

RULES

FROM PAGE B4

as I think I am.

The next thing about sleep is getting up in the morning. It is funny that I can be awake just about all night and then fall into a sleep that lasts several hours by 4 o'clock in the morning. I know I should have an alarm clock to get me up, but what do I need to get up for?

The only reason to get up in the morning is for breakfast. I can't think of anything else to schedule my early rising from La-la land.

The Gracious Mistress of the Parsonage needs to get up when the great-grandchild comes for the day. She babysits for the granddaughter throughout the week, so she has a reason to get up at a certain time.

When I am on the other side of the bed, I do not have any reason to get up at a certain time in the morning. When I get out, I get up.

Sometimes, I wake up around 5 o'clock and enjoy the silence in our neighborhood. I think I should be getting up very soon, but then I fall back into such a sound sleep that I don't get awake until 7:30. I wake up, look at my clock, and wonder where in the world the time went. I stare at the clock and wonder how in the world I could have slept for 9 1/2 hours. That doesn't seem

possible at all. And yet it happens more than I like to admit.

The question I have is, how much sleep is too much? What is the right amount of sleep for a person my age?

Another aspect of this sleep problem is that I usually nap in the afternoon. I think I sleep more than I'm awake, which may be suitable for the people around me.

In all of my considerations about this, I must confess that I really enjoy sleeping. I'm not sure of any activity I enjoy more than this.

Thinking about this, I was reminded of what David said. "It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep." (Psalms 127:2).

Sleeping is a blessing from God.

Dr. James L. Snyder lives in Ocala, FL with the Gracious Mistress of the Parsonage; 352-216-3025, jamesnyder51@gmail.com, www.jamesnyderministries.com.

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Senior center earns veteran friendly certification

Initiative gives senior centers more direct access to help veterans

BY SCOTT HAGERMAN
MESSENGER-INQUIRER

The Senior Community Center of Owensboro-Daviess County has been certified as a Veteran Friendly Senior Center.

The certification designates the center as an environment where veterans are recognized and appreciated and reflects the senior cen-



David Tucker

ter's dedication to supporting veterans and their families, strengthening its role as welcoming and being a resource-rich space for veterans residing in Owensboro-Daviess County.

"We had not heard it was an option until the state rolled out its new

program through the Kentucky Department of Veterans Affairs, and they offered the training through the GRADD office for all senior centers in the GHRADD district to be certified," said David Tucker, executive director of the senior center. "Really what it does is it streamlines our contacts in Frankfort for veteran resources. We have staff members there in Frankfort who work with the Kentucky Department of

Veteran Affairs that we now have their direct contacts."

As a certified Veteran

SEE SENIOR/PAGE B6

NOTICE OF PUBLIC HEARING

The Public Service Commission of Kentucky issued an order on January 21, 2025, scheduling a hearing to be held on May 13, 2025, at 9 a.m., Eastern Daylight Time, in the Richard Raff Hearing Room at the offices of the Public Service Commission located at 211 Sower Boulevard in Frankfort, Kentucky, for Case No. 2024-00326. This is an examination of the Electronic 2024 Joint Integrated Resource Plan of Louisville Gas and Electric Company and Kentucky Utilities Company.

This hearing will be streamed live and may be viewed on the PSC website, psc.ky.gov.

Public comments may be made at the beginning of the hearing. Those wishing to make oral public comments may do so by following the instructions listed on the PSC website, psc.ky.gov.

Louisville Gas and Electric Company and Kentucky Utilities Company
2701 Eastpoint Parkway
Louisville, Kentucky 40223

LEGAL NOTICE

PUBLIC NOTICE

The following Estate has been probated in the McLean District Court:

ESTATE OF:
BETTY SUE BASHAM, deceased

Shirley Vaught
5151 State Route 85 W.
Centertown, KY 42328,
Executrix

Kurtis M. Sunset
Sunset Elder Law
2806 New Hartford Road
Owensboro, KY 42303,
Attorney

Persons having claims against said estate should present same, verified according to law, to the personal representative no later than six (6) months from date of appointment.

Taylor Skaggs, Clerk
McLean District/Circuit Courts

McLEAN COUNTY NEWS

CLASSIFIED DEADLINE

MONDAY 3:00 P.M.

Contact Customer Service at
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csr@mcleannews.com

Monday-Friday 7AM-3PM

Holidays advance deadlines 24 hours.

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PUBLIC NOTICE

BUDGET HEARING REGARDING PROPOSE USE OF COUNTY ROAD AID AND LOCAL GOVERNMENT ECONOMIC ASSISTANCE (LGEA FUNDS)

A public hearing will be held by McLean County Fiscal Court at the courthouse on May 8th at 8:30 am for the purpose of obtaining citizens comments regarding the possible uses of the County Road Aid (CRA) and Local Government Economic Assistance (LEGA) Funds.

All interested persons in McLean County are invited to the hearing to submit verbal or written comments on possible uses of the CRA and LGEA Funds. Any person(s) who cannot submit written comments or attend the public hearing but wish to submit comments, should call the Office of the County Judge/Executive at (270) 273-3213 by May 7th so the arrangements can be made to secure their comments.

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McLEAN COUNTY NEWS

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GLENDALE, KY. - Victory Life Fellowship is looking for Donations of working appliances. Call 270-763-7956

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