

MARCH 2026

2026 PENNYRILE

The Scene

PROGRESS

ISSUE

PROUDLY SERVING WESTERN KENTUCKY

Vulcan Materials, nation's largest producer of construction aggregates keeping folks working in western Kentucky



(Pictured from right to left) Robert Huddleston, Ralph Jennings, Scott Driver, Rob Browning, Tyler Collier, J.D. Smith. All of the men work at Vulcan Materials in Grand Rivers, KY. Vulcan Materials is responsible for employing a large workforce in western Kentucky and provides very good paying jobs for many families in the region.

(photo provided by Vulcan Materials)

The piece of equipment pictured to the right is a Caterpillar 992. This equipment is massive and not cheap to own or operate. Anyone can see by the size of the tires alone, just how big earth moving equipment really is compared to the men pictured in the photo.



Life Care Center achieves deficiency-free health survey

LA CENTER, Ky. — Life Care Center of La Center, a skilled nursing and rehabilitation facility, recently passed its annual state survey from the Kentucky Department for

Public Health with no deficiencies.

This is the second year in a row that Life Care Center of La Center has achieved this deficiency-free result.

Every year, nursing

and rehabilitation centers must undergo a state inspection, or survey. Surveyors spend time interviewing residents, family members, and associates, and evaluating resident

care, recordkeeping, staffing levels, food safety, fire safety, infection control practices and more.

Ginger Atkins, long-time executive director at the center, shared that surveyors were

impressed with the residents' happiness during this year's visit.

"We are so proud of the hard work and dedication that goes on at Life Care Center of La Center,"

Atkins said. "To obtain a deficiency-free survey takes the work of every associate, every day.

see LIFE CARE CENTER, Page C11



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PROGRESS

Q & A

Jerry Gilliam Christian County Judge Executive

What accomplishments or progress in Christian County over the past year are you most proud of?

We have continued to improve roads both state and county. Many projects have been funded and simply need to be letted by the state so work can begin. Lovers Lane and Lafayette Road improvements to include a turning lane and shaving the hill on Lafayette Road to improve visibility should start this spring. In addition, a new entrance ramp onto I 169 at 1682 has begun as well as an additional overpass at ext 89 on I 24. We also have completed a project design and architectural work to modernize the historic courthouse while maintaining the original look. We also have welcomed the ribbon cutting



of Toyota Boyshoka and announced the forthcoming of Kitchen Foods.

Have there been any new buildings, renovations, infrastructure projects, or improvements recently that you would like people to know about?

See above about courthouse design.

Looking ahead, what goals, projects, or improvements would you like to see happen in Christian County over the next

year?

Find funding for the courthouse improvement to include a parking structure and making the courthouse ADA compliant, Continue to advocate for I-24 expansion, focus on sewer and water improvements for Oak Grove area to prepare for the future growth. Complete the HW 115 corridor to include a bridge over CSX rail to connect HW 41.

Is there something about Christian County or the people who live and work there that you think readers should know?

We will continue to look for ways to lower the property tax for residents, last years rate fell 90 basis points. Will continue to look for ways to make it user friendly to develop housing, and look for ways to identify high wage employment in our Commerce Park 2.

Q & A

Jaime Green-Smith Lyon County Judge Executive

What accomplishments or progress in Lyon County over the past year are you most proud of?

We started the Hometown Heroes Banner Program. Receiving the 2024 Delta Regional Authority Grant for @ \$2.4 million to interconnect all the water systems within Lyon County, including Caldwell County Water District and the City of Princeton. The Poured In Place Crumb Rubber Pad at the Lee S. Jones Playground. The continued growth of our Industrial Park and Riverport. Amanda Davenport has done an excellent job gaining business and industrial development in these areas.

Have there been any new buildings, renovations, infrastructure projects, or improvements



recently that you would like people to know about?

Updates to the Lee S. Jones Community Building: new lighting, painted walls, & new flooring. Working on the 2024 Delta Regional Authority Interconnect Project. We are working on the 2025 Delta Regional Authority Infrastructure Strategic Planning Grant we received. We need to assess our current capacity against our projected growth. New lighting for the softball field at the park.

Looking ahead, what goals, projects,

or improvements would you like to see happen in Lyon County over the next year?

Completion of fiber installation throughout the county by the Electric Companies (Pennyrile Rural Electric, Kenergy, and KU). Pennyrile Electric has done great, just waiting on Kenergy to get to Lyon County, and then for KU to get started in the next few years. Too many people still don't have internet at home. All new lighting for all fields at Lee S. Jones Park (this would be done in phases for 2-3 years). Continued growth in our Industrial Park and Riverport.

Is there something about Lyon County or the people who live and work there that you think readers should know?

I can't think of anything off the top of my head.

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Sasha Story, Manager Designer

TRIBUTE MONUMENTS

PROGRESS

Tom Moodie: Grand Rivers update

By Greg LeNeave
 Publisher, KPI
 Newspaper Group

The City of Grand Rivers has a lot going on at all times. When asked, What has been positive for Grand Rivers over the last calendar year? Mayor Tom Moodie responded that the Management by the Grand Rivers Tourism Commission has turned around the Badgett Playhouse.

This year the Badgett Playhouse should 'break even'; which is a real good boost to Tourism in the city.

The shows they're having week after week are bringing lots of people to the local restaurants and shopping has taken an increase thanks to increased visits to the Grand Rivers.

What's something to look forward to on the coming year?

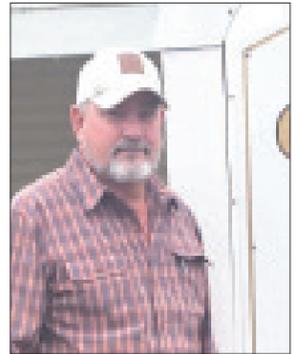
Moodie mentioned that the city has been working on transient docking down by the Kentucky Lake jetty. This will allow local boaters to have day use where they could park their boats and enjoy Grand Rivers. Currently that project is in the TVA permitting stage and it's also in environmental review. That project should be completed

in the fall. Grand Rivers serves as an American Cruise Lines 'Official Port' which they have a 20-Year agreement with. American Cruise Lines currently has scheduled for 31 ships to port there this year. That number should reach up to 40 for 2026.

What new business would you like to recognize that has come on the scene in Grand

Rivers recently?

Moodie said the new place people should come and check out is the Iron Bell Coffee Shop which is owned by Bill and Michelle Gary. It's right next to Craig's dairy dream in downtown Grand Rivers. That place underwent a \$750,000 renovation and it is something everyone should come and check out. They have great breakfast and



some lunch soups of the day and so forth croissants for breakfast and many other great items.

Q & A

Michael Williams — Livingston County Judge Executive *Livingston County Growth & Development Report*

What accomplishments or progress in Livingston County over the past year are you most proud of?

One of the accomplishments I'm most proud of over the past year is that we were able to hold the line on taxes despite record-high inflation. At a time when costs were rising across the board, we made a commitment to our citizens to be responsible stewards of their tax dollars—and we delivered.

We accomplished this through careful and strategic planning, cutting unnecessary costs, practicing conservative spending, and aggressively pursuing outside funding sources, primarily through grants.

Because of these efforts, we were able to continue moving Livingston County forward without placing additional financial burden on our residents—and

that's something I take great pride in.

Have there been any new buildings, renovations, infrastructure projects, or improvements recently that you would like people to know about?

We currently have several major projects underway and recently completed that are making a real impact across Livingston County.

Construction is in progress on the new \$78 million Livingston County Hospital, which will greatly enhance healthcare access and services for our community.

We also have a \$70-\$80 million water treatment plant project underway through the Crittenden-Livingston Water District. Phase 1 has been completed, and we are actively moving forward—this is a critical investment in our future growth and infrastructure.

At Roy Ringstaff Ballpark, we are working with KYTC to purchase additional property to expand parking and create more recreational space for our families and youth programs.

In addition, we have installed security cameras in county office buildings to improve safety and accountability, and we are in the process of demolished county-owned buildings to improve the appearance and overall quality of our community.

These are just a few highlights—there are many other projects currently in progress as we continue working every day to move Livingston County forward.

Looking ahead, what goals, projects, or improvements would you like to see happen in Livingston County over the next year?

Looking ahead, one of my top priorities is to continue

strengthening the county's financial position by increasing our reserve fund. In our last budget, we were able to add an additional \$250,000, and I would like to continue building on that this fiscal year to ensure we are better prepared for large, unexpected expenses and long-term needs.

We are also excited to see the Livingston County Farmers Market launch this summer. With the support of several community partners, we believe this will be a great opportunity to support local producers, small businesses, and bring more activity into our communities—and we look forward to helping it grow.

Another key focus is economic development. We are actively seeking grant funding and exploring property acquisition for an Industrial Development Park. This will help attract new businesses to Livingston County while also supporting the growth of our



existing businesses—no matter their size—so they can continue to flourish here at home.

Overall, our goal is simple: to keep building a stronger, more prepared, and more opportunity-filled Livingston County for the future.

Is there something about McCracken County or the people who live and work there that you think readers should know?

One thing I think people should know about Livingston County is that a lot of the most important work often goes unnoticed—until there's a problem. The largest and most critical projects

we take on—like water and sewer infrastructure—don't always come with ribbon cuttings or photo opportunities. You don't see many pictures of water or sewer lines, but they are essential to the health, safety, and growth of our communities.

I'm also proud that we were able to allocate over \$700,000 in non-tax-dollar funds and distribute it evenly across each magisterial district. This allowed local leadership to address the specific needs of their communities directly, because no one understands those needs better than the people who live there.

At the end of the day, Livingston County is made up of hardworking, practical people who understand that real progress isn't always flashy—but it matters.

And that's exactly the kind of work we're committed to every single day.

MORE LIVINGSTON UPDATES:

Mayor Gary Damron • Terry Tietloff • Bill Hesser

Mayor Gary Damron, said they are continuing infrastructure work including water leak detection. They have a new dollar General Store, Proud to see the addition of a

Food Truck in Salem. Of course the New Livingston County Hospital expansion, a 78 million project expected to impact the entire county especially in Salem.

Terry Tietloff, Chairman of the Ledbetter water board said they welcome a new Fluorspar mine to the county and a new Florist coming soon. A new project to cost

about 80 Thousand dollars is to repaint the water tower. This is in line with their ongoing maintenance of the Water district.

Bill Hesser mayor of Smithland said the

biggest accomplishment has to be the ongoing sewer and pump maintenance. They are moving forward toward a possible merger with Ledbetter Water board. They

did pass a ordinance for the city to help beautify the entire town with a Beautification ordinance. So far they have a good response to the ordinance.

TOURISM / RECREATION

BALLARD COUNTY

Ballard County Country Club

2145 LaCenter Rd.
LaCenter, KY
Small-town, semi-private course
9-hole layout (casual, walkable)
Known for friendly local atmosphere and affordable play

Silo's Country Club

11435 KY-286
Kevil, KY
Public course
Rural setting with open fairways and some water hazards
Relaxed pace, popular with local players around Paducah

CALDWELL COUNTY

Princeton Golf Club

1001 Jefferson St.
Princeton, KY
Public/semi-private
18 holes
Mix of tree-lined and open holes; solid all-around challenge

CALLOWAY COUNTY

Miller Memorial Golf Course

2814 Pottertown Rd.
Murray, KY
Public course owned by Murray State University
18 holes
Well-maintained, collegiate-level design, affordable

Murray Country Club

2200 College Farm Rd.
Murray, KY
Private
Traditional layout with tree-lined fairways
Strong local membership and events

West Kentucky Golf Courses

The Oaks Country Club

363 Oaks Country Club Rd.
Murray, KY
Private, more upscale feel
Scenic with water features
Known for smoother greens and quieter setting

CHRISTIAN COUNTY

(Hopkinsville / Ft. Campbell)

Cole Park Golf Course

1610 101st Airbone Div. Rd.
Ft Campbell, KY
Military course (access may be restricted)
18 holes
Wide fairways, good conditions

Hopkinsville Golf & Country Club

303 Country Club Rd.
Hopkinsville, KY
Private
Classic country club layout
Known for tournaments and strong greens

Western Hills Municipal Golf Course

2160 Russellville Rd.
Hopkinsville, KY
Public
Affordable and beginner-friendly
Rolling terrain, good for casual rounds

CRITTENDEN COUNTY

Marion Country Club

651 S Blackburn S.
Marion, KY
Small, local course
Quiet and budget-friendly
Basic layout, great for relaxed play

FULTON COUNTY

Fulton Country Club

9307 E State Line,
South Fulton, TN
Semi-private
Serves KY/TN border area
Straightforward layout with some water hazards

GRAVES COUNTY

Mayfield Country Club

1301 W Broadway,
Mayfield, KY
Private
One of the more established clubs in the region
Tree-lined fairways, traditional design

Hickman County Oak Hill Golf Course

1125 US-51
Clinton, KY
Public
9-hole course
Simple, relaxed rural setting

HOPKINS COUNTY

(Madisonville area)

Lakeshore Country Club

1000 Shamrock Dr.
Madisonville, KY
Private
Scenic with water views
Well-maintained greens
Madisonville Country Club
Private
Traditional country club feel

Madisonville City Golf Course

Park Rd.
Madisonville, KY
Public
Affordable municipal option
Good for beginners and regular play

LIVINGSTON COUNTY

Drake Creek Golf Club

Torrey Pines
Ledbetter, KY
Public
18 holes
One of the better-regarded public courses near Paducah
Known for layout variety and solid conditions

Deer Lakes Golf Course

140 Deer Lake Ln.
Salem, KY
Public
Scenic, wooded layout
Quiet and less crowded

LYON COUNTY

Mineral Mound State Park Golf Course

48 Finch Ln.
Eddyville, KY
Public (state park)
18 holes
Links-style feel with views of Lake Barkley
One of the most scenic courses in Western KY

MARSHALL COUNTY

Benton Golf & Country Club

123 Country Club Ln.
Calvert City, KY
Semi-private
Friendly, community-centered course

Calvert City Golf & Country Club

Semi-private
Known for affordability and open layout

Kentucky Dam Village State Park Golf Course

185 Village Green Circle
Gilbertsville, KY
Public (state park)
18 holes
Championship-level design with lake views
One of the top courses in the region

McCRACKEN COUNTY

6500 Turnberry Dr.
Paducah, KY (Paducah area)
Country Club of Paducah
Private
Premier club in the area
High-end conditions and amenities

Paxton Park Golf Course

841 Berger Rd.
Paducah, KY
Public
Historic municipal course (opened 1905)
Affordable and centrally located

Rolling Hills Country Club

701 Lakeview Dr.
Paducah, KY
Private
Known for social atmosphere and events

TRIGG COUNTY

Arrowhead Golf Course

183 Arrowhead Club Dr.
Cadiz, KY
Public
Challenging layout with elevation changes

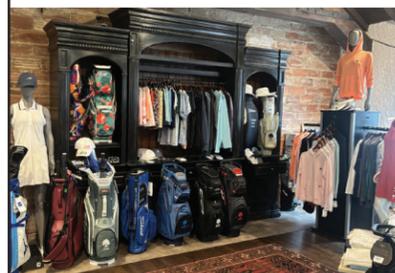
Boots Randolph Golf Course

2711 Blue Spring Rd.
Cadiz, KY
Public
Located near Land Between the Lakes
Scenic, wooded course

UNION COUNTY

Breckinridge Golf Course

2711 Blue Spring Rd.
Cadiz, KY
240 WhitakPublic
9-hole course
Quiet, budget-friendly option



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TOURISM / RECREATION

Prepare now and be road trip-ready

The allure of the open road compels millions of people to get behind the wheel and set off in the direction of new horizons every year. A freedom of adventure is an inherent trait of road trips, and these excursions can be incredible ways to explore the sights. But vehicle preparation is important before taking to the open road.

Vehicle breakdowns can derail a road trip quite quickly. Breakdowns can be costly and are always inconvenient.

According to AAA, tire-related issues consistently rank among the top reasons for roadside assistance calls. AAA data also shows battery-related issues account for a significant portion of roadside calls. Here are some key areas to address when preparing a vehicle for a road trip.

- Tires, tires, tires: Incorrect tire pressure can affect fuel efficiency and handling. Ensure tires are inflated to the correct PSI as indicated in the driver's side door jamb or in the



vehicle's owner's manual. Inspect the tread depth on all tires to ensure it is adequate, and also look for any tire damage like cracks, embedded objects or bulges. While you're checking the tires, make sure the spare is inflated and in good

condition.

- Battery life: Many automotive centers offer free battery testing. If the battery is between three and five years old, consider having it checked or replaced. Use a wire brush to clean battery terminals of

corrosion.

- Under the hood: If a road trip is close to the next oil change, do it before leaving. Ensure that all coolant levels are correct, and that the brake fluid isn't low. Transmission fluid and power steering fluid also should be

checked. Refill the wiper fluid reservoir to maintain visibility on the trip.

- Belts and hoses: Inspect the belts for cracks and fraying. Check the hoses for leaks and bulges.
- Brakes: Brakes are the primary safety system. If the brakes squeal, grind or pulse when you are braking, they may need to be replaced. The same can be said if a visual brake pad inspection indicates the pads are thinning.
- Essentials kit:

see **TRIP-READY**, Page C9

LOCAL ATTRACTIONS:

- Badgett Playhouse
- Grand Rivers Jetty at Sunset Grand Rivers Walking Trail
- Green Turtle Bay Marina
- Hunting & Fishing
- Kentucky Lake Regional Golf Courses Land
- Between the Lakes Lighthouse Landing Marina
- Little Lake Park
- Patti's 1880's Settlement
- City Hall / Community Center
- Sunset Sails
- Bike Rentals

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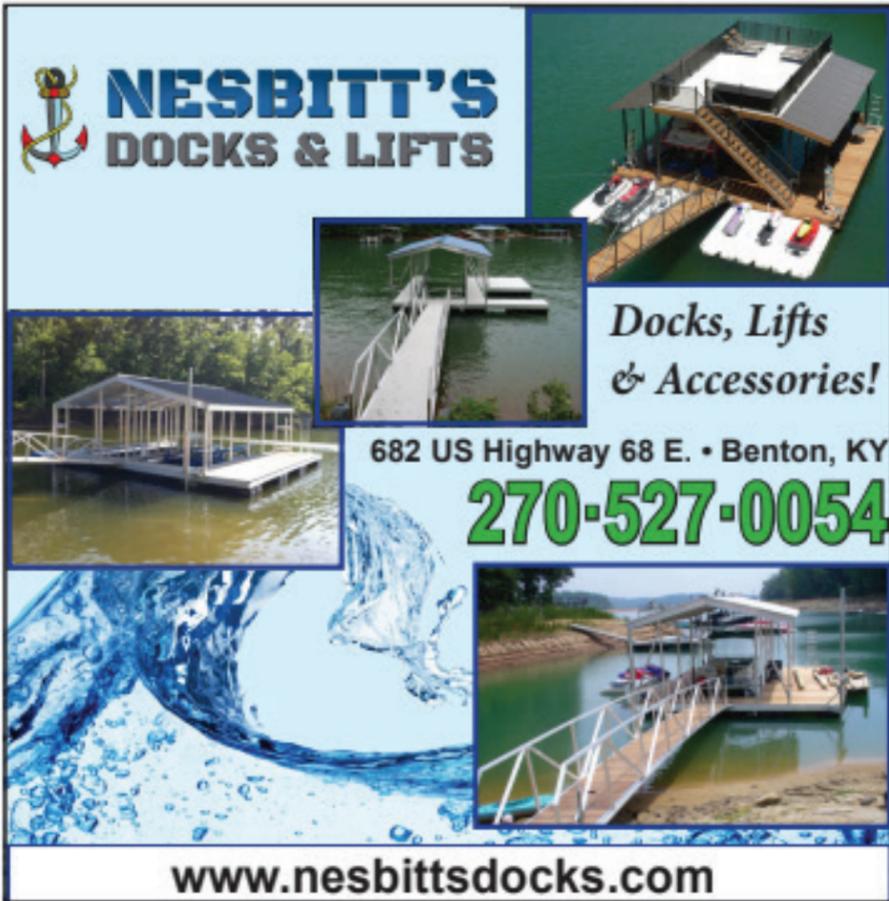
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TOURISM / RECREATION



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 - Moors Resort & Marina – Gilbertsville (Kentucky Lake)
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 - Kenlake Marina – Aurora/Hardin area
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 - Shawnee Bay Resort & Marina
 - King Creek Resort
 - Murray / Central KY Lake Area
 - Lynnhurst Family Resort & Marina
 - Sunset Harbor Hill Marina
 - Water's Edge RV Park & Marina
 - Grand Rivers / North End (Between the Lakes)
 - Lighthouse Landing Resort & Marina
 - Hu-B's / Kuttawa
- Harbor Marina**
 - Whispering Oaks Resort & Marina
 - Lakeside Campground & Marina
 - Sportsman's Lodge Campground & Marina
 - Hickory Hill Resort & Marina
 - Hester's Resort & Marina
 - Town & Country Marina
 - Cedar Knob Resort & Marina
 - Bee Spring Campground & Dock (marina access)
- Kuttawa / Eddyville (Lake Barkley side)**
 - Eddy Creek Marina Resort
 - Buzzard Rock Resort & Marina
- Tennessee Side (Same Lake System)**
 - (Still Kentucky Lake / Barkley waters — important for completeness)
 - Cypress Bay Marina & Resort (Buchanan, TN)
 - Paris Landing State Park Marina (TN)
 - Buchanan Resort & Marina (TN)
 - Birdsong Resort Marina (TN)
 - Fat Daddy's Resort & Marina (TN)
 - Leatherwood Resort & Marina (TN)
 - Bumpus Marina (TN)
 - Sunset Bay Resort & Marina (TN)



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TOURISM / RECREATION

Preparing for the golf season

By Kelsey Edwards
The Scene Writer



It is that time of year again - golfing season. Even though the cold weather has remained around a bit longer than we all would like, it will not be much longer until the warmth is here to stay. Since we are in daylight savings time, those who golf have the opportunity to sneak in some golf time after work. Just like with all sports, even if it is just for fun, preparation comes with it. So, here are some ways to get ready for the golf season.

Audit Your Clubs— It does not matter how serious you take the game, everyone puts their golf clubs up during the winter. Now is the time to bring your clubs out of hibernation and give them a good

once-over, meaning to treat them to a good clean, removing any and all layers of mud that may be on them. Check to see if your set needs regripping. Also it would be a good time to decide if you need to replace any of your existing clubs for new ones before you get out on the course.

Get a Refresher Lesson- It never hurts to make sure your

fundamentals are set and ready to go for the season. Maybe even brush up on the change you made to your posture that started to work better for you. It will allow the pro to spot anything that might be detrimental to playing your best.

Get loose and limber— Being in “golf hibernation” can leave the body stiff and a bit lacking in your

movements. So it is important to incorporate stretching into your pre-round warmups as it will be more beneficial for your body. The best players out there in the world will even partake in yoga and pilates. This helps to keep their backs, shoulders, hips and knees in good shape.

Set Goals and Expectations— Goals and expectations always helps someone strive to do better. So, applying that logic to golf is ideal and a great way to start your golf season off. Be sure and set goals that are achievable. A few ideas are having more fun, winning a few tournaments, less club throwing, shooting lower scores, etc. Find a few goals that are good for you and start a plan on how to exceed those goals.

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TOURISM / RECREATION

Choose the right golf attire

Golf is played by millions of people all over the world. Throughout warm-weather seasons, courses are filled with enthusiasts driving and putting their way through 18 holes.

The right equipment is instrumental to successful game play, and golfers also need to pay attention to the clothing they wear. Etiquette and decorum are a significant part of

the game of golf, and that includes the clothing golfers wear while traversing the course.

While there is no fixed dress code for golf, there are certain guidelines that golfers must follow. These rules and regulations may vary from course to course. Public and municipal courses may have very few rules, while private courses or exclusive golf clubs may have restrictive dress

codes.

The following are some good rules of thumb when heading to the course.

Bottoms

Men are advised to wear long pants made of cotton or polyester. Chinos typically are recommended. According to Golf Week, some clubs will permit men to wear jeans, but many do not. Dress shorts may be allowed if they have a pleated or flat front.

Similarly, women also should don long trousers. Capris or dress shorts also may be applicable. Many women opt for golf skirts, which are specially designed and cut on the front or side to enable motion in the golf swing.

Shirts

A collared shirt is the preferred attire when golfing. Opt for a polo shirt over a T-shirt. While there are newer mock or crew neck shirts endorsed by some pro golfers, golf courses will not necessarily permit players to wear them.

Women also are encouraged to wear polo shirts, though there is



more flexibility in their shirt options, including sleeveless varieties. Modest shirts are highly encouraged, especially ones that will not expose the midriff. Men and women are encouraged to tuck in their shirts.

Footwear

Sneakers (often referred to as “trainers”) tend to be off-limits on many courses. Golf shoes are a sport standard, and should include soft spikes rather than metal spikes, which may be banned on certain courses.

Socks

Socks should match one’s choice of trousers. Light-colored socks are advised when wearing shorts. Some clubs require socks be a certain length when wearing dress shorts. Above all, socks should complement the clothing.

Hats

Golfers can wear baseball-style hats or visors to offer protection from the sun. Straw hats known as “Ben Hogan caps” also may be

permitted. Other types of headwear is generally not appropriate.

Players should keep in mind that attire that is acceptable on the course may not be suitable to wear inside of the club, including dining spaces or bars.

A degree of formality is evident in the game of golf, and that often is reflected in players’ attire. Players should confirm dress code with their respective clubs or golf courses before hitting the links.

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New Haven, KY

June 6th & 7th
June 13th & 14th

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Land Between the Lakes, Kentucky Lake and Lake Barkley!

ATTRACTIONS & OUTDOORS:
Badgett Playhouse, Grand Rivers
Elk & Bison Prairie, Golden Pond
Golden Pond Planetarium
Land Between the Lakes, Golden Pond
Patti's 1880's, Grand Rivers

GOLF COURSES:
Deer Lakes, Salem
Drake Creek, Ledbetter
Calvert City Country Club
KY Dam Village, Gilbertsville
Mineral Mounds, Eddyville
Boots Randolph, Cadiz

FISHING:
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TOURISM / RECREATION

Travel tips for over-50 crowd

Travel has long been viewed as a positive hobby that can pay short- and long-term dividends. Some of those benefits may surprise even the most devoted jet-setters. For example, a joint study from the Global Commission on Aging and the Transamerica Center for Retirement Studies found that women who vacationed twice a year had a considerably lower risk of heart attack than women who vacationed once every six years. The same study noted men who did not take an annual vacation had a 30 percent greater risk of heart disease than men who did vacation each year.

Traveling after 50 may necessitate a slightly different approach than it did when individuals were younger. Though adults over 50 can reap the same travel-related rewards they did when they were younger, some additional safety measures may be necessary at this point in travelers' lives.

- Determine vaccination requirements if you plan to travel

overseas. The Health In Aging Foundation urges older travelers hoping to go overseas to identify vaccination requirements in countries they plan to visit. Make this part of your early planning, as the HIAF notes some countries require vaccinations be administered at least six weeks prior to entry. Information regarding travel-related vaccinations can be found on the Centers for Disease Control and Prevention website at <https://wwwnc.cdc.gov/travel/page/travel-vaccines>. • Get a pre-trip medical checkup. A pre-trip medical checkup can ensure adults over 50 are healthy enough to travel. A doctor visit also can be a great opportunity to update vaccinations and discuss medications. It can be tricky to manage medications when crossing time zones, and travelers can work out a schedule with their physicians to ensure they don't miss any doses. This also can be a good time to renew prescriptions to ensure you don't run out while away from home. Work with

your physician and pharmacist to create a list of prescription and over-the-counter medications you take, which the HIAF notes will make it easier to get through customs and get replacement medicines should you need them while traveling.

- Beware of deep-vein thrombosis (DVT) and how to avoid it. The Mayo Clinic notes DVT occurs when a blood clot forms in one or more of the deep veins in the body, typically in the legs. Lack of movement is a risk factor for DVT, which can affect immobile travelers during long flights, train rides or road trips. DVT risk can be reduced by getting up and walking around when allowed to do so on long flights or train rides. If you'll be driving long distances, make frequent pitstops to get out of the car and stretch your legs.

- Stay hydrated. The Cleveland Clinic notes that dehydration can cause dizziness, elevate a person's heart rate, contribute to swollen feet and muscle cramps, and

result in fatigue, among other side effects. Travel is exciting, and it can be easy to forget to hydrate during engaging trips. But the HIAF recommends

individuals bring a large bottle of water with them and drink even if they do not feel thirsty.

These simple safety precautions can protect travelers 50

and over from health issues that might not have posed as significant a threat when they traveled in years past.





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TRIP-READY,
from page C5

Even with the best preparation, unexpected issues can happen on road trips. That's why it's a good idea to have a kit stocked with jumper cables, a portable air compressor to fill tires, first-aid kit, flashlight with

extra batteries, basic tools, flares, water, and non-perishable snacks. A blanket or warm clothing or reflective vest also is helpful.

- Documentation: Don't leave home without a driver's license, vehicle registration and proof of insurance. If you are part of a roadside assistance program, keep the contact information

and member number handy. While GPS tools on phones and other devices are very efficient, they're only as good as the cellular signal. Paper maps or printed directions are a backup for GPS.

A successful road trip starts with preparation. Ensuring the car or truck is road-ready is very important.



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BIG ARCH™

SENIOR LIVING / HEALTH



Screenings promote early detection

By Laurna Todd
Scene Writer

The importance of early detection is taking center stage this May as the Purchase District Health Department (PDHD), in partnership with Mercy Health, encourages women across the region to schedule their annual screening mammograms.

As part of the “May is for Mammograms” initiative, uninsured Kentucky residents who are due for a screening mammogram may qualify for a free screening during the month of May courtesy of PDHD. To be eligible, participants must complete their appointment at Mercy

Health during May. All participants will receive an incentive from PDHD upon completion of their appointment and will also be entered into a drawing for a gift basket.

Screenings will be offered at the Mercy Health – Paducah Women’s Imaging Center, located in the Marshall Nemer Medical Office Building, Suite 210, at 1532 Lone Oak Road in Paducah.

Appointments can be scheduled by calling Kelly Stanfill, Breast Imaging Navigator, at 270-538-6882.

The event is open to everyone during the month of May, with the goal of increasing access to screening services across the community. Women

not currently seen by Mercy Health or PDHD should check with their doctor about scheduling a mammogram.

Early detection saves lives. Mammograms are one of the most effective tools for identifying breast cancer in its earliest and most treatable stages. Breast cancer is the most common cancer among women in the United States, aside from skin cancer, and the second-leading cause of cancer-related death among women.

For more information about the program, contact the Purchase District Health Department at 270-444-9631.

Have you had your screening mammogram this year?

Senior skin cancer prevention

Wisdom and age frequently go hand in hand. But when it comes to knowledge of the latest medical advancements, some older adults may not be up-to-date.

Medical recommendations evolve over time. After all, it wasn’t too long ago people were told to avoid foods containing high amounts of dietary cholesterol because it would raise their own blood cholesterol levels. Now MedlinePlus says the general consensus is that eating dietary cholesterol has a minimal impact on blood cholesterol for most people. And people in their 70s may have raised children thinking it was fine to lay the child in the crib on the baby’s stomach. Now the advice is “back is best.”

Medical professionals now know that exposure to ultraviolet rays of the sun and tanning beds can contribute to the development of skin cancer. But just a few generations ago people were slathering on baby oil and using suntan reflectors to accelerate tanning. The risk of skin cancer is raised for those who have had cumulative exposure to the sun. So it is essential that seniors practice sun safety every day so they are not adding to the damage that already may have occurred. It’s also foolish to think, “I’ve made it this long without skin cancer, and it takes decades to develop, so I’m never



going to get it.”

No one knows how long they will live and it’s important to take care of oneself to live as strong, healthy and long as possible. To that end, seniors can employ these sun safety tips, courtesy of the Skin Cancer Foundation.

• **Learn the facts.** Suffering just five sunburns over your lifetime more than doubles your chances of developing melanoma, and each successive tan or sunburn raises the risk even further. Suntans damage the skin’s DNA and age it before its time. Also, skin undergoes changes that reduce defenses against disease and healing. One bad burn as a senior may be the final straw.

• **Use sunscreen.** Sunscreen may not have been widely used when today’s seniors were young. Just because that was the norm then doesn’t mean things can’t change now. It’s never too late to reduce your skin cancer risk by lathering on sunscreen daily — even when

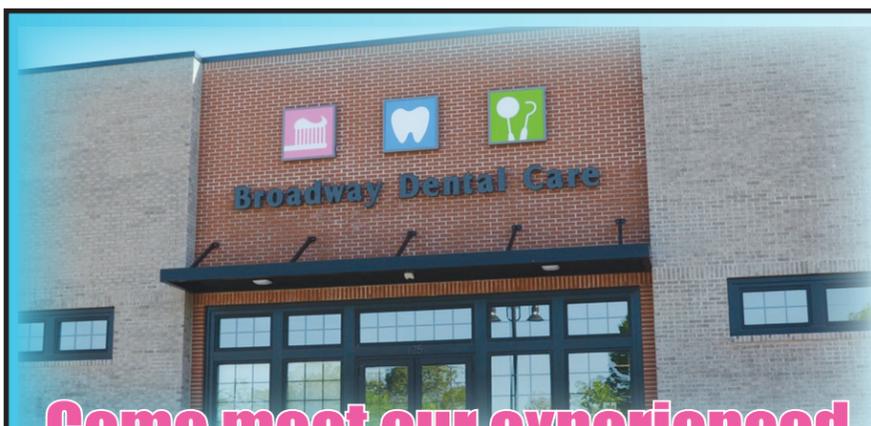
the sun doesn’t seem particularly strong. Seniors should look for a broad-spectrum sunscreen with SPF 30 for daily use.

• **Wear protective clothing.** Choose tightly woven, long-sleeved shirts, long pants, and wide-brimmed hats to protect you. You can purchase clothing that has sun protection built right in.

• **Avoid being outside during certain times of day.** Stay out of the sun when it is at its peak. Radiation is typically the strongest between 10 a.m. and 4 p.m. That’s when the risk for skin damage is highest, says the American Cancer Society.

• **Seek shade.** When spending time outdoors, seek shady spots, whether you’re under an umbrella or in tree-lined areas.

Sun safety for seniors is generally the same for people of all ages. But it becomes a more urgent necessity due to cumulative sun exposure that comes with age.



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LIFE CARE CENTER,
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CLINICS

SENIOR LIVING / HEALTH

What seniors should know about red meat?

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

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

Red meat contains heme iron, which is more easily absorbed by the body than the non-heme iron found

in beans or spinach. Iron helps ward off age-related anemia, according to UMass Memorial Health. High-quality protein also is essential to combat age-related muscle loss, a condition known as sarcopenia.

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



than red meat.

Limiting red meat also can help combat digestive system concerns. As a person ages, the digestive system produces less stomach acid, says Cary Gastroenterology Associates. That makes it harder to break down heavy

proteins like red meat. This can lead to bloating or discomfort if too much is consumed.

Certain studies have explored the link between high red meat consumption and systemic inflammation that can aggravate conditions like arthritis. Baylor

College of Medicine says high levels of saturated fat and omega-6 fatty acids could elevate inflammatory markers like C-reactive protein, exacerbating autoimmune conditions and other health issues.

Best practices for seniors concerning

red meat involve looking for cuts with “loin” or “round” in the name, as they have the highest protein-to-fat ratios. Seniors also should discuss the newest federal Dietary Guidelines for Americans with their doctors or nutritionists, as the 2026 guidelines represent a significant shift that promotes higher consumption of red meat, full-fat dairy and animal proteins, rather than restricting them to one to two times per week, despite advising limiting saturated fat intake. These contradictory messages may confuse the average person.

As with all dietary recommendations, advice will vary depending on one’s specific needs and underlying medical conditions.

Considering for your second act

Many people see their careers as one of their defining characteristics. Children are often asked what they want to be when they grow up, and as adults they will likely be asked “What do you do for a living?” more times than they can remember. Work is undoubtedly a major component of life for most people from the time they leave school to the day when they retire. And a growing number of adults value work so much that they pivot to second careers.

A phenomenon known as “unretirement” occurs when people who have previously retired return to the workforce. A 2010 paper published in the Journal of Human Resources found nearly 50 percent of retirees followed a nontraditional retirement path that involved partial retirement



or unretirement. According to a recent Retirement Saving & Spending Study from T. Rowe Price, around 20 percent of retirees are working either full- or part-time, while 7 percent of study respondents are looking for employment. Some people return to work for financial reasons while others seek the social and emotional benefits employment can bring. But

individuals mulling a return to work or those currently working but trying to determine a second act should not feel beholden to previous career paths. A second trip around the employment block can involve an entirely different line of work. The following are some things to look for in a second act.

- Flexibility: Choose a career path that

enables you to set your own schedule or possibly work part-time if that is your preference. This way you can still reap some of the benefits of retirement, including the flexibility to travel.

- Social interaction: Adults may lose daily opportunities to be social when they retire, which can compound feelings of isolation common among retirees.

Consider a second career that lets you interact with a number of people and continue to build relationships and a good network.

- Personal passions: Reflect on what you might do for work if money were no object. This may help you narrow down new opportunities that are in line with your interests and passions. Find a job that utilizes your

skills and experience and meshes with your interests. A former graphic artist, for example, may decide to teach design to young people.

- Nonprofit opportunities: Many retirees spent years in high-stress corporate environments where bottom lines may be more important than the bigger picture. Shifting to a career in the nonprofit sector can be a personally fulfilling job that utilizes skills learned in the corporate world.

- Consulting or contract work: If you’re a retiree who loved your job, you might want to have a second career as a consultant or contractor in the same field.

A number of retirees ultimately explore second careers. Finding a match may be easier than one could have imagined.

SENIOR LIVING / HEALTH

What is polypharmacy?

Polypharmacy may contribute to complications that could jeopardize seniors' health. Johns Hopkins Medicine defines polypharmacy as the regular use of multiple prescriptions. According to data from the National Health and Nutrition Examination Survey and the Canadian Health Measures Survey, 22 percent of adults between the ages of 40 and 79 in the United States and 19 percent of adults in that same age bracket in Canada took at least five medications in the 30 days prior to participating in each survey.

Prescription medications are designed and

prescribed to help people overcome various medical conditions, but polypharmacy can contribute to other issues that are worth noting, and some of those conditions can have an adverse effect on seniors' daily lives and overall well-being. According to Johns Hopkins Medicine, symptoms of polypharmacy include:

- Reduced alertness
- Confusion or cognitive problems
- Falls and accidents
- Weakness and dizziness
- Loss of appetite
- GI problems such as diarrhea, constipation or incontinence
- Skin rashes
- Depression

• Anxiety
• Excitability
It's equally important that seniors recognize that polypharmacy affects aging adults differently than it affects younger people, as changes in body composition that are a natural part of aging can affect how the body reacts to medications and might affect how different medications interact with one another. The effects of new drugs on seniors also may be unknown, as Johns Hopkins Medicine notes that test subjects for medications may not include older adults.

Polypharmacy is a delicate situation and each individual's reaction to taking



multiple medications at once is unique. Seniors are urged to be open and honest with all health care professionals they interact with regarding the medications they're taking.

Report any difficult or unusual side effects immediately. Seniors who feel they might be taking too many medications should address those concerns with their health care professionals, who

may discontinue a given medication and work with patients to find alternatives that can treat existing conditions without adversely affecting quality of life.

Different ways seniors can embrace AI

Keeping up with technology has become a full-time job for many people. The devices individuals rely on continue to evolve at a rapid pace. While younger generations who were raised on technology can adapt with ease, seniors may have a slightly more lengthy learning curve, particularly when

it comes to artificial intelligence (AI). AI is no longer a sci-fi concept; it's a component of daily life. AI can do everything from summarize emails to turn images into quirky cartoons to answer health-related questions. According to the 2026 AARP Tech Trends Report, AI usage among people

ages 50 and older has nearly doubled in the last two years. Thirty percent of seniors are navigating the AI frontier, and there are many ways AI can be put to good use.

• *Aging in place:* AI technology can be used to ensure seniors can enjoy their independence longer than they otherwise might. AI-powered homes can do a lot of the work for most seniors, and safeguards can help protect them. For example, radar-based sensors can detect a fall without the use of cameras and alert emergency services. AI can automatically adjust environments by illuminating hallways or shutting

off a stove if it has been left unattended, according to Age Safe® America.

• *Health monitoring:* A primary driver for AI adoption, health is something that can be managed and even improved with the use of AI. The University of Michigan National Poll on Healthy Aging found that more than half of seniors like AI devices for aging in place. AI can

summarize complex medical reports or produce meal plans according to nutritional guidance. Smart pill dispensers use AI to track adherence and can help keep a person safe.

• *Companionship:* Loneliness and social isolation is a real concern for seniors. AI conversational partners can initiate conversations, suggest

activities or tell jokes. The National Institutes of Health says AI-driven interventions using social robots or digital human facilitators have led to significant reductions in loneliness among adults ages 55 and over. Artificial intelligence is being integrated into many facets of daily life. Seniors can benefit from AI in many unique and useful ways.



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AGRI NEWS



University of Kentucky Research Education Center in Princeton.

Photo by Martin-Gatton CAFE

Explore Western Kentucky on the 2026 UK Land-grant Engagement bus tour

A four-day agenda will give University of Kentucky leaders an intimate and immersive opportunity to engage directly with communities in the western part of the Commonwealth.

LEXINGTON, Ky.— The University of Kentucky Office of Land-grant Engagement is offering a unique trip to travel and connect directly with communities in Western Kentucky. This university-wide experiential learning and networking experience connects participants to valuable partnerships while offering firsthand insight into healthcare access and innovation, workforce and economic development, community leadership and more.

The 2026 Land-grant Engagement Bus Tour will take place May 11-14, 2026, and is open to UK administrators, faculty and staff.

“This tour reflects the very best of our land-grant mission,” said Laura Stephenson, Ph.D., vice president for Land-grant Engagement and dean of the Martin-Gatton College of

Agriculture, Food and Environment. “It is about listening, learning and building relationships. We want participants to return with a deeper understanding of the priorities and strengths that exist across Western Kentucky. Most importantly, we hope they come back to campus with a renewed commitment to partnership, reciprocity and a shared responsibility to strengthen communities across the Commonwealth.”

Monday, May 11, planned agenda:

Leitchfield and Grayson County: Local organizations are working to address community health in Leitchfield and Grayson County. This visit will highlight collaborative efforts, including Grayson County Extension, Grayson County Health Department and Owensboro Health Twin Lakes Medical Center.

UK Research and Education Center in Princeton: Tracing its history back 100 years, Princeton originated from a community-engaged effort to address needs unique to Western Kentucky farmers. Today, the 1,652-acre facility is interwoven in the community, extending its impact beyond agriculture.

Tuesday, May 12, planned agenda:

UK Stanley and Karen Pigman College of Engineering – Paducah Campus: For more than 25 years, the Paducah Campus has offered local pathways for students to earn an engineering degree. This campus works closely with local communities and industries to support regional economic development and other initiatives. Participants will tour the campus, learn about the programs offered and hear from industry representatives.

Paducah – First

Impressions: Step into the role of a first-time visitor and experience downtown Paducah with a fresh perspective. As part of the First Impressions program, you’ll explore the community and provide candid feedback that helps local leaders enhance downtown’s appeal, functionality and economic potential.

Arts, Preparedness and Community in Paducah: Participants will learn how partnerships among higher education, Cooperative Extension and local cultural organizations support creative careers, connect students to arts pathways, and strengthen community resilience through initiatives such as arts emergency preparedness and community-based creative programs.

Wednesday, May 13, planned agenda:

Fulton: Local leaders in the city of Fulton will showcase

collaborative economic development strategies that build on regional assets while addressing persistent challenges such as workforce participation and housing availability. The visit will spotlight innovative workforce initiatives that support individuals in recovery and those reentering the workforce after incarceration, and how UK students contribute design ideas that strengthen community revitalization efforts.

Fulton and Hickman Counties: The UK College of Dentistry, in partnership with local workgroup collaborators, presents the Pathway to Dentistry program — a pilot initiative serving Fulton and Hickman County school systems. The program addresses Kentucky’s dental workforce shortage by introducing students to the dental professions and

outlining the academic pathways required for degrees in dental assisting, dental hygiene and dentistry.

Portrait of Christian County: Representatives from Fort Campbell, the West Kentucky Workforce Development Board and other organizations will share how they identify local needs and build strong cross-sector collaborations. The program will also include a discussion focused on how additional partners can engage in meeting the evolving needs of a region shaped by its strong military presence and community connections.

Thursday, May 14, planned agenda:

Muhlenberg County: Tour Felix E. Martin Jr. Hall and learn about the arts activities, including

see **TOUR**,
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TOUR
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the student intern program. Participants will also learn about the Felix Martin Foundation's early childhood program and post-secondary success program. The post-secondary program includes a robust cohort experience for middle school students, with a focus on career exploration, workforce skills and envisioning future opportunities. Participants may also tour the middle school Paxton-Patterson Career Labs.

How to apply
The UK Office of Land-grant Engagement is sponsoring the tour, including bus travel, lodging and most meals for participants.

The itinerary will include several local meals, emphasizing connections to economic development and community support.

Apply for the 2026 Land-grant Engagement Bus Tour by April 6.

When applying, UK staff and faculty are asked to provide a statement of support from senior leadership in their respective college or business unit.

For further questions, please contact Alison Davis, executive director of Blueprint Kentucky and assistant vice-president of Land-grant Engagement; or Kim Henken, director of Extension Engagement and Administrative Initiatives at the Martin-Gatton College



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TERMS & CONDITIONS: A 10% BUYERS PREMIUM WILL BE CHARGED ON ALL ITEMS CAPPED @ A MAXIMUM OF \$5,000.00 IN PREMIUM. Online bidder fees apply. All items sell "as is- where is". Payment can be made w/ cash, approved check, or credit card w/ 4% fee. Sales Tax: 7.25% Sales tax applies to all purchases unless tax exempt paperwork is properly filed with office. Loadout: Day of auction after drive thru equipment is finished. Then next week we are open 8am-5pm Mon- Friday. Sat. Loadout is by appointment. All items must be removed by May 8th. 2026. This auction will be both LIVE in person & LIVE online bidding as well.

ONSITE & ONLINE BIDDING!!

SELLING IN 2 RINGS!!

