofL Health’s Next Generation Sequencing Lab. TSO Comprehensive assay essentially scans a patient’s tumor sample for cancer mutations, evaluating both the DNA and RNA of a patient’s tumor to ensure they are matched with the most effective therapies or available clinical trials. “Cancer cells can

present and respond in very unique ways, but the detail provided by this single test enhances our ability to develop targeted personalized therapy plans,” said Jason Chesney, M.D., Ph.D., director and chief administrative officer of the Brown Cancer Center. “The expertise on my team of clinicians is already unmatched anywhere in the region. I’m excited to see how they leverage this advanced technology to further benefit our patients.” The TSO Comprehensive test can simultaneously sequence millions of DNA fragments while detecting more than 500 cancer related DNA variants and 24 RNA

fusions, along with other key biological signatures. “We are excited to bring TSO Comprehensive to our patient and provider community. Access to an in-house comprehensive tumor profiling solution will allow our care teams to deliver faster precision therapy decisions for our patients,” said Mustafa Al-Kawaaz, M.D., assistant professor and director of Hematology, Cytogenetics and Molecular Pathology in the Department of Pathology and Laboratory Medicine at the University of Louisville School of Medicine. The assay requires only a sliver of tumor



tissue. Instead of requiring separate traditional oncological tests to find different mutations in a tumor, TSO Comprehensive can detect multiple mutations using a single assay, thus

saving precious sample, reducing costs, and speeding up answers. This single test can be used for multiple solid tumor types. “Having this technology, on-site, allows our laboratory

team to minimize the wait time between biopsy and beginning treatment,” said Emily Volk, M.D., MBA, FCAP, UofL Health vice president of pathology

see **CANCER**, page B9

End-of-Summer Activities in Western Kentucky

Make the Most of the Season's Final Days

By Wilbur Jackson
KPI Writer

As summer winds down in Western Kentucky, the region comes alive with activities that celebrate the warm season before autumn rolls in. From outdoor adventures and lake excursions to community festivals and agricultural traditions, there's no shortage of ways to savor the final weeks of sunshine and leisure. Whether you're a local or just visiting, here are some top end-of-summer activities to enjoy in this scenic corner of the Bluegrass State.

Lake Days and Water Fun

No list of Western Kentucky summer activities is complete without mentioning the area's lakes. Kentucky Lake and Lake Barkley are top destinations for boating, fishing, swimming, and paddle sports. As the crowds thin out in late July and early August, these lakes become quieter, making them ideal for a peaceful day on the water. Families can rent pontoon boats or kayaks, while anglers will find bass and catfish still biting

in the warm waters.

The Land Between the Lakes National Recreation Area (LBL), nestled between the two lakes, offers nearly 170,000 acres of outdoor fun. Hiking trails like the Hematite Trail or the Honker Lake Loop are ideal for spotting wildlife and enjoying the changing light of late summer. Don't miss the Elk & Bison Prairie or a stop at the Woodlands Nature Station, where seasonal wildlife programs delight kids and adults alike.

County Fairs and Festivals

Western Kentucky communities celebrate the close of summer with traditional county fairs that showcase the area's rural roots. Events like the Kentucky State Fair in Louisville, while not technically in the western part of the state, draw visitors from across Kentucky and offer a comprehensive mix of entertainment, livestock shows,

carnival rides, and blue-ribbon contests.

Closer to home, the McCracken County Fair and the Marshall County Fair are popular choices. These events often feature demolition derbies, tractor pulls, petting zoos, and homemade pies—all classic elements of Kentucky summer charm.

August also brings smaller festivals and events in charming downtowns like Paducah, Benton, and Murray. Paducah's Lower Town Arts District hosts live music, gallery walks, and food trucks, giving visitors a taste of local culture and cuisine.

Sunflower Fields and Farm Markets

Late summer is peak time for sunflower blooms in Western Kentucky. Places like Christian Way Farm in Hopkinsville or Ruby Branch Farms near Calhoun offer family-friendly experiences with u-pick flowers, hayrides, and petting zoos. These sunflower

fields not only provide beautiful photo ops, but also a chance to learn about local farming and sustainability.

In addition, farmers markets remain in full swing through August and early September. The Paducah Homegrown Farmers Market is a favorite, offering fresh produce, homemade jams, local honey, and handmade crafts. These markets are great places to support small farmers and stock up on late-summer crops like tomatoes, corn, and peaches.

Music, Movies, and Outdoor Entertainment

Many Western Kentucky towns host free or low-cost outdoor concerts and movie nights to round out the summer. Waterfront Park in Owensboro and Noble Park in Paducah often feature family movie nights or live music events that are perfect for a relaxed evening under the stars. Bring

a lawn chair or blanket and enjoy local talent as the sun sets.

Western Kentucky also has a strong tradition of bluegrass and country music. Venues like Badgett Playhouse in Grand Rivers and the Kentucky Opry in Benton offer summer-ending performances that highlight regional musical talent and down-home storytelling.

Wrapping Up Summer Right

Whether you're drawn to the lakes, the fairs, the farms, or the music, Western Kentucky offers a rich mix of experiences for closing out summer on a high note. With its blend of natural beauty, cultural heritage, and welcoming communities, there's no better place to slow down, soak up the last rays of sunshine, and create lasting memories before the crisp air of fall arrives.

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Scorching Summer

Recent Heat Wave Grips Kentucky with Record-Breaking Temperatures

By Wilbur Jackson
KPI Writer

Kentucky has been sweltering under an intense heat wave this July, as a dome of high pressure settled over the region, sending temperatures soaring well into the upper 90s and low 100s across much of the Commonwealth. With heat indices often exceeding 110°F in some areas, this unrelenting weather pattern has prompted widespread heat advisories, stressed power grids, and raised concerns for public safety—especially for vulnerable populations such as the elderly, children, and outdoor workers.

Record Temperatures Across the Bluegrass State

According to the National Weather Service (NWS), several cities in Kentucky have either tied or broken daily temperature records in recent weeks. Louisville reached 101°F on July 25, matching a high not seen since 2012. Paducah, in Western Kentucky, saw temperatures peak at 100°F multiple times in the same week, while Lexington and Bowling Green also reported highs near or above triple digits.

More alarming than the daytime highs has been the lack of overnight relief. Overnight low temperatures have remained unusually elevated, often staying in the upper 70s or even low 80s. This limits the body’s ability to recover from daytime heat and poses increased health risks, especially for those without air conditioning or proper ventilation.

Heat Index and Humidity: A Dangerous Combination

What has made this heat wave particularly brutal is the combination of high humidity and soaring temperatures,

leading to extremely high heat indices—the “feels like” temperature that takes into account humidity. In many parts of Kentucky, the heat index has consistently ranged from 105°F to 115°F, reaching dangerous levels that increase the risk of heat exhaustion and heat stroke.

“This isn’t just uncomfortable—it’s dangerous,” said meteorologist Jake Cline of the NWS in Louisville. “These are the kinds of conditions where prolonged exposure can lead to serious health consequences. Hydration, shade, and limiting outdoor activity are absolutely critical.”

Health and Safety Concerns Rise

As the heat wave persists, health officials have urged Kentuckians to take precautions. Emergency rooms across the state have reported an uptick in heat-related illnesses, including dehydration, heat exhaustion, and, in more severe cases, heat stroke. The elderly and people with pre-existing conditions are especially at risk, as are individuals who work outdoors in construction, agriculture, and delivery services.

Dr. Valerie Bennett, a public health officer in Lexington, emphasized the importance of awareness. “We’re asking residents to check on their neighbors, especially the elderly or those who might not have access to air conditioning. Make sure pets are also kept cool and have plenty of water.”

Cooling centers have been opened in several counties, including Jefferson, Fayette, and Warren, to offer temporary relief to those without access to adequate shelter. Libraries, community centers, and some churches

have extended their hours to serve as safe havens during the hottest parts of the day.

Agriculture and Infrastructure Feeling the Strain

The agricultural sector has also felt the brunt of the heat. Farmers across Kentucky have reported stress on livestock, reduced crop yields, and difficulty maintaining hydration for their animals and fields. Corn, soybeans, and tobacco crops are particularly vulnerable, and the lack of rainfall accompanying the heat has only compounded the issue.

“We’re having to irrigate more often, which drives up costs and labor,” said Dan Ellis, a corn farmer in Caldwell County. “It’s a race against time to keep the crops alive.”

The extreme temperatures have also put a strain on Kentucky’s power

grid. Utilities like LG&E and Kentucky Power have reported record energy usage as residents crank up air conditioning. While no major outages have been reported so far, officials are urging residents to conserve energy during peak hours to avoid blackouts.

A Climate Pattern or a Climate Warning?

While heat waves are not new to Kentucky, the intensity and duration of this summer’s temperatures are drawing attention from climate scientists. Many attribute the prolonged heat to a combination of natural weather cycles and broader climate trends. According to the NOAA Climate Prediction Center, the frequency of extreme heat events has been rising across the southeastern United States over the past

two decades.

“This isn’t just a one-off event,” said Dr. Alan McKenzie, a climatologist at the University of Kentucky. “We’re seeing a pattern of more frequent and more intense heat waves, and that’s consistent with what the science tells us about a warming planet.”

McKenzie added that urban areas like Louisville and Lexington are especially vulnerable due to the “urban heat island” effect, where concrete and asphalt trap heat, causing temperatures to remain higher than surrounding rural areas.

Looking Ahead

Forecasters are cautiously optimistic that a cold front may bring some relief in early August, but the long-term outlook for the summer remains warm. In the meantime, state and local officials continue to advise residents

to remain vigilant, stay hydrated, and avoid unnecessary exposure during peak heat hours, typically between 11 a.m. and 6 p.m.

The Kentucky Division of Emergency Management has activated its heat response plan and continues to coordinate with local governments to monitor conditions and provide resources where needed.

As Kentuckians endure what could go down as one of the hottest summers in recent memory, the heat wave serves as both a stark reminder of nature’s power and a call to prepare for more frequent extreme weather events in the future. Whether it’s through updated infrastructure, better public health resources, or climate resilience strategies, adapting to these new realities will be crucial in the years to come.

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Robert Alan Kelley

Mr. Robert Alan Kelley, 87, of Smithland, Kentucky, went to be with his Lord and Savior on July 20, 2025, surrounded by the love and comfort of his devoted family.

Born September 29, 1937, in Clifton, Tennessee, Robert was the cherished son of the late Myrtle Bunch and Ebb Kelley. In the 1950s, he made Kentucky his home—a place where he would lay down deep roots, build a life of purpose, and begin a legacy of love and hard work that now stretches five generations strong.

Affectionately known as “Bob” by many, Mr. Kelley began a lifelong career in the limestone industry, dedicating decades of service at Reed’s Crushed Stone from the 1960s until his retirement in 1995. More than just an employee, Mr. Kelley was a cornerstone of the operation, known for helping many Livingston County residents find stable employment—jobs that supported local families across generations.

It was in Livingston County where he met and married the love of his life, Jo Rudd Kelley. Their marriage of 63 years was a true testament to partnership, faith, and devotion. Together, they raised a family filled with laughter, strength, and enduring values.

In addition to his career, Mr. Kelley was a passionate cattle farmer, skilled outdoorsman, and an avid hunter and crappie fisherman. After retirement, he and Jo spent their winters at their beloved Florida home, where Robert could be found fishing nearly every day—doing what brought him peace and joy.

A member of Smithland United Methodist Church, Mr. Kelley was a man of deep faith and unwavering principles. He lived by a code of hard work, quiet strength, humility, and love for family above



all else. His life’s work extended far beyond his career—he was a builder of people, a provider of opportunity, and a steady hand through every season.

Mr. Kelley is survived by his daughter, Bobbie Smith (Allen), and his son, David Kelley (Loretta), both of Smithland; his grandchildren

Bridget Houston (Brent) of Henderson, Julie Gavin of Henderson, Hannah Thacker (Corey) of Dallas, Texas, and Jason Bryant of Ellington, Missouri; his beloved sister, Sue Rudd of Smithland; 15 great-grandchildren; and 9 great-great-grandchildren, his loving caregiver, now family, Leonard Leslie and his caregiver, running and fishing buddy, Candice Draper —each a shining reflection of his legacy.

He was preceded in death by his cherished wife, Jo Rudd Kelley; precious granddaughter, Tanya Jo Smith; his three brothers, Hillard Kelley, Billy Kelley, and Terry Kelley; and his loving parents.

Funeral services will be Wednesday, July 23, 2025, at 12 Noon, in the chapel of Boyd Funeral Directors and Cremation Services. Burial will follow in Scott’s Chapel Cemetery.

Friends may visit with the family on Tuesday, July 22, 2025, from 5 to 8 PM, in the chapel of Boyd Funeral Directors and Cremation Services.

To know Robert Alan Kelley was to know quiet strength, fierce loyalty, gentle wisdom, and unconditional love. His hands shaped more than stone—they shaped a family and a future. His presence will be missed beyond measure, but the echoes of his life’s work will continue for generations to come.

"Well done, good and faithful servant." – Matthew 25:23

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held on July 31, 2025, at Morrow Funeral Chapel in LaCenter at 1:00 p.m. with Rev. Ryan Baker officiating. Interment at Oscar Community Cemetery.

Wilma Ann Lanier, age 86, passed away on Tuesday, July 22, 2025 at Parkview Nursing and Rehabilitation Center in Paducah, KY. Funeral Services were held on Saturday, July 26, 2025, at 12:00 p.m. at Morrow Funeral Chapel in LaCenter, KY with the Rev. Greg Jones officiating. Interment at Woodville Cemetery in Kevil, KY.

• CALDWELL •

Lisa Carol Sigler Thurman, 66, of Princeton, Kentucky, passed away on July 25, 2025, at Deaconess Henderson Hospital in Henderson, Kentucky. Graveside services were held at 11:00 a.m. on Monday, July 28, 2025 in Cedar Hill Cemetery with Bro. Dean Ray officiating.

Elizabeth “DeeDee” Childress, 54, passed away on Friday, July 25, 2025, at her home in Princeton. Funeral services were held at 11:00 a.m. on Tuesday, July 29, 2025 at Morgan’s Funeral Home with Bro. David Royalty officiating. Burial in Fairview Cemetery in Caldwell County.

Lorraine P. Plotzke, of Kuttawa, born on March 18, 1929, in Chicago, Illinois, departed from this world on July 27, 2025, in the comfort of her home. Goodman Funeral Home is honored to be serving the Plotzke family.

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Diane Carol LaRock passed away on Friday, July 25, 2025 at Spring Creek Healthcare Facility. A funeral mass was held Thursday, July 31, 2025 at 12:05 pm at St. Leo Catholic Church in Murray. Fr. Josh McCarty officiating.

Norma Spence, 90, of Murray, KY, died on July 22, 2025 at her home. Per her wishes, no services are planned at this time.

Terrence “Terry” Little, age 83, of Murray, Kentucky, passed away, Saturday, July 26, 2025, at the Anna Mae Owen Residential Hospice House in Murray, Kentucky. A memorial service was held Thursday, July 31, 2025, at the J.H. Churchill Funeral Home & Cremation Services with Bob Valentine, John Dale, and Mark Welch officiating.

James G. Minton Jr., beloved husband, father, grandfather, and faithful servant of God, passed away peacefully on July 22, 2025, due to complications from pneumonia. A celebration of Jim’s life will be held be held in the form of a memorial mass at 12:00 p.m., Friday, August 1, 2025, at the St. Leo Catholic Church in Murray, Kentucky with Father Josh McCarty officiating. Burial will follow in the St. Henry’s Catholic Church Cemetery in Hardin, Kentucky.

Laverne Cain, age 91, of Murray, Kentucky, passed away, Saturday, July 26, 2025, at her home. A funeral service will be held at 3:00 p.m., Friday, August 1, 2025, at the J.H. Churchill Funeral Home & Cremation Services with Bro. Shawn Hanes officiating. Burial will follow in the Murray Memorial Gardens. Visitation will be held from 12:00 p.m. to 3:00 p.m., Friday, August 1, 2025, at the J.H. Churchill Funeral Home & Cremation Services.

Lala Alice Smith, 83, of Clarksville, TN, formerly of Murray, KY, passed away Sunday, July 27, 2025, at Park Meadows of Clarksville. Funeral services will be conducted Friday, August 1, 2025, at 1:00 p.m. in the chapel of the Blalock-Coleman Funeral Home, with Travis Anderson officiating.. Interment will follow the service in the Maplewood Cemetery, Mayfield, KY.

William Eugene Frisque, 73 of Murray, KY, passed away July 22, 2025 at his home. Arrangements are incomplete at this time at the Blalock-Coleman Funeral Home & Cremation Services, Murray, KY.

Anthony J. “Tony” Jones, 74 of Murray, passed away Monday, July 21, 2025, at his home. Services were Sunday, July 26, 2025, at the Blalock-Coleman Funeral Home.

• CARLISLE •

Stethanie “Sac” Castleman, age 68, of Bardwell, Kentucky, passed away on Friday, July 25, 2025, at Baptist Health Paducah. A memorial service was held at 1:00 pm on Monday, July 28, 2025, at Milner & Orr Funeral Home of Bardwell.

• CHRISTIAN •

Candace Burke Agate, 51, of Pembroke passed away Sunday, July 27, 2025, at her home. The family has chosen cremation with a Celebration of Life to be held at 1:00 PM Wednesday, August 6, 2025, at Maddux-Fuqua-Hinton Funeral Home. Visitation will be from 12:00 Noon until 1:00 PM on Wednesday, August 6, 2025, at the funeral home.

Carol Burkhead, age 78, of Hopkinsville, met her Lord and Savior on Saturday, July 26, 2025, surrounded by her family. Funeral Services were Thursday, July 31, 2025, at Maddux-Fuqua-Hinton Funeral Home with Rev. Jeremy Hayes officiating and burial in Green Hill Memorial Gardens.

Shirley A. Whitaker Chidsey, age 88, of Hopkinsville passed away on Monday, July 21, 2025, at Baptist Health Deaconess in Madisonville. Graveside Services were Friday, July 25, 2025, at Riverside Cemetery.

• BALLARD •

Darlene Albertson, age 70, passed away surrounded by her loved ones on July 27, 2025, at Mercy Health Hospital in Paducah, KY. Funeral services were

Maddux-Fuqua-Hinton Funeral Home has been entrusted by the family to handle the arrangements.

Linda Bell Banton, 82, of Hopkinsville, KY died at 5:15 p.m. Sunday, July 20, 2025 at Jennie Stuart Medical Center. Funeral services were Thursday, July 24, 2025 at Hughart, Beard & Giles Funeral Home with Rev. Dr. Joe Bufford officiating. Burial in Green Hill Memorial Gardens.

Loy Jackson, 85, Crofton, KY, passed away Tuesday, July 22, 2025 at Linda E. White Hospice House, Evansville, IN. Funeral services were Friday, July 25, 2025 at Lamb Funeral Home. Burial in Kentucky Veterans Cemetery West with full military honors.

Margie Antonette Stiger White, 62, Hopkinsville, passed away on Thursday, July 24, 2025, in Hopkinsville, KY. Funeral Service will be held Friday, August 1, 2025 at 11:30 AM at MT. Olive Baptist Church, Hopkinsville, Ky 42240. Burial at KVCW.

Ronnie Jerome Wills, 69, Hopkinsville, passed away on Sunday, July 20, 2025, in Hopkinsville, KY. Funeral Service was Tuesday, July 29, 2025 at Gamble Funeral Home. Burial at KVCW.

Tammy L. Ward Galbreath, age 65, of Hopkinsville, Kentucky, passed away on Friday, July 25, 2025, at Jennie Stuart Medical Center in Hopkinsville. A graveside memorial service with military honors was held Wednesday, July 30, 2025, at Kentucky Veterans Cemetery West, Hopkinsville, Kentucky.

• CRITTENDEN •

Zack Anthony Woodall, 51 of Marion, KY passed away Sunday July 27, 2025. Memorial services were Thursday, July 31 at Gilbert Funeral Home.

Cannie Imogene “Nean” Smith, 89, of Rosiclare, IL passed away July 21, 2025 at Axiom Healthcare in Rosiclare, IL. Services were Saturday July 26, 2025 at the First Apostolic Church in Rosiclare, IL with interment in Fluorine Cemetery.

Sandra Sue McDowell, 79, of Marion, KY passed away Friday July 18, 2025 at Livingston Hospital. Graveside services were Sunday July 20, 2025 at Mt. Zion Cemetery. Gilbert Funeral Home is handling the arrangements.

Harvey Lee Davis, affectionately known as “Nipper,” peacefully passed away, on July 22, 2025. Funeral services were Friday, July 25, 2025 at Myers Funeral Home. Burial will follow in Saint William Cemetery. Maurine Virginia Shaw Mangum Kidder, age 81 of Shelbyville Ky, passed away on Tuesday, July 22, 2025 at her home in Shelbyville.

• FULTON •

Anne Latta Peterson, age 92, formerly of Fulton, KY, passed away Sunday, July 20, 2025, in Louisville, KY. Visitation was held at the First United Methodist Church in Fulton on Saturday, July 26, 2025, followed by the funeral. Burial in the Water Valley Cemetery.

• GRAVES •

Donna E. Allen, age 65, of Mayfield, KY passed away at 5:12 PM, Saturday, July 26, 2025 at the Jackson Purchase Medical Center in Mayfield, KY. Funeral service was held Tuesday July 29, 2025 at the Brown Funeral Home in Mayfield with Rev. Ben Stratton and Rev. Duane Fields officiating, burial in the Chapel Hill Cemetery

Michael Brinkley, age 58 of Wingo, Ky passed away on Friday, July 25, 2025 at 8:30 AM at his residence. Funeral service was held Tuesday July 29, 2025 at the Brown Funeral Home in Wingo with Brandon Brinkley officiating and burial in the Wingo Cemetery.

Vera Wilson age 69 of Mayfield passed away at 4:23 PM Wednesday July 23, 2025 at the Green Acres

Health Care in Mayfield. Funeral service was held Thursday July 31, 2025 at the Brown Funeral Home in Mayfield with Pastor Gregg Hussey, Pastor Jackie Meadows and Pastor Larry McCutcheon officiating, burial in the Peaceful Valley Cemetery in Mayfield

George Samuel Dunevant, age 84 a resident of Mayfield passed away at 8:19 A.M. Monday, July 22, 2025 at his residence. Funeral services was held Thursday, July 24, 2025 at the Brown Funeral Home in Mayfield with Rev. Donald Dixon officiating. Interment in the Dublin Baptist Church Cemetery.

Norma Jean Champion Stovall, age 81, of Mayfield passed away on Monday, July 28, 2025 at her residence. Funeral services was held Wednesday, July 30, 2025 at Byrn Funeral Home in Mayfield, KY. Dr. Mike Baker officiating. Interment at Sharon Baptist Church Cemetery.

Rebecca Pearl (Murphy) Cox, 91 of Mayfield passed away on Tuesday July 22 at the Anna Mae Owen Hospice House in Murray. Graveside services were Thursday July 24, 2025. Byrn Funeral Home in Mayfield, KY is in charge of arrangements.

Walter John Anderson age 77 of Mayfield passed away on Sunday, July 20, 2025 at Baptist Health of Paducah. A private memorial service will be held at a later date. Byrn Funeral Home in Mayfield, KY is in charge of arrangements.

• HENDERSON •

Geraldine Hall Gibson, age 95, of Henderson, KY, passed away on Tuesday, July 22, 20205, at the Lucy Smith King Care Center under the care of St. Anthony’s Hospice. The funeral service was held at 2:00 p.m. on Friday at the funeral home with Reverend Chuck Summers officiating. Burial at Fairmont Cemetery in Henderson, KY.

Thomas M. Toombs, departed this life on July 27, 2025, at the Lucy Smith King Care Center in Henderson, Kentucky. Visitation for Thomas M. Toombs will be held on August 1, 2025, from 10:00 AM to 1:00 PM, followed by a funeral service at 1:00 PM, both at Tomblinson Funeral Homes located at 325 1st St, Henderson, KY 42420.

A.D. Gilbert, departed this life on July 26, 2025, at the age of 70. A celebration of A.D’s life will be held at Tomblinson Funeral Home on August 2, 2025. Visitation will begin at 10:00 AM, followed by the funeral service at 12:00 PM, officiated by Rev. David Petrie and Rev. Guy King.

Billy (“Bill”) R. Gootee, 85, of Henderson, Kentucky, passed away on Thursday, July 24, 2025, at Lucy Smith King Care Center in Henderson. He was born on July 18, 1940, in Central City, Kentucky. Funeral services were Tuesday, July 29, 2025, at Tomblinson Funeral Home in Henderson, with interment following at Fernwood Cemetery. Pastor Paul Eason officiating.

Judith (Judy) Mae Wilkerson, 83, of Henderson, passed away July 22, 2025, surrounded by her loving family, under the compassionate care of St. Anthony’s Hospic Funeral services were Monday, July 28, 2025, at Holy Name of Jesus Catholic Church in Henderson with Father Richard Meredith officiating. Burial in St Louis Cemetery.

Mattie Geneva Jenkins, affectionately known as “Jean” and lovingly called “Nannie” by all who knew her, passed away peacefully at her home on July 21, 2025, at 7:30 P.M, surrounded by the love of her family. Visitation was held at Tomblinson Funeral Home, Henderson Chapel on Saturday, July 26, 2025, with the funeral service beginning after.

• HICKMAN •

Marma Joan Handley, age 82, of Crutchfield, Kentucky, passed away on Monday, July 21, 2025, at her daughter’s home in Bardwell, Kentucky. Funeral services were held at 10:00 am on Friday, July 25,

2025, at Milner & Orr Funeral Home of Bardwell with Pastor Billy Kennedy officiating. Burial at Roselawn Cemetery.

Donald “Duck” Ray Stokes, 79, passed away on Wednesday, July 23, 2025, at Clinton Place in Clinton, Kentucky. A private family memorial service will be held at a later date.

Tammy Louise Cobb Mullins, age 59 of Clinton passed away Tuesday, July 22, 2025 at her residence. Funeral Services were Friday, July 25, 2025 at the Brown Funeral Home in Clinton with Rev. Randy McClure officiating. Burial in the Clark Cemetery.

Kenneth Mathis, age 84, of Hickman County, KY, passed away on Wednesday, July 23, 2025, at his residence. Funeral services were Monday, July 28, 2025, at the Hornbeak Funeral Chapel in Fulton. Bro. Bobby Barnett officiating, and burial in the Obion County Memorial Gardens.

• HOPKINS •

Sammy Ray West, 70, of Providence, KY, passed away Friday, July 25, 2025, at Baptist Health Deaconess in Madisonville. A Celebration of Life will be at 1:00 P.M. Saturday, August 9, 2025, at Second Baptist Church in Providence with his son, Brian West, officiating. Burial will take place at a later date at Lakeview Cemetery in Providence. Visitation will be held from 11:00 A.M. until the service time Saturday at the church.

Jean Smith, 88, of Smyrna, TN passed away Friday, July 25, 2025, at Alive Hospice in Murfreesboro, TN. Graveside services were held at 11:00 A.M. Tuesday, July 29, 2025, at Grapevine Cemetery with Bro. Dennis Mayfield officiating. Burial n the cemetery.

Jason Donald Orange, 47, of Hanson, KY, passed away Wednesday, July 23, 2025, at his residence. There will be a visitation from 3:00 P.M. until 5:00 P.M. Saturday, August 2, 2025, at Barnett-Strother Funeral Home - Madisonville Chapel.

Elsie J. Kelley Hancock, 76, passed away on Monday, July 28, 2025, at Lucy Smith King Care Center in Henderson, KY. A celebration of life will be held at 6 p.m. on Friday, August 1, 2025, in the chapel of Harris Funeral Home with the services to be conducted by the family. Burial will be held at a later date. Visitation will be from 4 p.m. until 6 p.m. on Friday at the funeral home.

Susan Brunson Scott, 80, of Earlington, KY, passed away on Saturday, July 26, 2025, at her home. A memorial service will be held at a later date. Harris Funeral Home was entrusted with care.

Lindel “Superman” Eugene Jackson, 64, of Slaughters, KY, passed away on Thursday, July 24, 2025, at his home following a lengthy illness. A funeral service was held on Wednesday, July 30, 2025, in the chapel of Harris Funeral Home with Pastor David Jackson officiating and Pastor Chris Manning assisting. Burial at Slaughters Cemetery.

Ruth Jacinto Ferrell, 81, of Dawson Springs, KY, peacefully passed away on Tuesday, July 22, 2025, at her home A memorial service will be held in Chicago, IL, at a later date. Harris Funeral Home was entrusted with care.

William “Pete” Franklin Hook, 85, of Madisonville, KY, passed away on Tuesday, July 22, 2025, at Baptist Health Deaconess in Madisonville. A memorial service was held on Saturday, July 26, 2025, in the chapel of Harris Funeral Home in Madisonville with Pastor Eddie Fleming officiating. Burial at Hicklin Cemetery in Anton.

Pamela Kay Lane, 74, of Madisonville, KY, passed away on Tuesday, July 22, 2025, at her home. A funeral service was held Friday, July 25, 2025, in the chapel of Harris Funeral Home with Dr. Michael Knight

officiating.

Deborah Lynn Thomas, born Deborah Lynn Bryant, 66, passed away peacefully in her sleep on Monday, July 21, 2025, at her home on McPherson Drive in Madisonville, Kentucky. A celebration of life will be held at a later date. Harris Funeral Home was entrusted with care.

Loretta Stevens Stringer 91, of Livonia, Michigan, passed away on July 22, 2025, with her loving family by her side. Visitation was held at Bandy Funeral Home in Nortonville on Thursday. Burial at New Salem Cemetery.

• MCCRACKEN •

Kevin Thompson Hite, 62, of Paducah, Kentucky, passed away peacefully on July 26, 2025, surrounded by the love of his family. A viewing followed by a memorial service to celebrate Kevin’s life was held at Hughes Funeral Home in Paducah, KY on Wednesday, July 30th from 11 a.m. to 1 p.m. The service was led by his dear friend, Joe Craft.

Harlyn Hilton Barnes, 86, of Paducah passed away at 9:10 AM on Sunday, July 20, 2025 at Stonecreek Health and Rehabilitation in Paducah. Funeral services were on Thursday, July 24, 2025 at Hughes Funeral Home in Paducah with Dane Hodges officiating. Burial at Wallace Cemetery in Symsonia.

David L. Higdon, a beloved husband, father, brother, and friend, passed away peacefully on July 23, 2025, at Baptist Health Paducah. A memorial service to celebrate his remarkable life was held on July 25, 2025, at Keeling & Goodman Funeral Home in Paducah, Kentucky, with Pastor Stephen Boyken officiating.

Imajo Ritchie, 72, of Paducah, Kentucky, passed away on Friday, July 25, 2025, at Ray & Kay Eckstein Hospice Care Center. A visitation will be held from 11:00 am until 1:00 pm on Friday, August 1, 2025, at Milner & Orr Funeral Home of Paducah. There will be no other services.

Shirley Jean Cunningham, known affectionately as Mammy to her many friends and loved ones, passed away peacefully on Friday, July 25, 2025, at Mercy Health Lourdes. Funeral Services were Thursday, July 31, 2025, at Milner & Orr Funeral Home of Paducah with Rev. Encil Edmonds officiating. Entombment at Woodlawn Memorial Gardens.

Carol Jean Scott Carney, passed away peacefully on July 24, 2025, at the age of 80. A funeral service was held Tuesday, July 29, 2025 at the Milner and Orr Funeral Home of Lone Oak with Rev. Ronnie Stinson officiating. Burial at the MT. Zion Cemetery in Mayfield, Kentucky.

Ron “Ronnie” Farmer, 74 of Paducah, passed away Wednesday, July 23, 2025, at Parkview Nursing & Rehabilitation in Paducah. A Memorial service was held Saturday, July 26, 2025, at Milner & Orr Funeral Home and Cremation Services of Lone Oak with Rev. Bob Martin officiating.

Willodean Bell Berkley passed away at her home on July 23, 2025, at the age of 74. Funeral services was held on Tuesday, July 29, 2025 at Milner & Orr Funeral Home of Paducah with Danny Orazine and Rev. Boogie Butler officiating. Burial at Woodlawn Memorial Gardens.

William Michael Cruse, of Paducah, Kentucky, passed away on Wednesday, July 23, 2025, at the age of 62. Memorial services are scheduled for 1:00 P.M. Monday, August 4, 2025, at Milner & Orr Funeral Home and Cremation Services of Paducah with Bobby Abell officiating Visitation will be held from 11:00 A.M.-1:00 P.M. Monday, August 4, 2025, at the funeral home.

Larry Duston Buchanan, affectionately known as Duston to his friends and family, passed away peacefully on Tuesday, July 22, 2025, surrounded by family at Lourdes Hospital from health complications. Funeral services were Saturday, July 26, 2025, at Milner & Orr Funeral Home of Paducah with Pastor Chris Prescott and Rev. Tommy Tucker officiating.

Kenneth David Crice, age 83, of Paducah, Kentucky, passed away peacefully on July 20, 2025, just days shy of his 84th birthday. Graveside Services were Wednesday, July 23, 2025, at Mt. Pleasant Cemetery in LaCenter, KY, with Pastor Randy Rains officiating.

Lee Martin Johnson, age 66, of Paducah, KY (formerly of Henderson, KY), passed away peacefully on Sunday, July 20, 2025, at the Ray and Kay Eckstein Hospice Care Center after courageously battling cancer for eight years. Visitation for Lee Martin Johnson will be on Saturday, August 2, 2025 at the Henderson County Public Library from 1:00 p.m. to 2:30 p.m. A memorial service will follow at 2:30 p.m.

Betty Moss Robinson, 91, of Paducah, passed away Thursday, July 24, 2025. There will be a visitation on Saturday, August 16th, from 10-12pm at 12 Oaks Baptist Gym. A celebration will immediately follow.

Don Robert McIntosh 71, of Metropolis passed away on Monday, July 21, 2025, at his residence. Don’s wishes were to be cremated with services to follow on a later date

Larry William Robertson, 69 of Paducah, died Sunday July 20, 2025 at his home. Services were Friday July 25, 2025 at Lindsey Funeral Home. With Bro. Josh Baker officiating. Interment at Woodlawn Memorial Gardens.

Grace R. Sims, 93, of Paducah passed into the arms of Jesus, on July 20th 2025. Services were Saturday July 26, 2025 at Lindsey Funeral Home with Rev. Jarry Merritt is officiating. Interment at Cothran Cemetery in Livingston County.

David Edward Chester, 67, of Paducah passed away on Saturday, July 19, 2025, at Ray & Kay Center of Paducah. Services were Thursday July 24, 2025, at Lindsey Funeral Home with Bro. Rick Fountain, Bruce Chester, Burial in Mt. Kenton Cemetery.

• MARSHALL •

Alice Ledbetter 95 of Benton, passed away Friday July 25, 2025 at Ray and Kay Eckstein Hospice Care Center of Paducah. No services are scheduled at this time.

Cynthia “Cindy” McAnally Roberts, age 84, of Benton, Kentucky, passed away peacefully on Friday, July 25, 2025, at Lake Way Nursing and Rehabilitation. Funeral services were Monday, July 28, 2025, at the Life Celebration Center of Filbeck-Cann with Rev. Greg Waldrop and Chase Presson officiating. Burial at Cole Cemetery.

William E. Lloyd, age 89 of Calvert City, KY passed away on Thursday, July 24, 2025, at his home. A graveside funeral service was held on Sunday, July 27, 2025 at Fooks Cemetery with Bro. Joel Frizzell officiating.

Lisa Johnson-Gill, 56 of Benton, Kentucky, passed away on Wednesday, July 23, 2025 at Baptist Health in Paducah, Kentucky. There are no services scheduled at this time.

Anthony Duane Harris Allen, age 40, of Benton, KY, died Wednesday, July 23, 2025, at Marshall Co. Hospital E.R. in Benton, KY. There are no services scheduled at this time.

Shirley Ann Wylie Cothran, aged 86, went to be with her Lord Jesus and loved ones who preceded her in death on Tuesday morning, July 22, 2025. Funeral Services will be held at Friendship Baptist Church on Sunday, August 3 at 2:30 pm., with Brother Rex Jones and Brother Andrew Sexton officiating. Burial follows at Miller Cemetery. Visitation precedes the funeral from 1:00 to 2:30 pm.
John Vernon Devine, age 91 of Calvert City, KY passed away on Tuesday, July 22, 2025, at his home in Calvert City, Kentucky. A graveside funeral service with military rites was held on Thursday, July 24, 2025 at Marshall Co. Memory Gardens Benton, Kentucky.

• TRIGG •

Kenneth Caldwell of Cadiz passed away July 25, 2025. Graveside services were Wednesday, July 30, 2025 at the Kentucky Veterans Cemetery West in Hopkinsville with Rev. Paul Cannon officiating with burial in the cemetery with full military honors. King’s Funeral Home is in charge of the arrangements.

Billy Kennedy, age 74, of Cadiz, Kentucky, passed away on Friday, July 25, 2025, at his home in Cadiz. Funeral services will be at Goodwin Funeral Home Tuesday, July 29, 2025, with Bro. John Mitchell officiating. Burial in Wall Cemetery in Wallonia.

Francis Michael “Mac” McDermott, age 84, of Cadiz, Kentucky, passed away on Wednesday, July 23, 2025 at Continue Care Hospital at Baptist Health in Madisonville, Kentucky. A memorial service will be held at a later date with burial in Kentucky Veterans Cemetery West.

Sammie Kay Radford, age 76, of Cadiz, Kentucky, passed away peacefully on Monday, July 21, 2025, in Louisville, Kentucky. Services were Saturday, July 26, 2025, at Goodwin Funeral Home with a graveside service at Morgan Cemetery in Bumpus Mills, Tennessee.

• UNION •

Kevin Michael Quinn, age 33 of Morganfield, Ky tragically passed away on July 24, 2025. Funeral will were Tuesday July 29, 2025 at Whitsell Funeral Home in Morganfield, KY. Rev. Geffory Diebler will officiate. Burial in St. Peters Cemetery in Waverly, KY

Hattie Rose McGuire, age 68 of Uniontown, KY went to her heavenly home on Thursday, July 24, 2025. Funeral service was held Wednesday, July 30, 2025 at St. Agnes Catholic Church in Uniontown, KY. Fr. Bruce McCarty officiating. Burial in St, Agnes Cemetery in Uniontown, KY.

Kathy Walker Hancock, age 73, of Morganfield died peacefully following a long battle with chronic kidney disease on July 21, 2025. A funeral mass was celebrated Friday, July 25th at 11AM, CST at St. Ann Catholic Church with burial in St. Ann Cemetery.

Margaret Ann Stone Stodghill passed away peacefully on Monday July 21, 2025 in Franklin, TN. Graveside services will be held at 1:00 PM Thursday, July 24, 2025 at Odd Fellows Cemetery, 451 Airline Road, Morganfield, KY 42437.

• WEBSTER •

Ronald Dale Hopper, 71 of Wheatcroft passed away Sunday, July 20, 2025 at his home after a long illness under the care of St. Anthony’s Hospice. Funeral services were Thursday, July 24, 2025 at 1:00 PM at Vanover Funeral Home in Clay with Chaplain Bert Montgomery officiating.

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

VICTORIOUS *Living* ...in a troubled world

Where to find the good therapy

By Teresa LeNeave
Leneave2@comcast.net

We often hear preachers tell us, “Jesus is our friend”, but why don’t we flip it around and ask ourself, “Am I His Friend?”

No one wants a fair-weather friend. We all want a friend who is always a friend. To have that kind of friend, we must be that kind of friend. Friendship with God grows in the same way our human friendships grow ... through mutual love and respect and time spent together.

It is my belief that we can’t be a friend of God unless we know something about Him. On our own, we can know very little about God. It is God’s written word, about Himself,

that reveals who and what He is (John 1:18). The good news is that He makes the first move toward us. He wants to be our friend. He wants us to know Him. He sent His Son, His Spirit, His Word, and all creation to reveal, to us, what He is like.

A mark of good friendship is to feel connected. When you have a best-friend, you have a mutual connection that binds you together. Feeling that “connection” is good for our emotional health.

Another distinct mark of friends is that we call our friends to talk about nothing! Do we talk to God for nothing, or is it just when we ‘need’ something that we knock on heaven’s door?

A friend is an ally



... they share the same ideas. We may not always agree, but we understand the same issues. As a friend of God, we also share the same ideas and have the same goal. As you know, God’s goal is to save the lost and bring glory to His majestic name. Can we say we share that goal with Him?

How can we show God we love Him?

The Bible says the way we treat each other is the way we treat Him. Knowing that ... can we still say we are a friend of God’s? It also says if we can’t love the people we actually, physically see, how do we think we can love someone we can’t see?

Aspiring to be His friend is not always easy. Like

all friendships, it takes work. Experts tell us having friends and social connection makes us live longer. That tells me, going to church is good for our well-being.

We don’t have to be a religious fanatic to please God, but we do need to get to know who He if we want to please Him. “Without faith,”

the Bible says, “it is impossible to please God. We must believe that He is and that He is a Rewarder of those who diligently seek Him.” Not only is He a friend, but He’s a rewarder of those who seek Him with all their heart. As far as I can tell, being friends with God is the best emotional therapy we can have.



By Gary Miller
Outdoortruths.org



Ever since I can remember hunting deer, I have dreaded July and August. Not because the deer season is not here yet, but because it soon will be. And if I am going to be ready for the cooler mornings of September and the colder days of October and November, I have to force myself into the heat of summer to shoot my bow, put out my cameras, and hang tree stands. For the past several weeks

the temperatures around here have been in the 90’s with humidity hovering around insanity. I mow my grass 30 minutes before dark and weed eat the next morning at daylight. Every other hour is sweltering. If I do have to work outside during the day, I usually do so in short increments to keep me from dying of heat stroke! Have I made my point? Yet, I know if I am going to be able to make an accurate

shot, I need to be shooting my bow every day no matter what weather I’m faced with. I’ll do it but I don’t have to like it.

It really is amazing to me that just about everything in life points to one unchangeable principle – you hardly every reap in the same season as you sow. In fact, the term itself has been hijacked from the farmer. He knows, like none other, that truth. I imagine it has given him not

only wisdom in other areas but patience in them as well. It also has given him a deep awareness of the uncontrollable period between those two seasons where he neither reaps nor sows but simply trusts. This is the longest season. It is the one that seems to have the most inactivity. It is the one that moves the work of reaping from the hand to the heart and from an aching back to a bended knee. The lesson to be learned

in the principle of reaping and sowing is not only that we need to be careful as to what we sow but it is to remember that none of our work or our harvest, or our successes, can come without a season where God waters the seeds we have planted. It is and always has been His way of saying that our life’s work is a partnership with Him and that sometimes our job is to put our hand on the plow of trust and let God do the work

that only He can do.

Gary Miller has written Outdoor Truths articles for 21 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

You are the caretaker of your mind

By William F Holland Jr.
billyhollandministries.com

I read a book years ago by Dr. Norman Vincent Peale called, “The amazing results of positive thinking” and I recommend it as an inspiration and encouragement to your spiritual life. He explains that our mind is constantly bombarded with all types of persuasions and each of us are held accountable to manage them. We have the ability to resist and ignore the negative influences that distracts us or we can pray and seek the Lord for a stronger discernment and sensitivity to deception. It was during this time of studying how the mind is considered the battlefield of spiritual warfare, that I had a powerful dream. I do not always place a lot of credibility in

dreams, but on the other hand, the Bible reveals that some dreams are used by God as a way of communication. Anyway, here was my dream. I found myself on a dusty construction site and as I looked around, I noticed workers with shovels and they were busy digging up small trees and bushes. Some were driving trucks and others were using chainsaws and in the distance, I noticed a bulldozer was pushing over some large trees. They were obviously clearing out some things and planting others but I was not sure for what reason. I approached one of the workers and asked who was in charge but he just kept walking. For some reason, I sensed in the dream that Jesus was involved with this operation and so I started searching for Him.

I was expecting any moment to see Him in a white tunic, sandals, and a hard hat, but I never did. Finally, I saw a man who was writing on a clipboard and he appeared to be a supervisor. I went over to him and said, “Excuse me, sir, can you tell me where I can find the project manager?” As he started walking away, he turned his head and calmly said, “You are.” This is the last thing I remember. There is an old rhyme that says, “Your mind is a garden, your thoughts are seeds, you can grow flowers or you can grow weeds.” Simple yet profound, and in relation to being responsible for our thoughts, it makes perfect sense to consider that we are the gardener, caretaker, and manager of our minds. We may not want to admit it,

but our spiritual journey with Christ was never intended to be a carefree experience. We are purchased to fulfill a destiny of specific purpose according to what He’s called us to be. Since it’s been established that what we think is directly associated with what we say and do, we can agree that whatever we have allowed to take root within our conscience is having a major impact on who we are. As the wind and the birds distribute seeds upon the earth, likewise the voices and influences of this life are deposited within our conscience. We may not be able to stop them from landing, but we do not have to allow them to sprout. As Christians, we now have a Master and Lord who wants us to have His mind. There is an interesting scripture found in Romans

chapter twelve that refers to this mental accountability, as Paul declares in verse one that God expects us to present our bodies and minds as a living and holy sacrifice. Verse two continues about how this can be accomplished. “And be not conformed to this world: but be ye transformed by the renewing of your mind, that you might prove what is that good, and acceptable, and perfect will of God.” Saying no to temptation is essential to having a clean conscience. The concept here is that we must awaken and realize as Proverbs 23:7 declares, “As a man thinks in his heart, so is he.” When we understand that managing and protecting our mind is our highest priority, we will become more serious about being separate from the world and

our sanctification. But, if we choose to live in a default mode that allows anything to persuade and distract us, we are infected with apathy as the enticements of carnality control us. Overcoming Christians cannot intentionally embrace or support any type of sin without drifting into lukewarmness. We will never become what God has called us to be until the desire to walk holy with Christ becomes greater than the acceptance to compromise with darkness.

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

ENDURE UNTIL THE END

Bro. Brandon G. Bramlett
Bandana Baptist Church

Wham! A gouging left-hook pierced his right eye. Boof! The world champion heavy-weight boxer

threw another lethal strike. “Raaah! Whooo!” shouted the crowd, as Apollo Creed and Rocky Balboa battled in the ring. Bif! Bam! Bop! With machine-like accuracy, Creed hammered Rocky’s

bloodied face. And then Rocky went down, but he was not out—he slowly rose to his feet, weary but determined. His handlers begged him to throw in the towel. But with blood

streaming down his face, Rocky warned, “You stop this fight, and I’ll kill you!” Then he launched into Creed with the fury of a mad tiger. But even after fifteen rounds of ruthless beating, neither boxer delivered a knockout, and the fight was eventually called. The announcer declared from the mic, “Tonight we have had the privilege of witnessing the greatest exhibition of guts and stamina in the history of the ring!” Rocky Balboa didn’t win the match, but he finished it. He endured until the end. He wasn’t trying to knock out Apollo Creed. He simply sought to go the distance and prove he could take a beating. To him, finishing well was better than winning every round. Rocky was right, and the Scripture also teaches that

endurance is better than winning every fight. When Paul the apostle was at death’s door, he did not say, “I have won the good fight,” but rather, “I have fought the good fight” (2 Tim. 4:7). The Christian life is not about avoiding failure entirely—it’s about getting back up in faith after being knocked down. True believers stay in the ring and rise for the next round through the strengthening grace of God. As Proverbs 24:16 says, “For the righteous falls seven times and rises again.” No Christian can always slay their flesh, defeat the devil, or triumph over the enticements of this sinful world. But even when struck down, beaten-up believers can rise again because, “though he fall, he shall not be cast headlong, for the LORD upholds his hand” (Psalm 37:24).

When flattened out on the canvas, the believer can say, “Rejoice not over me, O my enemy; when I fall, I shall rise; when I sit in darkness, the LORD will be a light to me” (Micah 7:8). True believers can testify with Paul: “We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed” (2 Cor. 4:8-9). So, don’t give up. Keep on keeping on. Endure until you hear the final bell—the trumpet of Christ’s return (1 Cor. 15:52). Finishing well is better than a perfect performance. As Rocky himself said, “It’s not about how hard you hit. It’s about how hard you can get hit and keep moving forward; how much you can take and keep moving forward.”

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CANCER,
from front page

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Affiliated with the University of Louisville School of Medicine, UofL Health is committed to providing patients with access to the most advanced care available. This includes clinical trials, collaboration on research and the development of new technologies to both save and improve lives. With more than 14,000 team members – physicians, surgeons, nurses, pharmacists and other highly-skilled health care professionals, UofL Health is focused on one mission: to transform the health of communities we serve through compassionate, innovative, patient-centered care. For more information on UofL Health, go to www.UofLHealth.org.

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How to cook delicious meals using cheap, everyday ingredients

By **Laurna Todd**
KPI Writer

Cooking at home is one of the best ways to save money,

but it doesn't mean you have to sacrifice flavor or nutrition. By focusing on inexpensive, everyday ingredients, you

can create tasty, satisfying meals that won't stretch your budget. The key is knowing which affordable foods are

versatile, filling, and easy to prepare.

One of the most budget-friendly staples is rice. A bag of rice can provide dozens of servings and serve as the foundation for countless dishes. Whether it's a simple stir-fry, a hearty soup, or a classic rice and beans combo, rice is both filling and easy to cook in bulk.

Beans are another cheap and nutritious ingredient. Whether you choose canned or dried, beans add protein, fiber, and flavor to your meals without a high price tag. Black beans, chickpeas, lentils, and kidney beans can be used in salads, stews, tacos, or even mashed into spreads.

Pasta is a classic low-cost option that can be paired with a variety of sauces and vegetables. It cooks quickly and keeps well, making it perfect for busy weeknights or meal prepping. Try tossing pasta with canned tomatoes, garlic, and frozen spinach for a quick and healthy dinner.

Eggs are an affordable source of high-quality protein and can be prepared in many ways—from scrambled or boiled to baked in casseroles. They

can also be added to salads, sandwiches, or fried rice to boost the nutritional value of your meal.

Frozen vegetables often cost less than fresh and last much longer. They're picked and frozen at peak ripeness, preserving nutrients and flavor. Adding frozen peas, corn, or mixed vegetables to your dishes is an easy way to include more veggies without overspending.

Potatoes and carrots are inexpensive root vegetables that can be roasted, boiled, mashed, or added to soups. They're filling and nutritious, making them a great choice for stretching meals further.

Finally, canned goods like tomatoes, tuna, and corn can be lifesavers for budget cooks. They have long shelf lives, are easy to store, and can add depth and variety to your cooking.

With these affordable ingredients in your pantry and freezer, you can prepare a wide range of delicious meals without spending a fortune. The secret to budget cooking is creativity—mix and match these staples with spices, herbs, and sauces you already have to keep your meals exciting and satisfying. By cooking smart, you can enjoy healthy, homemade food while keeping your finances on track.



AI,
from front page

analytics: Those with a particular health condition can rely on AI to predict the likelihood of certain health events, like heart attacks or stroke, by analyzing data and genetic information. This allows doctors to take proactive approaches to adjusting treatment plans.

• Chronic disease management: The

integration of AI into chronic disease management can enhance patient care efficiency and lead to optimized treatment strategies, says the National Institutes of Health. AI can monitor data patterns that offer insight into disease progression and can help seniors manage medications by providing reminders, tracking compliance and dispensing correct dosages.

• Smart home

technology: A person's environment impacts his or her health. AI-powered devices can automate tasks like adjusting interior temperatures to safe levels, turn on lights for safer navigation, turn off appliances if they have been left unattended, and offer additional safety features like fall detection. This may enable seniors to live securely and independently longer.

• Daily tasks: In addition to specific disease management, AI can be used to create healthy meal plans and schedule appointments. This can promote autonomy and reduce reliance on helpers or caregivers.

Artificial intelligence is infiltrating daily life in many ways. In health care settings, AI benefits seniors in many different ways.



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The truth about artificial meats:

Why whole foods are still the healthier choice

By Lurna Todd
KPI Writer

Artificial meats, also known as plant-based or lab-grown meats, have become increasingly popular in recent years. Marketed as sustainable and animal-friendly alternatives to traditional meat, these products have found their way into grocery stores and fast-food chains across the country. While they can be appealing for those looking to reduce their environmental impact or avoid animal products, it's important to understand that artificial meats are highly processed and may not be as healthy as whole foods like chicken, beef, or fish.

One of the main concerns with artificial meats is how heavily

processed they are. These products often contain a long list of ingredients, including soy protein isolates, pea protein, oils, flavorings, colorings, and chemical additives designed to mimic the taste and texture of real meat. While they may be plant-based, many of these ingredients are far removed from their natural state. Highly processed foods are linked to higher risks of obesity, heart disease, and other health issues, largely because they can contain excess sodium, added sugars, and unhealthy fats.

In contrast, whole foods like chicken, beef, and fish are single-ingredient proteins that provide essential nutrients without the need for extensive processing. Lean meats

are rich sources of complete protein, iron, zinc, and B vitamins, all of which play crucial roles in maintaining energy levels, supporting immune function, and building muscle. While artificial meats may be fortified with some of these nutrients, they don't provide the same naturally occurring benefits.

Another issue with artificial meats is their sodium content. Many plant-based burgers and meat substitutes contain far more sodium than a regular serving of chicken or beef. High sodium intake is linked to high blood pressure and heart problems, making it important to consider this when choosing between processed alternatives and whole foods.

Whole foods also tend to be more satiating, meaning they keep you full for longer. This can help prevent overeating and unnecessary snacking. Because they are less processed, whole foods also typically have fewer hidden additives and preservatives.

While artificial meats can be a useful option for vegetarians or those with specific dietary restrictions, they shouldn't be mistaken for a health food. Whole, minimally processed proteins like chicken, steak, fish, and eggs remain the better choice for those prioritizing nutrition and long-term health. Choosing foods closer to their natural state is almost always the best path to a balanced, wholesome diet.

EATING,
from front page

allows you to control ingredients and portion sizes while saving money. Cooking in bulk and planning meals ahead can cut down on food waste and reduce the temptation to grab expensive convenience foods. Over time, these savings add up significantly compared to regularly dining out.

Another way eating healthy saves money is by reducing long-term healthcare costs. Diets high in processed foods, sugar, and unhealthy fats increase the risk of chronic illnesses like diabetes and heart disease. Medical bills, prescription costs, and lost work time from poor health can far exceed the cost of buying fresh, whole ingredients. Investing in your health today is one of the best ways to

avoid large expenses
later.

Lowering stress through better eating also has a financial benefit. Stress can lead to emotional spending, where people splurge on items they don't need as a way to cope. By supporting your mental well-being through a balanced diet, you may be less likely to overspend on impulse purchases or convenience foods.

Eating healthy doesn't mean breaking the bank. Shopping sales, buying seasonal produce, and cooking at home can make nutritious meals affordable. Over time, you'll not only feel better but also see the benefits in your wallet. By nourishing your body with the right foods, you can reduce stress, improve your quality of life, and save money all at once.



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How to make an active retirement a reality

Scores of people view retirement as a time in their lives when they aren't beholden to schedules and can finally indulge in hobbies and interests they'd been dreaming about while sitting in meetings or commuting to the office. Although retirement often is billed as a time to enjoy life, research suggests a different scenario plays out all too often. According to a recent study commissioned by The Oddfellows, one of the oldest friendly societies in the United Kingdom, 39 percent of retirees have experienced feelings such as loneliness, boredom and a reduced sense of identity and purpose shortly after the retirement glow wears off.

Staying active and engaged during retirement may take some creative effort, especially for those who were used to the regimented schedule of work. But the following are some ways to maintain your active engagement with the world after calling it a career.

- **Take that trip.** According to AARP, travel is one of the most popular things to do during retirement. Odds are there are places retirees have always wanted to visit, and the world is just waiting. Taking a tour or being part of a travel group can simplify travel planning by leaving the organizing to someone else. Travelers just enjoy the ride.
- **Get moving physically.** The National Council on Aging says regularly engaging in physical activity a person enjoys can help prevent bone loss, boost immunity, improve mood, and even prevent chronic illnesses. Team sport participation is a top choice for seniors looking to stay active because sports provide physical exercise and also an opportunity to socialize with friends or teammates.
- **Maintain a consistent schedule.** Some people thrive when they know what is coming next. If you need a routine in order to be happy, establish a consistent schedule that works. For example, people can wake up at the same time each morning and eat lunch during at the same time they did while working. Upon retiring, incorporate a daily plan for exercise if physical activity is not part of your traditional routine.
- **Try something new.** It is never too late to try a new activity, class, sport, or hobby. Challenging yourself can stimulate the mind and provide a pathway to new relationships. Individuals can even consider going back to college. According to Kiplinger, New Jersey residents age 65 and older can take regularly scheduled courses tuition-free at the state's public colleges and universities, provided classroom space permits. There are similar programs in other states across the country.
- **Pick up a new language.** Learning a new language is a beneficial tool for seniors who are looking to maintain cognitive abilities. The National Institutes of Health says bilingualism has been linked to higher cognitive reserve, delay in dementia onset and better performance in executive control.

There are many ways for seniors to keep their brains and bodies active in an effort to overcome boredom and improve overall well-being.

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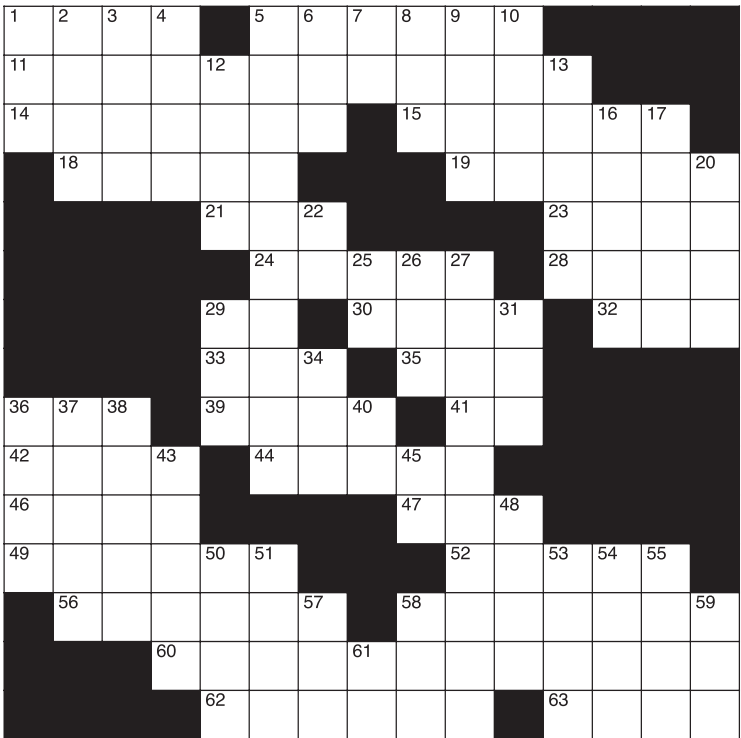
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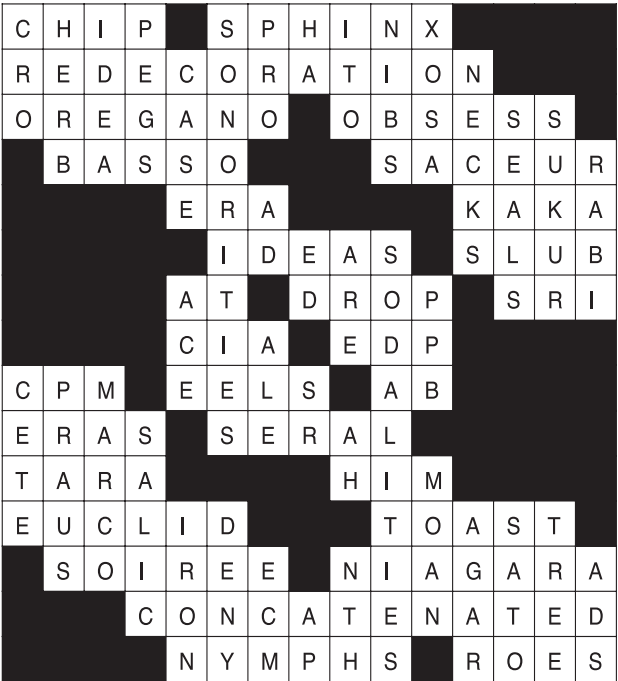
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5. Guards the Pyramids
11. Furnish anew
14. Herb
15. Preoccupy the mind continually
18. The lowest adult male singing voice
19. NATO commander (abbr.)
21. A major division of geological time
23. New Zealand parrot
24. Notions
28. Lump in yarn
29. Indicates position
30. Lose hold of
32. Hindu honorific
33. Former OSS
35. Electronic data processing
36. Cost per mile
39. Snake-like fish
41. They start the alphabet
42. Taylor Swift’s tour
44. Intermediate ecological stage
46. Scarlett’s home
47. Of he
49. Ohio city
52. Breakfast item
56. An evening party
58. ___ Falls
60. Linked together
62. Mythological spirits
63. Small Eurasian deer

CLUES DOWN

1. Earliest human form: ___
-Magnon man
2. Flavoring
3. Notion
4. Bundy and Fenwick are two
5. Qualities of sound
6. One who gets paid
7. Expresses surprise
8. O.J. trial judge
9. Pointed ends of pens
10. Shield bugs genus
12. Container for shipping
13. Upper body parts
16. Closes tightly
17. Nigerian World Heritage Site
20. Volcanic island in Fiji
22. Commercial
25. -___: denotes past
26. They ___
27. Confraternities
29. A way to gain a point
31. Parts per billion (abbr.)
34. Brew
36. Badgers group
37. Sailing boat
38. ___ Polo, explorer
40. Elder citizen (abbr.)
43. Frankish law code
45. Exclamation of surprise
48. Groan
50. It presses clothing
51. Do not allow
53. Gelatinous substance
54. Common Japanese surname
55. Present in nature
57. Electronic countermeasures
58. Last or greatest in an indefinitely large series
59. Commercials
61. News agency

PUZZLE SOLUTION



Coloring Fun

National Play Ball Day - August 1st!



Word Search

TASTY DESSERT WORD SEARCH



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

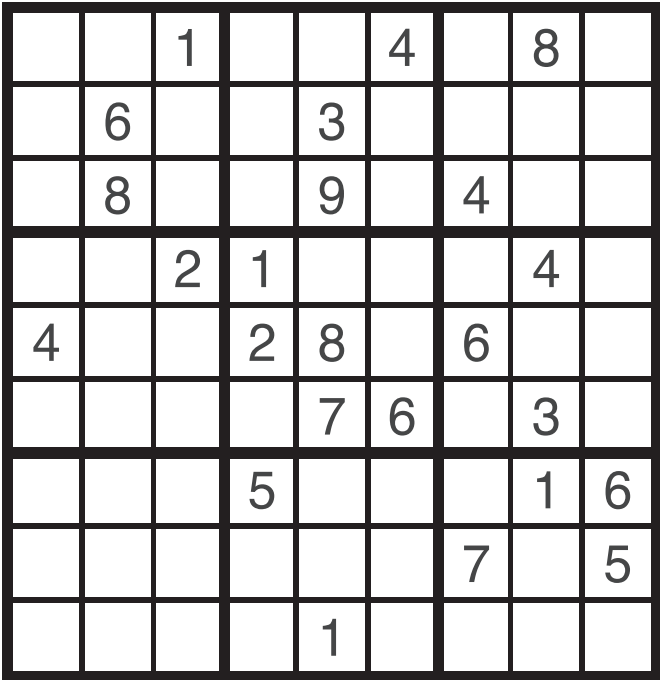
WORDS

- BLONDIES
- BROWNIES
- CAKE
- CANDY
- CHEESECAKE
- COOKIES
- CREAM
- CRÈME BRÛLÉE
- CUPCAKES
- CUSTARD
- ÉCLAIR
- FLAN
- GELATIN
- GELATO
- ICE CREAM
- MOUSSE
- PIE
- POPS
- PUDDING
- SORBET
- SPUMONI
- STRUDEL
- TART
- TIRAMISU

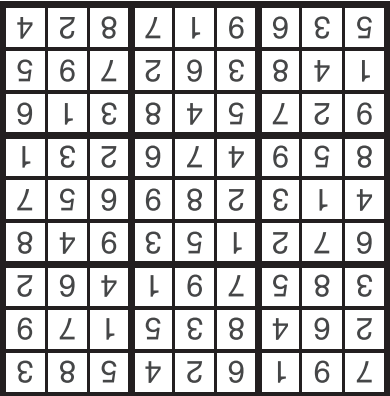
Sudoku Puzzle

How it Works:

Sudoku puzzles are fomatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle! Good Luck!



Sudoku Answers



Word Search Answers



The Rise of Subscription Services:

Are You Spending More Than You Think?

By Laurna Todd
KPI Writer

Subscription services have become a regular part of everyday life. From streaming platforms like Netflix and Spotify to meal kits, gym memberships, and even subscription boxes for clothing or beauty products, it feels like there's a subscription for everything. While these services are convenient, they can quickly add up and take a bigger bite out of your budget than you realize.

One reason subscriptions are so appealing is their low monthly cost. A service that costs \$10 or \$15 a month seems affordable, especially compared to paying a large upfront fee. However, when you combine multiple subscriptions,

the total can be surprising. Having several streaming platforms, a few monthly delivery boxes, and app subscriptions can easily add up to hundreds of dollars a month without you noticing.

Automatic payments make it easy to forget what you're paying for. Many people sign up for free trials and forget to cancel, or continue paying for services they rarely use. Because the charges are small and recurring, they often go unnoticed on bank statements.

Companies design subscriptions to encourage long-term spending. By spreading out costs, they reduce the "pain" of paying all at once, making you less likely to question the value. Some services even offer discounts for

paying annually, which can be cost-effective but may also lead you to commit to something you don't truly need.

To avoid overspending, it's important to regularly review your subscriptions. Make a list of every recurring charge and ask yourself whether you still use or value each one. Canceling unused subscriptions can free up money for savings or more meaningful expenses. For services you still enjoy, consider sharing family plans or rotating subscriptions—keeping one streaming service at a time instead of paying for several.

Subscription services can be a great way to access entertainment, products, and

conveniences. But without careful attention, they can become a hidden drain on your finances.

By tracking your spending and reassessing which services truly add value to your life, you can

enjoy the benefits of subscriptions without sacrificing your budget.

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PREVIEW DATE: August 4th from 5:00-6:00 pm

Tucked away on a scenic **0.55-acre corner lot** in Graves County, **Tract 1** offers a charming 1.5-story home full of character and potential. With just over 1,300 square feet, this cozy residence features 1 to 2 bedrooms, a full bath, and a warm, inviting layout. A formal dining room sets the stage for family meals and entertaining, while the kitchen's bar-top nook adds casual dining charm. Enjoy peaceful mornings on the covered front porch or unwind in the evenings with views of the surrounding countryside. The attached one-car garage and connected 20'x15' storage building—accessed via a breezeway—make for ideal spaces to work, create, or organize. Located at the **intersection of Hwy. 301 and Trace Creek Church Road**, it's a convenient yet peaceful place to call home.

Tract 2 adds valuable versatility and utility to the property with two substantial metal buildings on 0.87 acres. The 9'x15' building is perfect for smaller tools or storage, while the expansive 47'x16' structure offers excellent space for equipment, trailers, or recreational vehicles. Whether you need a workshop, a place to store your toys, or simply more room to grow, this tract provides the flexibility to meet a variety of needs. With **frontage along Trace Creek Church Road**, this additional land and infrastructure could be the perfect complement to the residence or serve as a standalone investment opportunity.



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OUTDOOR BUILDINGS: Portable Building with Cedar Lining - Approx. 20' x 20' Carport

TOOLS & UTILITY ITEMS: Multiple Infrared Heaters, Yardsticks (Local Mayfield Kentucky Marketing), Folding Table, Black & Decker 30" Accu-Mark Level, Outers Shotgun Cleaning Kit, Metric Socket Set, High-Flow Pump For Sprayer, Circular Saw, Outers Laboratories Tripod Skeet Thrower, Multi-Directional Tripod, Concrete Birdbath, Red Metal Shelf, Metal Garden Archway, Multiple 10' And 12' Crappie Poles And Reels, Pflueger Spinning Reel With 6' Rod, Two Abu Garcia Spinning Reels And Rods, Metal Birdbath, Hand Crank American Beauty Vintage Piece, Two Tru-Tip Lawn Fertilizer Containers, Multiple Lawn Ornaments and MUCH more!

GOLF CART: Club Car Battery Golf Cart - Serial #A8726 120961

APPLIANCES: Amana Refrigerator, Frigidaire Electric Stove, Whirlpool Washer, Maytag Dryer, Frigidaire 20 Ft.³ Frost-Free Upright Freezer, Frigidaire Gallery 18 Ft.³ Frostproof Refrigerator Freezer.

FURNITURE & ANTIQUES: Wooden Bench, Wooden Bench With Metal Sides And Back, Casper Cabinet Company Secretary Desk, Wooden Entertainment Cabinet, Lawyer's Style Cabinet, Sofa Table, Rocking Chair, Two Bedside Tables With Drawers, Wooden Hexagon Side Table, Smokers Cabinet, Accent Chair, Wooden Antique Shelf, Wooden Finish Computer Desk, Side Cabinets, Child Size Hutch, Storage Cabinet, Wooden Hutch, Cochrane Wooden Hutch, Wooden Chair, Wooden Side Table, Wooden Stool, Wooden Lamp Side Table, Corner China Cabinet, Wood Finish Display Shelving, Bassett Wooden Dresser, Jewelry Chest Dresser With Attached Mirror, Full Size Headboard, Mirror Jewelry Case, Round Dining Room Table With Six Chairs And Additional Leaves, Wooden Bar Cart On Wheels, Handcrafted In Graves County Cedar Chest, Wooden Storage Shelf, Wooden Gun Cabinet, Metal Chairs With Wooden Seats, Two Wooden Barstools With Wicker Seat, Outdoor Chairs, Red Metal Bench, Wrought Iron Outdoor Furniture - Multiple Pieces.

KITCHENWARE & GLASSWARE: Corning Ware (Multiple Pieces And Styles), Pink Pyrex Bowl, Orange Pyrex Casserole Dish With Lid, Cast Iron Heart Pan For Cornbread, Cast-Iron Pans In Various Shapes, Three Cast-Iron Skillets, Cast Iron Irons, Mixing Bowls, Pampered Chef Baking Pans, Hotdog Steamer, Tupperware, Stainless Steel Flatware, Green Glass Stemware, Pink Glass Stemware, China Sets, White Hobnail Adolescent Tray, Carnival Glass Vases, Carnival Glass Bowls, Pink Depression Glass and MUCH more!

COLLECTIBLES & DÉCOR: Brass Candlesticks, Framed Art Pieces Including Ken Holland Prints (Some Signed), Graves County Eagles Framed Art, Artificial Flowers, Porcelain Decorative Vases, Small Oil Lamps, Silver Plated Bowl, Silver Plated Candle Opera, Decorative Blue And White Spheres, Very Old Pair Of Dolls, Mirror Jewelry Case, Decorative Frames, Primitive Frames, Blue And White Printed Dish Set, Garden Flags, Coca-Cola Clock, Coca-Cola Trays, Coca-Cola Signs, Coca-Cola Bottles, Coca-Cola Carriers, Mummy/ Aunt Jemima Memo Pad, Aunt Jemima Cross-Stitch, Aunt Jemima Sugar And Creamer, Aunt Jemima Doll, Aunt Jemima Mug, Aunt Jemima Figurines, Two Cast-Iron Aunt Jemima Banks, Cast-Iron Toothpick Holder, Vintage Salt And Pepper Shakers, Coca-Cola Metal Bottle Opener, Vintage Santa, Jewelry And Accessories Consist Of Numerous Pieces Of Costume Jewelry From Various Brands Including Rings, Bracelets, Necklaces, Earrings, Brooches, Accessories, Mirror Jewelry Case, Jewelry Chest Dresser With Attached Mirror, Vintage Matchbox Cars, Beanie Babies, Workshop Gerald E. Henn Numbered /800 Basket, McCoy Figurines And Vases, Number Eight Crock, Blue Mason Jar, Vintage Violin With Hair String, 1970s Vintage Comic Books, Vintage Mayfield Kentucky Milk Crate, Marbles, Vintage Toys, Numerous Recipe Books.

REAL ESTATE TERMS: The property will be offered in 2 individual tracts, any combination of tracts, or as a whole property. The property will be sold in the manner resulting in the highest total sale price. 10% buyer's premium will be added to the final bid price & included in contract price. A 15% deposit is due day of auction, balance due in 30 days. The property is being sold on an "AS IS, WHERE IS" basis, and no warranty or representation, either express or implied, concerning the property is made by the Seller or Auction Company. Each potential bidder is responsible for conducting his or her own independent inspections investigations, inquires, and due diligence concerning the property. Make inspections Prior To Date Of Sale. SURVEY: The property will be sold by a new survey. Buyer will be responsible for 50% of the survey cost.

PERSONAL PROPERTY TERMS: A 20% Buyer's Premium Will Be Added To The Final Bid And Included In The Sales Price. Full Settlement Date Of Sale. Check Or Cash Only.

Lyell Named 2025 Kentucky ACTE New Teacher of the Year

By Graves County Schools

It’s often said that becoming an educator is a calling more than an occupation. So many times, the hours and the hard work that goes on behind closed doors goes unseen. We are proud to announce that those efforts have caught the attention of others, and Ms. Abby Lyell, GCHS educator, has been named the 2025 Kentucky ACTE New Teacher of the Year.

“I feel blessed to be recognized with this award. When I got the notification that I had been nominated, I was surprised. This is a job you do because you love it and you care about

your students. I know there are so many CTE teachers across the state that deserve to be recognized for their teaching and the way they support their students and create opportunities. To have been selected from that pool for this award just motivates me even more to make sure I am being the best I can be for my students.”

With her sixth year of teaching right around the corner, Lyell has spent all of her days teaching within the Graves County school district. Currently, she serves as the Animal Systems and Ag Power Structures and Technical Systems Pathway classes. She

also devotes her time as the FFA Advisor...a club that is rich and thrives at GC. In addition, you might catch Ms. Lyell driving a school bus when she is needed.

A jack of all trades, Lyell insists that the calling on her life stems from being exposed to the world of being an educator at a very young age due to her mother being a teacher. However, as a young adult, it was her agriculture teachers that really sealed the deal for her.

“At Carlisle County High School, I had two teachers that pushed me to learn skills I never thought I would compete in public speaking and the Agriscience Fair.

Then, when I moved to Graves County High School my sophomore year, I met Mr. Kelvin Howard who told me ‘We have a place for you here.’ I will never forget that. I jumped right into plant science and animal science courses that year and got even more involved with FFA. I decided pretty quickly that I wanted to combine my passion for learning and agriculture and pay it forward to students like me that needed a place to belong or that person to cheer them on.”

Ms. Lyell has achieved some pretty remarkable things during her teaching career such as establishing the

International Travel Ag Program, earning 5th out of 100 chapters at Murray State’s FFA Field Day, and every student this past year at GC completed industry certifications for the Animal Science Pathway through Kentucky Beef Quality and Care Assurance(BQCA). However, she insists that she still has work to do.

“My biggest goal this year is to continue providing my students with meaningful experiential learning opportunities that help prepare them for their future whether that’s projects with labs where they apply their knowledge and practice the skills they develop in class,

or bringing in more guest speakers from different industries. I have some really fun ideas to make learning real this year, and I hope we are able to make that happen.”

Summer is dwindling down and in a few short days, the classrooms will be full once again with students ready to embark on a new year. Lyell plans to kick off this school year with the same motto that has carried her to where she is now... the winner of the 2025 Kentucky ACTE New Teacher of the Year.

“At the end of the day, I just want students to leave my classroom better than when they first entered it.”

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NCCA teacher in Hardin recognized nationwide

By Kelsey Edwards KPI Writer

Amanda Smith, a New Covenant Christian Academy’s (NCCA) teacher, has been recognized as a history educator. The Gilder Lehrman Institute of American History named Smith the 2025 Kentucky History Teacher of the Year for her outstanding achievements in American history education. Smith received a monetary award, as well as an archive of books and historical resources, along with the recognition at a statewide ceremony. Along with this recognition, Smith is also one of 53 finalists for the National History Teacher of the Year award.

The Gilder Lehrman program recognizes excellence in teaching of history at the K-12 level. Each year, thousands of teachers are nominated by either students, parents, fellow teachers, or community members, in order to shine a light on the important work they do. The program has recognized more

than 1,000 outstanding elementary, middle, and high school teachers in each of the 50 states, the District of Columbia, Department of Defense schools, and US Territories, since 2004. In each state, there is a committee of history teachers, professors and other education professionals who review the nominated teachers. Smith is beginning her 10th year at New Covenant Christian Academy and her 14th school year as a teacher. For the last seven years Smith has included National History Day(NHD) projects as part of her class and has had students advance to the national level. NHD is an academic program focused on historical research, interpretation, and creative expression for 4th grade through 12th grade students. Through the process, students are able to develop skills in communication, project management, and historical thinking. For more information about New Covenant Christian Academy, you can visit www.nccaky.org.

Golf Courses in Western KY

Paducah Area Paxton Park Golf Course – Public, 18 holes (Paducah) Drake Creek Golf Club – Semi-private, 18 holes (Ledbetter) Country Club of Paducah – Private, 18 holes (Paducah) Rolling Hills Country Club – Private, 18 holes (Paducah) Silo’s Country Club – Semi-private, 18 holes (Kevil) Benton / Gilbertsville / Kentucky Lake Area Kentucky Dam Village State Park Golf Course – Resort/ public, 18 holes (Gilbertsville) Benton Golf & Country Club – Semi-private, 18 holes (Benton) Calvert City Country Club – Semi-private, 18 holes (Calvert City)	Eddyville / Lake Barkley Area Mineral Mound State Park Golf Course – Public/resort, 18 holes (Eddyville) Princeton / Madisonville / Dawson Springs Area Princeton Golf & Country Club – Semi-private, 18 holes Pennyrile Forest State Resort Park Golf Course – Public/ resort, 9 holes (Dawson Springs) Madisonville Country Club – Semi-private, 18 holes Hopkinsville Area Hopkinsville Golf & Country Club – Private, 18 holes Western Hills Municipal Golf Course – Public, 18 holes Mayfield / Fulton / South KY	Mayfield-Graves Country Club – Semi-private, 9 holes Fulton Country Club – Semi-private, 9 holes Henderson Area · The Bridges Golf Course of Henderson — A public 18-hole course (par 72, 6,954 yards), opened in 2019, just about 4 miles from downtown Henderson. · John James Audubon State Park Golf Course — Public 9-hole layout (par 36, ~3,136 yards), nestled in Audubon State Park’s wooded setting, approx. 4 miles south of Henderson. Amenities include a pro shop, cart rentals, and club rentals. · Henderson Country Club — Private 18-hole course (par 72, ~6,718 yards), about 5 miles east of Henderson; membership or guest access required.
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Teaching Kids About Money:

Age-Appropriate Lessons That Work

By **Laurna Todd**
KPI Writer

Teaching children about money is one of the most valuable skills parents can pass down. Developing healthy financial habits early sets kids up for a lifetime of smart money management. The key is to tailor lessons to your child’s age and understanding, making money concepts clear, practical, and even fun.

For young children between ages three

and seven, the focus should be on basic money recognition and the value of saving. Using coins and bills in everyday activities helps kids understand what money looks like and how it’s used. Giving them a clear jar or piggy bank encourages saving, and parents can explain simple ideas like waiting to buy a toy until they’ve saved enough. This age is also a great time to introduce the concept of needs versus wants by discussing different types of

purchases.

As kids grow into the elementary years, roughly ages eight to twelve, they can handle more detailed money lessons. This is a good time to introduce allowances tied to chores, teaching responsibility and the connection between work and earning. Parents can also talk about budgeting by helping kids allocate their money toward spending, saving, and sharing or charity. Using games or apps designed for financial

education can make learning about money management engaging at this stage.

Teenagers are ready for more complex concepts like banking, credit, and long-term financial planning. Opening a checking or savings account gives teens hands-on experience with managing their own money. Parents should discuss how credit cards work, the dangers of debt, and the importance of building credit responsibly. This is also the perfect time

to talk about setting financial goals, such as saving for college, a car, or other big expenses, and how to create a plan to reach them.

Throughout every age, it’s important for parents to model good financial behavior. Children learn a lot by watching how their parents handle money—whether it’s budgeting carefully, avoiding impulse purchases, or talking openly about financial decisions. Encouraging questions and

making money a normal part of family discussions helps kids feel comfortable and confident with finances.

By giving kids age-appropriate lessons about money, parents equip them with the tools to make smart choices and build financial independence. Starting early and continuing the conversation as children grow ensures that money management becomes a natural, lifelong skill.



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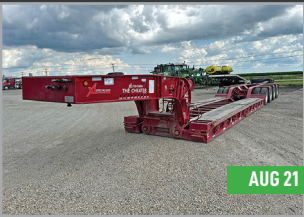
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DY0342 '12 John Deere 7130 MFWD tractor



DM1953 '15 Caterpillar-Prentice 2864C mulcher



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