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Veterans Day

—continued from page 1
guest speaker for this
year's program.
Wreath Presentations
Two wreath presen-
tations will be made.
One will be led by the
Hancock County Fiscal
Court, and another by
Judy Gore, a member
of the Daughters of the
American Revolution,
Kentucky Yellow Banks
Chapter.
Patriotic Quilts
The New Chapel
Church Quilting Club
will present patriotic
quilts.
**HCHS Choir Perfor-
mance**
The Hancock Coun-
ty High School Choir,
led by Hancock County
Middle and High School
Choir Director Kenny
Basham, will perform
patriotic songs.
Awards

Barbara Spindel,
chair of the Hancock
County VFW Auxilia-
ry Youth Activities and
Scholarships, will pres-
ent the Patriot's Pen
Award to the Hancock
County Middle School
essay winner. Post Com-
mander Homer Newman
will present the Voice of
Democracy Award to the
Hancock County High
School student winner
for their recorded patri-
otic essay.
Food
Delicious food will
again be provided by Bill
& Dave's Smokin' Pit,
with desserts donated
by local churches.
**Raffle & Prize Win-
ners**
The raffle winner will
receive a Remington
870 shotgun. Addition-
al prizes will also be
awarded.
Closing Prayer
The closing prayer
will be led by Hawesville
Baptist Church Pastor,
Brother Kyle Page.

Here's what happens to your body when clocks 'fall back' by an hour

**By Lauran Neergaard
Associated Press**
Most of America
moved its clocks back on
Sunday as daylight sav-
ing time ended in the
U.S. at 2 a.m. local time.
Standard time will last
until March 8, when we
will again "spring for-
ward" with the return
of daylight saving time.
That spring time change
can be tough on your
body, but the fall change
should be easier to ad-
just to. Most countries
don't make time chang-
es. It's mostly in North
America and Europe.
In the U.S., Hawaii and
Arizona stick with stan-
dard time year-round.
There's a lot of grum-
bling about the twice-a-
year time changes. The
spring switch tends to
be harder, losing that
hour of sleep we alleged-
ly recover in the fall.
But many people also
mourn fall's end of day-
light saving time, when
days are already getting
shorter and moving the
clocks can mean less
daylight after school or
work for exercise or out-
door fun.
Some health groups,
including the Ameri-
can Medical Associ-
ation and American
Academy of Sleep Med-
icine, have long urged
adopting standard
time year-round.

New research from
Stanford University
agrees, finding that
switching back and forth
is the worst option for
our health. The study
showed sticking with ei-
ther time option would
be a bit healthier, but
they found permanent
standard time is slight-
ly better — because it
aligns more with the
sun and human biology,
what's called our circa-
dian rhythm.
"The best way to think
about it is as if the cen-
tral clock were like a
conductor of an orches-
tra and each of the or-
gans were a different
instrument," said Jamie
Zeitzer, who co-directs
Stanford's Center for
Sleep and Circadian
Sciences.
More light in the
morning and less at
night is key to keeping
that rhythm on schedule
— all the instruments
in sync. When the clock
is regularly disrupt-
ed by time changes or
other reasons, he said
each of the body's organ
systems, such as the
immune system, "just
works a little less well."
**Here's what to know
about the twice-year-
ly ritual:**
**How the body reacts
to light**
The brain has a mas-
ter clock that is set by

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LEGAL NOTICES

2025 PROPERTY TAX NOTICE

The 2025 Hancock County PROPERTY tax bills have
been mailed. The tax bills are now due and payable at
the Hancock County Sheriff's Office. Mailed payments
should include the bill so your account can properly
be credited. If receipt is needed please send a self
addressed stamped envelope. The collection dates
for tax year 2025 are as follows:

2% Discount

If paid by NOVEMBER 30, 2025

Face Amount

If paid by DECEMBER 31, 2025

5% Penalty

If paid by JANUARY 31, 2026

21% Penalty

If paid AFTER JANUARY 31, 2026

Please make checks payable to: Ralph D. Bozarth, Sheriff

**Please call or come by my office if you do not receive a tax bill or
have any questions ask for Kari.**

(270)927-6247.

P. O. Box 427 Hawesville, KY 42348

SHERIFF RALPH D. BOZARTH

NOTICE OF HANCOCK COUNTY SHERIFF'S 2023 PROPERTY TAX AUDIT REPORT

In accordance with KRS 91A.040, a copy of the complete Property tax Audit for 2023, including financial
statements and supplemental information is on file at the Sheriff's Office and available for public
inspection during normal business hours. Any citizen may obtain from the Sheriff's Office a copy of the
complete audit report including financial statements and supplemental information for their personal
use. Any citizen requesting a copy of the audit report will be charged for duplication costs at a rate that
shall not exceed twenty-five cents per page. The financial statement that is prepared in accordance with
KRS 424.220 is also available to the public at no cost at the Hancock County Sheriff's Department at 225
Main and Cross Street, Hawesville, KY 42348.

exposure to sunlight and
darkness. This circadian
rhythm is a roughly 24-
hour cycle that deter-
mines when we become
sleepy and when we're
more alert. The patterns
change with age, one
reason that early-to-rise
youngsters evolve into
hard-to-wake teens.
Morning light resets
the rhythm. By evening,
levels of a hormone
called melatonin be-
gin to surge, triggering
drowsiness. Too much
light in the evening —
whether from later time
outdoors during day-
light saving time or from
artificial light like com-
puter screens — delays
that surge and the cycle
gets out of sync.
And that circadi-
an clock affects more

than sleep, also in-
fluencing things like
heart rate, blood pres-
sure, stress hormones
and metabolism.
**How do time changes
affect sleep?**
Even an hour change
on the clock can throw
off sleep schedules be-
cause even though the
clocks change, work and
school start times stay
the same.
The spring change to
daylight saving time
can be a little rougher
as darker mornings and
lighter evenings make
it harder to fall asleep
on time. Those first few
days have been linked to
increases in car crashes
and even an uptick in
heart attacks.
Some people with sea-
sonal affective disorder,

a type of depression usu-
ally linked to the shorter
days and less sunlight of
fall and winter, may
struggle too.
Many people easily
adjust, like how they
recover from jet lag af-
ter traveling. But a time
change can add pres-
sure on shift workers
whose schedules already
are out of sync with the
sun, or those regularly
sleep-deprived for other
reasons.
About 1 in 3 U.S.
adults sleep less than
the recommended sev-
en-plus hours nightly,
and more than half of
U.S. teens don't get the
recommended eight-plus
hours on weeknights.
Chronic sleep depri-
vation is linked to heart
disease, cognitive de-

cline, obesity and nu-
merous other problems.
**How to prepare for
the time change**
In both fall and spring,
changing bedtimes by as
little as 15 minutes a
night in the days before
the change can help ease
into it.
But sunshine in the
morning is critical
to helping reset your
circadian rhythm for
healthful sleep. If you
can't get outdoors, sit
by windows.
**Will the U.S. ever
get rid of the time
change?**
In Congress, a bill
named the Sunshine
Protection Act, which
proposes making day-
light saving time per-
manent, has stalled in
recent years.