

COMMUNITY

EXTENSION NOTES

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Family and Consumer Science



University of Kentucky
College of Agriculture,
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Cooperative Extension Service

adult, consider these tips to reduce the financial stress associated with caring for an aging loved one.

Keep budgets separate

If you provide care for an older adult, it is important to keep their finances separate from yours if they plan to apply for assistance through government agencies. When applying for benefits, don't hide or transfer a loved one's assets to qualify, as this can have negative legal consequences. Use your loved one's resources to pay for their expenses and keep detailed records.

Explore assistance programs

Search for community and government assistance programs that can help with living or medical expenses, long-term care costs, meal delivery services, transportation to medical appointments and more. Additionally, research local free or low-cost senior programs, senior centers, adult day care options and caregiver support groups.

There are many useful state and national resources you can explore online:

- Medicaid at <https://www.medicaid.gov/>
- Medicare at <https://www.ssa.gov/medicare>
- Supplemental Security Income (SSI) at <https://www.ssa.gov/ssi>
- Senior Services at <https://www.hhs.gov/programs/social-services/programs-for-seniors/>
- Kentucky Department for Aging and Independent

Living at <https://www.chfs.ky.gov/agencies/dail/>
• National Aging in Place Council <https://ageinplace.org/>

Seek caregiver support

Dual caregiving can be exhausting. If you feel overwhelmed, remember you are not alone. Talking with a counselor, chaplain or friend can help. Also, consider meeting with a financial planner who specializes in eldercare. They can create a financial plan that balances everyone's needs. Caregivers may qualify for unpaid time off under the Family and Medical Leave Act (FMLA) (<https://bit.ly/DOLbenefitsFMLA>). FMLA allows qualifying employees to take up to 12 weeks of unpaid, job-protected leave per year to care for an immediate family member. Some employers offer paid eldercare leave options; they may permit you to use sick days or personal leave to care for loved ones, or they might offer shared leave banks for caregiving needs. For more information about available eldercare and caregiving resources and support, contact the Rowan County Extension office. Source: Nichole Huff, assistant Extension professor, family finance and resource management

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Morehead Police Department Secures Over \$100,000 in Life-Saving Protective Gear Through State Grant



Kentucky Attorney General's Body Armor Grant Program equips officers with ballistic shields, helmets, and armor to enhance safety during critical incidents

The Morehead Police Department is proud to announce the receipt of critical protective equipment through the Kentucky Attorney General's Body Armor Grant Program. This grant has provided the department with:

- 2 ballistic shields
- 22 ballistic helmets
- 44 Level III plate systems
- Numerous soft armor vests

The total value of these items exceeds \$100,000, significantly enhancing officer safety during high-risk situations. Each ballistic helmet and vest plate was custom fitted to ensure maximum protection and comfort.

MPD Captain Josh Ison expressed gratitude for the support: "This equipment is a game-changer for our

department. It ensures that our officers are better protected and prepared to serve the community when it matters most. We deeply appreciate the Kentucky Attorney General's Office for their commitment to law enforcement across the Commonwealth."

This grant opportunity was discovered during a law enforcement conference earlier this year, where connections were made, and valuable information was shared. By securing this funding, the department has saved substantial costs for the city while improving officer safety.

Ribbon cutting cont. from pg. 10

merce for welcoming us with open arms and celebrating this milestone with us yesterday. We also want to give a heartfelt thank you to our families, our friends, and our incredible team. Their support, late nights, hard work, and belief in this vision are the reason this dream became a reality. We truly couldn't have done this without them. Most of all, we are grateful to God for not only opening this door, but for pushing us through it. This journey has been full of purpose, prayer, and perseverance — and we're just getting started.

Thank you to everyone who has supported us along the way. We can't wait to serve the Morehead community with compassion, healing, and heart. Thank you for all the support. Morehead... we're just getting started!"

Carter Healthcare is here to support your health and wellness, close to home. Scheduling is now open! Call (606) 225-4443. Learn more at <https://carterhealth-careky.com> or call 606-462-3100.

Help us welcome Carter Healthcare to Morehead! *Photos courtesy of Morehead-Rowan County Chamber of Commerce, Inc. Facebook page*

Bath County Fire Taxing District will be accepting bids on the following surplus equipment.

1983 Duplex Pumper Fire Truck, Equipped with 1000G Tank, 1500 GPM 2 Stage pump with current pump test.

Bids accepted through December 10, 2025. Mail bids to: Bath County Fire Taxing District, P.O. Box 1444, Owingsville, Ky 40360. Contact Ike France at 859-473-0968 with questions for to inspect truck.

Published in the Carlisle Mercury, Flemingsburg Gazette, Rowan County News and Bath County News-Outlook in the 11.19, 11.20, 11.26 and 11.27.25 editions.

PUBLIC NOTICE

UNITED STATES OF AMERICA FEDERAL ENERGY REGULATORY COMMISSION COLUMBIA GULF TRANSMISSION LLC, DOCKET NO. CP26-25-000

Columbia Gulf Transmission, LLC ("Columbia Gulf") has submitted an application to the Federal Energy Regulatory Commission ("FERC" or "Commission") under Docket No. CP26-25-000, requesting authorization to construct, own, and operate the Maysville Project ("Project") in Rowan, Fleming, and Mason Counties, Kentucky.

About Columbia Gulf Transmission, LLC:

Columbia Gulf is a limited liability company organized and existing under the laws of the State of Delaware with its principal place of business located at 700 Louisiana Street, Suite 1300, Houston, Texas 77002-2700. Columbia Gulf is a "natural-gas company" as defined under the NGA, engaged primarily in the business of transporting natural gas and operating underground storage fields in interstate commerce under authorizations granted by and subject to the jurisdiction of the Commission. Columbia Gulf is authorized to do business in the states of Delaware, Kentucky, Louisiana, Mississippi, Tennessee, Texas, West Virginia and Wyoming.

Purpose of the Maysville Project:

The proposed Project involves the construction of approximately 42 miles of a 30-inch diameter pipeline, one new point of delivery and associated facilities. Once completed, the Project will help to ensure a reliable and cost-effective energy supply for Kentucky. In addition, the Project will enhance voltage support for the regional electric grid, improving system stability and resilience during extreme weather events and strengthening reliability for local communities and businesses. Construction for the Project is expected to begin in 2027 with a proposed in-service for Q1 2029.

Project map:

A map indicating the general location of the Project is shown to the right.

Additional information:

A copy of the application Columbia Gulf filed with FERC is available at:

- Rowan County Public Library: 175 Beacon Hill Road, Morehead, Kentucky
- Fleming County Public Library: 202 Bypass Blvd., Flemingsburg, Kentucky
- Mason County Public Library: 218 East Third Street, Maysville, Kentucky
- The application is also accessible via FERC's website. Go to www.ferc.gov, click on eLibrary at the top right and perform a search using Docket No. CP26-25-000.

A separate notice will be mailed to affected landowners and governmental entities. Should your property be directly affected by the Project, a representative of Columbia Gulf will continue communication with you in the near future to discuss in greater detail. If you have questions, please contact Aaron Rohlfing at Columbia Gulf's toll-free number: 1-832-320-5000. A copy of the Commission's most recent landowner pamphlet entitled "An Interstate Natural Gas Facility on My Land? What Do I Need to Know?" can be viewed at the Commission's website at www.ferc.gov and the Commission's Office of External Affairs can be contacted at 1-866-208-3372.

