

Team Kentucky encourages teens to drive safely and win big

KENTUCKY TRANSPORTATION CABINET
OFFICE OF HIGHWAY SAFETY

Registration is open for Team Kentucky's second Safe Teen Driving Challenge, which encourages safe driving behaviors to keep our highways safe while also giving teen drivers the chance to earn one of five cash prizes worth a total of \$10,000.

Over the past three years, there have been more than 49,000 crashes involving teen drivers, resulting in over 13,000 injuries and tragically, 197 lost lives. The Safe Teen Driving Challenge, managed by the Kentucky Transportation Cabinet (KYTC), aims to reduce those numbers by encouraging young drivers to build better habits and stay focused behind the wheel.

The challenge rewards the top

five drivers with cash prizes, sponsored by AAA Blue Grass, AAA East Central and Intoximeters.

- 1st Place: \$3,000
- 2nd Place: \$2,500
- 3rd Place: \$2,000
- 4th Place: \$1,500
- 5th Place: \$1,000

"Teens are still developing their driving habits, which makes this an especially important time to reinforce safe behaviors behind the wheel," said Lori Weaver Hawkins, public and government affairs manager at AAA Blue Grass. "Distractions can take a driver's attention away from the road in an instant. AAA is proud to partner with Team Kentucky and other traffic safety advocates to support initiatives like the Kentucky Safe Teen Driving Challenge that help young drivers stay focused and build safe habits that last a lifetime."

Winners will be announced in August, and the school of the winning students will also be recognized. Over 800 drivers participated in the challenge in 2025.

HOW TO JOIN

This challenge is open to 15- to 19-year-old drivers with a valid permit or driver's license and a smartphone. Parental consent is required for drivers under 18. To join, teens simply:

Register online at kentuckyhighwaysafety.com/safe-teen-driving-challenge/ by Thursday, April 16, 2026 (cut-off is 11:59 p.m.).

Download the DriveWell Go™ app, create a new account and enter the contest token code.

Drive safe, track your performance and compete for the chance to win a prize.

Driving performance will be

measured from April 17 to July 17, 2026, giving participants plenty of time to compete for the top spots.

HOW IT WORKS

The app, powered by Cambridge Mobile Telematics (CMT), uses smartphone sensor data to identify risky behaviors like speeding, hard braking, harsh acceleration, cornering and phone use. Teens can track their progress and see how they rank on the app's leaderboard, updated every two weeks, to provide valuable data to help young drivers become more aware of their habits behind the wheel.

The app uses machine learning to identify driving behaviors from sensor data and transform them into insights. The platform automatically determines if a person is in a vehicle and calculates if they're the driver or passenger.

"Using tech to offer personalized

driving insights can help encourage safe behaviors early in life as we look to this generation to build on Kentucky's three-year downward trend in overall highway fatalities and serious injuries," said KYTC Secretary Jim Gray.

The Safe Teen Driving Challenge is one of many ways Team Kentucky and its partners are investing in equipping teens to be safer drivers. Other efforts include Kentucky Office of Highway Safety school outreach events that involve rollover and drunk driving simulators, the annual Ford Driving Skills for Life event, educational campaigns and localized hands on roundabout training for high schoolers.

For more information and to register, visit <https://kentuckyhighwaysafety.com/safe-teen-driving-challenge/>

Doctors urge more women to lift weights; experts cite gyms, education

BY ALBERT STUMM
ASSOCIATED PRESS

During her first year of college, Elisabeth Bradley was inspired to try weightlifting after she followed a woman tracking her fitness transformation on social media, one barbell at a time.

Then, Bradley found herself to be the only woman in the weight room at San Diego State University.

"I felt like I stuck out a lot, and I just thought, 'OK, I'm gonna look dumb,'" she says. Intimidated by a room full of grunting, muscular men, she moved over to the cardio area, mirroring countless women who, for various reasons, avoid the free weights and machines.

But with research mounting on the benefits of resistance training, experts say a few things need to change at the gym to make it more enticing to women.

Michelle Segar, a behavioral scientist at the University of Michigan who studies exercise habits, said that making the environment more palatable and familiarizing women better with weights will lead more to use them. More representation will in turn get more women to continue.

WHY WOMEN SHOULD LIFT WEIGHTS

The National Institutes of Health recommends that everyone — men and women — do resistance training at least twice a week. That includes all kinds of activities that require physical force, such as weight machines, resistance bands, or body-weight exercises like pushups and squats.

Resistance training has been found to help prevent heart disease, improve long-term mobility and lower blood pressure, said Brad Schoenfeld, professor of exercise science at Lehman College in New York City. Some research suggests that women may even benefit more than men from weight training because it staves off osteoporosis and age-related muscle loss, which women are more susceptible to, he said.

"The bottom line is, resistance training is a cure for all sorts of issues," Schoenfeld said.

WHY MANY WOMEN DON'T WANT TO

Daisy Arauza, a 30-year-old mother of two in Menifee, California, does some Pilates and cardio-based exercise at home using videos and online



Aijaz Rahi/AP Photo

Thamar Gisele Mengue of Cameroon prepares to lift the weights during the women's heavyweight para powerlifting final at the Commonwealth Games at the NEC in Birmingham, England, Thursday, Aug. 4, 2022.

tutorials, and would like to invest in a gym membership to help with strength and weight management.

But she lacks confidence, she said, and doesn't know enough yet about weights and gym etiquette.

"I have a lot of self-consciousness because of how my body looks right now. When you think of the gym, you think about people that are already more fit. And so it feels like I have to make myself fit into this mold before I can feel comfortable being in a gym setting working out in front of other people," she said.

There's also still a stigma about women lifting weights, Bradley said. Told for years that being skinny is the ultimate goal, some falsely believe strength training will make them look bulky.

Schoenfeld said few women need to worry about building too much muscle because it's hard for anyone to gain a significant amount — especially women, who have lower levels of the muscle-building hormone testosterone. And it's easy to reduce training intensity if you don't like the results, he said: "It's very, very easy to lose muscle."

WHAT GYMS AND WOMEN CAN DO ABOUT IT

Months after her initial bad impression, Bradley shared her strength-training goals with a male weightlifter in her dorm, who showed her the bodybuilding ropes. The boost inspired her to found Girl Gains, a female weightlifting club that now has dozens of chapters at colleges across the country.

"Other things get shoved down our throats, like Pilates and cardio and yoga, but they complement each other," Bradley said. "Being stronger in the gym is going to help you progress in Pilates. Having muscle is going to help make

you a faster, better runner."

Women embarking on strength training should do so with an empowering and realistic message, advocates say.

Complementary introductory training sessions can help, but a cursory introduction from a trainer in a revealing outfit won't, said Segar.

"Most women have tried to achieve the perfect body for decades, and it only leads to a sense of failure," she said. Instead of focusing on how the exercise makes them feel, they're thinking about how they're being perceived.

Women who find community in the weight room work together on their own targets, getting stronger and pushing themselves, Bradley said. "One of the things we always say is, 'The gains look good on you.'"

WOMEN'S GYMS AND CHILD CARE

Some women find they can focus better on their workout when men aren't around.

At the women-only Goddess Gym in Peterborough, England, Charlie Sturgeon said she's happier than she was in mixed-sex gyms where she had "some quite weird experiences where people would just stare, pull faces, make comments. And here, with being women only, it just feels like there's a sense of community."

Some gyms try to make women more comfortable by offering day care on site.

Michelle Kozak of Phoenix, who has two young children, canceled her membership when her gym stopped offering child care.

And she isn't comfortable with hard-core gym culture. "I don't want to make the gym my entire personality," she said. "I just want to have some time to prioritize being healthy."



Charlotte Coney/AP Photo

Chloe Spriggs, left, takes a moment as members of Teddington women's rugby team use weights as they train at the club house in Bushy Park in London, Thursday, Jan. 16, 2025.

ORDINANCE 2026-03

AN ORDINANCE OF THE CITY OF WILLIAMSTOWN, GRANT COUNTY, KENTUCKY, AMENDING THE TEXT OF THE OFFICIAL ZONING ORDINANCE 80-199 ET. SEQ., ARTICLE XV, (PERFORMANCE STANDARDS FOR INDUSTRIAL ZONES), ADDING SECTION 15.3 (SOLAR ENERGY SYSTEMS REGULATIONS).

NOW, THEREFORE, BE IT ORDAINED by the City Council, City of Williamstown, Grant County, Kentucky as follows:

WHEREAS, the City Council of the City of Williamstown, Kentucky sees fit to amend the text of the Official Zoning Ordinance 80-199 Et. Seq., Article XV, (Performance Standards For Industrial Zones);

WHEREAS, Article XV is amended to add Section 15.3 to provide regulations on Solar Energy Systems and is amended as follows:

SECTION 15.3: The following regulations apply only to the City of Williamstown:

1. PURPOSE

- a. Facilitate the siting, development, construction, installation, and decommissioning of solar energy systems and devices in a predictable manner that promotes and protects the safety, health, and welfare of the community.
- b. Provide a framework for the development of solar energy systems and devices, which balances the benefits of renewable energy production and economic development with the protection of agricultural and residential uses, the built environment, and historic, natural, and other sensitive areas.

2. DEFINITIONS

- a) Solar Energy System (SES) means a device, including its components and subsystems that collects solar energy for electricity generation, consumption, or transmission, or for thermal applications. SESs are categorized as three types depending on how the system is incorporated into the existing land use:
 - (1.) Integrated Solar Energy System means an SES where the solar materials are incorporated into the building materials, such that the building and solar system are reasonably indistinguishable, or where the solar materials are used in place of traditional building components, such that the SES is structurally an integral part of the building or other structure. An Integrated SES may be incorporated into, among other things, a building façade, skylight, shingles, canopy, light, or parking meter.
 - (2.) Rooftop Solar Energy System means an SES that is structurally mounted to the roof of a building, or other structure and does not qualify as an Integrated SES.
 - (3.) Ground Mounted Solar Energy System means an SES that is structurally mounted to the ground and does not qualify as an Integrated SES.

3. REQUIREMENTS FOR GROUND MOUNTED SOLAR ENERGY SYSTEMS

- a. Lighting shall:
 1. be limited to the minimum necessary for safe operation.
 2. be directed downward.
 3. incorporate full cut-off features.
 4. incorporate motion sensors, where feasible.
- b. All surfaces shall be matte or non-reflective.
- c. The permitted height of ground mounted solar energy systems, shall be measured from the average grade below each solar panel to the top of each solar panel.
 1. heights shall be limited as follows:
 - a. 10' maximum when the subject property adjoins a residential or agriculturally zoned property.
 - b. 20' maximum when the subject property does not adjoin a residential or agriculturally zoned property.
- d. Wires or cables associated with ground mounted SES shall not be visible from public view. Wire or cables must be buried or concealed in conduit.
- e. Siting Restrictions:
 1. The footprint of a solar energy system shall be set back a minimum of five hundred (500) feet from an adjoining property.
 2. The location of solar arrays on impermeable surfaces, including but not limited to, gravel and asphalt shall be prohibited.
- f. Decommissioning:
 1. A decommissioning plan or statement shall be submitted with all Zoning Permit applications and prior to installation or development of any solar energy system or device.
 2. Other than as specified by the Planning Commission or other authority having jurisdiction, decommissioning shall begin no later than six (6) months after a ground mounted solar energy system has ceased to generate electricity or thermal energy.
 3. All structures and facilities associated with the solar energy system, including any underground wiring, conduits, equipment, shall be removed within six (6) months from the beginning of the decommissioning operation.

4. REQUIREMENTS FOR INTEGRATED SOLAR ENERGY SYSTEMS

- a. Wires or cables shall not be visible from public view or shall be concealed in conduit, which is color coordinated with the subject structure.
- b. Associated equipment cabinets, inverters, etc. shall:
 1. Be inside the structure or attached to the side or rear of the structure on which the integrated system is proposed.
 2. Not be visible from public roadways. They can be screened with fencing or landscaping.

5. PROTECTION OF FARMLAND AND REVEGETATION OF DISTURBED AREAS

- a. Compaction of soils associated with the location of roads and installation staging areas for ground mounted systems shall be minimized to the extent possible.

6. PERMITTING AND PROCESSING

- a. all solar energy systems shall only be permitted in the I-2 Zone and shall obtain approval of a site plan and decommission plan from the Planning Commission prior to development and installation.

Given First Reading at regular session this 2nd day of March, 2026.

Given Second Reading at regular session this 10th day of March, 2026.

The City of Williamstown is currently accepting applications for the **Water Plant Operator / Distribution** position. This is a full-time position with a comprehensive benefits package. The starting pay rate is **\$21.50** per hour or more based on the applicant's experience and qualifications. The schedule for this position is 8 days on and 6 days off. Thursday through Thursday hours are 4 p.m. to 2 a.m. and every other weekend 2 p.m. to midnight. Primary responsibilities include operation and maintenance of the water treatment plant; inspection and/or monitoring of pumps, charts, gauges and meters; and participation in preventive maintenance programs on plant and equipment. While Water Plant Operator will be the primary job, the position will, also include work in water distribution. Water Treatment License is preferred but not required. High School Diploma or equivalent is required. City application and resumes will be accepted until 4:00 p.m. on Friday, April 3, 2026. Please email submissions to bhall@wtownky.org or submit in person to the Mayor's Office located at 400 North Main Street Williamstown, Kentucky, 41097. A complete job description and application can be found on www.wtownky.org A mandatory post-employment drug screening is required. *The City of Williamstown is an Equal Opportunity Employer.*