

# Many Kentucky Children Struggle With Obesity, Poor Nutrition

By Nadia Ramlagan  
Public News Service

In Kentucky, nearly one in five youths from ages 6-17 are obese, according to new county-level data on measures of child well-being in the commonwealth.

The increase mirrors a nationwide trend. There has been a more than 270% increase in the number of obese children compared to the 1970s.

Terry Brooks, executive director of Kentucky Youth Advocates, said that while more kids are hungry today, more kids are also obese, adding that the solutions are not quick hits.

“It involves more ac-

cess, more affordability when it comes to nutritious and fresh foods, especially for vulnerable families,” Brooks said. “It’s recalibrating after the hiccup with SNAP.”

Most Kentucky schools can provide free meals to all students through the Community Eligibility Provision and national research shows those participating schools saw a relative reduction in obesity compared to nonparticipating schools.

Aliete Yanes Medina, a Jefferson County senior high school student, said social media can trigger mental health problems in students who don’t have a

certain body type.

“Sometimes if they don’t look the same as they see in social media, they may think that they are less worthy,” Medina said. “It’s honestly something really, really sad.”

Karena Cash, data and research director for Kentucky Youth Advocates, explained food insecurity is closely linked to poor nutrition.

“Parents just having to rely on really cheap, ultra processed food that’s closely associated with obesity,” Cash said. “We also know that kids struggle to access food because they just don’t live close to grocery stores.”

Research shows kids living in high-poverty neighborhoods — a reality for nearly one in three children in Kentucky — are at higher risk of developing obe-

sity throughout their childhood and adolescence.

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## Poinsettia, Christmas Cactus Bring Joy Beyond December

By Vicki Shadrick  
Webster County Extension Agent for Agriculture and Natural Resources

As the festive season approaches, two plants stand out as icons of holiday décor: the vibrant poinsettia and the elegant Christmas cactus. Both offer beauty that can last well beyond Christmas with the right care, making them cherished additions to homes during winter and beyond.

Poinsettia: A Timeless Tradition

The poinsettia (*Euphorbia pulcherrima*) has a rich history dating back to the early 1800s when Joel Poinsett introduced it to the United States from Mexico. Today, it remains the number one potted flowering plant in the country, with millions sold annually. While the classic red variety dominates, poinsettias now come in over 125 cultivars, ranging from creamy whites and yellows to pinks, burgundy, and even marbled patterns.

To keep poinsettias thriving after the holidays, place them in a bright, sunny location and water thoroughly when the soil feels dry. Avoid drafts and heat

sources, and fertilize monthly with a standard houseplant fertilizer. Contrary to old myths, poinsettias are not poisonous, though they are considered non-edible and should be kept out of reach of pets and children.

For those who enjoy a gardening challenge, poinsettias can be coaxed to bloom again. This involves pruning in spring, moving the plant outdoors in summer, and providing a strict light-dark schedule in early fall—14 hours of darkness and 10 hours of light daily—to trigger the colorful bracts that define the holiday season.

Christmas Cactus: Exotic Blooms for Winter

The Christmas cactus (*Schlumbergera bridgesii*) and its close relative, the Thanksgiving cactus (*Schlumbergera truncata*), are beloved for their cascading stems and vivid flowers

in shades of pink, red, coral, and white. Native to Brazil, these plants thrive in light, well-drained soil and prefer moderate watering—slightly more than desert cacti but less than typical houseplants.

Holiday cacti bloom in response to short days and cool temperatures. To encourage reblooming, provide nine hours of light and 15 hours of darkness daily starting in September, or simply leave the plant outdoors until mid-October before bringing it inside. Avoid sudden temperature changes and overwatering, as these can cause buds to drop.

With proper care, both poinsettias and Christmas cacti can transform from seasonal décor into year-round companions. Their vibrant colors and unique forms remind us that the joy of the holidays can linger long after the tree is packed away.



## God Knows You

By Dr. Bob Hardison

### Be a Christ-Centered Person Throughout 2026

Q: I’m a new believer in Christ. At church I’ve observed some of the people I know acting nice and sweet and at work being rude and telling a shady joke in the bathroom. That can’t be the way a Christian should act! Isn’t the Lord displeased with that two-facedness?

A: Of course, God will not bless the witness or the lives of Christians who live by one standard of conduct at church and contrary one at home, school, work or social activities. As children of God, we are to be the same Christ-centered person at all times and in all situations.

Some of our best positive witnessing for Christ is living a consistent lifestyle of doing what is good, especially in trying situations. The

Bible says, “For, ‘Whoever would love life and see good days must keep his tongue from evil and his lips from deceitful speech. He must turn from evil and do good; he must keep peace and pursue it. For the eyes of the Lord are on the righteous and his ears are attentive to their prayer, but the face of the Lord is against those who do evil’” (1 Pet. 3:10-12).

Nothing is wrong with compartmentalizing our work life from our family life, but the problem comes when we change our behavior from Christ-centered to trashy in our times of work, leisure and among friends. Onlookers of our lifestyle should see a consistency of words and actions that bring glory to God and a Christlike witness in all situations and in all times in 2026.

## GRADD Senior Menu Listed For January

The Green River Area Development District senior nutrition menu for January 2026 has been announced. Senior will enjoy the following meals:

Friday, January 2-grilled chicken, carrots, baked beans, baked potato, chips, pineapple, hamburger bun/mayo

Monday, January 5-chicken rice casse-

role, broccoli, cottage cheese, mixed fruit, dinner roll, margarine

Tuesday, January 6-BBQ pulled pork, roasted sweet potatoes, green beans, pineapple, hamburger bun, pickles

Wednesday, January 7-Sloppy Joe, creamy cole slaw, broccoli and cheese, banana, hamburger bun, pickles

Thursday, January 8-pork chop, cooked

cabbage, black-eyed peas, cinnamon apple-sauce, dinner roll

Friday, January 9-chili with beans, baked potato, clementine, saltine, margarine, sour cream

Monday, January 12-pizza casserole, California blend, breadstick, brownie

Tuesday, January 13-breaded chicken, sweet potatoes, green beans, vanilla pudding, dinner roll, margarine

Wednesday, January 14-fish sandwich, macaroni and cheese, brussels sprouts, peaches, hamburger bun, tartar sauce

Thursday, January 15-cheeseburger, potato wedges, baked beans, red grapes, hamburger bun, pickle, lettuce and mustard

Friday, January 15-pork chop with mushroom gravy, macaroni and tomatoes, mashed potatoes, applesauce, dinner roll, margarine

Monday, January 19-Closed for Martin Luther King, Jr Day

Tuesday, January 20-chicken pot pie, house salad, lime beans, apple crisp, French dressing

Wednesday, January 21-Salisbury steak, peas, mashed potatoes, chocolate chip cookie, dinner roll, margarine

Thursday, January 22-BBQ chicken, baked sweet potato, cabbage, diced pears, dinner roll, margarine

Friday, January 23-bean soup with ham,

greens, apple slices, V8/peanut butter, corn bread, margarine

Monday, January 26-fish sandwich, broccoli and cauliflower, scalloped potatoes, applesauce, hamburger bun, tartar sauce

Tuesday, January 27-Tuscan bean and sausage soup, house salad, clementine, cornbread, margarine, creamy French dressing

Wednesday, January 28-chicken and dumplings, carrots, mixed fruit, chocolate pudding, dinner roll, margarine

Thursday, January 29-pork chop, mashed potatoes, lime beans, peaches, dinner roll, margarine

Friday, January 30-pasta with meat sauce, tossed salad, breadstick, apple slices, Italian dressing, margarine


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WEBSTER CIRCUIT COURT  
CIVIL ACTION 24-CI-00252

NEWREZ LLC D/B/A SHELLPOINT MORTGAGE SERVICING PLAINTIFF

vs.

DARREN JAMES BURCHETT, JESSICA FAITH MERCER, WEBSTER COUNTY AND FIVE FOUR LEAN LLC DEFENDANTS

**NOTICE OF SALE**

By virtue of a Judgment and Order of Sale rendered by the Webster Circuit Court on the 6th DAY OF NOVEMBER, 2025, I will on **THURSDAY, JANUARY 8, 2026**, at the hour of **11:00 A.M.** or as soon thereafter as possible at the Courthouse door in the City of Dixon, Webster County, Kentucky, proceed to offer for sale to the highest and best bidder the following described real property located in Webster County, Kentucky, to-wit:

**Property Address: 919 Pullam Threlkeld Road, Clay, Webster County, Kentucky 42404**  
**PVA No. / Map No.: 016-024-001**  
**The current year's property taxes will be paid by the purchaser of the property.**

Purchaser may pay cash or said property will be sold upon payment of 10% deposit, with the balance upon credit of 30 days, the purchaser shall execute a good and sufficient bond with approved surety thereon for the purchase price, the bond to bear interest at the rate of 6% per annum from the date thereof, until paid, and to have the force and effect of a judgment, but a lien shall be retained on said property to further secure the payment of the purchase price. At his option, the purchaser may pay cash or pay the bond with accrued interest at any time before its maturity. Said sale to be made free and clear of any and all liens, claims, rights, title, and interest of any and all parties to this action. The purchaser will be prepared to promptly comply with these terms or the said property will immediately be offered again for sale.

GIVEN under my hand this the 24th day of November, 2025.  
STEPHEN M. ARNETT, Master Commissioner  
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