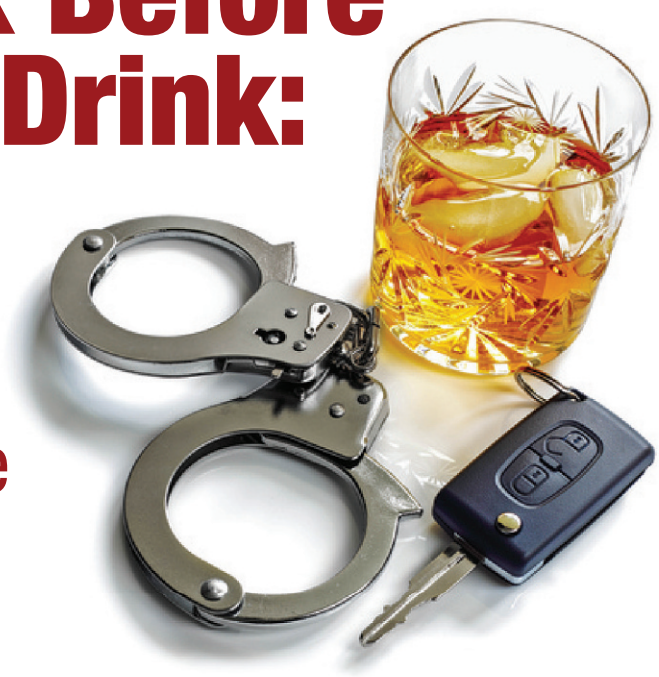
THE LARUE COUNTY
HERALD NEWS
Proudly serving the community of LaRue County since May 6, 1885

Deadline for LOCAL classifieds is Friday at noon prior to publication.
To place an ad call 270-358-3118 ext # 1 or email ads@laruecountyherald.com

THE LARUE COUNTY HERALD NEWS
PUBLISHER'S NOTICE
All real estate advertising in this newspaper is subject to the Fair Housing Act which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national orgin, or an intention, to make any such preference, limitation or discrimination." Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women and people securing custody of children under 18. This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination call HUD toll-free at 1-800-669-9777. The toll-free telephone number for the hearing impaired is 1-800-927-9275.
EQUAL HOUSING OPPORTUNITY

Bennett's Orchard

APPLES:
We have
Jonathan, Red Delicious,
Golden Delicious,
Granny Smith, and Winesap.
We also have sweet potatoes, sorghum, and jellies..
Mon.-Fri. - 8 am - 5 pm
Sat. 8 am - 3 pm
Closed on Sundays
591 Bennett Road
Buffalo, KY
270-325-3234

Think Before Your Drink:
Plan Ahead for a Safe Ride Home.

CITY of HODGENVILLE Est. 1818
One bad decision can cost a life.
Protect yourself, your loved ones and everyone on the road by staying sober and focused behind the wheel today, this week, this month and all year.
This message paid for by the City of Hodgenville ABC REGULATORY FEE

PUBLIC NOTICE
LARUE COUNTY LOCAL EMERGENCY PLANNING COMMITTEE
The LaRue County Office of Emergency Management will be conducting a Local Emergency Planning Committee meeting at 9 am, Wednesday December 2, 2026 at LaRue County Emergency Services. The address is 924 S. Lincoln Blvd. Hodgenville, KY 42748.
Pursuant to Section 324, Title Ill of the 1986 Federal Superfund Amendments and Reauthorization Act (SARA) of 1986, 42 U.S.C. 11001 et seq., the following information is provided in compliance with the Community Right-to-Know requirements of the SARA Law, and the open meetings and open records provisions of KRS 61.800, 61.805, 61.810, 61.823, 61.826, and 61.835. Members of the public may contact the LaRue County Emergency Planning Committee by writing Mike Cottrell, Chairman of the LaRue County Emergency Planning Committee, 924 S. Lincoln Blvd., Hodgenville, KY 42748, or contacted by telephone at (270) 358-4400, ext 4205. The La Rue County Emergency Planning Committee conducts meetings at the LaRue County Emergency Services 924 S. Lincoln Blvd., Hodgenville, KY 42748, or at other locations, in accordance with the Kentucky Open Meetings Law. Members of the public may request to be notified of regular or special meetings as provided in KRS 61.820. Records of the Planning Committee, including the county emergency response plan, material safety data sheets, and inventory forms, or any follow-up emergency notices as may subsequently be issued, are open for inspection, and members of the public who wish to review these records may do so Monday through Friday from 8 am to 4:30 pm, Eastern time, at the LaRue County Office of Emergency Management and Homeland Security Office, as required by the Kentucky Open Records Law. The local 24-hour telephone number for purposes of emergency notification, as required by the SARA Law, is 270-358-3122.

NOTICE OF INTENT TO FILE APPLICATION
AND PUBLIC MEETING NOTICE
New Haven Asbestos Water Main Replacement Project
9:00 A.M ET, Monday, November 23, 2026 at
LaRue County Water District #1
421 Strange Road, Hodgenville, KY 42748

LaRue County Water District #1 intends to file an application for federal financial assistance with the U.S. Department of Agriculture, Rural Development, Rural Utilities Service. The proposed project entails the replacement of approximately 7000 linear feet of asbestos cement (AC) water main and all necessary appurtenances within the New Haven service area with new PVC water main. Any comments regarding this application should be submitted to LaRue County Water District #1 at 421 Strange Road, Hodgenville, KY 42748.

A public meeting will take place at 9:00 A.M ET on Monday, November 23, 2026 at the LaRue County Water District #1 office located at 421 Strange Road, Hodgenville for the purpose of providing general information to the public regarding the proposed LaRue County Water District #1 New Haven Asbestos Water Main Replacement Project. The public is invited to attend and comment on such issues as economic and environmental impacts, service area, alternatives to the project or any other pertinent issues.

LaRue County Water District #1
Equal Opportunity Employer and Service Provider

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Lincoln Trail District Health Department Board of Health Announcement

The Lincoln Trail District Health Department holds board of health meetings for the District office as well as Hardin, LaRue, Marion, Meade, Nelson and Washington Counties. For meeting times, dates, and locations please visit the following website. You may also call our office at 270-769-1601 for more information or to request a qualified interpreter for the deaf and hard of hearing at least 96 hours in advance of the meeting. Website: **https://ltdhd.org/events/**

Decluttering helps you stay safe and independent at home

For many people, aging in place means more than staying at the same address. It means having the choice to live safely and independently in a familiar home and community for as long as possible. Preparing for that next chapter does not always require a major renovation or big investment. Sometimes it starts with something simpler: clearing what gets in the way.


DR. MIMI **KOKOSKA**

After years of birthdays, holidays, hobbies and everyday life, belongings can add up. Deciding what to keep can also bring emotional questions: Is this valuable? Will someone in my family want it? Am I ready to let it go? The goal is not a picture-perfect home or getting rid of everything. It's creating a space that better supports your life today and can adapt to your needs over time.

WHY DECLUTTERING MATTERS

Clutter can make it harder to move safely through a home, especially when walkways get narrower, stairs become blocked or uneven surfaces and cords become hidden. Falls are the leading cause of injury for adults 65 and older, and more than one in four older adults reports falling each year. Items such as throw rugs and clutter are among the things that can contribute to falls.

A clearer home can also make frequently used items easier to reach, reduce the need to stretch or bend, and create room for a cane, walker or other mobility support if one is needed later. It may also make it easier to welcome family, friends and neighbors into your home, helping you stay more connected and engaged.

To get started, focus on the spaces you use most and remember: progress matters more than perfection.

BEGIN WITH ONE SMALL ZONE

Choose a drawer, countertop, entryway or section of a room. Completing a manageable area can build momentum without feeling overwhelming.

- Prioritize clear paths. Remove or secure loose rugs, move cords out of walkways, and keep stairs and frequently traveled routes free of boxes, shoes and other obstacles.
- Put everyday items within easy reach. In the kitchen and bathroom, place frequently used items between waist and shoulder height when possible. This may reduce unnecessary bending, stretching or use of step stools.
- Sort with a simple system. Use four categories: keep, give to family or friends, donate or recycle, and discard. Create a "decide later" box for sentimental items, but commit to revisiting it.
- Preserve the memory, not always the object. Photograph meaningful collections, digitize recipes and documents, or repurpose favorite fabrics into a smaller keepsake. Ask family members what they'd truly like to keep rather than guessing.
- Stop new clutter at the door. Recycle unwanted mail promptly, pause subscriptions you no longer use and designate one place for incoming papers.
- Ask for help with heavy or hazardous tasks. A friend, family member or professional can help move furniture, reach high shelves, dispose of medications appropriately or evaluate items that may be valuable. Avoid lifting or climbing if it doesn't feel safe.

LOOK BEYOND CLUTTER

Decluttering is one part of creating a home that can adapt as needs change. As you work through each room, keep an eye out for other improvements that may support safety and ease, such as brighter lighting, sturdy handrails, nonslip surfaces, accessible storage, grab bars installed correctly and a place to set packages near the door. The National Institute on Aging offers a room-by-room home safety checklist to help identify potential hazards and repairs.

Also, consider talking with your health care provider about changes in mobility, balance, vision or medications that may affect safety at home. Family, caregivers and community organizations can also help identify practical support, from transportation and meal delivery to home maintenance and regular check-ins.

MAKE ROOM FOR WHAT MATTERS

Letting go of a lifetime's worth of belongings can take patience. Be kind to yourself, especially when an item carries a memory or family history. The point is not to erase the past. It is to shape a home that makes space for the routines, relationships and independence you want to carry forward.

A few thoughtful changes today can help create a home that is easier to navigate, better supports independence and is ready to adapt as needs change.



Shop Local

From staff reports

A movement to "shop local" gained steam as more communities faced few options outside of big box stores. The shop local approach encourages consumers to patronize local businesses, and even those fully devoted to the cause might not realize how beneficial it can be. The following is a look at how communities and residents win when shopping local.

· Shopping local increases employment opportunities. Small businesses employ more workers in the United States than their larger counterparts, creating two out of every three new jobs, according to the Small Business Administration. In fact, small businesses account for 99.7 percent of all employer firms in the United States. Buying locally means employment levels are either going to be stable or there will be more opportunities for local residents to work in the community.

· Shopping local does not cost more money. Many people are under the assumption that buying locally is always more expensive. But this isn't always the case. Local shops may offer a range of products from a particular region, which will reduce shipping costs, and that savings can be passed on to the consumer. Plus, small businesses may offer special discounts and promotions more readily than nationwide chains, so consumers can get more value for their money.

· Shopping local helps to keep money in the community. Patronizing local stores creates a recirculation of money in the community. Dollars spent in town raise the overall level of economic activity, which helps pay salaries, and builds up the local tax base.