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*The Scene*



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Say **THANK YOU** for serving our country!

By Greg LeNeave

Publisher, KPI Newspaper Group

I want to encourage everyone to do something easy. Say you're talking to someone, and while you're speaking with them, you find out they've served in the military. Tell them "THANK YOU for SERVING OUR COUNTRY."

Additionally, when you see a person in a military uniform, go out of your way and take a few minutes of your time and tell them "THANK YOU for SERVING OUR COUNTRY."

It's easy to do.

Several years ago

during Thanksgiving, my son, Rob LeNeave, (who was a Petty Officer 3rd Class, U.S. Navy at the time), came home for his holiday break.

Since our family wouldn't have another chance to do Christmas with him before his leave was up, we all got

together for an early Christmas party. My wife, Teresa, wanted everyone to say what they were thankful for after we'd opened our presents.

Bobby really put it all in perspective when he said, "I'm proud of our country." After traveling

around the world, he said, "There is no place else like the United States of America."

Coming from a military man, you have to really be proud of how good we have it here in America.

What's amazing is the fact we have the right to worship as we choose, the right to free speech and many more privileges; far too numerous to mention, far more than any other country in the world.

So take time and acknowledge those who put their life on the line for you and this country. Many have gone before and have served our great nation. They deserve our praise and gratitude.

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Veterans  
Day



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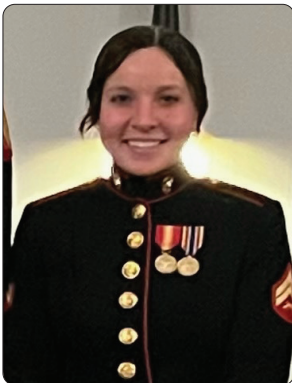
Abigail "Abbi" Workman  
U.S. NAVY



Alex Woods  
U.S. AIR FORCE



Alliah & Ethan Fuentes



Alliah Fuentes



Andrew L. (A.L.) Pool



Andrew Miller  
U.S. NAVY



Andrew Pannell  
U.S. ARMY



Andrew Scott  
U.S. ARMY



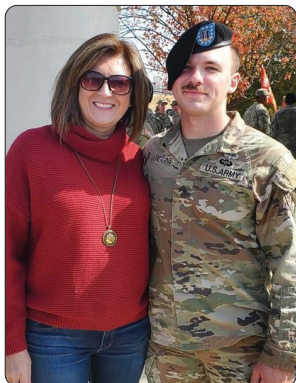
Anthony Johnson



Anthony Ross Group



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U.S. ARMY



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Bill Dunn

*“These are the hidden heroes of a peaceful nation: our colleagues and friends, neighbors and family members who answered the call and returned to live in the land they defended.”*

—GEORGE W. BUSH

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IS WORTH *remembering*

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# Milner & Orr Funeral Homes honor veterans in special ways

By Mary Beth Orr

Paducah, KY—Everyday, locally owned Milner & Orr Funeral Homes strive to honor lives—especially the lives of Veterans. There are special ways to honor these men and women in order to pay tribute to the lives of those who have made a positive impact on both our communities and nation. Regardless of the military branch, years of service, or wars fought, Milner & Orr provides these services to every Veteran’s family. “We appreciate the service, time and sacrifice these men and women have made for our country,” says Brandon Orr. “Our

hope is that we can provide funeral services that honor the sacrifice these veterans have made both on the battle field and at home.” Milner & Orr Funeral Homes offers special items to honor veterans. Some of the options available to Veterans and their families are caskets that represent their specific branch of service, special patriotic corners and unique military medallions for caskets and burial vaults that honor their service. Each veteran family receives a folded flag in honor of their loved one on behalf of The Office of Veteran Affairs. To preserve the flag, Milner & Orr provides a protective

case for each family. For every Veteran funeral service, per the approval of the family, Milner & Orr arranges for affiliated service groups such as the Patriot Guard, Fort Campbell, the VFW and American Legion to participate in their funeral service.

These groups provide each veteran’s family with options such as standing guard the day of the service, folding and presenting of the flag to the veteran’s family, playing of taps at the burial site or at the funeral home, and even a 21-gun salute when

approved by VA. . Each veteran is entitled to certain VA benefits like a VA marker to be placed at the cemetery, a presidential memorial certificate and VA burial benefits. Milner & Orr helps each family complete each of these forms and

submits it to the VA on their behalf. Logan Orr explains, “It’s an honor for us to share a veteran’s story and pay respect for all they have given our country. Providing military rites for veterans and their families is the least we can do to honor their life.”





*In memory of*  
**Billy O. Cooper**  
*Killed in the*  
*Battle of the Bulge*  
**December 21, 1944**

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Brian Courtney



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Carl Duane Red Nickell



# Paducah Park to host several Veterans Day events

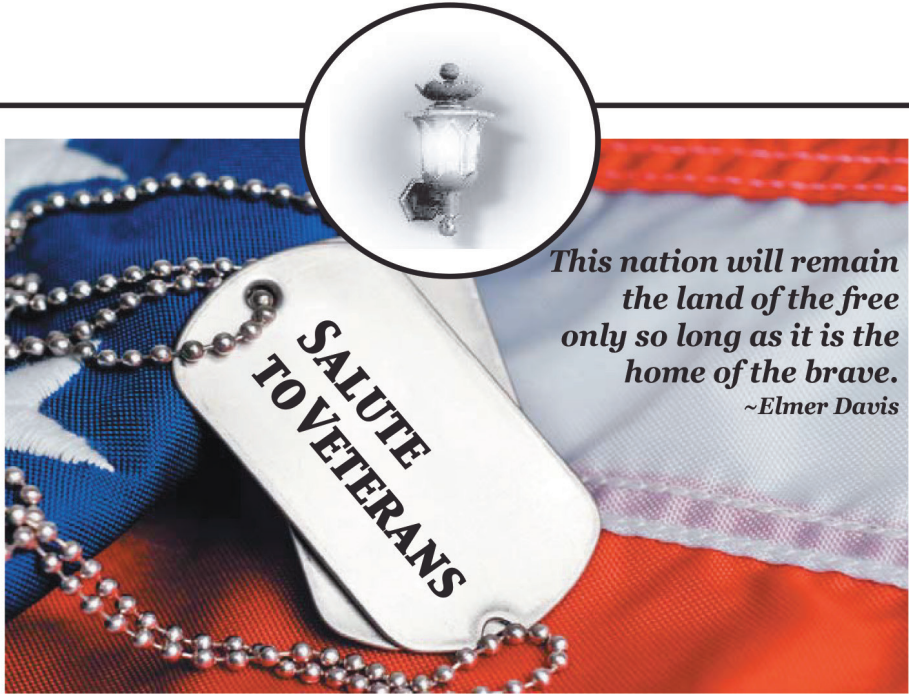
Below are various activities organized by the City of Paducah and other organizations to honor and celebrate veterans on Veterans Day, Tuesday, November 11.

**Sunrise Reveille** - The Veterans Day Sunrise Reveille will begin at approximately 6:15 a.m. at the Vietnam Veterans Monument in Dolly McNutt Memorial Plaza (301 South 5th Street) on November 11. Reveille will be played along with the raising of the flag at sunrise, 6:29 a.m.

**Veterans Day Awards and Opening Ceremony** - An awards and opening ceremony will be at 10 a.m. on November 11 at Dolly McNutt Memorial Plaza. The event includes honoring the Patriot Award winner, Distinguished Veteran, and the winners of the Paducah Chapter, Daughters of American Revolution Veterans Day Poster & Essay Contest.

**Veterans Day Parade** - On November 11, the Veterans Day Parade begins at 11 a.m. at 6th and Washington Streets. It will travel along 6th Street before turning right on Broadway and heading toward the riverfront. At Water Street, it will turn left and disband at Jefferson Street.





*This nation will remain the land of the free only so long as it is the home of the brave.*  
~Elmer Davis

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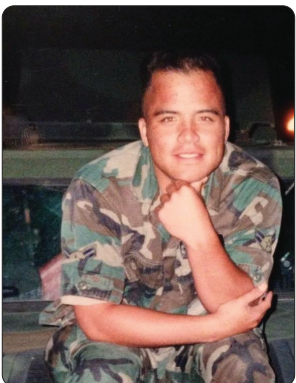


Veterans Day *Tribute*

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Chad Bowles



Chad Ohelo  
U.S. Air Force



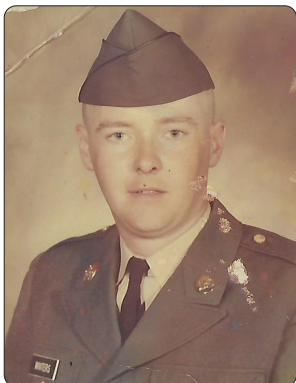
Chad Young



Charles Jett  
KOREAN WAR - NAVY



Charles Boulton



Charles Larry Winters

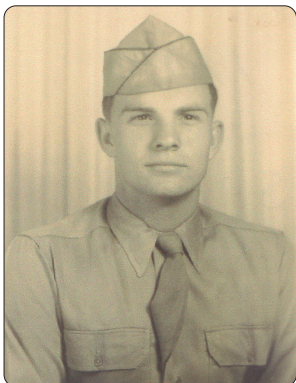
“As we express our gratitude, we must never forget that the highest appreciation is not to utter words but to live by them.”  
—JOHN F. KENNEDY



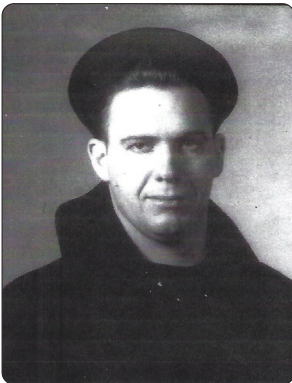
Claude Martin  
1918-1919 WWI



Clayton Kelley  
U.S. ARMY



Clifton Perry Smith



Clyde T Love, Jr.  
U.S. NAVY



Collie Sullivan



Cpl. Eddie Mullen

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Guard from January  
28th 1988 through  
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**VETERAN**  
Terry W. Boone, PA-C  
Served in the U.S. Army,  
82nd Airborne from  
February 1983 through  
February 1987

**VETERAN**  
Robert M. Wilkinson, APRN  
U.S. Army, Active Duty,  
August 1972 to August  
1980. U.S. Army Reserves,  
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Arlington National Cemetery - wikipedia photo

## Tomb of the Unknown Soldier

By Teresa Pearson  
KPI Staff

The Tomb of the Unknown Soldier is a historic monument dedicated to deceased U.S. service members whose remains have not been identified. An unknown World War I American soldier was buried in Arlington National Cemetery in 1921. This site, on a hillside overlooking the Potomac River and the city of Washington, D.C., became the focal point of reverence for America’s

veterans. Similar ceremonies occurred earlier in England and France, where an unknown soldier was buried in each nation’s highest place of honor (in England, Westminster Abbey; in France, the Arc de Triomphe). These memorial gestures all took place on November 11. On Memorial Day 1958, two more unidentified American war dead were brought from overseas and interred in the plaza beside the unknown

soldier of World War I. One was killed in World War II, the other in the Korean War. In 1984, an unknown serviceman from the Vietnam War was placed alongside the others. The remains from Vietnam were exhumed May 14, 1998, identified as Air Force 1st Lt. Michael Joseph Blassie, and removed for burial. To honor these men, symbolic of all Americans who gave their lives in all wars, an Army honor guard, the 3rd U.S. Infantry (The Old Guard), keeps day and night vigil.

## VFW Post 1191 will serve as host for Echo’s of Honor, a tribute to our heroes

By Greg LeNeave  
Publisher  
KPI Newspaper Group

PADUCAH, KY - Coming to Paducah on May 15-17, 2026 will be a very patriotic event. The local post VFW 1191 will help spearhead this event. Many exciting things will take place during the 3-day event. For starters there will be an opportunity for folks to view a replica of the Vietnam Wall Memorial. In addition, many veteran survivors will be on hand. People

can enjoy local bands, a parade, a motorcycle rally and a visit from dignitaries from Fort Campbell. The VA in Marion, Illinois will be involved as well. Local members of the VFW Post 1191 mentioned that either the Region Director or the National Director for the VFW will be present to speak at the event. Many local institutions are expected to help during the event, such as the Market House Theater,

along with locally elected officials. Anyone interested in helping serve our veterans can get in touch with the new commander at the Paducah post. Jennifer Berggren, is a Navy veteran and would be glad to speak with anybody that would like to get involved with serving our veterans. She can be reached at 270-442-6783. The address for the VFW Post 1191 is 1727 Washington Street, Paducah, KY.



Much effort and work is needed when getting a float ready for a parade. Mike Burns, Kempton D. Baldrige, Steve Newberry, Mark and Rene Buford were instrumental in helping get the VFW Post 1191 float ready for the upcoming Veterans Day parade. (photo courtesy VFW 1191 Facebook page)



Veterans Day ★ ★ ★ ★ ★ *Tribute* ★ ★ ★ ★ ★

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VIETNAM VETERAN - US ARMY



David Lindsey



David Dowdy



David Mullen



David W Hall.  
US Air Force RETIREE



Donald H Streetman



Donald Hensley



Donnie R. Chandler



Doug Key



Earl Wallace Hargrove



Edmon (Jack) Walton



Ethan Cochran

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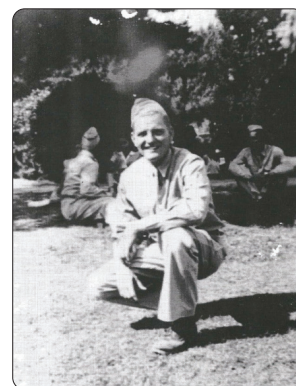
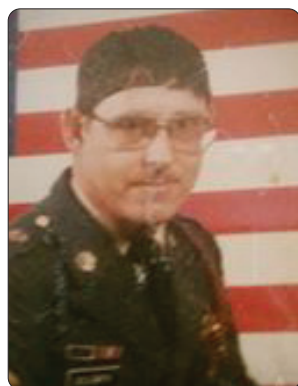
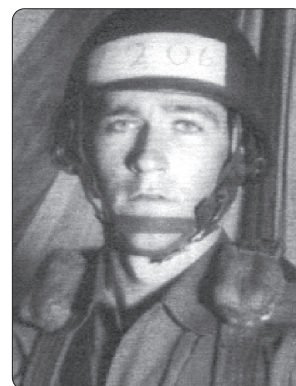
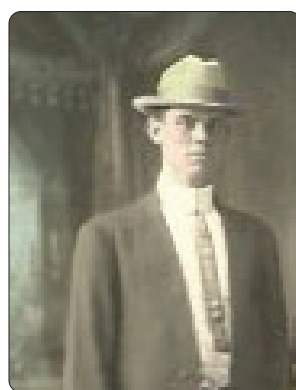
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*May all veterans feel the deep respect and recognition they deserve today. Your service means the world to us.*

A close-up photograph of a pulled pork sandwich. The sandwich is made with a soft, golden-brown bun. The filling consists of tender, shredded pulled pork meat, which is mixed with a light-colored sauce. The meat is piled high, filling the bun. The background is dark and out of focus.

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Jack Oldham  
US ARMY



Jackie L. Beasley



Jadon Pickard



James Corbett  
Birnkley, Jr. US NAVY

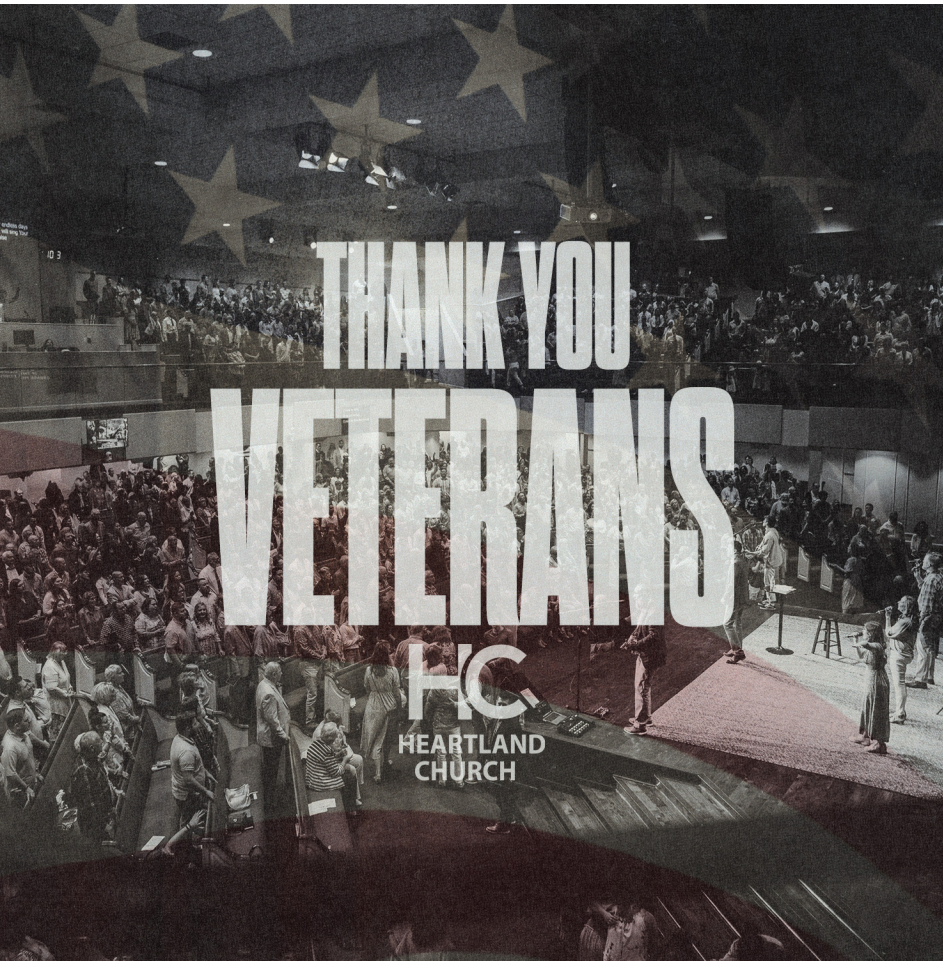


James E. Boucher



James Hardy

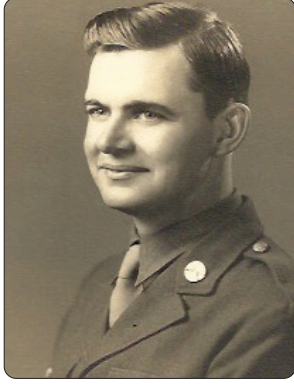
*Your service is valued  
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James Hendrix



James L. Hollingsworth



James Melvin Jackson  
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James R. Murphy  
WORLD WAR II CC CEM 11 03 12 011



James Thomas Tom  
Willoughby

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freedom. Happy Veterans Day!*

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James Yancey  
AT IWO JIMA



Jansen Byram  
U.S. NAVY



Jason Caldwell



Jason Lloyd Nunn



Jason Meyer



Jason Murphy

*“Honor to the soldier and sailor everywhere who bravely bears his country’s cause. Honor, also, to the citizen who cares for his brother in the field and serves, as he best can, the same cause.”*  
—ABRAHAM LINCOLN



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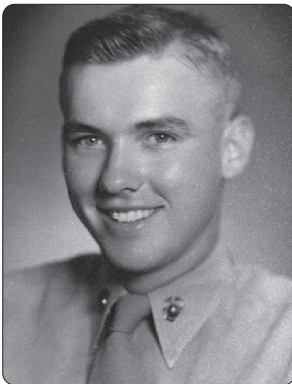
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Veterans Day ★ ★ ★ ★ *Tribute* ★ ★ ★ ★

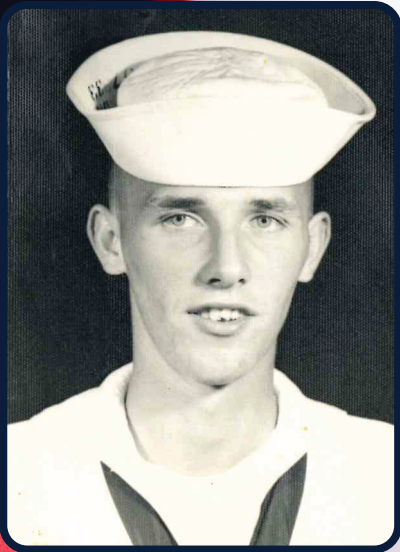
ARMY ★ NAVY ★ AIR FORCE ★ MARINES

|                                                                                                                               |                                                                                                                                 |                                                                                                          |                                                                                                           |                                                                                                           |                                                                                                             |
|-------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
|  <p>JayBo Sadler<br/>U.S Navy</p>             |  <p>Jaylen Jernigan<br/>AFSC 1W031/WEATHER</p> |  <p>Jeff Byram</p>      |  <p>Jeremiah Baran</p> |  <p>Jerry Hargrove</p> |  <p>Jerry Lee Mullen</p> |
|  <p>Jerry Seay Jackson<br/>WWI 1918-1919</p> |  <p>Jim Bone</p>                              |  <p>Joe R Halteman</p> |  <p>Joe W. Culver</p> |  <p>Joe Young</p>     |  <p>John Fleming</p>    |

*“Courage and perseverance have a magical talisman before which difficulties disappear and obstacles vanish into air. These qualities have ever been displayed in their mightiest perfection as attendants in the retinue of strong passions.”*  
—JOHN QUINCY ADAMS

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# Armistice Day History

By Teresa Pearson  
KPI Staff

Recognition to the celebrated ending of World War I became known as Armistice Day.

An armistice was declared between the Allied nations and Germany in World War I at 11 a.m., November 11, 1918 (the 11th hour of the 11th day of the 11th month) which is why Armistice Day was celebrated on November 11. Just over 116,000 Americans died in World War I, defending the lives and freedom of our European allies.

Armistice Day officially received its name in America in 1926 through

a Congressional resolution. November 11 became a federal holiday in the United States in 1938. On the first Armistice Day, the nationwide celebration included parades, public meetings and a two-minute suspension of business at 11 a.m.

A few years after the holiday was proclaimed, war broke out in Europe. Sixteen and one-half million Americans took part. Four hundred seven thousand of them died in service, more than 292,000 in battle.

In Birmingham, Alabama, in 1947, Raymond Weeks, a World War II veteran, organized “National Veterans Day,” which included a parade and

other festivities, to honor all veterans.

The event was held on November 11, then designated Armistice Day. Later, U.S. Representative Edward Rees of Kansas proposed a bill that would change Armistice Day to Veterans Day. In 1954, Congress passed the bill that President Eisenhower signed proclaiming November 11 as Veterans Day. Raymond Weeks received the Presidential Citizens Medal from President Reagan in November 1982.

Weeks’ local parade and ceremonies are now an annual event celebrated nationwide.

A law passed in 1968



World War I-era photographs shows crowds filling streets surrounding City Hall in celebration of Armistice Day, November 11, 1918. Photograph shows replica Statue of Liberty, which was unveiled on April 6, 1918 during the Third Liberty Loan drive. Photo via Library Company of Philadelphia flicker photo

changed the national commemoration of Veterans Day to the fourth Monday in October.

It soon became apparent, however, that November 11

was a date of historic significance to many Americans.

Therefore, in 1978 Congress returned the observance to its traditional date.

Today we still

celebrate the national holiday on November 11 with ceremonies honoring military veterans with parades, celebrations and special discounts for veterans.

# The story of “Taps”

The 24-note melancholy bugle call known as “taps” is thought to be a revision of a French bugle signal, called “tattoo,” that notified soldiers to cease an evening’s drinking and return to their garrisons. It was sounded an hour before the final bugle call to end the day by extinguishing fires and lights. The last five measures of the tattoo resemble taps.

The word “taps” is an alteration of the obsolete word “taptoo,” derived from the Dutch “taptoe.” Taptoe was the command — “Tap toe!” — to shut (“toe to”) the “tap” of a keg.

The revision that gave us present-day taps was made during America’s Civil War by Union Gen. Daniel Adams Butterfield, heading a brigade camped at Harrison Landing, Va., near Richmond. Up to that time, the U.S. Army’s infantry call to end the day was the French final call,

“L’Extinction des feux.” Gen. Butterfield decided the “lights out”

music was too formal to signal the day’s end. One day in July 1862 he recalled the tattoo music and hummed a version of it to an aide, who wrote it down in music.

Butterfield then asked the brigade bugler, Oliver W. Norton, to play the notes and, after listening, lengthened and shortened them while keeping his original melody.

He ordered Norton to play this new call at the end of each day thereafter, instead of the regulation call. The music was heard and appreciated by other brigades, who asked for copies and adopted this bugle call. It was even adopted by Confederate buglers.

This music was made the official Army bugle call after the war, but not given the name “taps” until 1874.

The first time taps was played at a military funeral may also have been in Virginia soon after Butterfield composed it. Union Capt. John Tidball, head of an artillery battery, ordered it played for the burial of a cannoneer killed in action. Not wanting to reveal the

battery’s position in the woods to the enemy nearby, Tidball substituted taps for the traditional three rifle volleys fired over the grave. Taps was



played at the funeral of

Confederate Gen. Stonewall Jackson 10 months after it was composed. Army infantry regulations

by 1891 required taps to be played at military funeral ceremonies.

Taps now is played by the military at burial and

memorial services, to accompany the lowering of the flag and to signal the “lights out” command at day’s end.



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# The Battle of Paducah

By Jimmy Hank  
Civil War Historian

It was over 160 years’ ago that Paducah was attacked by the Confederate Army during the Civil War. Paducah was a major objective in the western theater during the war because the rivers were a major source of transportation, and Paducah is at the confluence of the Ohio and Tennessee Rivers.

Kentucky tried to remain neutral during the Civil War but it was captured in September 1861 by General U.S. Grant. He had a fort built around the Marine Hospital to defend any attacks. Grant also had a pontoon bridge built across the Ohio River to bring the rest of his army into the south. This was the first bridge ever built across the Ohio River. This is where the “war for the Western rivers began.”

The bastion of earthen fort was built right on the bank of the Ohio River. It was a large “star shaped” fort. Fort Anderson was named after Major Robert Anderson, a

Kentuckian and a hero of the Battle of Fort Sumner, April 12, 1861, the first battle of the American Civil War.

In 1864, Paducah had about 7,000 residents and was put under Marshall Law and was completely controlled by the Union Army. The 7,000 residents were made up of a large group of German immigrants, a large Jewish population and about 1,200 blacks, some free and some slaves. Kentucky was still a slave state. The Emancipation Proclamation, in 1863 freed the slaves in succeeding states only, not Kentucky.

They were not all freed until the 13th Amendment in December 1865.

In 1864, President Abraham Lincoln decided to allow blacks to serve in the Union Military. This was an untapped resource Lincoln needed to help win the war. Paducah became the “First City” in Kentucky to open recruiting stations for black men. If a black man signed up , or made his mark “X” he



This Mural on the floodwall in Paducah depicts the Battle of Paducah and the Confederate assault on Fort Anderson in 1864.

immediately became a free man, plus his immediate family also became free.

Thousands of black men migrated from slave farms to sign up in downtown Paducah. It was here, in Paducah, that parts of the United States Colored Heavy Artillery were formed

including the 8th USCHA.

Paducah was now defended by 600 African American soldiers in Ft. Anderson. The city was also protected by 6 redoubts, or outposts, that were built to protect all the major roads coming into the city.

On March 24,1864 Confederate Major General Nathan Bedford Forrest and his army of over 4,000 men spent the night in Mayfield, Kentucky. His army had just recently captured a garrison of Union troops in Union City, Tennessee. Forrest decided to

take part of his army of mounted infantry and move further into Western Kentucky with the purpose of a raid to get medical supplies, food and horses. General Forrest has

see **BATTLE**,  
page B2

## A Grateful Commonwealth: Honoring Our Veterans

By Sen. Danny Carroll

Each November 11, we pause to honor those who have stepped forward to serve our country in uniform. Veterans Day is a time for gratitude, reflection, and recognition. It is more than a date on the calendar or a patriotic tradition. It is a moment to consider the deep cost of service and the quiet courage that defines our veterans.

The roots of Veterans Day go back to 1919, when the first anniversary of the end of World War I was marked as Armistice Day. Over time, this observance became a national holiday honoring all veterans, not only those who served in war, but also those who stood watch in times of peace. Today, it remains one of the few national holidays focused on people rather than

events. That matters. Here in Kentucky, we carry a long and proud legacy of military service. Even before we became a state, Kentuckians were stepping up to defend liberty. The final battle of the Revolutionary War, the Battle of Blue Licks, happened right here on our soil. Since then, generations of

see **GRATEFUL**,  
page B3

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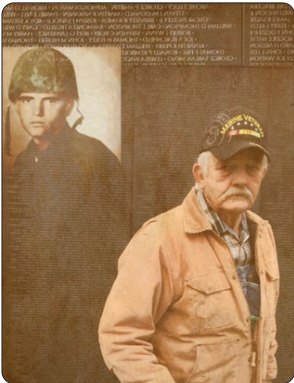


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Willie Garner



Willis Fleming, Jr.  
U.S. NAVY



Willis Fleming, Sr.  
U.S. NAVY



Zack Morrow

**BATTLE,**  
from page B1

been called “the wizard in the saddle,” because he was so good on a horse and had fought in so many battles. He had over a dozen horses shot out from under him while engaging the enemy.

So, on March 25, 1864, Good Friday morning Forrest’s army came into Paducah on the Mayfield Road. His men had ridden over 100 miles in 50 hours. The fort in Paducah was under the command

of Colonel Stephen Hicks. The 665 men inside the fort were made up of the 127th Illinois Infantry, the 16th KY Cavalry and the 8th USCHA. There were also two Union gunboats protecting the fort, the USS Peosta and the USS Pawpaw.

At 3:00 pm Forrest and his forces of over 2,800 men reached 15th and Broadway. It was here he decided to split his forces. Half his forces went down Broadway th the riverfront while the other half went over to the fort to hold the Union army in the

fort. After Forrest took control of the town he decided to send over a message to the fort under a flag of truce, saying he had a force strong enough to capture the structure, so surrender.

Colonel Hicks refused to surrender so the Confederate army decided to attack.

An article in the Paducah News Democrat was published on March 25, 1927. A local resident, Louis Kolb, Sr. said he witnessed three unsuccessful attacks on the fort. He wrote, “the dismounted Cavalry

men advanced upon the breastworks around Fort Anderson.” Meanwhile another eyewitness, James H. Linn on the USS Pawpaw said the two gunboats shot lots of grapeshot and canister at the southern forces as they stormed the fort. He also said that there were three unsuccessful efforts made to tear down the ramparts.

During the battle, Forrest was also raiding the town for supplies. He burned a steamer in dry dock, burned 60 bales of cotton, captured 50

prisoners and found a considerable amount of supplies. Shelling the city did considerable damage to many buildings. The men inside the fort fired over 27,000 rounds of ammunition and were running low. Hicks ordered his men to fix bayonets to receive the confederates on the point of bayonet.

Fortunately, Forrest had achieved his objective so late in the afternoon that the confederate army left the city and the Battle of Paducah was over. There were approximately 200 men

killed and wounded and both sides declared victory.

The next day Col. Hicks ordered the houses immediately around the fort to be burned. Confederate sharpshooters were using the houses to shoot from second story windows. Six houses were set afire, however the fire spread and engulfed 62 homes.

As a result of this deliberate destruction of private dwellings, there are very few of the houses in Lowertown Historic District dating older than 1864.

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**GRATEFUL,**  
from page B1

Kentuckians have served in every major conflict, and today more than 295,000 veterans call the commonwealth home. Their courage has reached from the forests of Europe to the mountains of Korea, from Vietnam’s jungles to the deserts of the Middle East.

Veterans Day is not just about remembering where our veterans have served, but about understanding what that service cost them. It means months and years away from family, birthdays and holidays missed, jobs left behind, and futures put on hold. Some carry visible scars. Others carry burdens you cannot see. And yet they serve. Not for attention, not for reward, but because they believed in protecting something greater than themselves.

When we honor our veterans, we also honor their families. The spouses who hold everything together during deployments, the children who wait

and worry, the parents who send off sons and daughters with pride and prayer. These families may not wear the uniform, but their sacrifices are every bit a part of the story.

This Veterans Day, I encourage you to look beyond the ceremonies. Say thank you, yes—but also ask questions. Listen to stories. Visit with someone who served. Most of all, remember that respect for our veterans should not begin and end on November 11. It should be lived out in how we support them in our communities, how we teach our children about them, and how we uphold the freedoms they fought to defend.

To every veteran in Kentucky and across this nation, thank you. You represent the very best of us. We are safer, freer, and better because of your service. May God bless you, your families, and the United States of America.

Sen. Danny Carroll, R-Paducah, represents the 2nd Senate District, including Ballard, Carlisle, Livingston, Marshall, and McCracken Counties. He serves as co-chair of the Interim

Joint Committee on Families and Children and is a member of the Interim Joint Committees on Education; Judiciary; and Health Services. He serves on the Legislative Oversight and Investigations Committee and is a non-voting ex officio member of the Juvenile Justice Oversight Council. Carroll is also a member of the Medicaid Oversight and Advisory Board. He is also a member of the Governor’s Early Childhood Education Advisory Council and the Child Fatality and Near Fatality Review Panel. Finally, he serves on the National Conference of State Legislatures’ Nuclear Legislative Working Group.

In 2017, Carroll and former Sen. Dennis Parrett worked together to establish the treasured Sunny Page Program as a part of the Senate’s Page Program, which includes full-time constitutional pages, daily pages, and Military Kids Day. The Sunny Page Program was created especially for children with special needs. It allows them to participate in the legislative process

where they are invited to the Kentucky state Capitol and are recognized as they assist their respective state senator in the Senate chamber.

Carroll has been a leading voice in Kentucky’s nuclear energy development efforts. In 2017, he sponsored Senate Bill 11 to lift Kentucky’s moratorium on nuclear energy development. In 2023, he sponsored Senate Joint Resolution 79, which created the Kentucky Nuclear Energy Development Working Group to form a permanent Nuclear Energy Commission within the Kentucky Energy and Environment Cabinet. Most recently, he sponsored Senate Bill 179, which established the Nuclear Energy Development Grant Program within the Kentucky Nuclear Energy Development Authority (KNEDA). The legislation allocated \$10 million from existing University of Kentucky funds to support fuel processing, component manufacturing, supply chain development, facility



Senator Danny Carroll

siting, and waste management. The grant program will be administered by a five-member KNEDA subcommittee and positions Kentucky as a serious competitor in the national nuclear economy.

Carroll also led major reforms of Kentucky’s Department of Juvenile Justice through Senate Bill 162 in 2023, which provided \$50 million to improve staff pay and facility safety across the system.

Please visit [Legislature.ky.gov](http://Legislature.ky.gov) for more information on Senate Majority Caucus members and the recently concluded 2025 Legislative Session, including committees, membership, legislation, and more.

Live legislative coverage is available at [KET.org/legislature](http://KET.org/legislature) and via the Legislative Research Commission YouTube channel.

Access archived footage of legislative meetings and floor proceedings at [ket.org/legislature/archives](http://ket.org/legislature/archives).

Follow the Kentucky Senate Majority Caucus on X, Facebook, and Instagram. Visit [KYSenateR.epublicans.com](http://KYSenateR.epublicans.com) for information on caucus members and to view press releases from our office.



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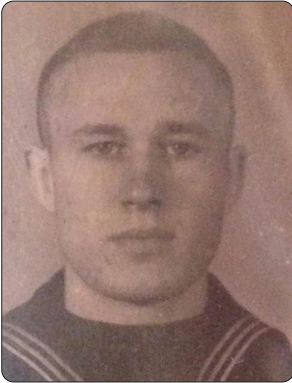
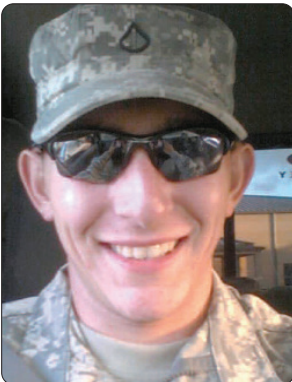
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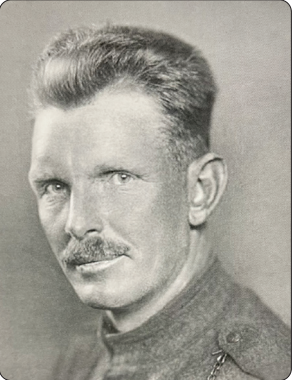
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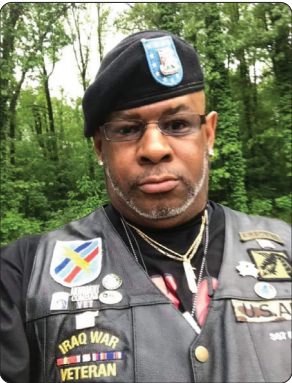
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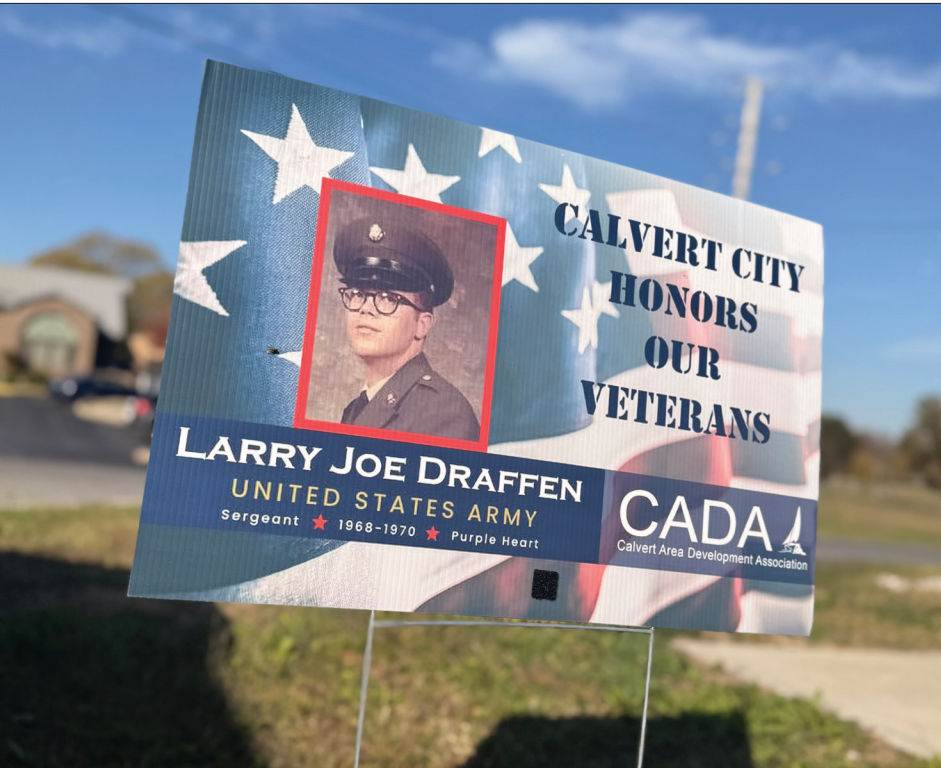
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# CADA honors local heroes with Military Tribute signs at Memorial Park

In honor of Veterans Day, the Calvert Area Development Association (CADA) invites the community to visit Memorial Park and experience a touching display of Military Tribute Signs recognizing local service members who have bravely served our nation. The tribute will be on display from November 11 through November 16 at the Calvert City Fountain at Memorial Park.

Residents and visitors are encouraged to come out and walk through the park’s fountain area, where each sign proudly displays the name and branch of a local hero. The tribute serves as a heartfelt reminder of the courage, dedication, and sacrifice of the men and women who have fought for our freedom.

“This display is a special way for our community to pause and reflect on the service and sacrifice of those who protect our country,” said Brittany Story, president of CADA. “CADA is proud to recognize these brave individuals and their families who have given so much in service to our nation.”

The Military Tribute Signs will remain on display throughout the week, offering the perfect opportunity for families, friends, and visitors to honor veterans past and present.

Calvert City Hall will be closed in observance of Veterans Day, November 11. Calvert City Memorial Park is open to the public seven days a week.

For more information about the tribute or other community events, visit [calvertcityky.gov](http://calvertcityky.gov) or contact [info@calvertcityky.gov](mailto:info@calvertcityky.gov).

# NQM offers free admission to veterans in November

As November kicks off and we finalize preparations for our Veterans Day program, we are reminded of the unwavering service the men and women in the armed forces provide for us each and every day.

To show our appreciation for their sacrifice and dedication, we couldn’t think of a better way than to honor our veterans and active-duty military personnel with free admission to The National Quilt Museum for the entire month of November.

If you know a veteran or a service member, please spread the word, as we can’t wait to welcome them to our galleries filled with the world’s best quilts, and now through December 30, the Quilts of Valor: Countdown to America250 exhibition. Read on to learn more about this special exhibition debuting at The National Quilt Museum.

On Veterans Day, November 11, at 4:30 p.m., we will host a Quilts of Valor Award Ceremony. Eleven service members and veterans will be presented with a quilt from the Quilts of Valor Foundation, led by representative Nancy Cann. The Paducah Police Department Honor Guard will present the colors. The program is free and open to the public, and we hope that you will join us.

We’re also thrilled to announce that Charles Cameron will be at the museum for three days in November for two meet and greets and an artist talk about his exhibition A Curious Modern Quilter. See the article about Charles’s visit and his upcoming workshop for more details.

One last reminder, don’t forget to enter our Fall Sweepstakes before it ends on November 30th. You could win At Home in the Woods, a beautiful quilt designed by McKenna Ryan, quilted by Lori Marvel in 2000, and donated by Martha Martyn. It’s free to enter (no purchase necessary), thanks to one of our newest sponsors, AARP Kentucky. Enter For a Chance to Win at <https://quiltmuseum.org/The-National-Quilt-Museum-Fall-Sweepstakes/> Happy Quilting!

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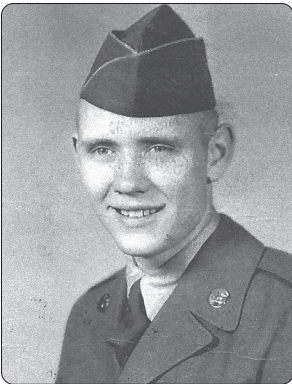
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U.S. ARMY



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God Bless Our Veterans!

Veterans Day

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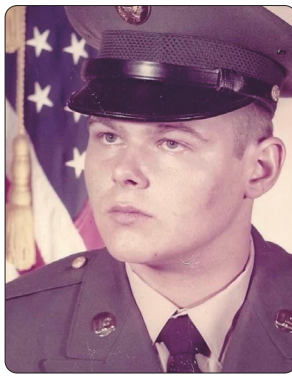
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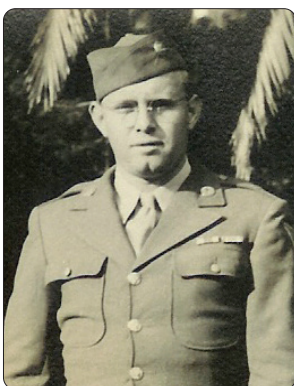
Wayne Strickland  
U.S. ARMY



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William Marvin Monroe



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# Skyhawk Veteran’s Association to host 2025 Veterans Week events November 10-14

MARTIN, Tenn. – Veterans Week at the University of Tennessee at Martin is taking place Nov. 10-14, and various events are being hosted to honor military veterans. These events will be hosted by UT Martin’s Army ROTC program and Veteran Services, along with the nonprofit organization Rolling Thunder, which works to spread awareness of the POW/MIA issue.

The official Veterans Day observance is Nov. 11.

Rolling Thunder is hosting a Veterans Day Parade at 10 a.m. on Sat., Nov. 8, which will begin at the corner of Lovelace and University Street and continue through downtown Martin. Lineup will begin at 9 a.m. in the UT Martin Business Administration

Building parking lot. The Missing Man ceremony will be held immediately following the parade at the Martin Public Library stage, followed by a veterans luncheon at American Legion Post 55 located at 221 Central Street in Martin.

*In other activities:*

- At 6 a.m., Monday, Nov. 10, the Skyhawk Battalion cadets will lead the UT Martin Veterans Week 5K Walk/Run along the Brian Brown Memorial Greenway. The event will honor those who have served in the military and to show pride and unity between and among the ROTC cadets and the UT Martin and local community.
- The Skyhawk Battalion cadets have also organized the UT Martin Veterans

Day Ceremony, which will take place at 11 a.m., Thursday, Nov. 11 in the Watkins Auditorium. The ceremony will include comments from Dr. Stephanie Kolitsch, provost and senior vice chancellor for academic affairs, and Lt. Col. Robert Hawkins, UT Martin and Murray State University professor of military science, along with a color guard presentation and performances of the national anthem and military branch music.

- At 1 p.m., Wednesday, Nov. 12, the Veterans Walk will begin at the Boling University Center military memorial and will end at the Capt. Brent L. Morel Memorial Bridge along the Brian Brown Greenway. This walk is to honor



**HONORING VETERANS** – Veterans Week at UT Martin is taking place Nov. 10-14, and various events are being hosted to honor military veterans. Participants in the 2024 UT Martin veterans walk are pictured. This year’s walk is set for 1-2 p.m., Wednesday, Nov. 12, and will begin at the Boling University Center. The public is invited to participate.

current service members as well as UT Martin alumnus Marine Capt. Brent L. Morel, who was killed in combat in Iraq in 2004.

- The Skyhawk Battalion will host the annual Veterans Bowl flag football game at 6 a.m., Thursday, Nov. 13, at Hardy M. Graham Stadium. The game will highlight the values of teamwork, discipline and resilience that unite soldiers and veterans, and reinforce community connection and morale.
- At 1 p.m., Friday, Nov. 14, the Skyhawk

Battalion will visit the W.D. Manning Tennessee State Veterans Home in Humboldt to recognize and engage with veterans in the local community. ROTC cadets will serve cake and refreshments, distribute appreciation items, and exchange stories with those who served before them, emphasizing the Skyhawk Battalion’s dedication to respect, service and community outreach as they learn from military veterans from previous generations.

Also, part of Veterans Week observances, on

Saturday, Nov. 15, the UT Martin Skyhawks will host Charleston Southern in a Military Appreciation football game at 1 p.m. in Hardy M. Graham Stadium. Admission for active duty military and veterans is free.

The university will also reveal a POW/MIA Chair during the game, which is a symbolic display of an empty chair to honor service members who are prisoners of war, missing or killed in action.

For information, contact the UT Martin Office of University Relations at 731-881-7615.

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# Life insurance products to consider

Life insurance is an important component of wealth management and financial planning. Life insurance is designed to lessen the financial burden on loved ones in the event of a policy holder’s death. Life insurance typically is cheaper to purchase when someone is young and gets more expensive as a person ages. Health history, life choices (like smoking) and additional factors play key roles in determining the cost of a policy, according to the Office of the Insurance Commissioner of Washington State.

Life insurance policies are not all the same, and generally are categorized as term life insurance and permanent life insurance. With term life insurance, a person gets coverage for a defined length of time. If the insured dies during that time, money is paid to the person’s beneficiaries. When the term expires, no money is paid out and the person must get new coverage or go without life insurance. With a permanent life insurance policy, the coverage is lifelong and also includes a “cash value” component that can help with other financial objectives, such as saving for retirement. A deep dive into life insurance can help consumers determine which policy is best for them.

**Term life insurance**  
This type of policy

is sold in periods of one, five, 10, 15, 20, 25, or 30 years. Coverage amounts vary and people buy term life insurance for a length long enough to cover their prime working years, according to NerdWallet. This is often the least expensive life insurance product, but if a person outlives the policy, beneficiaries won’t receive a payout.

**Permanent life insurance**  
Permanent life insurance is designed to cover a person’s entire life. The cash value component grows over time and can be borrowed against to pay for various needs. There are specific types of permanent life insurance.

- **Whole life insurance:** Whole life insurance will last a person’s entire life if premiums are maintained. In general, premiums stay the same and the insured gets the guaranteed rate of return on the policy’s cash value. The death benefit also will not change. Premiums are more expensive than term life, so this is best for people who want a basic permanent policy who can afford the higher premiums.
- **Universal life insurance:** This coverage is cheaper than whole life insurance, but still more expensive than term life. With this type of policy, the insured can raise or lower the amount they pay within the limits of the policy.

However, premiums typically increase over time, and individuals may subtract these increased costs against their cash value account component or death benefit. That cash value component grows based on market interest rates, says NerdWallet, and is not guaranteed.

- **Variable universal life insurance:** This type of insurance allows the cash value component to be invested in stocks, bonds and other investment products. Premiums are flexible, but a higher risk tolerance is necessary. While there is potential for greater growth, there also is the risk that comes with investing these funds, says Guardian.
- **Indexed universal life insurance:** Balancing risk with reward, an indexed universal life insurance policy can have the cash value growth linked to the performance of a stock market index like the S&P 500. Guardian says these policies use downside protection and upside caps. This means that during a bad market year, the insured’s cash value will not decline, but in a good year, the cash value won’t grow as much as the index itself. This policy is good for people who want to invest their money but risk little.
- **Burial/final expense insurance:** This is a very small policy designed to cover the costs of final expenses, but may not qualify for other life

insurance. The death benefit is guaranteed but is often limited to between \$5,000 and \$25,000. Since a medical exam is not

needed, it is an option for seniors and those with preexisting conditions. Individuals can explore various life

insurance policy options to provide peace of mind that beneficiaries are provided for in the event of their death.



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# Tips to make a home more accommodating for holiday guests

Millions of people host family and friends during the holiday season. According to a recent report from the travel and finance experts at Upgraded Points, 57 percent of adults surveyed planned to host a holiday gathering in 2024, while 70 percent of respondents indicated they planned to attend such celebrations.

Hosting is a significant responsibility, but it's also a fun way to catch up with loved ones in a laid back environment. Chances to catch up are even stronger when hosting overnight guests, whose comfort should be a priority as hosts

ready their homes for holiday celebrations. Hosts preparing to welcome loved ones into their homes this holiday season can take various steps to make their homes as accommodating as possible for overnight guests.

- Offer a secluded spot to sleep. The holiday season can be hectic, and it can be hard to keep things calm and quiet when returning home. That's especially true in homes with young children. Overnight guests who might be a little weary from traveling will undoubtedly appreciate a place away from the hustle and bustle to rest their

heads. Though hosts must make due with the space they have, make a concerted effort to ensure residents remain quiet around guest rooms or other areas where overnight guests will be sleeping. If possible, choose a secluded spot away from areas of the home that tend to be noisy, such as the kitchen and living room/game room.

- Offer some in-room entertainment. Access to the internet and streaming services is nonstop in the modern world, and it can be a nice gesture to ensure overnight guests can stream their favorite content and stay connected during



their stay. Hosts can outfit guest rooms with a smart TV for as little as \$100 and load it up with popular streaming apps so guests can watch an episode or two of their favorite show in private before calling it a night.

- Offer kid-friendly creature comforts. Adults may be accustomed to sleeping outside their own homes, but younger guests might not be as familiar or comfortable sleeping somewhere other than their own bedrooms. If young children will be staying overnight, hosts can consider putting them up in the same bedrooms as their own children, which can be especially fun when kids are roughly the same age. Additional kid-friendly creature comforts include a stuffed animal or two, an in-room night light and some storybooks on a bedside nightstand.
- Include guests in fun traditions. Tradition is a big part of the appeal of the holiday season, and hosts can make guests feel more welcome by inviting them to participate in their own family traditions. Expand family baking sessions to include overnight guests, encourage willing loved ones to pitch in when preparing family meals and let guests pick their favorite holiday film for a family movie night.

Millions of people will host overnight guests this holiday season. Hosts can employ various strategies to ensure overnight guests feel welcome and comfortable during their stay.

## Budget-friendly holiday shopping tips

Holiday shopping and entertaining involve a whirlwind of activity to round out the end of the year. The holiday season also tends to be an expensive time of year. According to Capital One Shopping, the average spending for holiday travel, gifts and entertainment expenses is \$1,638. The National Retail Federation says American consumers spend an average of \$997.73 on gifts and other holiday items each Christmas.

For some people, adding an additional \$1,000 to their November or December budgets can be challenging, and many individuals

see **SHOPPING**, page B13

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# Thoughtful gifts for seniors

Gifts from friends and loved ones can make people feel cherished and valued. When these people are the older adults in one’s life, such as parents or grandparents, gifts take on additional meaning because they can warm the hearts of very special people.

Finding unique gifts for seniors can be challenging because these individuals have been receiving gifts for many years, and many may already have everything they need. Inspiration is everything when shopping for the ideal gifts for the older adults in one’s life, and the following are some categories that can serve as a springboard for what to get seniors this holiday season.

*Comfort and mobility*  
Although people like to say, “age is just a number,” getting older

may come with a few aches and pains and even some limitations. Gifts like seat cushions that correct posture or easy on/off sock helpers can be helpful. Cloud foam slippers or even a grab bar that attaches into the hood of the car door can be great gifts.

*Fitness and fun*  
Gifts that cater to interests, well-being and more can be ideal. Active seniors may appreciate a fitness tracker or exercise equipment (yoga mat, light dumbbells, resistance bands) to facilitate fitness goals. Storage solutions for hobbies and craft items also can be fitting. See-through containers to store paints or beads or an organizer for fishing tackle can make seniors’ hobbies even more enjoyable. A roll-up puzzle mat is great for puzzle enthusiasts

to protect their work until completion.

*Family gifts*  
Seniors also may appreciate gifts that touch the heart. A custom recipe cutting board that features a treasured family recipe may become a cherished item. A customized photo calendar that features family members’ birthdays and other key events also is thoughtful. A photo jewelry locket makes a nice gift for a special senior woman.

*Travel gifts*  
Seniors typically have more time to devote to travel than younger adults, and gifts that cater to their wanderlust are a perfect fit. Digital GPS-based devices that connect to keys or luggage can help prevent lost items while traveling. Bright luggage that

won’t get mixed up at the baggage carousel or ergonomic neck pillows that facilitate napping on a flight also can be appreciated.

Those who know destinations the seniors in their lives may want to visit can purchase plane or cruise tickets as a generous gift for

someone special. Various categories can provide ample inspiration when shopping for gifts for seniors this holiday season.



SHOPPING,  
from page B12

seek budget-friendly solutions for their holiday celebrations. The following guidelines can help corral spending this year.

Set a budget  
It’s impossible to keep a budget if one is never established in the first place. Determine how much you can comfortably spend on gifts, travel and entertaining, as well as any other holiday expenses. Once the number is calculated, divvy up spending accordingly.

Plan your list  
Make a list of everyone you need to purchase gifts for, along with gift ideas and estimated costs. Set a dollar amount for each individual, particularly

if you will not be spending the same amount on each person. Having numbers in black and white, and comparing them to what you have allocated for gifts, will enable you to see whether you are overspending or on budget.

Shop early  
Begin holiday shopping as early as possible, even months before the holidays arrive. Such an approach enables you to take advantage of sales as they come up. Also, you will not fall victim to impulse buys or last-minute purchases because you are under a time crunch.

Track spending  
Utilize whatever method works for you to keep apprised of spending. It may be jotting down numbers on a piece of paper or using a budgeting

app on a smartphone. Having a clear idea of what you have spent and any dollars remaining will help you keep your overall spending in line with your budgeted amount.

*Get coupons*  
Signing up for stores’ loyalty programs can enable you to receive members-only coupons or digital codes to your phone or email. Compare the discounted final price with other stores’ offers to make sure that you are getting the best deals. Browser extensions also can search automatically for coupons and apply them to the checkout when online shopping.

*Use credit cards wisely*  
Credit cards come with various perks, many of which are points or cash back accumulated with each purchase. Utilize a card that works best for your needs, whether it’s to get airline miles or score extra spending money for a particular retailer. Only charge what you can pay in full when the bill arrives; otherwise, the benefits may be negated by high interest rates.

Holiday spending can derail financial plans for those who do not establish a firm budget and commit to spending wisely towards the end of the year.



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# Thanksgiving weekend travel tips

Thanksgiving is consistently one of the busiest travel holidays of the year. In fact, AAA indicates that, in the United States, it may be the most traveled of all the holidays, with record numbers of both drivers and air travelers. In 2024, nearly 80 million Americans were expected to travel over Thanksgiving weekend. The Wednesday before Thanksgiving is a particularly busy day on the roads, but high volumes continue throughout the weekend.

A high demand for travel during this time of year means individuals wanting to see friends or family for Thanksgiving should plan accordingly. These tips, courtesy of AAA and the Transportation Safety Administration (TSA), can make Thanksgiving travel go more smoothly.

- Book flights early. If you are able, secure flights early in the day and use personal time off from work to fly in to a destination at the

beginning of the week. The propensity for flights to be delayed or canceled increases as the day and week goes on. An early departure may increase the chances of a flight leaving on time. Also, the TSA reports that the Tuesday and Wednesday before Thanksgiving, as well as the Sunday after, are the busiest days for Thanksgiving air travel. Choosing an alternative day to fly may mean smaller crowds and less stress.

- Consider TSA PreCheck®. TSA PreCheck is a paid program that enables you to get through security lines faster. Interested parties must verify their identities through a third-party service that handles PreCheck applications, and await confirmation of approval. A TSA PreCheck membership lasts for five years. This membership offers consistent time savings at the airport with dedicated PreCheck lanes, and the benefit of keeping items like laptops and liquids in your bag.
- Consider traveling



by train. If Amtrak services your destination, taking the train may be the least stressful way to travel over Thanksgiving. In addition to not having to navigate roadways or sit in traffic, you won't face security screening like you will at the airport. Once on the train, there is Wi-Fi, nice views and efficient travel. Trips booked in advance are more affordable than booking closer to the holiday.

- Pack light. Avoiding the baggage carousel can shave much time off of travel. Plus, there's no risk of luggage getting diverted or not making it to your final destination. A carry-on bag is the way to go for ease, particularly if you must get on a different flight if the original one is delayed or canceled.
- Service your car. If road travel is planned for Thanksgiving, make sure your car is

in good condition for a road trip. Be up-to-date on oil changes, make sure the tires are properly inflated and double-check your emergency preparedness kit prior to leaving. It also may be a good idea to invest in AAA benefits, which afford extra peace of mind in the event of a breakdown as well as savings on travel-related expenses, such as lodging.

- Pack your patience.

In addition to your holiday essentials, it is wise to also pack some patience this Thanksgiving travel season. Leave extra time so you're not racing to your destination and can calmly contend with people also looking to get home for the holidays.

Thanksgiving means turkey and trimmings, but also millions of people traveling to give thanks alongside those they love.

# What to get the sports fanatic on your holiday shopping list this year

Diehard sports fans are a passionate lot. That passion is something to keep in mind come the holiday season, when shoppers typically must find the right fit for everyone

on their list. Such an undertaking is no small task, as veteran shoppers know that the right gift for one person on their list rarely aligns with the perfect fit for another

loved one. But when it comes to finding gifts for sports fans, the options are endless.

- Gear: Some sports fans are spectators, while others can't wait to compete. Some

new gear can be just what fans in the latter group are hoping to find under the tree this holiday season. Avid golfers may love a new driver or golf bag, while loved

ones who can't wait for softball season to start each spring may consider a new bat the best gift they receive this holiday season. Whatever sport sparks your favorite athlete's passion, there's sure to be some gear that can help them take their game to the next level.

- Tickets: Perhaps nothing sparks sports fans' passion more strongly than seeing their favorite team in person, and that's even more true in a post-pandemic sports landscape. Popular sports like football, baseball and basketball have traditionally sold lots of tickets, but even sports like college volleyball and Major League Soccer have set attendance records since fans were allowed to return to stadiums after the

removal of pandemic-related restrictions. The demand for tickets to live sporting events has spiked as a result, and Team Marketing Report noted National Football League tickets increased by nearly 9 percent in 2023 and Major League Baseball tickets increased by 3.5 percent in that same year. Such increases have priced some fans out of the market, which is why tickets can make for such a great gift this holiday season. The gift of attending a game in person is something a loved one won't soon forget.

- Apparel: Proud sports fans want to show their true colors, and nothing makes it easier to

limited time

A promotional image for Buffalo Ranch McDonald's. It features a Buffalo Ranch Snack Wrap, a 4 pc. McCrispy Strips with Buffalo Ranch Sauce, and a Bacon Buffalo Ranch Deluxe McCrispy. The Buffalo Ranch logo is prominently displayed in the center.

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# Notable monuments to veterans across the United States

Veterans Day honors the millions of men and women who have sacrificed much to serve in the United States military. Veterans Day is commemorated each year on November 11 because it was that day in 1918 when an armistice was reached between combatants in World War I, which estimates suggest claimed the lives of as many as 22 million people.

There are many ways for Americans to celebrate veterans on Veterans Day. Visiting war memorials can instill a greater sense of appreciation for the men and women who have served in the United States military. The following are some notable war memorials honoring veterans across the United States.

**Tomb of the Unknown Soldier**  
The Tomb of the Unknown Soldier is an iconic memorial located in Arlington National Cemetery in Arlington, Virginia. Cemetery officials note New York Congressman and World War I veteran Hamilton Fish, Jr., played an integral role in establishing the Tomb of the

Unknown Soldier by proposing legislation that provided for the internment of one unknown American soldier killed during WWI. Guards are now present at the tomb 24/7, and visitors, including U.S. presidents and foreign dignitaries, typically lay a wreath at the tomb to honor the sacrifices of all U.S. veterans.

**Korean War Veterans Memorial**  
The Korean War Veterans Memorial in Washington, D.C. honors the roughly 1.5 million American veterans who fought alongside forces from the United Nations in a conflict that lasted from 1950 to 1953. Nineteen sculptures depicting U.S. servicemen on patrol during the conflict are among the many notable components of this moving memorial, which also features a wall and pool of remembrance that display the names of the more than 36,000 Americans killed during the Korean War.

**Liberty Memorial**  
The Liberty Memorial in Kansas City, Missouri, was built in 1926 to honor



the brave American service members who lost their lives in World War I. The Liberty Memorial, which is now known as the National World War I Museum and Memorial, is an iconic landmark in Kansas City that features the Liberty Memorial Tower, which rises 217 feet about Memorial Courtyard and 268 feet above the North Lawn. The top of the tower emits a flame at night to create a stunning visual. Memory Hall on the east side of the Liberty Memorial Tower containing a portion of the Panthéon de la Guerre, an iconic French painting that depicts the Allied

nations of World War I.

**USS Arizona Memorial**  
The USS Arizona Memorial in Honolulu, Hawaii, is dedicated to preserving the memories of the sacrifices of servicemen who

fought in the Pacific theater throughout World War II. The memorial marks the resting place of more than 1,100 sailors during the Japanese attack on Pearl Harbor on December 7, 1941, an event that led to U.S. involvement in World War II. The memorial is accessible exclusively by boat and the sunken remains of the battleship USS Arizona straddle the site.

These are just four of the many notable landmarks that commemorate the sacrifice and service of U.S. military members over the course of the nation's history.

**LIST,**  
from page B14

do so than team apparel. According to Statista, the global sports apparel market generated roughly \$213 billion USD in revenue in 2023. A jersey with the name and number of a loved one's favorite player can make for the ultimate



apparel gift, but don't overlook T-shirts, hats, outerwear, or other options this holiday season.

- **Television:** The popularity of watching sports is undeniable and the proof is in the financial pudding. For example, Statista reports the annual value of the NFL's deal with ABC/

ESPN/Disney to broadcast "Monday Night Football" was approximately \$2.7 billion in 2023. That figure underscores how much fans love watching their favorite teams, and they need somewhere to do so. There may be no quicker route to a sports fan's heart than through a new television to make the viewing experience that much better. The prices on 4K UHD televisions have dropped considerably in recent years, so a new TV can make the perfect gift for the sports fan in your life. Split the cost with fellow loved ones and then enjoy watching your favorite sports fan react upon seeing his or her new television under the tree.

These are just a few of the many gifts to consider for the diehard sports fan on your shopping list this holiday season.

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# Four Rivers Behavioral Health launches new Mental Health Care Program for seniors

PADUCAH, KY – Four Rivers Behavioral Health has created SilverCare, a new comprehensive program for geriatric patients. SilverCare is part of the agency’s

Center for Medical Services and is led by Dr. Laurie Ballew, D.O. ED.D. DLFAPA, who specializes in geriatric psychiatry. The program takes individual services

offered at Four Rivers Behavioral Health and bundles them with a focus on seniors. Psychiatric care is the primary offering of SilverCare. The organization’s

medical team includes providers who specialize in geriatric psychiatry and are well-versed in caring for seniors and addressing the unique challenges

of geriatric patients, including concerns like dementia, early-onset Alzheimer’s Disease, social isolation and home safety. Other concerns for seniors include substance abuse, nutritional counseling, depression, anxiety and grief.

I’m so pleased we offer a care plan tailored for older patients. For seniors, it means they can take advantage of a variety of mental health care services all in one place.”

Four Rivers Behavioral Health is a private, not-for-profit community mental health agency that provides comprehensive mental health, substance use disorder and developmental/intellectual disability services in western Kentucky. The agency is an Inlet Health company.

Inlet Health is a partnership between Communicare, Inc. of Elizabethtown, Kentucky and Four Rivers Behavioral Health which is headquartered in Paducah, Kentucky. As Inlet Health, the combined agencies serve 17 counties in central and western Kentucky. Inlet Health provides in-school clinicians to more than 75 schools in western and central Kentucky and offers more than 70 specific programs and specialized services. Jointly, Communicare, Inc. and Four Rivers Behavioral Health employ about 1,000 Inlet Health staff members. Nearly 100 of those employees are licensed behavioral health clinicians with the remainder being doctors, nurses, nurse-practitioners, peer support specialists, clinical associates and business support staff.

Dr. Ballew is a Board-Certified Psychiatrist with the American Board of Psychiatry and Neurology: Psychiatry, the American Board of Psychiatry and Neurology: Psychosomatic Medicine and the American Board of Addiction Medicine. She is a Distinguished Life Fellow of the American Psychiatric Association. In 2024, she was named as one of the 100 Best Doctors in Kentucky and was named one of the Top 100 Addiction Psychiatrists in the U.S. in 2020, 2021, 2022, 2023 and 2024.

Details can be found at 4rbh.org.

In addition to psychiatric care, SilverCare offers case management assistance as well as outpatient and group therapy sessions, focusing on issues important to the elderly, like grief counseling and coping with dementia or depression. Therapists at Four Rivers Behavioral Health employee many different, evidence-based treatment models such as Cognitive Behavioral Therapy, Eye Movement Desensitization and Reprocessing or trauma-focused treatments when working with seniors.

Dr. Ballew said, “Oftentimes, as we age, our emotional well-being takes a backseat to physical health. While this phenomenon is understandable, and physical health is certainly important - especially for older people - mental health plays an important role in the overall well-being of seniors.”

Seniors struggling with anxiety or depression could develop physical manifestations of those conditions. For example, if an older person is suffering from anxiety, they could find it difficult to participate in social activities or may even struggle with leaving the house. This could lead to a lack of exercise with physical health consequences like heart disease, high blood pressure or arthritis. And, by not socializing with others, seniors lessen their mental stimulation, which could worsen early symptoms of dementia.

Dr. Ballew added, “Psychiatry is an important part of treating older people’s overall health which is why I chose to complete additional training in the field of geriatric psychiatry.

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