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★ SATURDAY, APRIL 26, 2025 ★ @ 10:00 A.M. ★ 7905 UNITY SCHOOL RD. BROOKPORT, IL 62910



**AUCTION HELD ON-SITE RAIN OR SHINE**

**COLSONSELLS.COM**

**CHRIS COLSON AUCTION & REALTY**  
270-444-0031  
3250 Key Dr. Paducah, KY 42003  
Ky. Auct. Lic # P939  
Ky. RE Lic # 58391  
Il. Auct. Lic. # 441.001140  
In. Auct. Lic # AU10400042

TERMS OF AUCTION: PERSONAL PROPERTY PAYMENT TERMS: Cash, credit card, or check day of sale with proper ID. 10% buyer premium added to final bid. All out of state checks must clear before taking possession of tractors and / or merchandise. DIRECTIONS FROM PADUCAH, KY: Starting from KY take US-45 N across the Brookport Bridge into Illinois. Continue on US-45 N +/- 4.5 miles turning right onto 600N/Unity School Rd. Proceed +/- 3.8 miles arriving at Auction site on the left. Signs posted. Parking available in field.

**ABSOLUTE AUCTION** | THE VIDA BURNETT LIVING ESTATE • NICE HOME & ESTATE CONCORD COMMUNITY! NEAR KY OAKS MALL SHOPPING & DINING AREA!

★ SATURDAY, MAY 3, 2025 ★ @ 10:00 A.M. ★ 5861 KATHY DRIVE, PADUCAH, KY 42001

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TERMS OF AUCTION: REAL ESTATE: 15% good faith deposit due on real estate on day of sale with the balance due in 45 days. Real Estate & Personal Property 10% buyer premium added to final bid.

# CAREER OPPORTUNITIES

## Tips to manage time more efficiently

**Staff Report**

Busy days tend to be productive days. But when especially busy days are strung together, adults can begin to feel a little overwhelmed and may wonder if there's anything they can do to make hectic schedules more manageable.

Time management strategies can be an effective tool in busy adults' arsenals. Efficient time management can free up more minutes or hours in the day, which can ultimately afford adults more time to exhale and thus make each day seem a little less overwhelming. Time management may require a little trial and error before adults find a formula that works for them, but the following are some tips to improve personal efficiency each day.

- Identify tasks that can be tackled at night. A hectic start to a morning can set a bad precedent for the

rest of the day. With that in mind, adults can identify tasks they can perform at night to ensure mornings are less hectic. Lay out clothes the night before to save the trouble of finding an outfit in the morning. Prepare the family's lunches and even breakfasts the night before so mornings go more smoothly.

- Exercise in the morning. A recent study from the World Health Organization published in the Lancet Global Health Journal found that 31 percent of adults don't get enough exercise. Lack of routine physical activity has been linked to a host of negative health outcomes, including an increased risk for conditions like heart disease, diabetes, cancer, and stroke. Adults who exercise at night may find that attempts to squeeze in early evening or nighttime workouts add to feelings of being overwhelmed brought on by busy

schedules. Exercising in the morning can free up time for other tasks in the evening, and doing so can even make it easier to manage daily stress, as the Mayo Clinic reports that exercise in any form releases endorphins and helps to relieve stress.

- Minimize distractions. Distractions are arguably more prevalent than ever, as many adults feel nary a minute goes by without a smartphone notification and/or message from friends, family and coworkers. Minimizing those distractions and resolving to tackle

one task at a time can improve efficiency and reduce stress. Turn off smartphone notifications from apps that are not vital to work and family. During the workday, prioritize tasks each day and block off hours on your schedule so time can be devoted exclusively to the most important jobs. If hours on a schedule are left open, coworkers may schedule meetings that can make it difficult to complete necessary tasks.

- Adjust as necessary. Flexibility is a must when making an effort to avoid feeling

overwhelmed. Each day presents its own unique and fluid challenges, so remaining flexible can help busy adults overcome unforeseen obstacles. In addition, some time management strategies may not be effective for everyone nor useful every

day, so it's best to recognize the need to adjust from time to time.

Time management strategies can help busy adults efficiently manage each day and hopefully reduce instances when individuals feel overwhelmed.

### Help Wanted

The City of LaCenter is taking applications for an assistant city clerk. 30 hours per week. Duties include: 1) Maintaining records, ordinances, and resolutions. 2) Keeping the public updated on city services. 3) Administrative assistance, helping to balance budgets, to manage payroll, all accounts, and assist with billing. 4) Attending to public inquiries and complaints. Requirements: Must have strong organizational and personal skills, written and verbal communication skills, time management, knowledge of and obedience to laws and regulations at state, local, and federal levels. Must have book keeping knowledge (experience preferred). Must be able to operate a 10 key punch and computer. Must have basic computer skills. Must be trainable for clerical responsibilities and computer billing systems. Must be able to be bonded. Background checks will be conducted. Starting Salary is \$17.00 per hour and candidate will have a 6 month trial period before raising salary. Please submit a resume' in the office at City Hall, 333 Broadway LaCenter, KY or by email at lacityhall@brtc.net. The city of LaCenter is an equal opportunity employer.

### NOTICE OF PUBLIC HEARING

The Public Service Commission of Kentucky issued an order on January 21, 2025, scheduling a hearing to be held on May 13, 2025, at 9 a.m., Eastern Daylight Time, in the Richard Raff Hearing Room at the offices of the Public Service Commission located at 211 Sower Boulevard in Frankfort, Kentucky, for Case No. 2024-00326. This is an examination of the Electronic 2024 Joint Integrated Resource Plan of Louisville Gas and Electric Company and Kentucky Utilities Company.

This hearing will be streamed live and may be viewed on the PSC website, psc.ky.gov.

Public comments may be made at the beginning of the hearing. Those wishing to make oral public comments may do so by following the instructions listed on the PSC website, psc.ky.gov.

Louisville Gas and Electric Company and  
Kentucky Utilities Company  
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