

# THE LARUE COUNTY HERALD NEWS

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## THE LARUE COUNTY HERALD NEWS PUBLISHER'S NOTICE

All real estate advertising in this newspaper is subject to the Fair Housing Act which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or an intention, to make any such preference, limitation or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women and people securing custody of children under 18. This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll-free at 1-800-669-9777. The toll-free telephone number for the hearing impaired is 1-800-927-9275.



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9am-5pm CST  
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9am-4pm CST  
2-Day Admission \$10  
\$5.00 Sunday only

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## LARUE DISTRICT COURT PROBATE APPOINTMENT DECEMBER 2025

I, Emily N. Ernst, Clerk of the LaRue Circuit Court, hereby give notice that administration has been granted or guardian appointed for the estates named below. All persons having claims against the estates shall present them, certified according to law, to the administrators, executors or guardians as named at the address shown no later than six months after the date of appointment.

**25-P-00139** Estate of Floyd Estil Skaggs, 1065 Peppers Rd, Hodgenville, KY 42748/ Fiduciary Appointed on 12/04/2025: Kyle D. Skaggs, 1145 Weldon Loop, Upton, KY 42784/ Claims: Hon. Thomas P. Claycomb, PO Box 288, Hodgenville, KY 42748

**25-P-00142** Estate of Lonnie Metcalf, 764 White City Road, Hodgenville, KY 42748/ Fiduciary Appointed on 12/04/2025: Jeffrey William Metcalf (a/k/a Jeff Metcalf), 645 White City Road, Hodgenville, KY 42748/ Claims: Hon. Thomas P. Claycomb, PO Box 288, Hodgenville, KY 42748

**25-P-00144** Estate of Maureen Shelton, 717 N. Lincoln Blvd., Hodgenville, KY 42748/ Fiduciaries Appointed on 12/18/2025: Carol R. Shelton, PO Box 41, Mt. Sherman, KY 42764 and David Hugh Shelton, PO Box 30, Mt. Sherman, KY 42764/ Claims: Hon. Thomas P. Claycomb, PO Box 288, Hodgenville, KY 4274

**25-P-00143** Estate of Conrad J. Peeters, 2038 Bardstown Rd, Hodgenville, KY 42748/ Fiduciary Appointed on 12/18/2025: Sarah Tanner, 103 Teaberry Ct, Elizabethtown KY 42701/ Claims: Hon. Adam Cart, Lewis & Preston, PLLC, 102 West Dixie Ave, Elizabethtown KY 42701

**25-P-00145** Estate of Geneva Clark Viers, 3168 Salem Church Rd, Hodgenville, KY 42748/ Fiduciaries Appointed on 12/18/2025: Dennis Viers, 3445 Salem Church Rd, Hodgenville, KY 42748; Kathy Cooper, 3168 Salem Church Rd, Hodgenville, KY 42748/ Claims: Hon. Thomas P. Claycomb, PO Box 288, Hodgenville, KY 42748

**25-P-00149** Estate of Vonda Jane Gray, 412 N. Lincoln Blvd., Hodgenville, KY 42748/ Fiduciary Appointed on 12/18/2025: Mary Elizabeth Cooper, 145 Forrest Hill Rd, Hodgenville, KY 42748/ Claims: Hon. Thomas P. Claycomb, PO Box 288, Hodgenville, KY 42748

## LARUE DISTRICT COURT PROBATE SETTLEMENT DECEMBER 2025

I, Emily N. Ernst, Clerk of the LaRue Circuit Court, hereby give notice that the final settlement(s) listed below have been filed on record. Written exceptions thereto must be filed prior to Thursday, January 15, 2026, at which time a hearing may be held regarding exceptions at 9am.

**25-P-00042** Estate of Thomas Richard Thompson/ Fiduciary Appointed on 3/25/2025/ Hon. John Nicholas, 109 Lincoln Lane, Hodgenville, KY 42748

## 10 doctor-recommended health resolutions for 2026

MELISSA PATRICK  
KENTUCKY HEALTH NEWS

With a new year ahead, the American Medical Association is offering 10 evidence-based tips for staying healthy in 2026 and beyond:

**GET HEALTH SCREENINGS:** Schedule preventive visits, tests and screenings so your physician can catch conditions before they become more serious.

**MANAGE STRESS:** Mental health is part of overall health. Techniques such as meditation, deep breathing and yoga can help reduce stress. Ask for help from a mental health professional when you need it.

**BE PHYSICALLY ACTIVE:** Start the year off by prioritizing physical activity. Strive for at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity activity each week. If you have a sedentary lifestyle or primarily sit for long stretches at work, build in frequent breaks to stretch and move throughout your day.

**FOLLOW A HEALTHY DIET:** Drink water instead of sugar-sweetened beverages and eat nutritious, whole foods, including fruits, vegetables, whole grains, nuts and seeds, low-fat dairy products and lean proteins. Avoid unhealthy ultra-processed foods, especially those with high levels of added sodium, saturated fats and sugar. Drinking sugary beverages, even 100% fruit juice, is associated with a higher mortality risk, according to a study published in JAMA Network Open.

**STAY HYDRATED:** Drink plenty of water or other beverages composed mostly of water, such as milk or herbal tea, to avoid dehydration and to keep



your body functioning properly. Even mild dehydration can drain your energy and make you tired. Adult men should get about 15.5 cups of fluids a day, and women should get 11.5 cups, according to the National Academies of Sciences, Engineering, and Medicine.

**GET PLENTY OF GOOD SLEEP:** To maintain your health and emotional well-being, most adults need 7 to 9 hours of quality sleep. Rest helps boost immunity and improve mental clarity.

**UPDATE VACCINATIONS:** Vaccinations remain the best defense against flu and other serious respiratory viruses. Since significant flu activity can stretch into May, it's not too late to get a flu shot. The AMA recommends vaccination as long as the threat of flu remains. Talk with your physician or other health care professional to determine which vaccines are right for you. To cut through vaccine confusion and have open, honest conversations with your physician, first go to the AMA website for evidence-based information. For help finding a flu vaccine in your area, visit GetMyFluShot.org.

**DRINK IN MODERATION:** If consuming

alcohol, do so in moderation as defined by the U.S. Dietary Guidelines: up to one drink per day for women and two drinks for men, and only for adults of legal drinking age.

**QUIT TOBACCO, NICOTINE AND E-CIGARETTES:** Ask your doctor or health care professional for resources and guidance to help quit smoking, vaping or using other nicotine products. Make your home and car smoke-free to eliminate secondhand smoke exposure.

**FOLLOW DIRECTIONS:** When taking prescriptions, store them safely to prevent diversion or misuse, and properly dispose of any leftover medication. If you're prescribed antibiotics, complete the full course to prevent antibiotic resistance.

"With the holiday cookies eaten and those missed workouts officially last year's worry, the new year is a great chance to refocus on the healthy choices you want to make in 2026," said AMA President Dr. Bobby Mukkamala. "Even tiny changes now can snowball into major gains for your long-term health."

For more health tips and resources visit [ama-assn.org](https://ama-assn.org).

## Flag disposal available at Courthouse



File photo

The American flag has been a symbol of liberty, justice, freedom, love of country and national purpose for centuries. It has flown far and wide, overseeing America through times of war and peace. As such, when the time comes to retire or dispose of an American flag, it carries great significance and should be done in a respectable manner. An official U.S. flag disposal box can be found inside the LaRue County Courthouse, located at 209 W. High St., Hodgenville, near the front entrance. Open from 8 a.m. to 5 p.m. Monday through Friday, citizens can deposit their old flags inside to ensure proper respect is given.

## New Year's Eve celebration ideas for families

The New Year's Eve countdown is on, with people eagerly awaiting the opportunity to say goodbye to this year and welcome the possibilities of the year ahead. The month of January's name was derived from the Roman god Janus, who was the god of beginnings, endings, doorways, and transitions. Symbolized by his two faces looking in opposite directions, Janus presided over many transitions.

Billions enjoy celebrating the arrival of a new year. While New Year's Eve may be known for its raucous nature, complete with overflowing cocktails and packed dance floors, parents looking to celebrate with their young children have plenty of options to turn NYE into a more



family-friendly affair. Explore these ideas for family-friendly NYE fun.

• **Noon Year's Eve:** Staying up until midnight might be a stretch for young children, who tend to get wired and cranky the later into the evening they go beyond typical bedtime. Instead of

waiting until 12 a.m. for the countdown, move it back (or ahead) 12 hours to 12 noon. Young children won't mind if it's the sun out instead of the moon, as long as they get to make noise and throw confetti.

• **Homemade noisemakers:** Making noise is part of the

fun of welcoming the new year. Kids can get in on the act of crafting their own noisemakers from items that already may be around the house. Collect empty toilet paper or paper towel cardboard tubes for this purpose. Cover one end of the tube with masking tape or a round piece of plastic. Fill the tube with beads, small seashells, rice, or dried beans, leaving enough room for the materials to move around inside the tube. Seal the other end and allow the kids to decorate their noisemakers. Then it's only a matter of shaking them when it's time to welcome 2026.

• **Dress-up photo booth:** Many people love to dress

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