

CONVENTION

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that we can have our spring, and that'll be out in our courtyard that we'll show people," Humphrey said.

In the technical center, the aforementioned construction program build a demonstration of important components of a house by framing a structure to showcase electricity and plumbing being conducted.

Additionally, industrial maintenance was shown off where they took a trailer from scratch, and redid it, fabricating it all together with powder coating and welding.

"It ranges from core subjects all the way to interests of our (Career and Technical Center) programs," Humphrey said.

Despite the rainy weather during the convention, Humphrey was confident that students and guests had a good time at the convention.

"With PatCon, it's not like a project night like you've seen in the past, it's more of an interactive type of thing that we've got," Humphrey expressed. "It's more of an interactive type of thing that we've got, and we sort of played off Comic-Con, where you get to interact with the people that are there."

Humphrey shared that last year's PatCon was greatly successful, with several people coming to the event and showing support to the students.

"We had people that didn't even have a kid in school here that came last year," Humphrey added. "(A group) was from Florida, and they just heard about it and said, 'Well, let's go by and see what happened.' And, they walked our school, and they were just amazed at some of the things that our kids were doing and what we offer in the CTC program."



▲ PHOTO | DAMON STONE

Students in the construction pathway demonstrated three major components for their class, being that of building a wooden frame, along with plumbing and electricity. James Martin, the teacher for the construction class, expressed that the school has stepped forward to help them with the class, getting them whatever tool they need, with them now having an abundance of tools. "We started in January, and basically, we didn't have a hammer or a nail," Martin said. "From January, and now to November, the school has really stepped up. (...) My hope is that teaching these kids real world applications one pipe, one wire and one nail at a time."



▲ PHOTO | DAMON STONE

Seniors Kara Reed, Nellie Saylor and Addison Dinkens of the education pathway showcased their work in the year to Tucker Stinson, a fellow senior. Students in the pathway were able to do clinical work where they go to the other schools in the district to help get teaching experience. The pathway is done as dual credit through local universities, including Western Kentucky University.

Humphrey shared that several from the local community had been to PatCon as well, with one guest from last year returning, with him being proud of what students are able to do at the high school.

"We're not a traditional high school, even though we are a public high school, yeah we've got English, we got math, we got science, social studies, but we try to do many engaging things and break out of that norm of traditional high school that we've got," Humphrey expressed.

Humphrey said that he hopes for students and teachers to be able to think outside of the



▲ PHOTO | DAMON STONE

Ivan Harper, a senior in the industrial maintenance class, worked on redoing the motor controls for a conveyor belt, which had become loose throughout the day.

box when it comes to education.

"I'm just proud of our students and what they have accomplished in the past four years

of me being here, and I appreciate what they've done, as well as my teachers for stepping out of their comfort zone," Humphrey expressed.

Christmas Can Be Stressful For Many People - Here's What Can Help You Get Through The Festive Season

Christmas is a season of joy and togetherness. But for many, it's also one of the most stressful times of the year.

Stress arises from an imbalance between the demands placed on us and our ability to cope with those demands. Psychologically, stress is linked to how we cope in situations—and whether we view them as challenging, threatening or manageable. The more challenging or threatening we see a situation to be, the more likely we are to feel stressed out.

It makes sense, then, that Christmas is such a stressful time of year for many.

The pressure to make the holidays "perfect," spending more money than we perhaps should to fulfill expectations, the struggle to balance

work and study commitments with holiday shopping, decorating and socializing can leave us feeling overwhelmed and exhausted.

For others, Christmas highlights feelings of loneliness, grief or estrangement from loved ones. The season can be a painful reminder of lost relationships, financial hardships, or unmet life goals—and this can amplify feelings of inadequacy or sadness.

Family visits can also bring tension as we're forced to interact with relatives whose views or habits may clash — leading to conflicts or rehashing unresolved disputes.

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Support our work But while some stress

during the holidays is inevitable, there are many things you can do to cope — and even prevent this stress in the first place.

Plan Ahead When our brains know what to expect, they require less energy to find solutions. This makes it easier to navigate any challenges we may face. And by planning or thinking ahead, it allows us to take control of our thoughts and minimize potential stressors.

Before the holidays roll around, try spending time thinking about things which tend to be sources of stress to you — and make a plan for how you prevent this stress.

For instance, if cooking Christmas dinner is a source of stress for you, perhaps making a list of specific tasks you can delegate to certain

family members will help take some of the pressure off of you.

Set boundaries It's important to learn to say "no," rather than agreeing to everything that might be asked of you. Understanding and respecting your own boundaries will help you allocate your time and resources more effectively—reducing stress.

This skill takes time to develop but can significantly benefit your long-term wellbeing. The more confident we become in our abilities to manage the challenges we face, the better we become at setting boundaries — ultimately becoming better at managing stress.

Some boundaries you might set at Christmas

STRESS CONTINUED ON PAGE A10

City Council Has Short and Sweet Meeting

BY **H.D. OVERHOLT**
STAFF REPORTER

Scottsville City Council convened in the City-County Building, 201 West Main Street, in the City Council Room, Monday, Nov. 24, 2025 at 6 p.m. with Mayor David Burch presiding. Council members Beverly Anderson and Michael Wilson were absent.

With the adoption of an agenda, November 10, 2025, minutes were approved with no corrections or additions.

Second reading was given for Ordinance 901-25 implanting an Asset Inventory Management System. A practice has been in place due to audits within the City Barn department, yet a needed written policy for federal funding compliance will be implemented in all departments. No one voiced and opinion in regards to the ordinance and members passed the ordinance.

Second reading was given of Ordinance 902-25 rezoning 8.5293 acres from B2 (Business) to I-1 (Industrial) located at 1525 New Glasgow Road. Application has been received for construction of a heavy equipment sales and use unit on the acreage and a public hearing with local residents has included amenities for neighboring concern on adjacent privacy areas within construction plans.

A question was presented if a time limit within the application of construction was implied. Planning and Zoning director Brittany Fisher related the commission can repeal an application in a two- or three-year time period if a unit is not completed according to the application. With no individual appearing before the council, members approved the ordinance of rezoning.

As no additional items were on agenda, the meeting was adjourned with best wishes for the holiday weekend extended.

Historical Society



▲ PHOTO | SUBMITTED

Debbie Gillenwater was the guest speaker at the monthly meeting of the Allen County Historical Society, on Monday, Nov. 17, 2025. Gillenwater and a Scottsville delegation traveled to Suzuka, Japan, for a safety and quality conference, where the group received a Safety Award for its health initiatives. While there, members enjoyed traditional Japanese culture, visited historical sites in Kyoto, and toured rice paddies, tea fields, and a mountaintop hot spring. The team returned home calling the experience a memorable blend of professional recognition and cultural discovery.

PARADE

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"The parade is Scottsville and Allen County's kickoff for the country's 250th anniversary celebration," said Carter. "It will be at 5 p.m. We have around 90 entries including local dignitaries, churches, fire departments, non-profits, industry, small businesses and candidates for county offices."

Carter added that "The parade route will

be from the Dollar General Warehouse to the Walgreens on Old Gallatin Road. The entries will begin to line up at the Dollar General parking lot at 3 p.m." with judging of the floats taking place at 3:30 p.m.

Just in case you miss Scottsville's Christmas parade, nearby Boyce will be holding theirs on Sunday, Dec. 7 beginning at 2:30 p.m. and will benefit Toys for Tots.

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