

LOCAL BRIEFS

COMMUNITY TO RECOGNIZE MILITARY VETERANS

Trigg County will observe its annual Veterans Day parade and program beginning at 11 a.m. Monday, with the parade traveling along Main Street and ending at West Cadiz Park, where the program will take place.

In the event of bad weather, the observance will take place at the Veterans of Foreign Wars facility at 37 Lafayette St.

KSP PARTICIPATING IN SAFEDRIVE EFFORT

Kentucky State Police Commercial Vehicle Enforcement is participating in the Federal Motor Carrier Safety Administration's Operation SafeDRIVE (Distracted Reckless Impaired Visibility Enforcement) from Nov. 18-20.

The initiative focuses on dangerous interstate driving behaviors such as aggressive driving, speeding, tailgating, failing

to wear a seat belt and driving under the influence. KSP encourages all motorists to do the following:

Stay out of blind spots: Larger vehicles have more enlarged blind spots on all four sides.

Pass safely: Before passing, make sure you can see the truck driver in their side mirror and use your turn signal.

Do not cut off large vehicles: It takes a large truck traveling at highway speeds the length of two

football fields to stop. Avoid tailgating: Following too closely puts you in the truck's blind spot, which can be dangerous.

DILLARD NAMED TRANSPORTATION PUBLIC INFORMATION OFFICER

Carrie Dillard has been named the new public information officer for the Kentucky Transportation Cabinet (KYTC) Highway District 1 office, effective Nov. 1.

Dillard succeeds longtime

public information officer Keith Todd who served both Districts 1 and 2 from 2004 to 2019 and retired from District 1 at the end of July 2024.

"I'm honored to be able to serve Western Kentucky in this role, and I know I have some big shoes to fill," Dillard said. "I first met Keith Todd in 2006 as a young reporter in Union County, Ky. He was a tremendous resource for me personally and, of course, to every citizen living in District 1 and 2."

Dillard previously served as the Paducah Area Chamber of Commerce programs and public policy director. She has a background in journalism, with 14 years of experience at Kentucky newspapers including The Paducah Sun, owned by Paxton Media Group.

District 1 includes Trigg County and 11 other counties.

Reach Tonya S. Grace at 270-887-3240 or tgrace@kentuckynewera.com.

WIC program expands food offerings for moms, children

BY NADIA RAMLAGAN
PUBLIC NEWS SERVICE

A federal nutrition program for low-income moms and babies now includes canned fish and beans, whole grains such as quinoa and cornmeal, and more money for fruits and vegetables.

Theda Simpson, a former participant in the Special Supplemental Nutrition Assistance Program for Women, Infants and Children from Metcalfe County, said she relied on the funds for extra help paying for supplemental formula for her daughter and sons, who had milk allergies as infants. She found out about the program through her local health department and stressed it was a lifesaver for preventing her children from going hungry.

"I hope that every mother finds out about it, knows about the program, is able to access and get the help that they need to be able to feed their children," Simp-

son said.

Under the new changes, children ages 1-4 will now receive \$24 per month, pregnant and postpartum women will now receive \$43 per month and breastfeeding women will now receive \$47 per month.

Research has shown the WIC program helps improve pregnancy outcomes, including lower incidences of premature births, infant mortality and low-birthweight babies.

Karena Cash, data and research director for Kentucky Youth Advocates, said WIC is not reaching every available mom or mom-to-be in the state, although advocates have been doing work to reach more households, especially in Latino communities and among kinship caregivers. The data show two of every eligible five families are not participating in the program.

"About 96% of infants in Kentucky are enrolled, whereas only about 60% of women and 51% of eligible

children one to five," Cash reported. "We see some pretty big discrepancies."

Tanya Torp, executive director of the nonprofit Step By Step in Lexington serving young, single mothers and their babies, said a major barrier is a lack of understanding among grocery stores about how WIC works and what products are covered under the program.

"For us, being able to work with some of the stores is going to be really important," Torp explained. "To train the employees at the stores so that they will be able to help when someone comes in and asks questions about WIC."

Advocacy groups have developed an online toolkit for local communities and leaders, and professionals who serve young children to help get the word out about the WIC program. Nationwide, more than 6 million women and children rely on WIC each month.

LIBRARY NOTES

BY PAM METTS
JOHN L. STREET LIBRARY
DIRECTOR

"Nothing is pleasanter than exploring a library." ~Walter Savage Landor (1775-1864. English writer and poet)

What's happening at the library:

Check us out on Facebook, Instagram, and Pinterest

E-Books, E-Audios, E-Comics, Movies and much more can be checked out on Hoopla

Storytime every Wednesday at 10:30

Pajama-Rama

Storytime: November 12th at 6:00, put on your PJs, bring your favorite stuffed animal and listen to some great stories with Ms. Katie

Your library has so much to offer you! We have many services you may not know about:

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and 12 laptops

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.50 per sheet (color)

Copying:

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.50 per sheet (color)

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Fines:

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We do not accept debit or credit cards

Happy Reading!

To contact Jodi camp, email editor@kentuckynewera.com.

LBL

FROM PAGE A1

The funds will support the ongoing maintenance and preservation of the Land Between the Lakes (LBL) cemeteries and cultural heritage.

Land Between the Lakes National Recreation Area is a United States 171,280-acre national recreation area in Kentucky and Tennessee between Lake Barkley and Kentucky Lake. It was designated as a national recreation area in 1963 by President John F. Kennedy and developed using funds appropriated during the Johnson administration.

"It has been said that to accomplish great things, we must not only act, but also dream; not only plan, but also believe", shared Elaine Jackson, executive director of the Friends of Land Between the Lakes. "It is a proud moment for the Friends of Land Between the Lakes and an honor to be part of this movement. The individuals that have come together from TVA, the US Forest Service, and each county have a dream and will work hard to make a plan to care for this land that so many love."

Originally managed by the Tennessee Valley Authority, which con-

structed dams to create the two lakes in this area, the recreation area was later transferred to the administration of the United States Forest Service. In 1991, it was designated a Biosphere Reserve.

"This is a great day," said Jim McCoy, area supervisor for the USFS. "The US Forest Service and the team at Land Between the Lakes National Recreation Area is proud to be part of this effort to ensure cemeteries are cared for in a way which is befitting of the history shared by all the former residents and which positions all of us for more meaningful collaboration into the future."

The Tennessee Valley Authority is the nation's largest public power supplier, delivering energy to 10 million people across seven southeastern states. TVA was established more than 90 years ago and its unique mission focuses on energy, environmental stewardship, and economic development, according to a TVA press release.

The power supplier boasts one of the largest, most diverse and cleanest energy systems — including nuclear, hydro, solar, gas, and advanced technologies.

Reach Tonya S. Grace at 270-887-3240 or tgrace@kentuckynewera.com.



Submitted Photo

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Wade White, a member of TVA's board of directors, speaks Saturday during an event in Grand Rivers where officials announced donations that will support ongoing maintenance and preservation for the cemeteries and cultural heritage of Land Between the Lakes.

2024-25 KENTUCKY BASKETBALL YEARBOOK

ENERGIZE!

Mark Pope assembles contender in warp speed

Excitement has never been higher for a new Kentucky basketball season and The Cats' Pause is here to get the party started by bumping the size of our 2024-25 Basketball Yearbook from 312 to 336 pages!

Inside the 45th annual yearbook, you will find:

- Mark Pope's journey to UK coach
- In-depth with Pope on basketball
- Profiles on UK players and coaches
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- Previewing non-conference slate, including Duke, Gonzaga
- Marking the 50th anniversary of UK's 1975 season
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