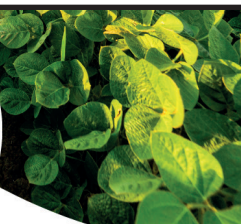


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# The Weekly

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March 27, 2026

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Mr. James Hardy visited the Hickman County FFA classroom to demonstrate welding fundamentals, sharing hands-on instruction along with practical skills and career insight. Students gained valuable real-world knowledge during the session, and the class expressed appreciation for his time and expertise.

## Jailer Charged Following Allegations

WICKLIFFE, Ky. — A Ballard County Detention Center deputy jailer has been charged following an investigation into an alleged inappropriate relationship with an inmate, according to Kentucky State Police. Detectives with KSP Post 1 were contacted March 23 after a female inmate reported sexual contact, claiming the incident occurred in February. Authorities say the allegations were first reported to jail staff on March 18. Following interviews and a review of video footage, 60-year-old Robert Blair Terry, of Arlington, was charged with second-degree sexual abuse and first-degree official misconduct, both Class A misdemeanors. The investigation, led by KSP Detective William Propes, remains ongoing.



Blythe Armbruster, a student at Hickman County High School, has been selected to attend the Commonwealth Honors Academy at Murray State University, an academic enrichment program designed for outstanding students who have completed their junior year.

## Two Dead in House Fire in Graves County

By: Mike Mohundro : WSIL

Two people, including an infant, were killed in an early morning house fire Monday in Graves County, according to the Graves County Sheriff's Office.

Emergency crews were dispatched at approximately 1:17 a.m. after a 911 caller

reported a home on fire at 5363 Central Road. The sheriff's office said the caller told dispatchers that five people were inside the home and that they were unable to get them out.

Deputies Andrew Prusaczyk and Austin Ramage arrived within six minutes of the call and found that

three individuals had managed to escape. However, county officials said two people remained trapped inside, reportedly in the upstairs portion of the home.

Authorities said the deputies attempted to enter the home using a sledgehammer and pry bars but were unable to gain access

due to the structure being fully engulfed in flames.

Multiple fire departments, including those from Sedalia, Cuba, and Wingo, responded to the scene along with the Mayfield-Graves Fire and Rescue Squad. Firefighters battled the blaze for several hours before bringing

it under control.

The sheriff's office said just before 6 a.m., crews discovered the bodies of 19-year-old Arianna Teems and her 7-month-old son, Cole Walker, inside the home.

The Kentucky State Fire Marshal's Office and the Graves County Coroner's Office were called to assist

with the investigation. The cause of the fire remains under investigation.

Graves County Sheriff Jon Hayden said the department extends its thoughts and prayers to those affected by the tragedy.

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# AG UPDATE Lawn mower safety reminders

for Ag and Natural Resources

Tom Miller, Ballard County Ext. Agent



The grass is turning green. Soon it will be time to start mowing, if you have not already started. As you rev up your mower's engine for the first time this spring, here are some reminders to keep you and your family safe.

While mowing your grass may seem like a harmless task, it has its own set of hazards. A 2018 study conducted by John Hopkins researchers analyzed emergency room visits due to lawn mowers accidents from the past eight years. They found that 6,394 Americans are injured in lawn mower accidents each year. Lacerations are the most common injuries followed by fractures and amputations. People most often injure their hands and wrists compared to their toes and feet.

Never allow extra passengers on a riding lawn mower. It is a good idea to have children and pets in the house while you are mowing.

Understand your mower and its safety features. Do not start an unfamiliar mower without first familiarizing yourself with it by reading the owner's manual or having someone show

you how to operate it. Most push mowers have a clutch handle that will quickly shut off the engine and the blade when you take your hands off it. Most riding lawn mowers are equipped with a kill switch located under the seat. This turns off the blade and the mower's engine when the rider leaves the seat. Riding mowers will not start unless the operator disengages the blade first. Large mowers will have rollover protection structures to prevent rollovers. If your mower has a seat belt, wear it. All of these are important safety features that you should not disable.

Before mowing, make sure your yard is clear of branches or rocks that could become dangerous projectiles if hit by a mower.

Wear the proper clothing including closed-toe, non-skid shoes, long-sleeve shirts and snug pants without strings that could get caught in the mower, eye and ear protection and a hat to protect your head from the sun. If you have long hair, put it in a ponytail.

Do not mow in reverse, as you may not be able to see obstacles behind you.



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# FAA directive reduces Barkley Regional Airport flights in April and May 2026



**Press Release**

WEST PADUCAH, KY (March 25, 2026) — Barkley Regional Airport will see a small reduction in flights in April and May 2026 as SkyWest Airlines completes required inspections on its CRJ aircraft under a Federal Aviation Administration (FAA) airworthiness directive.

The directive applies to several CRJ models, including the CRJ550, CRJ700, CRJ900, and CRJ1000, and requires detailed inspections and maintenance checks to address potential hardware concerns that could affect flight control systems, according to the FAA. The mandate affects all air-

lines operating these CRJ aircraft, requiring each carrier to promptly comply with the FAA's inspection and maintenance procedures.

As a result, Barkley's weekly service will temporarily decrease from 14 to 12 flights per week. Daily service to Chicago O'Hare (ORD) will continue, with later arrival times on Tuesdays and Saturdays. Houston (IAH) service will operate as scheduled on all days except Tuesdays and Saturdays.

"Safety is always the top priority in aviation," said Dennis Rouleau, executive director of Barkley Regional Airport. "While Houston flights will be temporarily reduced on Tuesdays and Satur-

days, these inspections are necessary to ensure every CRJ aircraft meets the highest safety standards before returning to full service.

Normal flight schedules are expected to resume in June 2026 once all inspections have been completed and aircraft are cleared for service. Passengers are encouraged to check directly with United Airlines for the most up-to-date flight information.

Barkley Regional Airport is at 100 Terminal Drive, West Paducah, KY, 42086. For additional information, contact Kat Byars, Marketing Manager and Public Information Officer, at 270-744-0521 or [kat@flybarkley.com](mailto:kat@flybarkley.com).

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keep the pool looking clear, while vacuuming and brushing the walls weekly prevents algae buildup.

The pool filter plays a crucial role and should be cleaned or backwashed as recommended by the manufacturer to ensure efficient circulation. It's also important to monitor the water level, keeping it high enough for proper filtration but not

overflowing.

In addition, shocking the pool periodically with a higher dose of chlorine helps eliminate contaminants that regular treatment may miss. Consistent upkeep not only extends the life of your pool equipment but also ensures a healthy swimming environment for everyone to enjoy.

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# WEST KY SPORTS



## CCA Archery qualifies for NASP National Tournament



Community Christian Academy is among the area high school archery teams that have qualified for the NASP National Tournament. (Photos courtesy of Community Christian Academy)



On Friday, March 20, McCracken County Coach Zach Hobbs was honored for notching his 300th career win. (Photos courtesy of McCracken County High School)

## Kayson Holland signs with Bellarmine University



Marshall County High School senior Kayson Holland signed to continue his education and football career at Bellarmine University in Louisville during a ceremony held at MCHS on Wednesday, March 18. Holland has been a member of the Marshall County football team for four years and was a two-year starter. He has been a leader on and off the field, as well as a team captain, in his senior season. During the previous two seasons, Holland filled many roles on the team. He was a full-time starter at cornerback and was responsible for multiple pass breakups. Holland also played on offense and special teams. (Photos courtesy of Marshall County High School)

## Bass fishing nominations sought for Midway/KHSAA Student-Athlete of the Year

### Staff Report

LEXINGTON — The nomination process for the Midway University/KHSAA Male and Female Student-Athlete of the Year among bass fishing participants for 2025-2026 is now

open. This award is based on athletic and academic achievement as well as community service and leadership. The link to the application contains additional criteria and a form to nominate one participant

from each 2025-2026 team. Nominations must come from a member school, but can be submitted by an administrator, guidance counselor, or coach. Nominations may only be submitted online at <https://khsaa.org/ge35-midway-uni->

<https://khsaa.org/ge35-midway-uni->versity-khsaa-female-student-athlete-of-the-year-nomination-form/. The winner will be announced early in the postseason and recognized at an awards event at Midway University in early summer 2026. From the winners

selected for each KHSAA championship, one student-athlete will be selected as the 2025-2026 Midway University/KHSAA Student-Athlete of the Year announced at the event. All individual winners will also receive their recognition awards

at that time. The deadline for nominations for the Midway University/KHSAA Student-Athlete of the Year in the sport-activity of bass fishing is Friday, April 3.

# Bomber Baseball Sweeps Dawson



(Photo by Tim Taylor)

**By Tim Taylor**  
KPI Sports Writer

After coming off a 9-1 loss to CCA to open the season, the Bombers dominated Dawson Spring 13-0 and 15-0 in a Saturday double header. Ballard Memorial is using each game as a building block throughout the season to try and get an inexperienced Bomber baseball team varsity experience. After allowing 6 runs in the 2nd inning to the Warriors, the Bomber pitching settled in

allowing only a pair of runs over the final 4 innings. Ayden Owens struck out 4 of the 5 batters he faced. The offense left 8 runners stranded on base and could never string clutch hits together to score to get back into contention. Reed Duren was within one batter of pitching a perfect game in game 1 of their doubleheader with the Panthers. He allowed 1 hit and struck out 8 in the opening game 13-0 win. The Bombers scored 11 runs in the

1st two innings of game 1 and 10 runs in the late game to secure the sweep. Gaining experience and making the correct offensive and defensive decisions are things 2nd year Bomber Coach Scott Matlock wants the team to continue to focus on. The Bombers play teams from the 1st, 2nd, and two from the 4th district before hosting an important 3rd district matchup with Mayfield on Monday, March 30th.

# Bomber Tennis Back At It



(Photo by Tim Taylor)

**By Tim Taylor**  
KPI Sports Writer

Cold and windy weather caused some matches to be rescheduled and now the Bomber tennis team is getting back to the court. The Bombers won 9 of 10 matches against Lyon County in their home opener. All 3 boys singles matches went in favor of the Bombers with Chipper Collins, Luke

Fickes, and Keaton Dowdy, winning 8-0. They swept their two doubles matches as well. The girls won 3 of their 4 singles matches and their only doubles match of the day. Rachel Perry, Lalee Graves and Maya Chuntirapang each won their singles matches and the Lady Bombers won their only doubles match of the day. Coach Kineman knows his

team has come a long way and are looking forward to seeing their continued development throughout the season. After a home match on March 26th against Graves County, the team heads to Marshall County on the 30th of March and prior to Spring Break, they begin the month of April on the 2nd hosting Calloway County.

# Graves County turns back Marshall County

**Staff Report**

**MAYFIELD** — Graves County held on to defeat Marshall County 8-6 on Monday, March 23.

Brooklyn Cole started in the circle for Graves County and earned the win. Cole pitched six innings and recorded four strikeouts.

Contributing defensively for Graves County, Olivia Powers pitched one inning in relief.

Jillian Kinsall started in the circle for Marshall County an absorbed the loss. Kinsall pitched five innings and struck

out one Graves County batter.

Following Kinsall, Sydney Cavitt pitched one inning in relief for the Lady Marshals.

Graves County scored eight runs on 13 hits. Cole (three hits, one RBI), Isabella Prather (two hits, two RBIs), Anna Taylor (two hits, two RBIs), Payton Hayden (two hits, one RBI), Hadley Hayden (one hit, one RBI), MaKylie Briant (one hit), Riley Smith (one hit) and Ginger Martin (one hit) each produced offensively for the Lady Eagles. Providing a lift at the plate for Graves

County, Hayden homered.

Marshall County scored six runs on nine hits. Addley Poole (two hits, three RBIs), Trinlee Anderson (two hits), Emma Reynolds (two hits), Brailey Henson (one hit, one RBI), Elin Denfip (one hit) and Kadence Cavitt (one hit) each contributed offensively for the Lady Marshals.

Graves County is scheduled to visit Marshall County for a game in the second half of the 2026 high school softball season on Monday, May 4.

# Cardinals down Pilots

**Staff Report**

**HICKMAN** — Mayfield rolled past Fulton County 22-5 in five innings on Monday, March 23.

Three pitchers pitched for the Cardinals.

Malik Taylor started on the mound for Mayfield and earned the win.

Both Cassyn Dew and Luke Wooley pitched in relief for the Cardinals. Dew claimed the save.

The three Mayfield pitchers combined to record eight strikeouts.

Tevin Hammond started on the mound for Fulton County and took the loss.

Following Hammond, Tyler Jackson, Vincent Scott and Ethan Toon each pitched in relief for the Pilots.

The four Fulton County pitchers combined to record nine strikeouts.

Mayfield scored 21

runs on nine hits.

Dew (one hit, one RBI), Wooley (one hit, three RBIs), Carson Price (three hits, one RBI), Kyler Simpson (two hits, three RBIs), Tucker Dunn (two hits, one RBI) and Malachi Dorn (one RBI) each produced offensively for the Cardinals.

Mayfield and Fulton County aren't scheduled to meet again in the 2026 high school baseball season.

# Hickman County knocks off Carlisle County

**BARDWELL** — Hickman County pulled away to defeat Carlisle County 25-2 in a 1st District softball game on Monday, March 23.

The Lady Falcons moved to 4-0 overall and opened 1-0 in the 1st District after registering the win.

Blair Byassee pitched for Hickman County and earned the win in the circle. Byassee held Carlisle County to two runs on four hits. As part of a solid outing, Byassee recorded 10 strikeouts.

Eden Bruer started in the circle for Carlisle County and suffered the loss. In addition to Bruer, Kayden Dale pitched for the Lady Comets.

Hickman County scored 25 runs on 22 hits. Keeleigh Stewart (three hits, five RBIs), Kaylee Britton (three hits, three RBIs), Bailey Childress (three hits, three RBIs), Sophie Morris (three hits, three RBIs), Audrey Tucker (three hits, two RBIs), Jenna Byassee (two hits, three RBIs), Blair

Byassee (two hits, two RBIs), Madilyn Wilson (one hit, one RBI), Kylie Meshew (one hit, one RBI), Ann White (one hit) and Lakyn Wilber (two RBIs) comprised a balanced offensive attack for the Lady Falcons. Morris doubled three times while Britton connected for two doubles.

Hickman County is scheduled to host Carlisle County for another 1st District matchup on Thursday, April 30.

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# Pilots Open Season Strong; Several Rank in Region

By Laurna Todd  
KPI Writer

FULTON, Ky. — The Fulton County track and field team opened its season with a strong performance in its first meet, showing early promise across multiple events.

Head coach James Bridges said the team competed well in its season opener, noting the athletes “did awesome” in their first outing of the year.

One of the top highlights came from freshman Aubrei Wilson, who turned in a standout performance in the 100-meter dash. Wilson set a personal best in

her season debut and finished first in the event. On the boys side, CJ Keys also impressed in the 100-meter dash, showing strong early-season speed.

Looking ahead, the Pilots will face a tougher test this Saturday at the Invitational of the South at Marshall County. The meet is expected to feature strong competition and will provide a good benchmark for the team moving forward.

In addition to their strong start, several Fulton County athletes are already ranked among the top competitors in Class A Region 1.

Wilson currently holds the top spot in the girls 100-meter dash with a time of 13.37. Lebreha Crumble is also ranked in the event, sitting sixth. In the field events, Jaleeha Smith is ranked second in the high jump with a jump of 4 feet, 6 inches.

For the boys, CJ Keys is ranked second in the 100-meter dash with a time of 11.81.

With a successful first meet and multiple athletes already making their mark in regional rankings, Fulton County is building momentum as the season gets underway.

# Comets Open Season Strong, Eye Rivalry Matchup with Graves County

CARLISLE COUNTY, Ky. — The Carlisle County baseball team is off to a solid start this spring, highlighted by an impressive opening win and a competitive early test against a tough opponent.

Head coach Hunter Burge said the Comets kicked off the season with a 16-6 victory over Union City, showcasing the team’s offensive depth right out of the gate.

“We had a great offensive performance, and a lot of guys contributed,” Burge said. “It was a good way to start the season and see

different players step up.”

Following the season opener, Carlisle faced a tougher challenge against Murray. The game remained tight deep into the contest, tied 1-1 in the sixth inning. However, a few defensive miscues proved costly as the Comets fell 7-1.

“It was a close game for most of the night,” Burge said. “We just had a couple of defensive errors late that got away from us.”

Despite the setback, the Comets are already turning their focus toward a key match-

up this week against Graves County — a game that has grown into a competitive rivalry in recent seasons.

“Geographically and on the field, it’s become a rivalry,” Burge said. “A lot of the players know each other, so it makes it even more competitive when they face off.”

With early signs of strong offense and a motivated roster, Carlisle County looks to build momentum as they head into one of their most anticipated games of the young season.

# Wright Earns Court of Honor Recognition, Continues Carlisle’s Winning Tradition



By Laurna Todd  
KPI Writer

CARLISLE COUNTY, Ky. — Carlisle County girls basketball coach Amber Wright has been named a 2026 KABC Coaches Court of Honor recipient, an award presented during the Girls State Tournament in Lexington that recognizes outstanding careers and contributions to the game.

Wright joins a select group of honorees, including former Carlisle coach Craynor Sloane, who received the distinction in 2006. The recognition reflects more than two decades of dedication to the Lady Comets program and the lasting impact Wright has made both on and off the court.

A former standout player at Carlisle County, Wright has spent 21 seasons as head coach, surpassing 300 career victories. During that time, the Lady Comets have built a dominant reputation in Western Kentucky, winning 15 of the

last 16 First District Championships along with three All “A” Regional titles.

For Wright, the honor carries both personal and professional meaning.

“Personally, it validates the time I’ve sacrificed away from my own family,” Wright said. “But coaching is more than a job to me — it’s a passion. It means the long nights and stressful moments were worth it to build something lasting. Professionally, it is humbling and brings a lot of pride.”

The moment her name was announced at Rupp Arena is one she won’t forget.

“It was surreal and overwhelming,” she said. “I immediately thought of all the players who have worn a Lady Comet jersey, the assistant coaches I’ve been blessed to work with, and the community support we receive year after year.”

While the wins and championships speak for themselves, Wright says the foundation of the program goes much deeper.

“It has been defined by resilience and a family-first culture,” she said.

“The early years were a learning experience, and even now we have ups and downs. But it’s not just about wins — it’s about the players. It’s about building confident, dependable, and hardworking young women. The success is a result of that foundation.”

Being recognized alongside Sloane adds even more meaning to the achievement.

“It is the honor of a lifetime,” Wright said. “To be mentioned with Coach Sloane, who laid the groundwork for basketball in our region, is profoundly humbling. Representing Carlisle County shows that a small school can make an impact at the regional and state level.”

As the Lady Comets program continues to build on its tradition, Wright remains focused on ensuring that commitment, integrity, and hard work carry forward for future generations.

*Absolute*  
**REAL ESTATE AUCTION**

**TUESDAY, MARCH 31<sup>ST</sup>, 2026 @ 6:00 PM**  
**642 State Route 1748 E. • Mayfield, KY 42066**

**MOVE-IN READY 3-BEDROOM, 1-BATH BRICK RANCH** situated on **2.4± acres** just outside Mayfield, offering peaceful country living with valuable updates already completed. **Selling in 2 tracts - Tract 1 - House 1.4± Acres and Tract 2 - 1± Acres.**

The home features a recently updated kitchen and new carpet throughout the bedrooms and hallway, creating a fresh and inviting interior. Important improvements include **crawlspace encapsulation (2022), a new metal roof with added insulation (2023), and new gutters installed in 2025**, providing added efficiency and peace of mind. Additional improvements include an attached garage, detached garage, and a separate storage building, offering excellent space for vehicles, equipment, workshop use, or hobbies.

The 2.4± acre setting provides plenty of room for gardening, outdoor entertaining, or simply enjoying the quiet countryside. Conveniently located just minutes from Mayfield and I-69, this property offers the perfect balance of country living with easy access to town.

**REAL ESTATE TERMS:** The property will be offered in 2 tracts. A 10% Buyer's Premium will be added to the final bid and included in the deed transaction sale price. 15% as down payment on the day of the auction with balance in cash at closing on or before 30 days. The down payment may be in the form of cashier's check, personal check, or corporate check. YOUR BIDDING IS NOT CONDITIONAL UPON FINANCING, SO BE SURE YOU HAVE ARRANGED FINANCING, IF NEEDED, AND ARE CAPABLE OF PAYING CASH AT CLOSING. Closing shall take place on or before 30 days from auction date. All 2026 ad valorem taxes will be prorated at closing.

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**KIKO AUCTION**

**Jaloda Farm LLC Dispersal**

**(9) TRACTORS, JOHN DEERE & CASE, FULL LINE OF TILLAGE, PLANTING, HAY & DAIRY EQUIPMENT**

**LIVE ONSITE WITH ONLINE BIDDING AVAILABLE**

Absolute auction, all sells to the highest bidders.  
Location: 45555 SR 303, **WELLINGTON, OH 44090**  
Directions: Take SR 58 north of Wellington, OH or south of Oberlin, OH to SR 303 and just east to address. Watch for KIKO signs.

**Saturday, April 4, 2026, 10:00 AM**  
Preview: Friday, April 3, 2026, 12:00-4:00 PM

**AUCTIONEERS NOTE:** Jaloda Farms have been in the area for 110 plus years. Having sold the dairy cattle in the fall of 2025, Jim & family are retiring from farming. The auction is a live auction with online bidding available through Proxibid & Equipment Facts. Hope to see you at the auction.

**SALE ORDER:** 10 AM start with small items. The catalog items to start at 10:45 AM. Full listing at kikoauctions.com

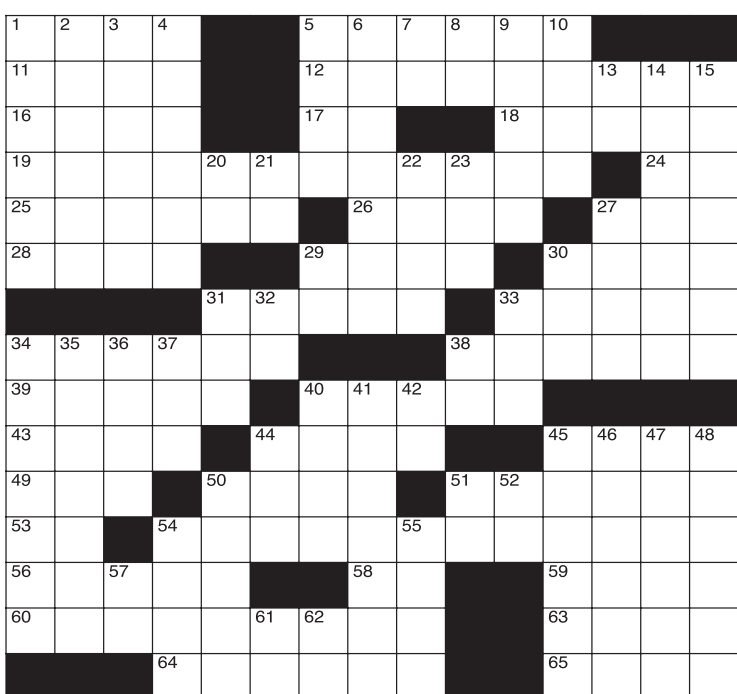
**ONSITE TERMS:** Driver's license or State ID required to register for bidder number. Cash, Check, Debit Card, Visa, or MasterCard accepted. 4% buyer's premium on all sales; 4% waived for cash or check when paid sale day. Information is believed to be accurate but not guaranteed. Multi Par auction process may be used.

**ONLINE TERMS:** Visa, MasterCard, Wire Transfer and auctioneer approved check accepted. Wire transfers required on invoices over \$3,000. 7% buyer's premium on all sales. Information is believed to be accurate but not guaranteed. Multi par auction process may be used.

Auction By Order Of: Jaloda Farm LLC, The Sheffield Family  
Auctioneer/Realtor: Randall L. Kiko, 330.831.0174,  
randallkiko@kikocompany.com

**KIKO Auctioneers | (330) 455-9357 | www.kikoauctions.com**

### Crossword Puzzle



#### CLUES ACROSS

- 1. "Bird of Paradise" constellation
- 5. Red Sox WS winner Bronson
- 11. Whirl
- 12. The State Dept. has a notable one
- 16. Energy, style and enthusiasm
- 17. Part of the mind
- 18. Mountainous country
- 19. Type of beverage
- 24. Atomic #109
- 25. Opposite of falsities
- 26. Female sheep
- 27. Rocky peak
- 28. Sensitive information sharing environment
- 29. Ethnic group of Thailand
- 30. Patron saint of Rome Philip
- 31. Psychedelics
- 33. Japanese pine
- 34. Have an impact on
- 38. Violent disorder
- 39. A French river
- 40. Early Mesoamerican civilization
- 43. Messenger ribonucleic acid
- 44. Musician Clapton
- 45. Ancient Greek sophist
- 49. Largest English dictionary (abbr.)
- 50. Valley
- 51. A way to unwind
- 53. Atomic #93
- 54. Recommending
- 56. Indigo bush
- 58. Larry and Curly's pal
- 59. Off-Broadway theater award
- 60. Fencers
- 63. Small Eurasian deer (pl.)
- 64. Relating to songbirds
- 65. A way to assign

#### CLUES DOWN

- 1. Some are "secret"
- 2. Intestinal openings
- 3. Distant planet
- 4. Assembly possessing high legislative powers
- 5. Genus of typical owls
- 6. One with distinctively colored hair
- 7. Red cross
- 8. An alternative
- 9. Abominable snowmen
- 10. About ear
- 13. The opening letters
- 14. Feeling of regret
- 15. Atomic #39
- 20. Luteinizing hormone
- 21. Atomic #55
- 22. Carries a debt
- 23. Albanian monetary unit
- 27. Semitic abjad letter
- 29. Yes
- 30. Negative
- 31. Earn a perfect score
- 32. Connecticut
- 33. Partner to cheese
- 34. Snack nuts
- 35. Quadruped's body part
- 36. Locate
- 37. Pitching statistic
- 38. "\_\_\_ myself and I"
- 40. Utah city northwest of Provo
- 41. Football players in the trenches
- 42. One who runs the show
- 44. Wood
- 45. Performing artists
- 46. Slang for a cut
- 47. More breathable
- 48. Most crafty
- 50. Provokes into action
- 51. University of Dayton
- 52. Sodium
- 54. Large fish of the mackerel family
- 55. Not one
- 57. \_\_\_ and behold
- 61. Sports highlight show
- 62. "The Great Lakes State"

**Puzzle Solutions on B9**

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

### Crypto Fun



- Solve the code to discover words related to the brain. Each number corresponds to a letter. (Hint: 22 = E)
- A. 2 16 4 9 14 19 14 8 22**  
Clue: Related to thinking
  - B. 24 22 23 15 19 24**  
Clue: Well-being
  - C. 12 11 23 14 9**  
Clue: Center of intellectual activity
  - D. 9 22 11 8 22 25**  
Clue: Carry messages

Answers: A. cognitive B. health C. brain D. nerves

### Word Search

#### BRAIN POWER WORD SEARCH

X S Y O F N S S E N L U F D N I M U N F  
 O V R O O E N U B A O E I F N N O O D B  
 Y F E C C U R P X G N I S S D E C O R B O P  
 V E E L C U R S X A V I S S D O T Y R P X G  
 G V P P S O C I L A Y F U N C T I O N L U  
 X I N P L P B U L A G O M F E S B L Y N O  
 S T X N O L A M P L C O N O A P N I T O N  
 E U N O O A I L X L E A R N I N G I I O  
 E C S I G S S A M F S L E E P I V R T I  
 C E L T G T Y R Y U L A E R U P T I L A M N  
 N X B I Y I N U E U L A E R U P T I L A M N  
 E E F N B C A E U G R E X E T F D C R E  
 I R D G V I P N R N M P M I S T C U O T  
 L P C O B T S V Y S F G N O B E M L F T  
 I O F C C Y E I U F X A V G T I R E N A  
 S N U O X V S E M I A R B O C I L V I Y  
 E G N I V L O S M E L B O R P M O I E G  
 R D S D F C N O I T P E C R E P P N T X  
 Y S S E R T S P C X R E A C T I O N S Y  
 Y R O M E M U R E F D X I B G R A B U I

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

**ANSWERS IN THE B SECTION**

**WORDS**

ATTENTION  
 BRAIN  
 CLARITY  
 COGNITION  
 EMOTIONS  
 EXECUTIVE  
 FLEXIBILITY  
 FOCUS  
 FUNCTION  
 INFORMATION  
 LEARNING  
 MEMORY  
 MINDFULNESS  
 NEURAL  
 NEUROPLASTICITY  
 PERCEPTION  
 PROBLEM SOLVING  
 PROCESSING  
 REACTION  
 RESERVE  
 RESILIENCE  
 SLEEP  
 STRESS  
 SYNAPSES

### Sudoku Puzzle

#### How it Works:

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

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

### Word Scramble

Rearrange the letters to spell something pertaining to the brain.

**LMATNE**

--	--	--	--	--	--

Answer: Mental

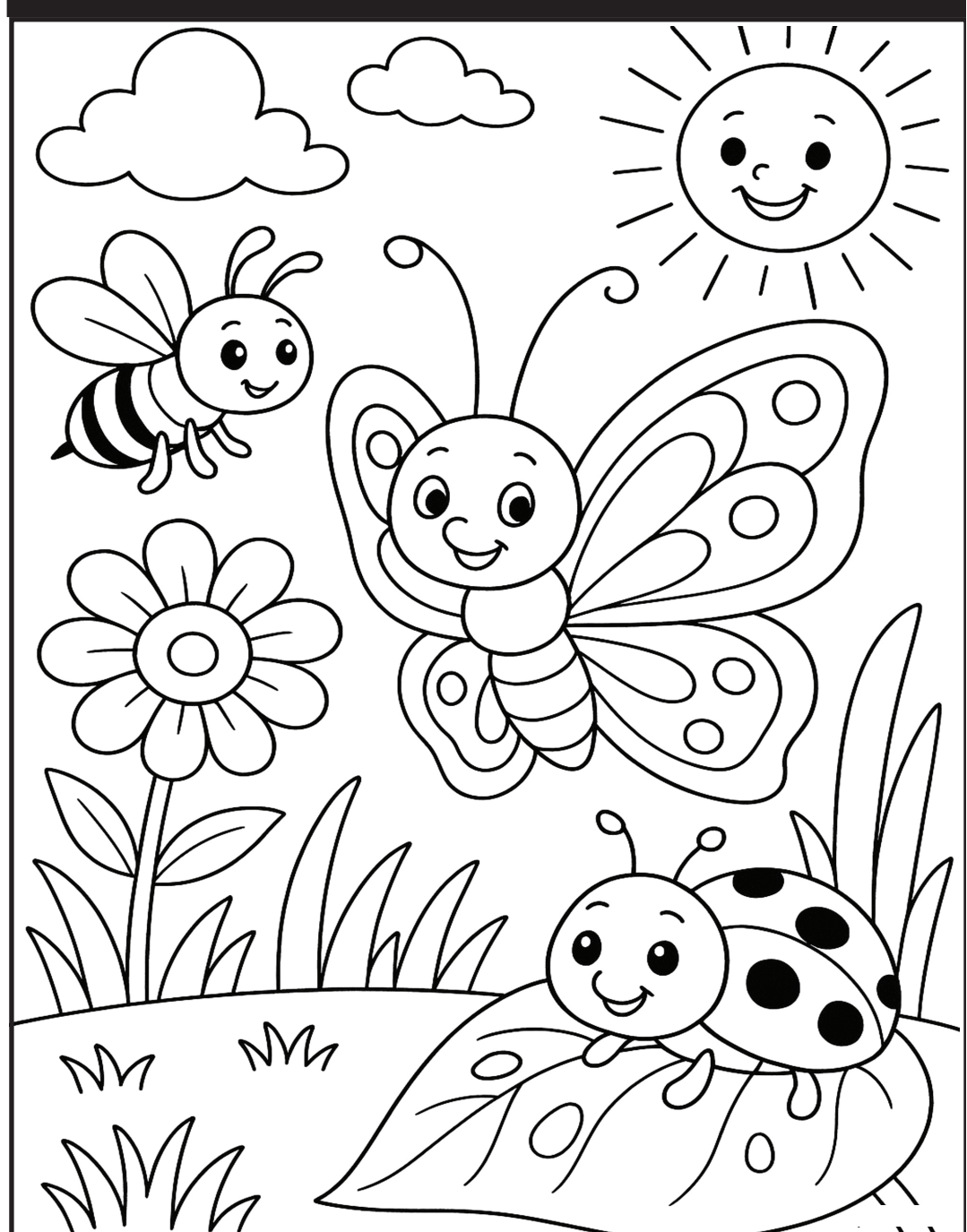
### Guess Who?

#### GUESS WHO?

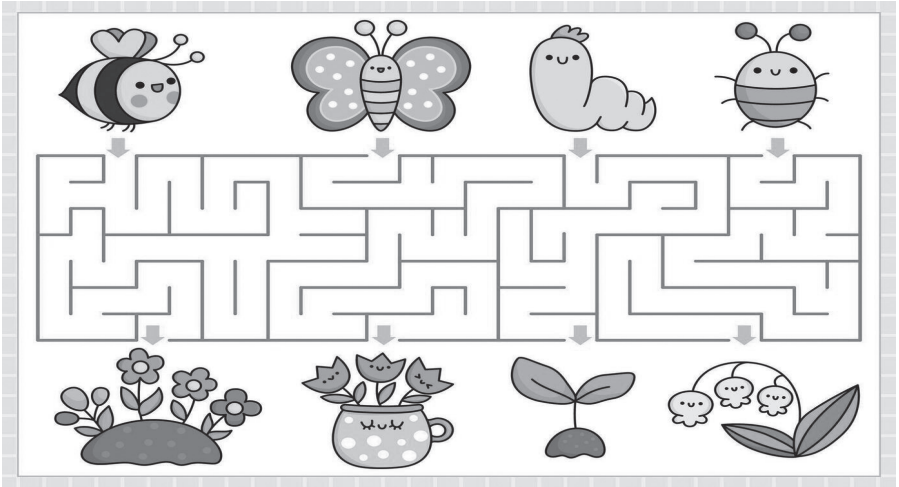
I am a singer born in New York on March 28, 1986. I attended school at the Convent of the Sacred Heart. Since releasing my debut album in 2008, I have won multiple Grammy Awards and have been known for my fashion stunts and army of "little monsters." My stage name is a nod to a Queen song.

Answer: Lady Gaga

### COLORING FUN



#### Spring Maze



### March Jokes

- What do you call a happy cowboy?**  
A jolly rancher.
- What word can you make shorter by adding two letters?**  
Short.
- Why couldn't the bicycle stand up by itself?**  
It was two tired.
- What subject do cats like best in school?**  
Hiss-tory.
- Did you hear about the squirrel diet?**  
It's just nuts.
- Why don't sharks eat clowns?**  
Because they taste funny.

# United States Coast Guard

The US Coast Guard is a maritime, military, multimission service unique among the United States military branches for having a maritime law enforcement mission with jurisdiction in both domestic and international waters.

## US Coast Guard Incentives

Depending on the Coast Guard's specific recruiting needs, enlisted signing bonuses may be authorized. These could apply to all recruits, be tied to enlistments within certain time periods, or require qualifying skills, certifications, or education. Current cash bonuses include up to: \$60,000 to affiliate with a critical rating; \$15,000 for higher education credits; \$10,000 to ship expeditiously; and \$15,000 for Reserve assignments.

## Other incentives could include:

- Immediate specialty training/



schooling if qualified, providing a head start on a career;

- Advanced pay grade for recruits with qualifying experience (college credits, JROTC, ROTC, police and sea explorer programs, or scouting achievements);
- Buddy Program to be placed with a friend in same company during boot camp;
- Assignment within a specific Coast Guard District;

- Return home to assist in recruiting before first assignment.

Other benefits could include funding for education, travel and adventure, full medical, dental and vision coverage for self and dependent, discounted life insurance, retirement plan options, financial counseling, mental health support, and legal services.

A myriad of career opportunities are available for enlisted, civilian, officer, and

reserve personnel. For more information, visit online at [www.gocoastguard.com](http://www.gocoastguard.com)

## US Coast Guard Recruiting Offices

### Southeastern Indiana Readers

7393 N. Shadeland Ave., Suite C7, Indianapolis, IN 46250 - (206) 815-6050 Email: [ROIndianapolis@uscg.mil](mailto:ROIndianapolis@uscg.mil)

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Email: [ROLouisville@uscg.mil](mailto:ROLouisville@uscg.mil)

### Western Kentucky Readers

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2365 Murfreesboro Pk, Nashville, TN 37217 - (206) 815-6365, Email: [RONashville@uscg.mil](mailto:RONashville@uscg.mil)

### East Central Indiana Readers

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Ave., Suite C7, Indianapolis, IN 46250 (206) 815-6050 Email: [ROIndianapolis@uscg.mil](mailto:ROIndianapolis@uscg.mil)

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6939 E. Broad Street Columbus, OH 43213 (206) 815-6285 Email: [ROColumbus@uscg.mil](mailto:ROColumbus@uscg.mil)

Cumberland Metro Office 5523 N. Cumberland Ave. Suite 1201 Chicago, IL 60656 - (206) 815-6275 Email: [ROChicago@uscg.mil](mailto:ROChicago@uscg.mil)

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# CFSB Announces Officer Promotions for Three Team Members



**Kane McCord - Assistant Vice President as Commercial Lender in Graves County**



**Beth Mason - Assistant Vice President as Client Service Center Team Leader**



**Skyler Kanipe - Assistant Vice President as Enterprise Initiatives Manager**

### Press Release

Benton, KY – Community Financial Services Bank (CFSB) is proud to announce the promotion of three dedicated team members, following unanimous approval by the Board of Directors. These promotions reflect their hard work, leadership, and commitment to CFSB’s mission of providing exceptional financial services to clients and value to various communities.

“These well-deserved promotions reflect the incredible impact these members have on our team, culture, and the overall success of CFSB!” said Jason Jones, President of CFSB.

Skyler Kanipe has been promoted to Assistant Vice President as Enterprise Initiatives Manager. A member of CFSB for nine years, she began her career in the Digital Banking department and served

as Digital Banking Team Leader where she eventually transitioned into project management. She plays an important role in strengthening CFSB’s systems and processes.

Beth Mason has been promoted to Assistant Vice President as Client Service Center Team Leader. With 11 years of experience at CFSB, Beth’s experience has grown from starting in the Client Service Center to being promoted

to Team Leader in 2018. She has successfully guided the department through various changes and has maintained a high standard of client service. Her leadership and commitment to serving CFSB’s clients and supporting her team has a lasting impact.

Kane McCord has been promoted to Assistant Vice President as Commercial Lender in Graves County. Kane has been with CFSB for five years

and began his career in the Client Service Center and Digital Banking. After a brief departure from the bank, he returned in 2022 as a Commercial Lender. Since then, he has grown in the role and has become a valued member of CFSB’s leading team in the Graves market.

### About CFSB

As the first bank established in Marshall County in 1890, known then as the Bank of Benton, com-

munity has always been CFSB’s purpose. Bank of Benton became Community Financial Services Bank (CFSB) in 2007 and has continued to grow throughout Western Kentucky. CFSB currently serves valued clients and the community through eight Banking Centers in Calloway, Marshall, Graves, and McCracken Counties. For more information about CFSB go to yourlifeyourbank.com/about

## The Deals Are Blooming!

<b>2025 Chevrolet Silverado EV</b> RST  <b>\$92,619</b> ROCK SALE PRICE	<b>2026 Chevrolet Corvette</b> Z06-2LZ  <b>\$145,415</b> ROCK SALE PRICE	<b>2026 Chevrolet Suburban</b> High Country  <b>\$99,869</b> ROCK SALE PRICE	<b>2026 Chevrolet Tahoe</b> PREMIER  <b>\$81,597</b> ROCK SALE PRICE	<b>2026 Chevrolet Silverado</b> 2500 HD  <b>\$76,700</b> ROCK SALE PRICE
<b>2026 Chevrolet Tahoe</b> RST 6.2 V8  <b>\$87,805</b> ROCK SALE PRICE	<b>2026 Chevrolet Corvette</b> STINGRAY  <b>\$95,200</b> ROCK SALE PRICE	<b>2026 Chevrolet Silverado</b> 2500 HD-LTZ  <b>\$83,885</b> ROCK SALE PRICE	<b>2026 Chevrolet Silverado</b> 2500 HD-LTZ  <b>\$75,946</b> ROCK SALE PRICE	<b>2026 Chevrolet Silverado</b> 2500 HD-LT  <b>\$75,355</b> ROCK SALE PRICE
<b>2026 Chevrolet Silverado</b> 1500 LT BOSS  <b>\$60,010</b> ROCK SALE PRICE	<b>2026 Chevrolet Traverse</b> RS TURBO  <b>\$59,370</b> ROCK SALE PRICE	<b>2026 Chevrolet Silverado</b> 1500 RST  <b>\$57,943</b> ROCK SALE PRICE	<b>2026 Chevrolet Traverse</b> RS  <b>\$57,890</b> ROCK SALE PRICE	<b>2026 Chevrolet Silverado</b> 1500 LT  <b>\$53,077</b> ROCK SALE PRICE
<b>2026 Chevrolet Silverado</b> 1500 WT  <b>\$39,631</b> ROCK SALE PRICE	<b>2026 Chevrolet Equinox</b> RS TURBO  <b>\$36,415</b> ROCK SALE PRICE	<b>2026 Chevrolet Equinox</b> RS TURBO  <b>\$35,920</b> ROCK SALE PRICE	<b>2026 Chevrolet Trailblazer</b> RS TURBO  <b>\$35,265</b> ROCK SALE PRICE	<b>2026 Chevrolet Trailblazer</b> ACTIV  <b>\$31,590</b> ROCK SALE PRICE

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# Celebrating Agriculture's Leading Role in the Local Economy

**BY: Grave County Economic Development**

With more than a quarter-million acres producing a half billion dollars in annual revenue, agriculture is the economic backbone of Graves County and Graves County Economic Development (GCED) is proud to celebrate the important contributions of local farms and farm families on National Ag Day.

“Celebrating 250 years of progress in agriculture,” is the theme for National Ag Day 2026. The annual event is about recognizing the contribution of agriculture in our everyday lives and encourages every American to understand how food and fiber products are produced, to value the essential role of agriculture in maintaining a strong economy, and appreciate the role agriculture plays in providing safe, abundant and affordable products.

Graves County routinely ranks at or near the top in statewide crop production. According to Kentucky Farm Bureau's



Kentucky Agriculture Facts 2025, Graves ranked first in poultry production, second in pork production, second in corn production, and fourth in soybean production.

Graves County farmer Keith Lowry agrees that agriculture is indeed the county's backbone. “Agriculture shapes our economy, identity, and daily life more than any other industry,” said Lowry. “As one of Kentucky's strongest farming communities, producing both row crops and significant livestock and poultry

operations, Graves County ranks among the state's top producers and has seen significant agricultural growth over the past two decades. This deep agricultural base influences everything—from local businesses and transportation to community culture—making farming not just an occupation, but a defining feature of life in Graves County.”

Farmer Justin Ralph said agriculture is more than an occupation to his family—it is a way of life that shapes who they are and how

they contribute to the community. “As a second-generation farming family, our roots run deep. My grandfather first sparked our passion for agriculture, instilling in us the values of hard work, stewardship, and pride in providing for others. His legacy continues to guide us as we work each day with the hope of passing this way of life on to future generations.”

“Farming has given our family the opportunity to grow not only crops, but also strong connections within our communi-

ty,” Ralph added. “We are especially grateful for the impact of Pilgrim's Pride, whose investment in a local chicken processing plant and hatchery has been essential. Their presence has provided our family, and many others, the opportunity to build and expand alongside their complex, strengthening both our local economy and agricultural network.”

Daniel Heath is a Graves County cattle farmer. He said the impact of farming and agriculture on the

community goes well beyond economics.

“I'm a third-generation farmer, raising a fourth generation on the same farm that my grandfather started,” said Heath. “Growing up in agriculture teaches so many things that are fundamental—hard work, determination, delayed gratification, respect, and stewardship, just to name a few. This is one industry that allows you to be a part of the whole process from start to finish and see the final reward for all the hard work you've put in. “I'm proud to be able to raise my son in that same environment. These are life lessons we can all pass on to the next generation whether you have a small garden or run a large farming operation.”

“We are blessed to live in a community that not only knows where our food comes from, but we can see our food from the beginning stages in the field, all the way to our plates at home. My family and I are blessed and grateful to be a small part of that process,” he added.

### By the Numbers

Farms in Graves County: 1,129; 98% are family farms<sup>1</sup>  
 Acres farmed: 255,000<sup>1</sup>  
 Farmers in Graves County: 1,825; 35% list farming as their primary occupation<sup>1</sup>  
 Total income from farm Operations: \$473,755,000; crop sales including products – \$140,864,000; animal sales/products – \$332,891,000<sup>2</sup>  
 Primary crops: corn (11,703,000 bushels); soybeans (4,880,000 bushels); wheat (2,527,000 bushels) <sup>3</sup>  
 Primary livestock: poultry (10 million); hogs (29,000); cattle (15,000)<sup>4</sup>  
 Other crops: tobacco, canola, pecans, forage/hay, and fruits/vegetables, flowers <sup>1</sup>  
 Poultry processor: Pilgrims Pride Corporation  
 Custom meat processors/butchers: Yoders Slaughterhouse, Burnett Meats, Brown's Processing

“Graves County farmers are helping feed the nation and the world,” said GCED President Jason Lemle. “Whether it's your chicken sandwich at Chick-fil-A, or the corn and soybeans feeding livestock here and abroad, farmers are absolutely essential to our way of life. Graves County is also home to several ag-related businesses that support our farmers, employ hundreds of residents, and contribute to our local economy. Today, we celebrate them all.”

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# Kentucky State Police Charge Ballard County Deputy Jailer with Sexual Offense

## News Release

WICKLIFFE, Ky. (March 24, 2026) – Kentucky State Police (KSP) Post 1 detectives have charged a Deputy Jailer from the Ballard County Detention Center following an investigation into an inappropriate relationship with an inmate.

At 1:43 p.m. CDT on March 23rd, KSP Post 1 received a call from the Ballard County Detention Center requesting an investigation into an inmate report of sexual contact with a deputy jailer. A female inmate re-

ported allegations of sexual contact with Deputy Jailer Robert Blair Terry to jail staff on Wednesday March 18th, advising that the sexual contact occurred in February.

Following an initial investigation, including interviews and a review of video footage, Robert Blair Terry, 60 years old of Arlington, Ky. was charged with Sexual Abuse-2nd Degree and Official Misconduct-1st Degree, both Class A Misdemeanor offenses.

The investigation remains ongoing by Detective William Propes.

# 2026 Beef Expo sales reach more than \$940,000



## News Release

FRANKFORT, Ky. (March 12, 2026) – The 2026 Kentucky Farm Bureau Beef Expo showcases the importance of this industry,” Kentucky Agriculture Commissioner Jonathan Shell said. “Although the number of lot sales were down, we are excited to see average sale prices on the rise, showing the resiliency and strength of this agricultural sector.”

Total sales in 2026 were \$942,300 – a \$239,763 increase over last year’s sales. The average sale per lot also increased from \$3,369 last year to \$4,706 this year – a difference of \$1,337. Although the show saw an increase in total sales and average lot sales, the number of lots sold decreased by 10 from last year to 198 this year, in line with a nationwide decrease in cattle inventory. The smaller inventory is creating strong cattle prices for producers.

“The latest numbers show cattle and calves are Kentucky’s number one commodity bringing in more than \$1 billion in agricultural cash receipts.

As the largest beef cattle state east of the Mississippi River, the Kentucky Farm Bureau Beef Expo showcases the importance of this industry,” Kentucky Agriculture Commissioner Jonathan Shell said. “Although the number of lot sales were down, we are excited to see average sale prices on the rise, showing the resiliency and strength of this agricultural sector.”

Angus cattle brought an average of \$5,983 per lot to lead all breeds. The sale topper was a \$40,000 Angus female from Circle M Farms out of Rockwall, Texas. The Beef Expo welcomed 12 states, including Kentucky, and six breeds this year.

In the junior show, 409 cattle from eight states passed through the show ring, including 189 from Kentucky.

The 2026 Beef Expo’s main sponsors were Kentucky Farm Bureau and the Kentucky Department of Agriculture.

# ONLINE AUCTION ENDS MONDAY, MARCH 30<sup>TH</sup> @ 6 PM (CST)

EVANSVILLE, INDIANA

To view and bid go to [www.Dimmettauctionservice.com](http://www.Dimmettauctionservice.com) and click on HiBid Online Auctions”

**LOCATION:** DAS will be having an Online Auction at 5025 W Franklin Rd Evansville, IN 47712. To view and bid go to [dasonlineauctions.hibid.com](http://dasonlineauctions.hibid.com).

**PREVIEW:** You can preview items on Sunday, March 29<sup>th</sup> from 1-3 PM CST located at 5025 W Franklin Rd Evansville, IN 47712. To view and bid go to [dasonlineauctions.hibid.com](http://dasonlineauctions.hibid.com).

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To view and bid go to [www.Dimmettauctionservice.com](http://www.Dimmettauctionservice.com) and click on HiBid Online Auctions”

**AUCTION PICKUP:** Will be Tuesday, March 31<sup>st</sup> from 10 AM to 5 PM CST at 5025 W Franklin Rd Evansville, IN 47712.

**TERMS:** Pick up time is Tuesday, March 31<sup>st</sup> from 10 AM to 5 PM CST at 5025 W Franklin Rd Evansville, IN 47712. Cash, check, and or credit card (3% charge) when you pick up your items. A 10% buyers premium will be charged for this online auction. Any announcements made day of auction shall take precedence over any verbal or printed material.

To view and bid go to [dasonlineauctions.hibid.com](http://dasonlineauctions.hibid.com).

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# ONLINE AUCTION ENDS MONDAY APRIL 6<sup>TH</sup> @ 6PM (CST)

BOONVILLE, INDIANA

To view and bid go to [www.Dimmettauctionservice.com](http://www.Dimmettauctionservice.com) and click on HiBid Online Auctions”

**LOCATION:** DAS will be having an Online auction at 3699 SR-62 East Boonville, Indiana. It’s just East of Degonia Springs. There will be a \$20 transfer fee and the items will need to be picked up at DC Firearms LLC located at 5747 West County Road 600 North Richland, IN.

**PREVIEW:** You can preview items on Sunday, April 5<sup>th</sup> from 1-3PM located at 3699 SR-62 E Boonville, IN in the BLUE BARN. To view and bid go to [dasonlineauctions.hibid.com](http://dasonlineauctions.hibid.com).

50+ GUNS



To view and bid go to [www.Dimmettauctionservice.com](http://www.Dimmettauctionservice.com) and click on HiBid Online Auctions”

**AUCTION PICKUP:** Will be at 5747 West County Road 600 North, Richland Indiana.

**TERMS:** Pick up time is Tuesday, April 7<sup>th</sup> from 10AM to 5PM. Cash, check, and or credit card (3% charge) when you pick up your items. A 10% buyers premium & 7% sales tax will be charged for this consignment online auction. Shipping available. Any announcements made day of auction shall take precedence over any verbal or printed material.

To view and bid go to [dasonlineauctions.hibid.com](http://dasonlineauctions.hibid.com).

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# Comets Set to Take the Field at Busch Stadium Following Cardinals Game

By Laurna Todd,  
KPI Writer

BARDWELL — Carlisle County baseball fans will have a unique opportunity to see their hometown team play on a Major League field this summer as the Comets head to Busch Stadium in St. Louis on Sunday, June 7. The day will begin with the St. Louis Cardinals taking on

the Cincinnati Reds at 1:15 p.m. Following the conclusion of the Major League matchup, the Carlisle County Comets will take the field, giving players and fans alike a memorable big-league experience. The event offers more than just baseball. Young fans are in for a special treat, as the first 10,000 children ages 10 and under will receive a City Connect

Rawlings baseball glove. Tickets are priced at \$40 each and include admission to both the Cardinals game and the Comets game. Each ticket also comes with a complimentary hot dog and soda, making it an affordable and family-friendly outing. Those interested in attending can purchase tickets by contacting a Carlisle County player, visiting the Carlisle

County High School office, or by emailing hunter.burge@carlisle.kyschools.us. With a chance to watch Major League action and then cheer on the Comets from the same field, the event promises to be an unforgettable day for the Carlisle County community, looks poised to make the most of the 2026 season.



## Carlisle Athletics Continue to Build More Than Just Wins

By Laurna Todd,  
KPI Writer

Behind every uniform is a story of growth, teamwork, and determination. Carlisle sports aren't just played—they're lived, and the impact lasts far beyond the field. As the baseball and softball seasons continue, local athletes are putting in the work, representing their school and community with pride. From long practices to game-day intensity, these moments help shape confidence, discipline, and lifelong skills that extend well

beyond high school. Community support plays a big role in that experience. A full set of stands, cheering voices, and familiar faces can make all the difference—not just in the outcome of a game, but in the memories these student-athletes carry with them.

**Upcoming Baseball Games**  
 March 27 – vs. Obion County, 5:00 p.m.  
 April 2 – at South Fulton, 5:00 p.m.  
 April 2 – at Union City, 6:45 p.m.  
 April 3 – vs. Paducah Tilghman, 12:15 p.m.

April 3 – vs. Westview, 2:30 p.m.

**Upcoming Softball Games**  
 March 27 – vs. Murray, 6:00 p.m.  
 March 30 – vs. McCracken County, 6:00 p.m.  
 March 31 – vs. Christian Fellowship, 5:30 p.m.  
 April 2 – at Marshall County, 5:30 p.m.

Make plans to come out and support these athletes. Showing up matters—and seeing the stands filled is something they'll never forget



## Roselawn Cemetery ANNUAL MEETING

Monday, April 7, 2025 • 7:00 P.M.

**BARDWELL CITY HALL**

**EVERYONE IS INVITED TO ATTEND**

Needing volunteers to work Memorial Day Weekend and donations for mowing and upkeep of cemetery.

### PUBLIC NOTICE

Second reading and adoption of proposed ordinance 2026-03-24 amending the Carlisle County Budget for Fiscal Year 2025-2026, to include unanticipated receipts from the various funds in the amount of \$738,348.05 and increasing expenditures in the various funds; will be held on Tuesday, April 14, 2026 at approximately 8:30am at the regular scheduled Fiscal Court Meeting which will be located at the Carlisle County Courthouse at 985 US Hwy 62, Bardwell, KY 42023. A copy of the proposed ordinance with full text is available for public inspection at the Office of the County Judge/Executive during regular business hours of 8:00am to 4:00pm.

(3-27-26\_1x\_CCN)



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### Commonwealth of Kentucky Carlisle Circuit Court Case No. 24- CI-00038

Kentucky Lien Holdings, LLC

Plaintiff

VS ADVERTISEMENT PURSUANT TO KRS 426.200 AND KRS 426.560  
And  
KENTUCKY ADMINISTRATIVE PROCEDURES AP IV  
AS AMENDED JUNE 29, 2017

Helen Joyce Darszewski, et al

Defendants

By virtue of a Judgment and Order of Sale entered April 17, 2025, and Judgment Against Additional Parties and Order of Sale entered January 29, 2026, I shall proceed to offer for sale at the Courthouse door in Bardwell, Carlisle County, Kentucky, **to the highest bidder at public auction on the 13th day of April, 2026, at the hour of 2:00 p.m.**, the following described property:

Property Address: 65 East Court Street, Bardwell, KY 42023  
PVA Map # 026-10-05-007.00

For greater certainty see Deed Book 139, page 123, records of the Carlisle County Court Clerk.

The property will be sold under the following terms and conditions:

- At the time of sale the successful bidder shall either pay full cash or make a deposit of ten (10%) per cent of the purchase price with the balance on credit for 30 days. If the purchase price is not paid in full, **the successful bidder shall execute a bond at the time of sale with sufficient surety approved by the master commissioner no less than two (2) days prior to the sale** to secure the unpaid balance of the purchase price. The bond shall bear interest at the rate **the judgment bears** from the date of sale until paid. In the event the successful bidder is the plaintiff, then in lieu of the deposit the plaintiff shall be allowed to bid on credit up to the judgment amount.
- The bond shall have the same force and effect as a Judgment and shall remain, and be a lien on the real property sold as additional security for the payment of the purchase price until the purchase price, plus interest and costs, are full paid. On executions issued upon them no replevy shall be allowed, and sales shall be for cash.
- The property shall be sold free and clear of the claims of the parties to this action, but it shall be sold subject to the following:
  - All current year (2026) ad valorem real estate taxes not yet due and payable and all taxes due thereafter. Buyer shall pay 2026 ad valorem taxes.
  - Easements, restrictions and stipulations of record affecting the Real Property.
  - Any assessments for public improvements properly levied against the Real Property.
  - Any matters which would be disclosed by an accurate survey or inspection of the Real Property.
  - Any right of redemption that may exist in favor of the Defendants.
- The Master Commissioner will retain a lien on said property to secure payment of said bond, if issued.

**This Sale may be cancelled, and any announcements made at the sale take precedence over printed matter contained herein.**

The undersigned commissioner does not have access to the inside of the above-mentioned property.

Dated this the 25th day of March, 2026.

Sue Ellen Morris  
Master Commissioner - Carlisle Circuit Court  
636 Hickman Road  
Clinton, Kentucky 42031  
270-207-0103

(3-27-26\_CCN\_1x)

# Pace Honored; Shares Vision for Region

By **Laurna Todd**  
*KPI Writer*

BARLOW, Ky. — Jerry Pace’s decades of leadership and service to the Four River Counties were recently recognized as he received the Community Leadership Award from Woodmen of the World Chapter 38 in Bardwell.

Pace’s passion for community service, he said, was reignited in 2010 while recovering from surgery. During that time, he was approached by then-Barlow Mayor John Wood about ongoing issues with the city’s sewer system. Drawing on years of

experience and state-wide connections, Pace helped link local leaders with the Kentucky League of Cities, ultimately leading to the installation of a new sewer plant after strong support from residents.

“That moment showed me how much of a difference working together can make,” Pace said. “Looking around, I realized our region had fallen on hard times, and I wanted to help bring it back. I love Ballard County and West Kentucky.”

Pace points to Western Kentucky’s unique geographic position as a major



Chapter 38 Secretary James Presson, President Bill Wade, and Jerry Pace accepting the Community Leadership Award in Bardwell.

(Photo sent by Karen Presson)

driver for future growth. Located at

the confluence of the Mississippi and Ohio

Rivers near Wickliffe and Cairo, the region serves as a key hub for inland waterway transportation.

“From this point, products can reach a majority of the U.S. population efficiently,” he said. “When you combine that with our agriculture, energy resources, recreation, and education, the opportunities are endless.”

While challenges remain, Pace believes the region has made significant progress through increased collaboration. He played a role in encouraging Ballard, Carlisle, Hickman and Fulton counties to work

together, leading to the creation of the West Kentucky Alliance for a Vibrant Economy (WAVE). The partnership has since expanded to include additional counties across the Purchase region.

“Today, leaders are coming together, planning together, and supporting one another,” Pace said. “That regional mindset has been one of the biggest changes I’ve seen.”

Looking ahead, Pace remains optimistic about the future.

“The best is yet to come,” he said.



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# AUCTIONS

## Construction Equipment

THURSDAY, APRIL 9



3 SELLING

EA5449 '21 Komatsu WA320-8 wheel loader



DU2745 '23 Komatsu PC210LC-11 excavator



YA2149 '24 Kenworth T880 dump truck



YA2202 '22 Komatsu D71PXI-24 dozer



EA5450 '22 Komatsu WA320-8 wheel loader



DU2744 '21 Komatsu PC210LC-11 excavator



EM5044 '00 CAT D6R XL dozer



FB3564 '19 Peterbilt 567 dump truck



DT0084 '06 Roadtec MTV material transfer vehicle



YA0733 '17 Kenworth T880 dump truck



YA2190 '20 Freightliner 114SD crane truck



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# Warm early spring means early Eastern tent caterpillar egg hatch

By Holly Wiemers  
University of Kentucky

LEXINGTON, Ky.—

The first eastern tent caterpillars (ETC) of the season are now emerging. Initial sightings have been recently reported in Fayette County and University of Kentucky Martin-Gatton College of Agriculture, Food and Environment entomologists say the hatch is now occurring statewide. The normal time for egg hatch is when the forsythia bloom starts and when the first Eastern redbud blooms emerge.

ETCs gained notoriety during the early 2000s when its accidental ingestion by pregnant mares was linked to Mare Reproductive Loss Syndrome (MRLS). From 1999 to 2001, MRLS caused an estimated 3,500 foal losses, including abortions, stillbirths and neonatal deaths. Central Kentucky alone lost around 30% of its 2001-2002 Thoroughbred foal crop, resulting in an estimated state economic impact of \$336 million across all horse breeds — making tracking and managing the pests significant for horse owners, even to this day.

Temperature heavily impacts eastern tent caterpillars' development.

"The eastern tent caterpillar is one of our early riser pests," said Jonathan Larson, UK Extension entomologist in the Department of Entomology. "They overwinter as eggs and begin hatching around 100 growing degree days, a measurement of development for insects that reflects the high and low temperature of any given day."

Protecting trees and horses

ETC's preferred food plants are wild cherry, apple and crabapple, but may also appear on hawthorn, maple, cherry, peach, pear and plum trees. As the caterpillars mature to 2 - 2.5 inch-



Eastern Tent Caterpillars crawl on tree branches on Spindletop Research Farm.  
(Photo by Matt Barton)

es and become hairy, they may leave their host trees searching for places to spin their cocoons or additional food sources if their original tree is depleted. This often leads them along fences and into pastures.

"Right now, caterpillars are small and their nests won't be noticeable. Tents will become more obvious over the next 4-6 weeks though. If farm managers notice high numbers of nests, they should relocate pregnant mares from areas near wild cherry trees to reduce the risk of exposure," Larson said. "The greatest risk occurs when these mature caterpillars leave the trees to pupate and transform into moths. As they travel through the grass, they could be accidentally ingested"

ETCs are named for the compact silk-tent shelters they construct in the crooks and crotches of branches to defend against predators and parasitoids. This species is known for its tidy, nest-building compared to the fall webworm, which creates large, messy webs at branch tips. The ETC population varies annually due to climate, predators and diseases.

Despite not reaching the extreme levels seen during the MRLS outbreak, the presence of these caterpillars still raises concerns. Larson emphasizes the importance of notifying

horse owners about the onset of caterpillar activity each year, allowing them to monitor and manage the risk of MRLS by checking their property for caterpillar webs.

As part of caterpillar management practices, pregnant mares should be kept away from infested trees, and preferred host trees should either be removed or not planted close to horse farm paddocks. In certain situations, using insecticides, such as the organic

pesticide Bacillus Thuringiensis (Bt), to control the caterpillars in addition to those preventive

measures may be necessary. Treating tall trees that are challenging to spray may also be necessary. For the latter scenario, professional arborists will treat trees via trunk injection. Products labeled for ETC control include Tree-age (emamectin benzoate), Inject-A-Cide B (Bidrin), Abacide 2 (abamectin) and Lepitect (acephate). Applicators should read and follow all label instructions. All four injectable products are labeled for use on horse farms.

"ETC activity can vary annually due to climatic conditions, predators and disease," Larson said.

"However, understanding their life cycle and habitat preferences allows us to address potential risks preemptively. Awareness is our best defense. By tracking the hatching and development of these caterpillars, we can implement targeted interventions to protect our trees and, crucially, our horses."

To track growing degree days for each county, visit the UKAg Weather Center. For more information about how to assess trees for egg masses, the UK Entomology publication, Checking Eastern Tent Caterpillar Egg Masses, is available.

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# BIG ARCH™

## BALLARD

**Jo Ann (Barbre) Cooksey** passed away on March 20, 2026, after her 9-month battle with pancreatic cancer. Visitation will be held on Saturday, March 28, 2026, starting at 4 p.m. at Morrow Funeral Chapel in LaCenter, Kentucky. Her funeral will be held on Sunday, March 29, 2026, at 2 p.m. at Christ Community Church in West Paducah, Kentucky, by her Pastor and friend, Tim Turner. Burial will follow at Brook Hill Memorial Cemetery.

**Shirley Dawn Roland**, 78, passed away on Wednesday, March 18, 2026, at Metropolis Rehabilitation and Health Care Center in Metropolis, Illinois. Visitation was on Friday, March 20, 2026, beginning at 12:00 p.m. at Morrow Funeral Chapel in LaCenter, KY. Funeral services followed at 1:00 p.m., with John Roland officiating. Interment at New Liberty Methodist Church Cemetery.

## CALLOWAY

**Lisa Fern (Souleret) Colston**, 58, of Murray, Kentucky, passed away Tuesday, March 17, 2026, at the Anna Mae Owen Residential Hospice House in Murray. Honoring her wishes, Lisa's family will remember her privately, with no public visitation or services to be held. Blalock-Coleman Funeral Home & Cremation Services is privileged to be entrusted with the care of Ms. Colston.

## CALDWELL

**Janie Sue Adams**, passed away at the age of 69 on March 22, 2026, at Rivers Bend Retirement Community. Funeral services were held on Thursday, March 26, 2026, at 1:00 PM at Morgan's Funeral Home with Rev. Ronnie Sivells, and Rev. Mike Boyd officiating. Burial followed in Blue Springs Cemetery.

**Glen "Butch" Hicks, Jr.**, age 64, of Caldwell County, passed away March 21, 2026 at his home. Funeral services were held at 11:00 am Wednesday, March 25, 2026 at Morgan's Funeral Home. Burial followed at his home in Caldwell County.

**Rufus B. Smith**, passed away on March 20, 2026, at the Spring Creek Rehab in Murray, Kentucky. Funeral services were held Tuesday, March 24, 2026 at 1:00 PM at Morgan's Funeral Home with Rev. Ronnie Sivells and Rev. Dean Ray officiating. Burial followed in the Rowland Cemetary in Caldwell County.

**Carroll "Cookie Man" Cook**, 86, of Princeton, passed away on Thursday, March 19, 2026, at his daughter's home in Evansville, Indiana. Funeral services were held at 11:00 a.m. on Tuesday, March 24, 2026, at Morgan's Funeral Home with burial following in Beech Grove Cemetery.

## CHRISTIAN

**Maria Vargas**, age 75, of Hopkinsville, passed away on March 20, 2026, at her home of natural causes. Funeral Services will be at 1:00 PM on Friday, March 27, 2026, at Maddux-Fuqua-Hinton Funeral Home. Visitation will be at the funeral home on Friday, March 27, 2026, from 11:00 AM until the service hour at 1:00 PM. Maddux-Fuqua-Hinton Funeral Home has been entrusted by the family to handle the arrangements.

**Jack Elmore Kunnecke** passed away peacefully in Hopkinsville on March 20, 2026. Services will be held Monday, March 30, 2026 at St John Methodist Church, 2808 South Virginia Street in Hopkinsville, Kentucky 42240. Visitation begins at 10 a.m. followed by the funeral service at 11 a.m. Burial will be at Pleasant Hill Church Cemetery, KY Highway 178 at Pleasant Hill Church Road, Elkton at 2:00 p.m. Hughart, Beard & Giles Funeral Home is in charge of arrangements.

**Carl Alan Dexter**, 54, S. Old Madisonville Road, Crofton, KY passed away Thursday, March 19, 2026

at his home of natural causes. Funeral services were held at 1:00 p.m., Thursday, March 26, 2026 at Crofton Baptist Church with Rev. Jim Gifford officiating. Burial will follow in Hicklin Cemetery, Anton, KY. Lamb Funeral Home is assisting with arrangements.

**Wanda Welch**, 82, N. Abbey Way, Hopkinsville, KY passed away Thursday, March 19, 2026 at Christian Health Center, Hopkinsville, KY of natural causes. Funeral services were held at 1:00 p.m. Monday, March 23, 2026 at St. John Methodist Church with Pastor Rob Hoffman officiating. Burial followed in Kentucky Veterans Cemetery West. Lamb Funeral Home is assisting with arrangements.

## CRITTENDEN

**Catherine Nesbitt**, age 77, of Jackson, TN and formerly of Marion, KY, passed away on Saturday, March 21, 2026, at Maplewood Nursing Home in Jackson, TN. urnal services for Catherine Nesbitt was held on Tuesday, March 24, 2026, at Gilbert Funeral Home at 1:00 PM. Burial followed in Freedom Cemetery.

## FULTON

**Grayson Ryan Brooks Kohagen**, infant son of Ryan Kohagen and Kala Mosley of Fulton, KY, was born prematurely on Sunday, March 22, 2026, and passed away at his residence. There will be no services held at Hornbeak Funeral Home.

**Rhonda Kay Swift**, age 63, of Mayfield and formerly of Fulton, KY, passed away Saturday, March 21, 2026, at her residence. There will be no services held at the funeral home. Hornbeak Funeral Chapel in Fulton is in charge of arrangements.

## GRAVES

**Steven Brooks Barger**, age 74, of Nashville, TN formerly of Mayfield, KY passed away Tuesday, March 24, 2026 at the TriStar Centennial Medical Center in Nashville, TN. Arrangements for Steven Brooks Barger are incomplete at Byrn Funeral Home in Mayfield, KY.

**Anita Elaine Killebrew**, age 65, of Paducah, KY formerly of Mayfield, KY passed away Friday, March 20, 2026 at her residence. A private memorial will be held at a later date. Byrn Funeral Home in Mayfield, KY is in charge of arrangements.

**Donna L. (Overcast) Wilson**, age 68, of Mayfield, Kentucky, passed away on Saturday, March 21, 2026, at Baptist Health Hospital in Paducah, Kentucky. A funeral service was held on Thursday, March 26, 2026, at 2:00 p.m. at the J.H. Churchill Funeral Home and Cremation Services. Bro. Mickey Fowler and Bro. James Smith will officiate, and burial followed in the Lynnville Baptist Church Cemetery.

## HENDERSON

**Russell Lee Lemon**, age 86, of Henderson, KY, passed away at 7:39 pm, Friday, March 20, 2026, at his home under the care of St. Anthony's Hospice surrounded by his loving family. The funeral service was held at 10:00 am on Tuesday, March 24, 2026, at Henderson General Baptist Church in Henderson, KY, with Rev. Alec Hensley, Rev. Chad Hensley, and Rev. Logan Hensley officiating. Burial followed at Roselawn Memorial Gardens in Henderson, KY.

**Michelle Denise Stott**, age 52, of Henderson, KY, passed away on Thursday, March 19, 2026, at her home. A funeral service for Michelle will be held at 1:00 p.m. on Saturday, March 28, 2026, at Benton-Glunt & Tapp Funeral Home in Henderson, KY. Burial will follow at Fernwood Cemetery in Henderson, KY.

**Phillip "Poppy" Ashby**, 87, of Geneva, Kentucky, passed away on March 23, 2026, at Red Banks Nursing Home. Funeral services were held at 1:00 PM on Thursday, March 26, 2026, at Tomblinson Funeral Home, with Bro. Tim Shockley officiating. Burial followed at Smith Mills Cemetery.

**Dean Morris**, 96, of Henderson, Kentucky passed away on Monday March 23, 2026 at Redbanks Nursing Home under the care of St. Anthony's Hospice. Funeral services were held at 1:00 PM on Wednesday March 25, 2026 at Tomblinson Funeral Home Henderson Chapel, with Jeff Coursey will officiating.

**Janet Dianne Peercy** - January 7, 1948 — March 22, 2026, of Henderson, Ky, passed away on Sunday, March, 22, 2026, at Redbanks. Relatives and friends are invited to celebrate Janet's life on Saturday, March 28, 2026, from 1:00 PM until the service time at 3:00 PM at Haven Pentecostal Church in Henderson, Ky, with Rev. Phillip Wagoner, Jason Lawson, and Frank Nalley officiating.

**Scottie Dale Elliott**, 59, of Henderson, passed away Saturday, March 21, 2026 at Deaconess Gateway Hospital. Funeral services were held on Thursday, March 26 at Tomblinson Funeral Home in Henderson with Larry Rone officiating. Burial followed at Cash Creek Cemetery.

**Donald Ray Porter**, 87, of Henderson, passed away on Friday, March 20 at his home. Funeral Service will be on Saturday, March 28, 2026 at 11:00 AM at Tomblinson Funeral Home. With pastor Sam Hinkson officiating. A burial will follow at Corydon Cemetery. Visitation will be on Friday, March 27, 2026 from 4:00 PM to 7:00 PM at Tomblinson Funeral Home and on Saturday, March 28, 2026 from 9:00 AM until service time at 11:00 AM.

## HICKMAN

**Tommy Gene Whitlock**, age 76 of Martin, TN, passed away Thursday, March 19, 2026 at the Clinton Hickman- Co. ICF in Clinton. He was of the Baptist faith and a United States Navy veteran having served in Vietnam. Memorial graveside services for Tommy were held Wednesday, March 25, 2026 at 11:00 AM at the Clark Cemetery with Rev. Chad Frizzell officiating. Friends were asked to meet at the cemetery at the service time. Brown Funeral Home in Clinton is in charge of arrangements.

**Kenneth Adams**, age 79, of Hickman, Kentucky, passed away on Thursday, March 19, 2026, at the Ray and Kay Eckstein Hospice Center in Paducah, Kentucky. Funeral services were held at 12:00 noon on Wednesday at West Hickman Baptist Church, with burial followed at Hickman City Cemetery.

**Mary Jo Lattus**, age 96, of Hickman, Kentucky, passed away peacefully at her residence on Sunday, March 22, 2026. A Funeral Mass for Mrs. Mary Jo Lattus was held at 11:00 a.m. on Wednesday, March 25, 2026, at Sacred Heart Catholic Church, burial followed in the Hickman City Cemetery.

**Lula Mae Porter**, age 75, of Hickman, Kentucky, passed away on Thursday, March 19, 2026, at her daughter's residence. Funeral services for Ms. Lula Mae Porter were held at 2PM Sunday, March 22, 2026 at the Hornbeak Funeral Chapel in Hickman, burial followed in the Hickman City Cemetery.

## HOPKINS

**Lyla Mae Hammack**, 85, of Madisonville, KY, passed away on Sunday March 22, 2026, at her residence. Funeral Services were held on Wednesday, March 25, 2026, at 1:00 P.M. at Barnett-Strother Funeral Home – Madisonville Chapel with Bro. Dennis Coombs officiating. Burial followed in Frazier-Blackwell Cemetery in Providence, KY.

**Jesse Gaylord Cline**, 68, of Providence, KY, passed away on March 21, 2026, at his residence in

**FUNERAL NOTICES** continued

Providence. Services for the family were provided by Barnett-Strother Funeral Home, Providence Chapel.

**Sharon Ann Duncan**, age 86, of Madisonville, Kentucky, passed away on Friday, March 20, 2026. A private graveside service was held Monday, March 23, 2026, at Concord Baptist Church in Manitou, Kentucky.

**Charles Maypray**, 71, of Jeffersonville, Indiana, passed away on Wednesday, March 18, 2026, at Norton Healthcare Pavilion in Louisville, Kentucky, surrounded by his loving family and friends. Visitation - Saturday, March 28, 2026 - 12:00 - 2:00 pm with Funeral Service following from 2:00-3:30 pm. Burial begins at 4:00 pm at the Foster Garden Cemetery, 13663 N. Old Madisonville Rd, Crofton, KY 42217.

**Sharon Kay Reynolds**, 67 of Madisonville passed away Monday, March 23, 2026, at Baptist Health Deaconess. Service was held Thursday, March 26th at 1:00 pm at Bandy Funeral Home in Nortonville with Bro. Allan Stokes officiating. Burial followed at New Salem Cemetery in Nortonville.

**Boyd Earl Nance**, 83, of Madisonville, KY passed away on Sunday, January 4, 2026, at his home. A memorial service will be held at 11 a.m. on Friday, March 27, 2026, in the chapel of Harris Funeral Home with Bro. Andy Couch officiating. Military honors will be conducted by the Hopkins County Honor Guard. A private burial will be held at Grapevine Cemetery.

**Alice Morrison Smith**, 84, of Madisonville, KY, passed away on Thursday, March 19, 2026, at her son's home. A funeral service was held at 1 p.m. on Monday, March 23, 2026, in the chapel of Harris Funeral Home with Bro. Billy Parrish officiating. Burial followed at Prospect Cemetery in Dalton, KY.

**LIVINGSTON**

**Sandra Davis Williams**, 81, passed at her home, Friday, March 20, 2026. Services will be scheduled at a later date. Boyd Funeral Home is in charge of arrangements.

**Lois A. Cunningham**, 73 of Grand Rivers, Kentucky passed away on Friday, March 20, 2026, at her home. A funeral service will be held on Saturday, March 28, 2026 at 2:30 PM at the Collier Funeral Home Chapel with Rev. Dr. John Purdue officiating. Burial to follow at Oak Level Cemetery. Visitation will be Saturday, March 28, 2026 from 11:30 AM until 2:30 PM at Collier Funeral Home located at 211 West 5th Street Benton, KY 42025. 270-527-3141.

**LYON**

**James W. "Jim" Bundren**, age 85, of Eddyville, passed away March 20, 2026 at Baptist Health Paducah. Funeral services were held at 1:00 pm Wednesday, March 25, 2026 at Lakeland Funeral Home. Burial followed with military honors at Rolling Hills Cemetery.

**Mark Joseph Kunnecke**, age 70, passed away at Riverbend Retirement Community in Kuttawa, KY on February 20, 2026. Graveside funeral services will be held Friday, March 27, 2026 at 10:00 a.m. at Calvert City Cemetery.

**MARSHALL**

**Don W. Warford**, 75, of Calvert City, KY, passed away Monday, March 23, 2026, at Parkview Nursing & Rehab in Paducah. Memorial visitation will be held Saturday, March 28th, 2026, at Lindsey Funeral Home from 5:00 pm to 7:00 pm.

**Terri Diane Wallace**, age 68, of Benton, Kentucky, a beloved wife, mother, and devoted family woman, passed away peacefully on March 20, 2026. A visitation was held on March 22, 2026, from 4:00 PM to 6:00 PM at Keeling & Goodman Funeral Home, located at 2410 Jackson Street, Paducah,

Kentucky. Following the visitation, a funeral service was held at 6:00 PM at the same location with Bro. Rick Wiggins officiating, offering family and friends a moment to pay their respects and celebrate the life of a remarkable woman.

**Patricia "Pat" Crafton**, 76, of Benton, passed away on Monday, March 23, 2026 at Lakeway Nursing and Rehabilitation in Benton. There are no services scheduled at this time.

**John Allen Rohde**, 92 of Benton, Kentucky passed away on Sunday, March 22, 2026, at Lake Way Nursing & Rehabilitation in Benton, Kentucky. Visitation was held at 3:00 pm until 4:00 on Tuesday, March 24, 2026 at Collier Funeral Home. Military rights will followed at 4:00 pm. Entombment will be held at Rosewood Memorial Park in Humble, TX at a later date.

**Debra L. Poe**, age 72 of Benton, KY passed away on Sunday, March 22, 2026, at Marshall Co. Hospital in Benton, KY. A Funeral service was held at 1:00 PM on Thursday, March 26, 2026 at Collier Funeral Chapel located at 211 West 5th St. Benton, KY 42025 with Gary Knuckles officiating. Interment followed in Marshall Co. Memory Gardens, Benton, KY.

**Laura Gene "Jean" Dowdy** - It is with heavy hearts that we announce the passing of Laura Gene "Jean" Siress Dowdy, 95, who passed peacefully surrounded by her family on March 19, 2026, in Raleigh, NC. A memorial service will be held at Collier Funeral Home in Benton, KY, on Saturday, March 28, 2026 at 1:00pm. Visitation will begin at 11:30am that morning, with burial to follow at Dowdy Cemetery. Flowers may be sent to Collier Funeral Home.

**Betty Lou Treas**, 96, of Hardin, Kentucky passed away on Thursday, March 19, 2026 at Green Acres Health Care in Mayfield, Kentucky. A funeral service was held on Wednesday, March 25, 2026 at 2:00 PM at Collier Funeral Home with Rev. Brett Miles officiating. Burial followed in the Soldier Creek Cemetery.

**Mildred Marie Losee**, 105 of Benton, Kentucky passed away on Thursday, March 19, 2026 at Ray and Kay Eckstein Hospice Care Center in Paducah, Kentucky. No services are scheduled at this time. Memorial contributions may be made to: St. Henry Catholic Church, 16097 US Hwy 68E, Hardin, KY 42048. Collier Funeral Home & Cremation Services are handling all arrangements.

**McCRACKEN**

**Philip Steele Chase**, known as Phil to his friends and family, passed away peacefully on March 3, 2026, in his hometown of Paducah, Kentucky. Memorial visitation will be held on March 28, 2026, from 1:00 p.m. to 3:00 p.m. at Milner & Orr Funeral Home of Paducah, located at 120 Memorial Drive, Paducah, KY 42001. Memorial visitation will be held on March 28, 2026, from 1:00 p.m. to 3:00 p.m. at Milner & Orr Funeral Home of Paducah, located at 120 Memorial Drive, Paducah, KY 42001. A funeral service will be held at 12:00 p.m. on Friday, March 27, 2026, at St. Thomas More Catholic Church in Paducah, Kentucky, with Rev. Mike Clark officiating. Burial will follow at Mt. Carmel Cemetery. Visitation will be held at the church on Friday, March 27, 2026, from 10:00 a.m. until the service hour at 12:00 p.m.

**Charles Robert Moffitt**, of Paducah, Kentucky, passed away in his sleep on March 20, 2026, at the age of 93. A funeral service will be held at 11 A.M. on Saturday, March 28, 2026, at the St. Paul Lutheran Church of Paducah with Pastor David Appold officiating. Burial will follow in the Mt. Kenton Cemetery of Paducah.

**Carlin G. Cook**, age 88, of Paducah, Kentucky, passed away Saturday, March 21, 2026, at Vanderbilt University Hospital in Nashville, Tennessee. Service will be held at 1:30 p.m. Thursday, March 26, 2026, at the Lone Oak Church of Christ, with Paul Wingfield and Jamey Boone officiating. Burial will follow at the Mapleview Cemetery in Marion, Kentucky. Visitation will be held on Thursday,

March 26, 2026, from 12:00 p.m. until service time at the Lone Oak Church of Christ.

**Nancy Lou Thomas**, of Paducah, Kentucky, passed away on March 19, 2026, at Parkview Nursing and Rehabilitation Center in Paducah. A private graveside service will be held at Brooks Chapel Cemetery in Dexter, Kentucky.

**Camillah A. Burnett**, 81, of Paducah, Kentucky, passed away on Wednesday, March 18, 2026, at Parkview Nursing and Rehabilitation Facility. She passed peacefully with her loving husband rubbing her feet. Funeral Services were held at 1:00 p.m. on Thursday, March 26, 2026, at Milner & Orr Funeral Home of Paducah, with Grandson Ross Barnes officiating. Burial followed at Woodlawn Memorial Gardens.

**Sara Jane Lowry Page**, 95, of Paducah, Kentucky, was born on June 27, 1930, to the late Charles Homer Lowry and Georgia Lee Chittenden Lowry. She passed away at her home on Wednesday, March 18, 2026, her mother's birthday. In honor of Sara's request, there are no services or visitation at this time. Donations in her honor may be directed to the organizations mentioned above or to a charity of your choice. Milner & Orr Funeral Home of Paducah is in charge of arrangements.

**Jeffrey Conrad**, 59, known affectionately as Jeff by his friends and family, passed away on March 18, 2026, at his home. No services are scheduled at this time. Milner & Orr Funeral Home and Cremation Services of Paducah are in charge of arrangements.

**Jessica Patton Rudy**, age 42, of Paducah, Kentucky, passed away on March 18, 2026. Funeral services were held at 1:00 pm on Monday, March 23, 2026 at Heartland Church with Pastor Russ Wilson officiating. Burial followed at Mt. Kenton Cemetery.

**Kimberly Shea**, 53, of Paducah, Kentucky, passed away peacefully at home with her sister, Christy Dunn, and niece, Lidia Vazquez, by her side, after a courageous battle with pancreatic cancer. Per Kimberly's wishes, no public services are planned. Milner and Orr Funeral Home and Cremation Services are handling the arrangements.

**Carolyn Beauton Nelson**, 71, of Paducah passed away on Wednesday, March 18, 2026, at Ray and Kay Eckstein Hospice Care Center in Paducah. Funeral services were held at 12:00 pm on Tuesday, March 24, 2026, at Hughes Funeral Home in Paducah with Pastor Todd Hawkins and Pastor James Scott officiating. Burial followed at Woodlawn Memorial Gardens in Paducah.

**TRIGG**

**Terry J. Bradigan**, age 80, of Cadiz, Kentucky, passed away on Tuesday, March 24, 2026, at his home. Arrangements are being handled by Goodwin Funeral Home, Inc., 138 Main Street in Cadiz, where the family will receive friends from 11:00 AM to 1:00 PM on Saturday, March 28, 2026. Memorial service will follow at 1:00 PM, with Pastor Jeremiah Kline officiating. Committal service with military honors will be at Kentucky Veterans Cemetery West, 5817 Fort Campbell Blvd in Hopkinsville, at 10:00AM, Monday, March 30, 2026.

**Wallace L. Litchfield**, age 92, of Dexter, Kentucky, passed away on Monday, March 23, 2026, at his home in Dexter. Visitation was held at Goodwin Funeral Home, 138 Main Street in Cadiz, Kentucky, on Thursday, March 26, 2026, from 11:00 AM until 1:00 PM. Graveside service followed at Jenny Ridge Cemetery in Land Between the Lakes, at 2:00 PM, Thursday, March 26, 2026, with Bro. James Keeling and Bro. Steve Phillips officiating.

**To place a full obituary, including a photo, call 270-442-7389 for details and pricing.**

*Obituaries and funeral notices should be received by 9 a.m. Wednesday for inclusion in that week's paper.*

# Governor signs safe room rebate legislation

By Tom Latek  
Kentucky Today

FRANKFORT, Ky. (KT) – Gov. Andy Beshear has signed legislation into law establishing a residential safe room rebate program and fund to protect eligible Kentuckians from severe weather.

“Kentucky has faced 15 federally declared weather disasters in just six years and I am committed to doing everything possible to help protect our families from future weather events,” said Gov. Beshear. “This legislation will help Kentuckians build more safe spaces for

shelter during severe weather, creating safer homes and protecting more lives.”

Senate Bill 11 establishes the residential safe room rebate program and fund, which will begin in January 2027. The program aims to help save lives during natural disasters and will be administered by Kentucky Emergency Management (KYEM). Homeowners will be eligible for a rebate of 50 percent of the costs incurred to construct or install a safe room in their primary residence, not to exceed \$5,000.

Homeowners who participate in the program must also open



the shelter to members of the community, not just members of the household.

KYEM has managed FEMA-funded

community safe room projects over the last 15 years. These have built 97 safe rooms in 32 counties with a \$46.7 million value

and the capacity to protect more than 44,000 Kentuckians. For these projects, FEMA has provided \$35 million, the state

has provided \$5.6 million, and applicants have provided \$6 million.

While the governor supported this bill, he urged legislators to designate funding for its implementation, as KYEM does not currently have funds available from its own budget or from FEMA.



The Senate passed the bill 33-3, while in the House it was approved on an 84-8 vote.

You can read the full bill at <https://apps.legislature.ky.gov/record/26rs/sb11.html>.

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

## Consider how things are going

By Teresa LeNeave  
leneave2@comcast.net

Experience has taught me there are two words that seem “non-spiritual” but are absolutely vital to success in both our secular and spiritual worlds: priority and determination. Sounds simple, but it’s not. Those two things may very well be two of the hardest commitments you’ll ever make. I read some stats that said, only fifty percent of new businesses make it to five years because there are always new and unexpected challenges.

It’s easy to put aside “God” time for momentary distractions. That’s why, over time, being determined and setting

priorities can be a challenge. Haggai 1:4 says, “Consider your ways”. Reflect on your priorities. In Haggai, God explained that misplaced priorities were the reason they weren’t succeeding. They earned money but it was like putting money in pockets filled with holes.

Every one of us has the very same number of hours to spend in life: 168 hours every single week. It never changes. We have 168 hours no matter how much we work, sleep, achieve or don’t achieve.

Why do some people achieve so much in those 168 hours and others achieve almost nothing?

Speaking of achieving nothing: recently



we started watching a 6-season series; each one having 12-16 episodes. Do you know how long that takes to watch? ...

Long enough that I’m beginning to feel guilty for sitting so many hours! It’s just so easy to let the devil steal our time

and slow us down. If he can, devil steals our time, our money, our desire and our determination and he has a great tool to do it with: internet and television.

One of Satan’s greatest weapons against achieving God’s plan in our life is little tiny distractions (like 96-episodes of a TV series!) that pull us away in another direction. Over time, too many of those tiny little distractions will build up and they will be like a beaver dam that catches a person, a business or a church in the sticks and briars of time.

Haggai exhorts the people to put first things first. They had been building themselves the finest of

homes; planting big crops and vineyards, but God said, “Consider how things are going for you! You have food to eat, but not enough to fill you up. You have wine to drink, but not enough to satisfy your thirst. You have clothing to wear, but not enough to keep you warm. Your wages disappear as though you were putting them in pockets filled with holes!” (Haggai 1:3-6 paraphrase). God told the people, “You’ll not have enough until you get your priorities in order and honor the Lord first.” Priorities matter to God. Determination matters to God. We can take our 168 hours every week and do good, or we can waste it.

## Learning who God is and who we are in Him

By William F Holland Jr.  
billyhollandministries.com

How many times will it need to be declared that we can have as much of God as we want? And how many tears will we shed from the sadness of knowing that most people only want enough to get by? Having a serious spiritual relationship with God is difficult, as it takes a high level of desire and discipline on our part. If we are not passionate about developing a constant awareness of His presence, our emotions have a tendency to slide into an easier routine of just calling on Him when we need something. Having a covenant bond based on only what He can give us is not what He had in mind.

Since God is not tangibly visible and does not talk to us audibly, we are left to our own

diligence and responsibility to bond with Him by faith. Yes, we become stronger the more we make time to know Him. Do you take the time to get away with Him every day, to share your heart, and tell Him how much you love and trust Him? We are familiar with our Thanksgiving holiday, where we spend the day thinking about our blessings and telling Him how much we appreciate all that He does for us, but the truth is that every day we should express our love and worship to Him, even when we are going through a hard time. We desire to hear about how much He loves us and wants to bless us, but if we only love and praise Him when things are going well, what kind of a relationship is this?

When we neglect knowing God, we are

missing the beauty and fullness of loving Him. Some are convinced that if they attend church, this is their way of proving they know and love Him. However, in reality, just shaking hands, singing songs, and listening to a devotion is not the same as learning how to fellowship with Him daily. Do not misunderstand me, going to church is wonderful, but it does not take the place of living in the constant awareness of God’s presence. Advancing in our faith and progressing in our personal relationship with Him comes from reading, studying, worshiping, growing in our discernment, and praying. Only attending an assembly without pursuing Him in the secret place of the Most High is just settling for religious traditions. You see,

reaching the higher levels of spiritual maturity will not just happen automatically; it requires us to draw nearer to Him.

According to the definition of conditional love, it’s an affection and attachment dependent on specific behaviors, achievements, or conditions being met. It is “earned” love, often taking the form of “I’ll love you if”, and it can be withdrawn or withheld if expectations are not met. This creates a high-pressure, insecure environment, often leading to people-pleasing, emotional invalidation, and anxiety. An example would be I’ll love you if you make good grades, or buy me jewelry, but if you don’t do it, I will be offended and resent you. This is a common dynamic in our earthly relationships, but

when it comes to God, we are not to have a “Magic Genie” love that is conditional on what we want Him to do for us. Conditional love is often contrasted with unconditional love, which is given freely, regardless of circumstances.

It’s true we do not always understand why things happen, but this is why it’s important to draw as close to God as we can, so that even in the midst of difficult circumstances, we can rest in our faith in knowing that He will always love us. This life is only temporary, and our highest honor is to trust our Creator. In Jeremiah 33:3, the Lord invites us to seek His face regardless of our emotional state. “Call unto Me, and I will answer thee, and show you great and mighty things which you have never known.” It’s

worth considering that neglecting to be bonded with Jesus could be the reason why many people are anxious and fearful about their lives and the life to come. Allow the love and joy of the Lord to lift you up today, and remember that God has always loved you and is longing to spend the rest of eternity with you. We are a work in progress, and our lives are to be a daily classroom dedicated to learning who God is and who we are in Him.

*Dr. Holland is a Christian minister, author, and community outreach chaplain. Ask for a free download of his song, “Intentions of the Heart” at psalmz103@gmail.com*

# OUTDOOR Truths

By Gary Miller  
Outdoortruths.org



Hunting and fishing are like other sports in at least one area. There are more failures than successes. Think about it this way. In baseball, if you only get a hit three out of ten times, you're an all-star. In basketball if you consistently make four out of ten three-pointers, you are elite. In football, a quarterback who completes 65% of his passes is considered excellent. And that still means he misses one out of every three throws. And the guys chasing him? A defensive end might rush the passer 500 times in a season and only get

12 sacks...and that's considered a great season. The professional golfer misses the fairway 50-60% of the time. And I'm not even gonna talk about the sport of being a husband. We're wrong 100% of the time! (Did I say that?) I digress. But here's another similarity between all these guys and gals who participate in these activities: we all keep returning. And here's what makes this truth even more impactful. Most of us are not professionals at what we do. And yet, we too, keep going back. We may throw a club into the abyss or slam a fishing

rod down in the boat, and we may even swear we're never coming back and we're going to take up gardening, but when the dust settles and when the cuss words that have been running around in our mind finally leave, we just go back. We do. It's crazy.

Let me tell you what is also neat and crazy to me. Jesus picked 12 men to be His first disciples – His apostles. They were all different. Some were educated. Some were not. Some were aligned with the Roman government. Some fought it. Some were quiet. Some were

loud. But there were several things that marked their lives with Jesus. One was that they continually failed, whether it was by simple misunderstandings or by their own misdeeds. Jesus continually had to explain things to them and manage their misdirected actions. But the other similarity they all had was that they kept coming back. Sure, Judas took his own life at the end of Jesus' ministry, and all the disciples left when they thought Jesus had died. But while Jesus was alive and doing His work, these disciples kept coming back even

after times of stupidity and failure. I think Peter summed it up when He answered Jesus' question. Jesus asked the apostles. "Are you also going to leave?" And Peter said, "Lord, to whom would we go?" To be honest, I have been angry at God before. I have thrown a spiritual club and sworn I'll never play again. But with the same heated voice, I always said to God. "God, I'd leave, but where I'm I going to go!?" And then my anger settles. My mind clears. And I keep coming back. Because I've learned like in most sports, failure is not the

exception. It's the rule. And God wants me (and you), no matter how many time we've failed or keep failing, to keep coming back.

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

## CARRYING CARES

**Bro. Brandon G. Bramlett**  
Bandana Baptist Church

My shoulders were crying for relief the first time I went backpacking. I had committed the cardinal sin of carrying too much weight in my bag. In the world of backpacking, the key is to carry the absolute minimum. My friend, who was with me, observed my toil. He and I had walked for miles on an unforgiving trail, and he could see that I was struggling along. I was close to throwing in the towel (in this case, throwing off my bag). And I will never forget

what he said: "C'mon man, let me carry it for a while—you've carried it long enough."

He recognized that I was carrying too much and offered to help. And while the weight wasn't eliminated, it was much easier to bear when I had a friend to share the load. This reminds me of the words of Paul, where he commanded all believers to do the same thing for fellow saints when they are burdened with various cares. He said, "Bear one another's burdens, and so fulfill the law of Christ" (Galatians 6:2).



This literally means we are to carry each other's weight. When we see a brother or sister whose shoulders are

crying for relief, we need to come alongside and help them in every possible way. We don't have the ability to eliminate

their burdens, but we can certainly help carry them. Like Moses, we need to "look on their burdens" (Exodus 2:11) and provide assistance and relief. We also need other believers to assist us in carrying the weight of our failures, temptations, and trials.

Ultimately, the Lord God is the greatest burden-bearer. That is why Peter encourages us, "Cast all your anxiety on him because he cares for you" (1 Peter 5:7, NIV). God is willing and able to bear our burdens. And if God bears our burdens,

we truly imitate the Lord when we carry the burdens of others. We follow the example of the Lord when we come alongside another believer who is struggling and say, "Let me carry it for a while."

Anyone who walks the path of godliness with you could probably use some help in carrying their burdens. Will you rush to their aid and bear their burdens on your shoulders? And when you are heavy laden with burdens and cares, will you seek help from other believers so they can bear your burdens?

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# Paducah man sentenced 2 years for threatening judge in McCracken County

By TOM LATEK  
Kentucky Today

FRANKFORT, Ky. (KT) – A Paducah man who threatened a McCracken County District Judge will be spending time behind bars, according to the office of Attorney General Russell Coleman.

On Monday, David Cox, 36, pleaded guilty to one count of Intimidating a Participant in the Legal Process (a Class D Felony which carries a one-to-five-year prison sentence, if convicted) and one count of Menacing (a

Class B Misdemeanor with up to 90 days in jail) in exchange for a two-year prison sentence.

In August 2025, Cox threatened a judge who he believed would preside over a misdemeanor charge he faced. According to court documents, Cox also acted in a way that put the judge in “apprehension of imminent physical injury from the Defendant.”

“Justice is done when we rely on the rule of law, not threats,” said Attorney General Coleman, after the

sentence was handed down. “Our Office takes threats against prosecutors, judges and anyone in the legal system extremely seriously.”

As part of the plea deal, Cox has been ordered to have no contact with the judge, not to be

within 500 feet of the McCracken County Courthouse unless he is required to be there, and under no circumstance be in or near the parking lot used by judges and prosecutors.

Cox will also receive mental health and substance abuse as-

sessments.

The McCracken County Sheriff’s Office investigated the case. Assistant Attorney General Richie Kemp prosecuted the case on behalf of the Commonwealth.

Cox is scheduled to be sentenced April 27 at 2:30 p.m.



**2016 Chevrolet Colorado**

VIN  
1GCGSBEA6G1300460

**Owner**  
G4S Secure Solutions  
1400 Donelson Pike  
Nashville, TN 37217

**Royal Oaks Chevrolet**  
3417 Park Ave.  
Paducah, KY.  
42001  
270.442.6184

**2004 Chevrolet Colorado**

VIN  
1GCDT136848155739

**Owner**  
Chris McKinney  
4085 Noble Rd.  
Paducah, KY. 42001

**Royal Oaks Chevrolet**  
3417 Park Ave.  
Paducah, KY.  
42001  
270.442.6184

**2014 Chevrolet Malibu**

VIN  
1G11C5SL4EF264545

**Owner**  
Zenon Rodriguez  
2915 Cornell St.  
Paducah, KY 42003  
**Leinholder - Credit**  
Acceptance Corp  
25505 W 12 Mile Rd  
Southfield, MI 48034

**Royal Oaks Chevrolet**  
3417 Park Ave.  
Paducah, KY.  
42001  
270.442.6184

**2008 Cadillac STS**

VIN  
1G6DZ67A180157933

**Owner**  
Seth Lacefield  
3282 S.R. 303  
Mayfield, KY 42066

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# LG&E and KU unveil new programs for residential, business customers

**Press Release**

(LOUISVILLE, Ky.) – Louisville Gas and Electric Company and Kentucky Utilities Company announced today two energy efficiency programs, one brand new and one returning favorite, designed to help customers save energy, money and time.

“We’re proud to empower our customers to take advantage of these new and exciting programs,” said Shan-

non Montgomery, LG&E and KU vice president of Customer Services. “We’re constantly working to introduce energy efficiency programs that make saving energy and earning incentives easy and straightforward for our customers.”

The programs build on LG&E and KU’s efforts to help customers use energy wisely, as well as helping the utilities reduce overall energy demand, increasing reliability and

affordability across the board.

The programs are: **Appliance Recycling:** Residential and small business customers in Kentucky can get a \$50 incentive when they let LG&E and KU pick up functioning inefficient refrigerators and freezers and safely dispose of and recycle them.

**Business Midstream Lighting:** Eligible business customers can get incentives at the point

of purchase when they buy qualified lighting equipment from participating distributors.

LG&E and KU are listening to our customers, who loved past versions of the Appliance Recycling program and recycled around 66,000 appliances, earning over \$3 million in incentives between 2012 and 2018. Appliance Recycling and the new Business Midstream Lighting Program add to LG&E and KU’s

extensive energy-efficiency toolbox and will help create an easy and hassle-free experience for customers making smart energy decisions.

LG&E and KU first launched energy efficiency programs for customers in the early 1990s, and in 2024, started rolling out the largest suite of programs in the company’s history, including incentives for energy-saving improvements and offsetting costs for

new, smart technologies.

LG&E and KU customers can sign up for Appliance Recycling at lge-ku.clearesult.com or by logging into their online My Account (my.lge-ku.com). Customers interested in the Business Midstream Lighting Program can learn more at lge-ku-business.clearesult.com/midstream/ or through My Account.

## Absolute REAL ESTATE AUCTION

**TUESDAY, MARCH 31<sup>ST</sup>, 2026 @ 6:00 PM**  
**642 State Route 1748 E. • Mayfield, KY 42066**









**MOVE-IN READY 3-BEDROOM, 1-BATH BRICK RANCH** situated on **2.4± acres** just outside Mayfield, offering peaceful country living with valuable updates already completed. **Selling in 2 tracts - Tract 1 - House 1.4± Acres and Tract 2 - 1± Acres.**

The home features a recently updated kitchen and new carpet throughout the bedrooms and hallway, creating a fresh and inviting interior. Important improvements include **crawlspace encapsulation (2022), a new metal roof with added insulation (2023), and new gutters installed in 2025**, providing added efficiency and peace of mind. Additional improvements include an attached garage, detached garage, and a separate storage building, offering excellent space for vehicles, equipment, workshop use, or hobbies.

The 2.4± acre setting provides plenty of room for gardening, outdoor entertaining, or simply enjoying the quiet countryside. Conveniently located just minutes from Mayfield and I-69, this property offers the perfect balance of country living with easy access to town.

**REAL ESTATE TERMS:** The property will be offered in 2 tracts. A 10% Buyer's Premium will be added to the final bid and included in the deed transaction sale price. 15% as down payment on the day of the auction with balance in cash at closing on or before 30 days. The down payment may be in the form of cashier's check, personal check, or corporate check. YOUR BIDDING IS NOT CONDITIONAL UPON FINANCING, SO BE SURE YOU HAVE ARRANGED FINANCING, IF NEEDED, AND ARE CAPABLE OF PAYING CASH AT CLOSING. Closing shall take place on or before 30 days from auction date. All 2026 ad valorem taxes will be prorated at closing.

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**TRACT 1**  
 631 Sherwood Dr.



**TRACT 1 - WATERFRONT HOME**  
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 Gilbertsville, KY - 0.53± Acres  
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**TRACT 2**  
 583 Sherwood Dr.



**TRACT 2 - WATERFRONT LOT**  
 583 Sherwood Lane Drive - Gilbertsville, KY - 0.40± Acres

Prime waterfront lot offering main lake views with protected bay access. Includes an engineer-approved ~1,500 sq ft basement and golf cart path to dock. Build your dream home just minutes from Moors Resort & Marina.

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MARCH 2026

2026 PENNYRILE

# PROGRESS

ISSUE

The Scene

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## 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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**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?**

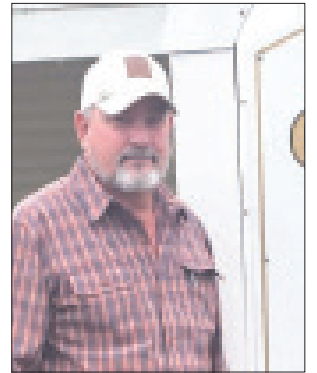
Moodie mentioned that the city has been working on transient docking down by the Kentucky Lake jetty. This will allow local boaters to have day use where they could park their boats and enjoy Grand Rivers. Currently that project is in the TVA permitting stage and it's also in environmental review. That 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 Lakeviewe 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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rhcc85@comcast.net

# 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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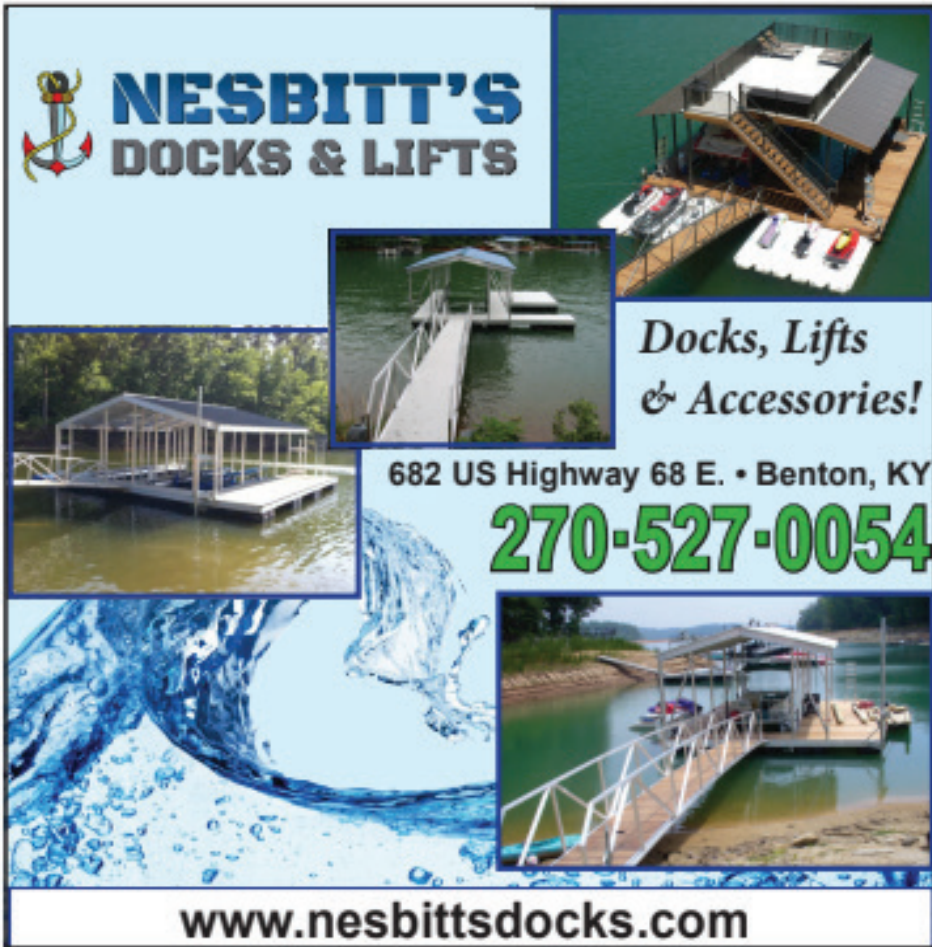


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# TOURISM / RECREATION



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  - Kentucky Dam Marina – Gilbertsville (Kentucky Lake)
  - Moors Resort & Marina – Gilbertsville (Kentucky Lake)
  - Lake Barkley Marina – Cadiz (State Park marina)
  - Kenlake Marina – Aurora/Hardin area
  - These are the largest, fully operational marinas with fuel, rentals, slips, and amenities.
- Other Active Marinas & Resorts (Kentucky Side)**
  - Benton / Jonathan Creek Area
    - Malcolm Creek Resort & Marina
    - Big Bear Resort & Marina
    - 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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**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

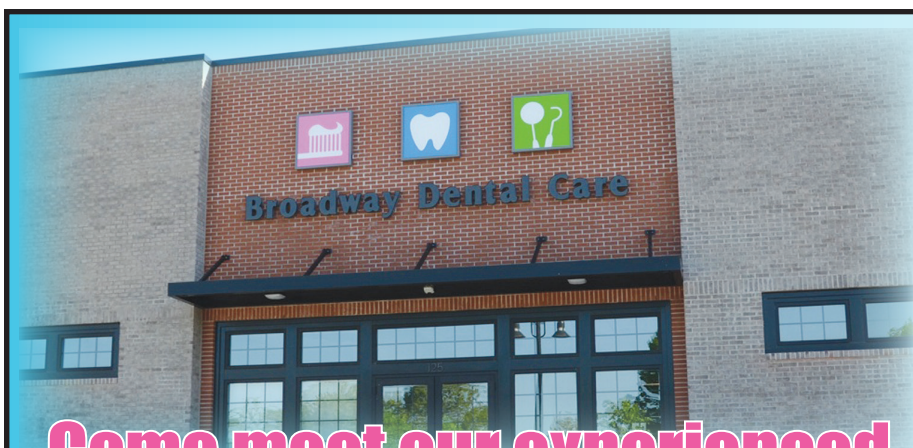
the sun doesn’t seem particularly strong. Seniors should look for a broad-spectrum sunscreen with SPF 30 for daily use.

• **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.

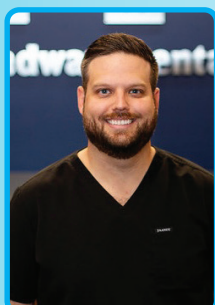
Sun safety for seniors is generally the same for people of all ages. But it becomes a more urgent necessity due to cumulative sun exposure that comes with age.



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**LIFE CARE CENTER,**  
from page C1

To obtain these results two years in a row shows the continued dedication and drive for excellence our staff pushes for. Great surveys are not made only in the three days that it is going on; they are a result of the day-to-day effort to making every day a little bit better for the residents

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For more information about the community, visit [LifeCareCenterofLaCenter.com](http://LifeCareCenterofLaCenter.com).

Life Care Centers of America, founded in 1976, manages more than 200 skilled nursing, post-acute, Alzheimer’s, and senior living campuses in 27 states.

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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

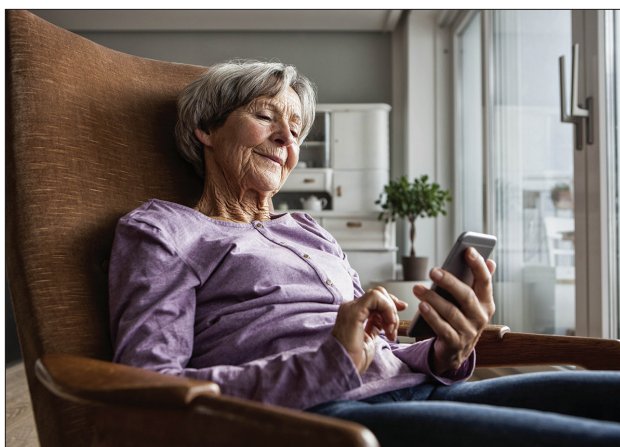
off a stove if it has been left unattended, according to Age Safe® America.

• *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**,  
Page C15

**TOUR**  
from page C14

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



of Agriculture, Food and Environment.

As the state's flagship, land-grant institution, the University of Kentucky exists to advance the Commonwealth. We do that by preparing the next generation of leaders — placing students at the heart

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