Cards' defense shows progress going into final home game

BY RUSS BROWN
KENTUCKY TODAY

LOUISVILLE — It was a long time coming. Almost to the point of running out of time. But Louisville's beleaguered and much-criticized defensive unit finally seems to be rounding into shape if the last two games are a true indication.

In Saturday's 16-14 escape at North Carolina the defense turned in its best performance of the season and rescued a struggling offense. The Cards recorded six sacks, tied for most against an FBS opponent under coach Jeff Brohm, added eight tackles for loss and came up with two turnovers.

After surrendering a touchdown on UNC's first possession, U of L held the Heels scoreless for 46 minutes. UNC rushed for 114 yards on 33 carries for a 3.5 average. Take away two 15-yard gains and a 14-yarder, and the average drops to 2.3.

"Defense really stepped up and made a lot of big plays in the second half," U of L coach Jeff Brohm said afterwards. "I thought they played really well the whole game. We were able to pressure at times and get some key stops."



CHRIS STEWART/Associated Press

Louisville defensive tackle Joshua Donald (95) celebrates after he recovered a North Carolina fumble during the win last Saturday. Improved defensive play has translated into wins for the Cardinals.

Five different players got sacks. Safety Koen Entringer led the way with two and also had a forced fumble and seven tackles. Rush end Clev Lubin boosted his team-leading sack total to nine, while linebackers T.J Capers, and Stanquan Clark, along with end Tyler Thompson also each got one.

That game came on the heels of a solid effort in a 44-17 victory the prior week in which the Cards limited the Yellow Jackets to 109 rushing yards and 3.4 yards per carry. They also held the losers to 2-of-9 on 3rd down conversions, intercepted a pass and logged four sacks. Georgia Tech's last touchdown came against U of L substitutes with the game out of reach.

"We're playing more confident on defense without question," Brohm said. "I think we're in a better position. We understand the package. We know it. We've made all the plays. We've been able to play more guys. We're just playing better all around on defense."

Entringer attributed the recent improvement to having developed better chemistry and communication within a unit that features numerous transfers.

"I think the biggest thing is just kind of the togetherness," the former Iowa player said. "It's kind of hard when you have a transfer team like we do. There are so many guys who haven't played together, having lived together, gotten that outside of football time.

"The more we've been able to spend time outside of the (football) facility, practice more and get together has helped us take our game to the next level. I think our communication is at the best it's ever been. And I think that's critical to our success."

U of L's last two victims — in fact, all five during the current winning streak — have been against teams in the lower half of the ACC in offensive production.

Pittsburgh (6-4, 3-4 ACC) will present a bigger test at 7:30 p.m. Saturday in L&N Stadium. The Pirates are fifth in the league in total offense at 432.1 yards per game and are averaging 29.7 points, despite having lost sophomore Mason Heintshel, one of the best young quarterbacks in the nation, with a torn ACL in the fifth game.

Runner completes seven marathons while pregnant

BY BRIDGET BROWN
ASSOCIATED PRESS

Deirdre Keane had already run more than 60 marathons when she decided to take on a new challenge of completing the World Marathon Majors. She just didn't expect to be running them while pregnant.

Earlier this month, the 38-year-old nurse practitioner and management consultant ran the New York City Marathon — her hometown race — in her third trimester. It was the seventh marathon she finished while pregnant and was the final race she needed to achieve her goal of running all the World Marathon Majors in the same year.

"I knew how bizarre it was to be running a marathon at 34 weeks, but I also knew how fit I was and self-aware of my body at this point," Keane said. "And while it is very unusual, I wasn't the first woman to have ever done this."

After getting married last year, Keane and her husband Brian began talking about starting a family. Expecting pregnancy to take a while, Keane made other plans for herself in the interim.

"In my mind, 2026 was going to be my year of bucket list items," Keane recalled. "I was like, this is going to be my last hurrah before settling down and becoming pregnant, becoming a mother."

She signed up for 11 races: the seven World Marathon Majors, a trail marathon in Ireland, two ultramarathons and an Ironman.

Keane kicked off her quest by running the Tokyo Marathon in March. But when the Boston and London Marathons rolled around in April, she noticed she was running a bit slower than usual and wasn't quite feeling like herself. So, she took a pregnancy test.



Max Guliani/Deirdre Keane | AP Photo

In this photo provided by Max Guliani, Deirdre Keane runs during the New York City Marathon in New York on Sunday, Nov. 1.

It was positive, but she wasn't going to let that get in the way of her goals.

She promised her husband she would take the next marathon in Ireland slowly. She also agreed to forgo the Ironman and the second ultramarathon — she had already completed the first before finding out she was pregnant.

"Brian was understandably skeptical and worried at first. Neither of us fully understood the physical limitations of pregnancy and why. The research we found was surprisingly limited and frustrating," Keane said. "So, we decided to take it one marathon at a time, with me not pushing the pace and keeping walking in my back pocket."

Keane was initially nervous to tell her OB-GYN about her marathon plans but was relieved when she got the go-ahead.

"I don't think she thought I would do them towards the end, especially being so pregnant at New York. But I am very stubborn and determined," Keane said. "Plus I got lucky, I was feeling good. So I was able to do it."

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Exercise is generally considered safe and beneficial during most healthy pregnancies. Experts recommend that pregnant women who were physically active before pregnancy or regularly engaged in vigorous aerobic exercise can continue those activities with approval from their doctor. There is limited research on intensive exercise beyond the recommended amount.

With the approval of her doctor, Keane flew to Australia in August to compete in the Sydney Marathon at 25 weeks pregnant, followed by Berlin at 29 weeks. She then completed the Chicago Marathon at 31 weeks in just under 4 hours and finished with the New York City Marathon at 34 weeks in 4:06.55.

Keane was more worried about the race in New York "because I was starting to look heavily pregnant and feel it too." But she had friends along the course while her husband appeared at multiple spots with water to keep her hydrated.

"The marathon passed a block away from Weill Cornell at mile 16, where I'm delivering, so there were plenty of jokes about just pulling off there to have the baby or testing the medical volunteers' training on the course with an unusual medical intervention of a delivery," she said.

Keane's determination was modeled for her at an early age by her father, John, an Irish immigrant who ran marathons in the 1980s and 1990s.

He died of cancer when she was 13, but continued to run in his final months, completing his final New York City Marathon one day before undergoing surgery to have a tumor removed, Keane said.

Years later, when Keane went to college, she was inspired to run a marathon in her dad's honor. That's when she caught the bug.

"I loved marathons from the beginning, because it really shows me what the human body is capable of, not only from a physical standpoint, but from a mental standpoint," she said. "I realized how much grit I have and how capable I am to overcome hard things."

Since then, running has become a constant in Keane's life. She says it helped her cope with the emotional toll of working as a nurse practitioner at Memorial Sloan Kettering Cancer Center in New York during the COVID-19 pandemic.

During the pandemic, feeling isolated and needing something to look forward to, Keane signed up for the World Marathon Challenge: Running 7 marathons on 7 different continents in just 7 days. She completed the challenge in 2023 and was the fastest woman to do so that year.

Now, with the World Majors in her rearview, Keane says she's taking time to reflect on the past 8 months. Just as she learned from her father's example, she hopes to pass the lessons running has taught her on to her son.

"I want to teach my son resilience and that he can do hard things," she said. "And that when life inevitably gets tough and throws challenges at him, he will push through them and see the other side of them, whether we elect to do them like a marathon or some things that are way beyond our control."

GARAGE SALE
WEST-Wesleyan Park Dr, 930
Indoor Estate Sale
Saturday 11/21 8AM-3PM
Sunday 11/22 10AM-2PM
(half-price day)
Cash, card, or Venmo
2 Full-size Tempurpedic Beds, rolltop desk, antique kitchen table & chairs, rockers, end tables, entertainment cabinet, framed art, lamps, home decor, bedding, kitchen items, garden items, filing cabinets, utility shelving, & tools

GARAGE SALE
EAST- COUNTRYSIDE DRIVE. 4607 OWENSBORO
THURS , FRI ,SAT,
NOVEMBER 19,20,21
7:00 AM-12:00 PM
HUGE GOLF, FISHING, TOOL, AND HUNTING SALE

GARAGE SALE
WEST- Wimbledon Ct, 2020
Looking for something beautiful and unique? You must come check out this sale in Fieldcrest which is packed with beautiful, fun, one-of-a-kind items and collectibles. The sale includes costume and fine jewelry (Including sterling, gold, Pandora, Brighton, Monet, and more.), beautiful, dark teal leather couch, 2 four poster beds, old walnut dresser, three-door dresser, nightstands, chest, oak cabinet, oak table, hitchcock chairs, bookcases, TV, Christmas china, silver plate flatware, Arthur Court pewter, vaseline glass, 2 Bear bows, fox quiver, Restoration Hardware table made from airplane wing, UK items, Kentucky and Derby items, rugs, Aladdin lamps, outdoor furniture, iron bench, wrought-iron furniture, dog knickknacks, fleur d e liis items, Christmas tree, Christmas ornaments, Worth ladies' clothing, fur jacket, designer purses, linens.
11/20/26 8am- 4pm
11/21/26 8am- 4pm
11/22/26 12pm- 4pm
A portion of the proceeds is donated to Spay-a-Stray to help area animals.
Please come by and "buy".

LEGAL NOTICE
NOTICE OF ZONING HEARING REGARDING 601 EAST 14TH STREET
A request has been filed with the Owensboro Metropolitan Board of Adjustment by Bryman, LLC for an Administrative Appeal to change from one non-conforming use to another, specifically regarding parking requirements for a professional office use.
The above proposal is to be considered at a meeting of the Owensboro Metropolitan Board of Adjustment on December 3, 2026 at 5:30 p.m. CST/6:30 p.m. EST in the 4th Floor Auditorium of City Hall, 101 E. 4th St., Owensboro, KY.
RUTH ANN MASON
SECRETARY
LEWIS JEAN
CHAIR

LEGAL NOTICE
NOTICE OF ZONING HEARING REGARDING 5671 HIGHWAY 54
A request has been filed with the Owensboro Metropolitan Board of Adjustment by Thomas Sorrels and Deborah Sorrels for a Conditional Use Permit in order to operate a mechanic shop as a home occupation from a detached accessory structure.
The above proposal is to be considered at a meeting of the Owensboro Metropolitan Board of Adjustment on December 3, 2026 at 5:30 p.m. CST/6:30 p.m. EST in the 4th Floor Auditorium of City Hall, 101 E. 4th St., Owensboro, KY.
RUTH ANN MASON
SECRETARY
LEWIS JEAN
CHAIR

LEGAL NOTICE
NOTICE OF ZONING HEARING REGARDING 2624 NEW HARTFORD ROAD
A request has been filed with the Owensboro Metropolitan Board of Adjustment by Rachel Isabell, ToastandJ, LLC and Jason Tanner Properties for a Conditional Use Permit in order to operate a childcare facility in a B-4 General Business zoning classification.
The above proposal is to be considered at a meeting of the Owensboro Metropolitan Board of Adjustment on December 3, 2026 at 5:30 p.m. CST/6:30 p.m. EST in the 4th Floor Auditorium of City Hall, 101 E. 4th St., Owensboro, KY.
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LEWIS JEAN
CHAIR

LEGAL NOTICE
Advertisement for Daviess County Schools Local Planning Committee Meeting and Public Forum
The Daviess County Public Schools' Local Planning Committee (LPC) will conduct a PUBLIC MEETING at 5:30 pm CDT (6:30 EST) on December 1 at the Daviess County Public Schools Central Office, 4801 Frederica St, Owensboro KY 42301. This is a meeting to develop a District Facilities Plan for Daviess County Public Schools. A Public forum will also be conducted with the LPC meeting. This meeting and future meetings will be informal gatherings to encourage local participation through community suggestions relative to future utilization of existing school facilities and construction of new school facilities. These community suggestions or recommendations will be closely monitored by the Local Planning Committee in the development of a proposed District Facility Plan for Daviess County Public Schools. The public is welcome and invited to this series of meetings.

Audubon Area COMMUNITY SERVICES
Director of Transportation (FT)
Will ensure that the mission and vision of the Audubon Area Community Services Green River Intra-County Transit System (GRITS) are communicated and translated into daily operations. Will ensure that program services comply with the Office of Transportation, Human Service Transportation Delivery, Medicaid, Federal Transportation Administration, and applicable state, federal and local laws and regulations. Will: establish collaborations and foster a positive program image through interaction with community stakeholders and organizations; develop, implement, and monitor the implementation of the program's strategic plan; and determine resource allocation of program funding, assets, and staff. Bachelor's degree in business administration, management, transportation or related field and five years of experience in fiscal and program management required.
Housing Services Director (FT)
Will ensure that the mission and vision of the Audubon Area Housing Services programs and related services are communicated and translated into daily operations. Will: coordinate, monitor, and evaluate the Weatherization program within federal and state guidelines; direct and coordinate all Audubon Area management and marketing activities related to the Department of Housing and Urban Development (HUD) and Kentucky Housing Corporation (KHC) for subsidized and insured properties under the Management Agreement; and serve as lead liaison with HUD, KHC and other housing regulators or grantors. Bachelor's degree in business management administration or related field and of five years of experience in fiscal and program management required. Must obtain tax credit specialist and occupancy specialist credentials within one year of employment.
Must enroll to become a Certified Community Action Professional within three years of employment and obtain the accreditation within the allotted three years. Apply on-line at: www.audubon-area.com or apply/submit resume to: Human Resources, Audubon Area Community Services, 1700 W 5th St, Owensboro, KY 42301 Fax 270-686-1796 Please include the job title when mailing or faxing your application/resume. Deadline to apply: November 29, 2026
Equal Opportunity Employer M/F/D/V — Drug Free Workplace