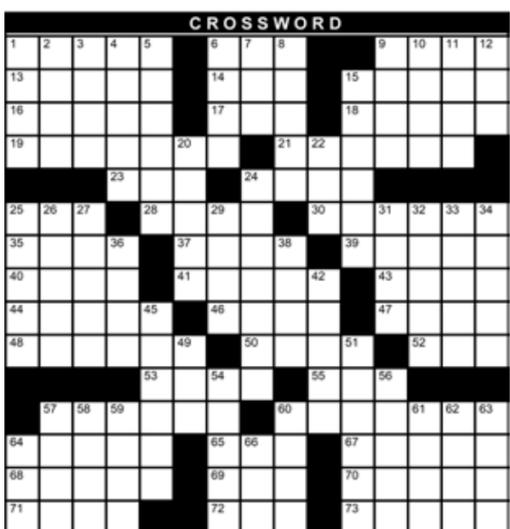


CROSSWORD & SUDOKU PUZZLES



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- Across**
- Inundated
 - Word before humbug
 - Jim Carrey's 1994 disguise
 - Rough, as in voice
 - Kimono sash
 - Misrepresent
 - Do like ivy
 - Go for the bronze?
 - Poem of lament
 - *Grammy nominee Bad Bunny's first language
 - *KPop Demon Hunters' nominated song
 - Sought at crime scene
 - Lord's worker
 - Rob Manfred's org.
 - Tab, in speech
 - *____.com Arena
 - Rowboat engine, pl.
 - ____ gum, ingredient
 - Cowboy's cry of joy
 - Big attraction
 - Spring holiday honoree
 - Live bait
 - Daytime moth
 - Puerto follower
 - Finger move
 - Colonnade
 - Invitation letters
 - "Zip it!"
 - Trash bag brand
 - Polar helper
 - *Lady Gaga's nominated album
 - *Tyler of CHROMAKOPIA, with The
 - Prejudiced one
 - Busy one
 - Do penance
 - Approves
 - Make a mistake
 - Sans-____ font
 - "I, Claudius" role
 - Jack and Jill did this
 - Changes to a manuscript

- Down**
- Parentheses, e.g.
 - "Star Trek" speed
 - Away from port
 - Not be frugal
 - What TikTokers are often doing
 - This and that
 - Legal grp.
 - Door holder
 - Mix together
 - Away from wind
 - Leo or Libra, e.g.
 - *Wonder's "Songs in the ____ of Life," Album of Year (1977)
 - Where bats are?
 - Eurasian goat-like antelope
 - Middle-earth dweller
 - Pelican or albatross, e.g.
 - Person in an ad
 - One of Florida Keys
 - Health food pioneer of liquid aminos fame
 - *Nominated "Drop Dead Years" comedian Bill ____
 - Swerves
 - Sound units
 - Synagogue scroll
 - Zing or pizzazz
 - *Justin Bieber's nominated song
 - Fabled fliers
 - Red one, send somebody over!
 - Unalienable ones are in the Declaration of Independence
 - Draft pick
 - Give satisfaction
 - Spot for prehistoric fly
 - Doomed
 - *MCA, Ad-Rock and ____ D, Grammy-winning Beastie Boys
 - Culture-growing turf
 - Walk-the-dog toy
 - What concerning and discernable have in common
 - *Nine-time Grammy-nominated Amos
 - Fonzie's comeback: "Sit ____"
 - Whistle blowers
 - *____ Iver of SABLE, fABLE fame
 - Historical period

Solution found on page B5

SUDOKU

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With purchase of three Safe Step Walk-In Tubs. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. CSLB 1062105 NSCB 0982999 0083445

	3			2		7		
2					4			9
					5	8		2
		3			2		4	8
9	5		3				1	
5		8	6					
1			2					7
		2		9				6

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Solution found on page B5

PSC APPROVES KENTUCKY POWER'S CONTINUED INVESTMENT IN WEST VIRGINIA PLANT BEYOND 2028

FRANKFORT – The Kentucky Public Service Commission (PSC) issued an Order in Case No. 2025-00175, approving a Certificate of Public Convenience and Necessity (CPCN) for continued capital investments in Kentucky Power's 50 percent share of the Mitchell Generating Station (Mitchell Plant or Mitchell) located in West Virginia.

The PSC, with support of the Kentucky Attorney General's office, in a previous case had rejected Kentucky Power's request to extend this joint ownership arrangement beyond 2028, ruling then that a new power plant would be less expensive than adding environmental compliance upgrades necessary to keep the plant operating after 2028.

West Virginia's Public Service Commission, at that time, ruled that Wheeling Power, which owns the other 50 percent of the Mitchell Plant, would bear the entire cost of the upgrades.

Today's Order approves a settlement between Kentucky Power and Kentucky Industrial Utility Customers, Inc. (KIUC) and to which the Attorney General of the

Commonwealth of Kentucky's Office of Rate Intervention (Attorney General) did not object. The Sierra Club also a party to this proceeding, rejected the settlement.

The Order, however, expresses the PSC's reluctance in granting the CPCN, stating that the "current request is due to the failure of Kentucky Power to correctly plan for and actually acquire alternative resources."

The Order also reflects the PSC's concern that there are flaws in Kentucky Power's methodology and that "Kentucky Power's analysis was not conducted with the level of rigor that the Commission would expect to see for a decision of this magnitude."

Chair of the PSC, Angie Hatton, expressed her reluctance to sign the Order by saying, "In the three years since the PSC denied the request to continue investing in this plant, Kentucky Power has failed to propose a feasible plan for new generation or firm capacity contracts to meet its capacity requirements. We are now forced to either permit continued investment in a 54-year-old plant in another state or allow Kentucky Power customers to be at the mercy of a volatile market. Neither option is good for customers and we are forced to choose the least bad."

Kentucky Power filed this case on June 30, 2025, requesting a CPCN for capital investments necessary to continue taking 50 percent of the generating capacity from the Mitchell Plant after December 31, 2028. Mitchell Plant, located on the Ohio River, includes two coal-fired baseload generating units, and is co-owned in equal parts by Wheeling Power and Kentucky Power, both subsidiaries of American Electric Power.

In approving the settlement, the PSC has ruled that Kentucky Power will now be permitted to recover the cost of the plant upgrades from its electricity customers, raising the average customer's bill by \$2.33. The original application would have raised the average residential customer's bill by \$3.68 per month.

The PSC, in its Order, found that continued access to the plant is the most cost-effective choice at this time and will limit potentially significant market exposure in the short-term. The Order noted that the CPCN is limited to those investments specifically identified in the case and requires Kentucky Power to file annual reports each year until 2031 to track the spending.

As a reminder, Kentucky Power customers will see a refund on their bills for the first four months of 2026 amounting to \$6.40 per month for the average residential customer as a result of the refund ordered in Case number 2023-0008 related to prior fuel adjustment clause charges. The order, a video of the hearing, and other records in the case are available on the PSC website, psc.ky.gov. The case number is 2025-00175.

Kentucky Power is a public utility principally engaged in the provision of electricity to Kentucky retail consumers. Kentucky Power serves approximately 163,000 retail customers located in Boyd, Breathitt, Carter, Clay, Elliott, Floyd, Greenup, Johnson, Knott, Lawrence, Leslie, Letcher, Lewis, Magoffin, Martin, Morgan, Owsley, Perry, Pike, and Rowan counties.

Kentucky Power stated that in 2024 its peak winter demand was 1,288 megawatts (MW) and that its peak summer demand was 980 MW. Kentucky Power is a Fixed Resource Requirement (FRR) member of PJM Interconnection, LLC (PJM).

The PSC is an independent agency attached for administrative purposes to the Energy and Environment Cabinet. It regulates more than 1,100 gas, water, sewer, electric and telecommunication utilities operating in Kentucky and has approximately 90 employees.

MEDICARE SHIP PROGRAM ASSISTS PEOPLE WITH GOVERNMENT BENEFIT ISSUES

By **ANGELA ZEEK**
SHIP Coordinator

What is Medicare Advantage (MA) Open Enrollment Period?

Medicare Advantage Open Enrollment begins Jan. 1 and ends March 31 of each year. During this period, you can make certain changes to your Medicare Advantage Plan coverage. Only members of Medicare Advantage plans can change their insurance during this time.

What changes can I make during the MA Open Enrollment Period?

- Switch from your current MA plan to another MA plan.
 - Switch from your current MA plan and return to Original Medicare (Part A & Part B)
 - Enroll into a Medicare Part D drug plan
- How should I prepare for MA Open Enrollment?
- Check with your preferred providers to see

find out the MA insurance plans that they accept.

2. Evaluate the overall costs of each plan including premiums, deductibles, copays, and coinsurance amounts.

3. Confirm the plans offer the additional coverage you desire, such as dental, vision, and the Medicare Flex card to help pay on over-the-counter medications.

4. Confirm that the plans offer your medications without any restrictions.

How do I get help with comparing the many options that are available in my area?

The Medicare SHIP Program provides free comparison assistance. Funded through federal grants, Medicare SHIP provides unbiased information and is not connected to any insurance company. You can reach Medicare SHIP by calling 1-866-516-3051.

UK KING'S DAUGHTERS AWARDED THE GOLD WELL WORKPLACE® AWARD BY THE WELLNESS ALLIANCE

UK King's Daughters has announced that it has been awarded the Gold Well Workplace Award by the Wellness Alliance, recognizing us as one of the nation's healthiest workplaces.

As a Well Workplace Award-winning organization, King's Daughters has demonstrated a commitment to protecting and enhancing the health and well-being of every team member. All Well Workplace Award winners have used the patented 7 Benchmarks™ model to help build and shape their wellness programs.

The 7 Benchmarks are: committed and aligned leadership;

collaboration in support of wellness; collecting meaningful data to evolve a wellness strategy; crafting an operating plan; choosing initiatives that support the whole employee; cultivate supportive health promoting environments, policies and practices; and conduct evaluation, communicate, celebrate and iterate.

"We are very mindful when it comes to balancing the needs of our team," Vice President and Chief Human Resources Officer Jamie Parsons said. "By investing in the wellness of our team, we also are investing in the great care our team provides our patients."

Serving nearly 400,000 residents in eastern Kentucky, southern Ohio and western West Virginia, UK King's Daughters is comprised of two hospitals totaling 455 licensed beds; an integrated network of more than 500 physicians and advanced

practitioners; more than 80 outpatient locations throughout eastern Kentucky and southern Ohio; a skilled nursing facility (SNF); medical transport company; eight urgent care centers; and a child day care center.

King's Daughters is the region's largest employer, with more than 5,800 team members providing a broad range of primary and specialty care services, including cardiovascular, orthopedics, oncology, stroke/neurology, maternity, and Level 3 neonatal intensive care.

In Dec. of 2022, King's Daughters became a part of the University of Kentucky.

The Wellness Alliance unites the strengths of two influential professional associations in the wellness industry, the Wellness Council of America (WELCOA) and the National Wellness Institute (NWI). The Wellness Alliance supports wellness for individuals and workplaces through trusted education and certification programs, evidence-informed resources, and networking opportunities, empowering professionals to positively impact well-being. As part of this, the Wellness Alliance is proud to offer the gold-standard Certified Wellness Practitioner (CWP) certification, created to recognize an individual's wellness promotion competence. The Wellness Alliance also produces the Art & Science of Health Promotion Conference and the Annual Wellness Summit. For additional information, visit www.wellnessalliance.org.

