CHAMPION

Continued from Page 2

her fighting trajectory. She is currently a national champion, and she will be competing December 5 at the 2026 USA Boxing National Championship in Lafayette, La.

"A win at this event can lead to the USA Boxing High Performance camps, that she would go to out in Colorado and spend time out there with other coaches and boxers," Chaney said. "That would then, ideally, work towards getting a spot on the Team USA for international competition."

What that means, Somerset Mayor Alan Keck explained, is that Hall has a pathway to compete for Team USA in a future Olympics.

Hall seemed focused on getting to Lafayette, as well as learning how far she can go in the sport.

"I'd love to go to Lafayette and see how I do against some best boxers in the country," she told the council. "I'd be proud to represent Somerset, and I hope, one day, I'll get the chance to box for Team USA. If you can help me make the trip."

Hall trains with her coaches at Sons of Thunder Boxing, a nonprofit organization that works with youth to train them in the sport.

Therefore, trying to get someone like Hall to a national competition, much less to the international level, requires financial help from the community.

Part of Chaney's pitch to the council was to request that assistance.

"Any help that you or anyone you know, or anything, that can help us with paying for a day of travel or a day in a hotel or anything of that nature is greatly appreciated," he said.

To which Keck said, "We'll be more than happy to help. I'm not going to speak for the council ... but there are some other avenues where we can kick in and contribute and celebrate, not just her, but all the folks that are training with you all."

The road to becoming national champ was long, and it's certain that Hall put in a lot of time and work into getting there.

"When people hear I won the national title," she said, "they usually think about what happened in the ring. I think about all the regular days at the gym, and the days when Coach had me try something again until I get it, or when a teammate cheers me on, because they know I've been working on it."

For more information, visit the Sons of Thunder Boxing Club Facebook page.

Plan for Holiday Meals



EDITH LOVETT

Pulaski County Extension

Take a moment to reflect on the meaning of the holiday season. Chances are that spending time with family and friends is more important than how fancy or expensive a holiday meal is.

Cooking for family and friends during the holidays does not have to be stressful or cost a lot of money.

Here are some tips to cook up your best holiday meals yet.

Plan your meals with the time needed to prepare and cook in mind. If you hope to spend time with your loved ones on the day of the event, you will not want to be stuck in the kitchen all day.

Plan dishes that you can make ahead of time and refrigerate or freeze for later use. Make something in a crockpot, which will allow you to make it in the morning or evening and not call for any added prep until it is time to serve.

If you are making a time-consuming menu item, plan for other easy to make items to round out the meal. Think about turning one or more of your meals into a potluck. Each person or family can bring a dish they enjoy. This will save you time and money in the kitchen. All are happy in the end.

If the ones you are spending time with live close, consider a progressive meal. As a group travels to each person or family's home to share a dish, this will do away with one person needing to make and cook a whole meal. You can have an appetizer at one home, a casserole at the next home, and a dessert at the third family's home. This can also add a sense of fun to a meal.

Think about turning some traditions around and host an event that is not focused on making a full meal. Try hosting Christmas card writing, cooking making gifts, gift wrapping or sledding party and make cookies and hot chocolate. You will still enjoy time with loved ones. And you will save the stress and dollars it takes to set up a full meal.

Look in your cabinets, pantry, refrigerator, and freezer for food that you now have. A holiday meal might be a nice chance to use up that frozen appetizer you have been saving for a special occasion. Or use the bag of dried cranberries you have not known what to do with.

Still have loads of apples or squash from the farmer's market? Your holiday meal can feature those items.

Look at the sales at your grocery store. If you find there is a good deal on a certain product that week, you might want to add it to one of your meals.

Write down your menu for the holiday meals, keeping in mind what you have on hand and what is on sale.

If you are planning to make a costly dish. round out the meal with less costly dishes.

Go to the grocery store when you are not hungry. This will keep down your unplanned purchases.

Stay away from premade foods. Most of the time they are much more costly.

This institution is an equal opportunity provider.

TIME FOR WHITE CHICKEN CHILI

2 tablespoons oil
1 medium-size onion finely chopped.
4 cloves garlic, minced.
3-14.5 ounces can chicken broth.
4 cooked, boneless chicken breast halves, chopped.
2–4-ounce cans chopped green chillis
1 teaspoon salt
2 teaspoons ground cumin
2 teaspoons dried oregano
1 ½ teaspoons cayenne pepper
5-14.5 cans of great northern beans undrained.
1 cup shredded cheese

Heat oil in a large pot over medium heat. Add onions and garlic; cook and stir until onions are tender. Stir in broth, chopped chicken breast, salt, green Chile peppers, cumin, oregano, and cayenne pepper bring to a boil. Reduce heat to low; add beans and simmer, stirring occasionally until heated through for about 20 to 30 minutes. Ladle soup into individual bowls and top with shredded cheese. Enjoy.

Join us for a bread making class on Monday, Nov. 16, at noon. Please register in advance.

Make a beautiful Santa Basket on Monday, Nov. 16, at 4 p.m. at the Extension Office. Cost is $40. Call 606-219-2936 for more information.

Enjoy a cup of Minestrone Soup at our Calendar Food Class, Tuesday, Nov. 24, at noon. Please register in advance so we can prepare accordingly.

The Extension Office will be closed Nov. 26-27 for Thanksgiving.

PUBLIC NOTICE

Keshav Two, LLC mailing address 954 S. Hwy 27, Somerset, KY 42501 hereby declares intention(s) to apply for a NQ Retail Malt Beverage Package license and Quota Retail Package license(s) no later than **December 10, 2026**. The business to be licensed will be located at 954 S. Hwy 27, Somerset Kentucky, 42501. Doing business as **Fresh Point**. The owner(s) are as follows: Aswinkumar Patel, member of 5155 SW 52nd Dr. Gainesville, FL 32608. Any person may protest the approval of the license by writing the Department of Alcoholic Beverage Control, 500 Mero Street 2 NE 33, Frankfort, KY 40601, within 30 days of the date of this legal publication.

PUBLIC NOTICE
INVITATION TO BID

The Pulaski County Board of Education will receive sealed bids on lots of surplus technology equipment items located at various schools. All equipment is sold as "as-is" "where-is" Many Chromebooks may be missing parts as they have been stripped for parts. The equipment can be viewed by appointment only. Contact Dave Perison at 606-679-1123 to schedule an appointment or for more information.or dave.perison@pulaski.kyschools.us for further information on the equipment and the bid process.

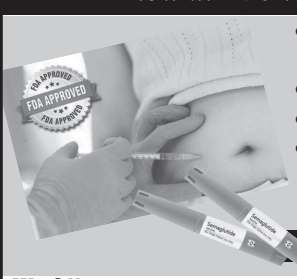
Bid Submittal
Please submit your bids to the Pulaski County Board of Education, c/o Finance Department, 925 North Main Street, PO Box 1055, Somerset, KY 42502. Include the words "Surplus Technology Bid" and the lot number or name on the outside of the envelope. Closing time for bids will be at 12 pm, 12 pm, NoOvember 26th, 2026 , as specified, at the Pulaski County Board of Education, Central Office Building, located at 925 North Main Street, Somerset, KY. Sealed bids will be opened, reviewed, and awarded at this time or thereafter.

Bid Payment
Payment due, in the form of Cash or Money Order made payable to Pulaski County Board of Education, before items are picked up. Items are to be picked up within two (2) weeks after bid opening.

RIGHT TO REJECT AND WAIVER
The Pulaski County Board of Education reserves the right to reject any and all bids, to waive all formalities or technicalities where the best interest of the Pulaski County Schools can be served, and to enter into a contract with the best apparent qualified bidder.

Keep Your New Year's Resolution!

NEW FDA Approved GLP-1 Injections Now at Dr's Weight Loss Clinic!



- GLP-1 Injections are weight loss medications.
- Received by weekly injection
- FDA approved for weight loss
- Call to schedule your free consultation.

Walk-Ins Accepted

Call to schedule your free consultation.

We Offer
- Physician Supervised
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Dr's WEIGHT LOSS Clinic

423-286-SLIM (7546)
19102 Alberta Street, Oneida, TN
931-879-8444
1035 Old Hwy 127 S, Jamestown, TN

PULASKI COUNTY SHERIFF'S OFFICE IS ACCEPTING VEHICLE BIDS

The Pulaski County Sheriff's Office is accepting sealed bids for the purchase of:

2026 or 2027 Chevy Tahoe Model #CK10706
Black in Color
And
2026 or 2027 Crew Cab 4 Wheel Drive Pick Up Truck
With a center console.

The Pulaski County Sheriff's Office will be trading a 2019 Dodge Ram SSV. The total bid of the pick-up will include trade allowance. Specs for the trade can be picked up at the Pulaski County Sheriff's Office, Monday thru Friday from 8:00 am - 4:00 pm

Sealed bids must be submitted no later than 12:00 pm EST on November 25th 2026 in the Pulaski County Sheriff's Office located in the Pulaski County Courthouse at 100 North Main St. Somerset, Ky. 42501.

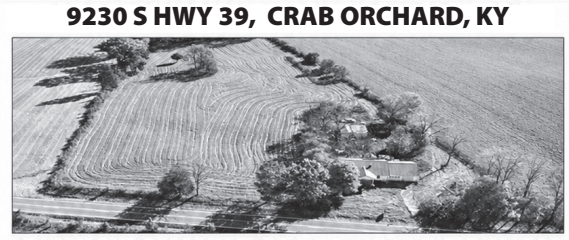
All bids will be opened on November 25th, 2026 at 2:05 PM EST. If you have any questions, please contact the Sheriff's Office at 606-678-5145. The Sheriff's Office reserves the right to accept or reject any or all bids and for the bidder to withdraw the offer before formal written acceptance.

ABSOLUTE ONLINE ESTATE *Auction*

3.9 ACRES & HOUSE IN 2 TRACTS
VEHICLES & PERSONAL PROPERTY

ENDS THURSDAY, NOVEMBER 17TH @ 6 P.M.

9230 S HWY 39, CRAB ORCHARD, KY





TRACT 1 - Measures 1 acre by new survey. It has 182.6 of frontage along Hwy 39. Has city water and property lays well. It is improved with a ranch style house containing living room, kitchen, 2 bedrooms, bath and utility area. The house is heated with a wood stove. The house is in need of repairs. Also on property is several outbuildings.
TRACT 2 - Measures 2.96 acres which is cleared cropland, 206.98" of road frontage along Hwy 39 and city water is available.
VEHICLES - 2005 Dodge Dakota pickup. runs. For Focus, parts only. Vehicles must be paid for and picked up Friday, November 18th.

PREVIEW: Tuesday, November 10th & 17th from 4-6 pm

NOTE: The purchaser of a single-family residence built before 1978 has a maximum of 10 days to inspect the property of lead-based paint. The period for inspections begins November 7th through November 16th. The successful bidder must sign a waiver of the 10-day inspection period.
AUCTION PREMIUM: A10% Auction Premium will be added to the winning bid to determine the final sale price.
TERMS: Real Estate - 10% down due within 48 hours of closing of bidding, with balance in 45 days wit deed. Personal Property - Payment in full due at pickup in the form of cash, check, Visa or MasterCard. All purchases exceeding $500 must be paid by cash, cashier's check, personal or business check.

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Ford Brothers, Inc. Auctioneers Selling the Country
NAA Auctioneer

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