

# Staying warm, staying safe

**BY TRENT OKERSON**  
TOKERSON@WPSDLOCAL6.COM

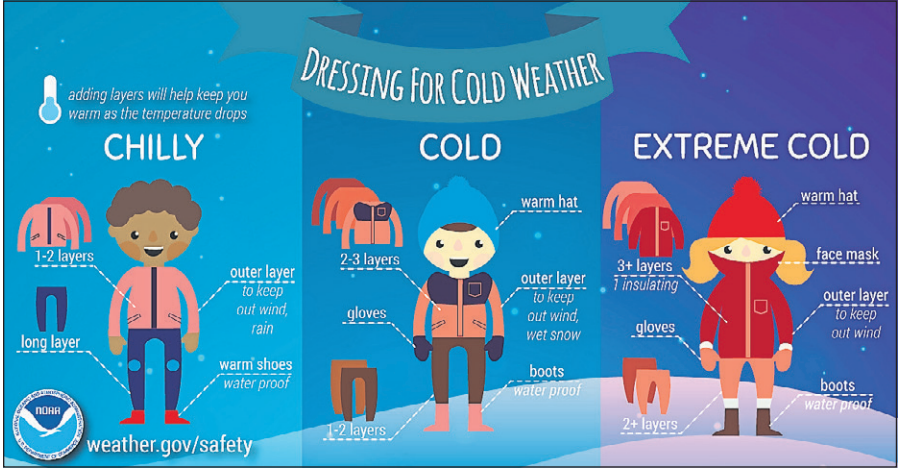
The region off to a chilly start to the month of December — through its first week, the average temperature is running 9 degrees below average, the coldest first week of December in 15 years.

It appears that another shot of arctic air is headed to the region this weekend, with lows potentially falling into the teens for at least a couple of nights. With this cold pattern taking shape and the official start of winter a couple of weeks away, the National Weather Service has designated this week as Winter Weather Preparedness Week in Kentucky.

Each day, the WPSD-TV Weather Authority and colleagues at the National Weather Service will offer reminders of how to stay safe during impending winter weather.

With sub-freezing temperatures on the way this weekend, it's a good time to remember that frostbite and hypothermia can be dangerous for people who do not have adequate protection from the cold.

Frostbite is an injury caused when skin



and underlying tissue freeze in low temperatures. It is most likely on extremities like fingers, toes, and nose, where blood flow is reduced to help keep the body's core warm.

Frostbite can have a range of varying severities, from first-degree frostbite with skin redness and numbness, to fourth-degree frostbite

that can freeze through the skin all the way down to muscles and tendons, causing affected areas to turn purple or black. Severe frostbite can lead to permanent tissue damage.

The best way to avoid frostbite is to keep the extremities covered with gloves, hats, socks, and proper footwear. However,

if frostbite does occur, it is important to seek warm shelter immediately. Don't rub the affected areas, and make sure to remove any articles of wet clothing. Apply warm, but not hot, towels to those affected areas.

While frostbite can result in impacts to the extremities, hypothermia is a drop in

the core body temperatures that can be even more serious — it occurs as the body loses heat faster than it can be produced. When body temperature drops to 95 degrees or lower, hypothermia sets in.

This condition can affect the brain, causing confusion, shivering, difficulty speaking, sleepiness, and stiff muscles. If untreated, hypothermia can be deadly. The symptoms usually begin gradually, but the confusion can prevent the ability to be aware of the increasing danger to the victim.

If you suspect someone may have hypothermia, it is important to quickly get them to warm shelter and provide them with layers of warm, dry blankets or clothes. If the victim is confused or unresponsive, call 911 or seek medical attention immediately.

Of course, the best way to prevent these conditions — if you must be out in the elements — is to dress properly. Cover any exposed skin by wearing layered, water-proof clothing. Layered clothing is more efficient at trapping body heat than large, bulky items.

## OBITUARIES

### Tashica Boyd

Tashica Denise Grooms Boyd, 46, of Princeton, died Saturday, Nov. 29, 2025, in Mississippi. Arrangements were incomplete at Morgan's Funeral Home in Princeton.

### Donald Nichols

Donald "Don" Nichols, 83, died Monday, Dec. 1, 2025, at his home. Arrangements were incomplete at Morgan's Funeral Home in Princeton.

### Keith Adcock

Keith Adcock, 69, of Eddyville, died Saturday, Dec. 3, 2025, at Mercy Health-Lourdes Hospital in Paducah. Arrangements were incomplete at Lakeland Funeral Home in Eddyville.

### Claudia Bergh

Claudia Bergh, 79, of Hopkinsville, died Monday, Dec. 1, 2025, at Bradford Heights Nursing and Rehabilitation. Arrangements were incomplete at Morgan's Funeral Home in Princeton.

## THIS WEEK ON THE CROSSROADS SUNCAST

This week's episode of the Crossroads SunCast focuses on a recent hearing exploring new evidence in the 2000 murder of 18-year-old Jessica Currin in Mayfield. The episode follows the changing testimony of key witnesses and the potential impact police interrogation techniques had on the case.

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## String of Livingston crashes leaves vehicles damaged, one injured

LIVINGSTON COUNTY — Livingston County first responders received a call early Monday morning about a two-vehicle collision at the intersection of U.S. Hwy 60 West and Gillahan Road. Before responders arrived, they learned that two more collisions had happened, involving four vehicles.

According to the Livingston County Sheriff's Department, the preliminary investigation shows that Kenneth Maxey, 62, of Grand Rivers was traveling outbound on U.S. Hwy 60 in a red 2016 Dodge Ram when he rear-ended a gray 1999 Dodge Ram driven by William Smith, 21, of Burna, with Alesa Smith, also 21, of Paducah, as a passenger.

The collision disabled the red Dodge Ram in the roadway.

Shortly after, Cynthia Walker, 62, of Smithland, was traveling outbound on U.S. Hwy 60 West in a silver 2016 Nissan Versa when she rear-ended the red Dodge Ram, which

was still unoccupied and disabled from the previous collision. At the time, Maxey was outside his vehicle attempting to direct traffic. Walker sustained non-incapacitating injuries and was taken to Baptist Health Paducah for treatment.

Additionally, Johnathan Collins, 34, of Paducah, was traveling inbound on U.S. Hwy 60 in a black 2006 Ford Taurus when he entered the debris field from the prior collisions. Collins' vehicle sideswiped the unoccupied, disabled red Dodge Ram.

All three collisions occurred within the approximately 10-minute period it took responders to arrive on scene, according to a Facebook post by the Livingston County Sheriff's Office.

Deputy Zackary Dunigan is conducting the investigation, with assistance from the Ledbetter Fire Department, Livingston County Emergency Medical Service, Kentucky Transportation

Cabinet, West Kentucky Towing and Recovery, and Bailey's Wrecker Service.

U.S. Hwy 60 was closed for roughly 1 hour and 15 minutes while crews cleared the scene.

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## ARCHITECT

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general contractor who would come in at the tail-end," Kota said. "Obviously, advertising for the

construction manager is going to take place in the coming weeks, and then also looking ahead, there will be a public hearing scheduled in February, as part of the judicial center planning process."