



**Sports | 2B**  
Lady Dragons bring home holiday tourney trophy

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New Year's Resolutions, health and wellness

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# Greensburg *Record-Herald*



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## FINAL FOUR



Photo submitted

The Green County Middle School Boys' 6th Grade Basketball Team is heading to the final four in the state tournament, set for February 14. The team went 5-0 over the weekend and is now 22-0 this season. They are ranked number one in the state and will play Owensboro, while South Laurel will play Echo Trail. Let's go, Dragons!

## Possible First Baby of 2026!

The *Record-Herald* has received word of a possible first baby of the year in Green County! The First Baby Contest began Jan. 1 at midnight.

The possible winner was born January 3 at 9:56 a.m.

If you know of a Green County family that welcomed a new baby prior to January 3, 2026, please let us

know by Friday, January 9 at 12 p.m. by calling 270-932-4381 with the name of the baby and parents, the date, time and the name of the hospital at which they were born.

The Diaper Derby contest winning baby and parents will receive gifts from area merchants, all of which are featured in last week's R-H.

## Ten doctor-recommended resolutions for a healthier 2026

BY STATEPOINT

With a new year underway, the American Medical Association is offering 10 evidence-based tips for staying healthy in 2026 and beyond:

**Get health screenings:** Schedule preventive visits, tests and screenings so your physician can catch conditions before they become more serious.

**Manage stress:** Mental health is part of overall health. Techniques such as meditation, deep breathing and yoga can help reduce stress. Ask for help from a mental health professional when you need it.

**Be physically active:** Start the year off by prioritizing physical activity. Strive for at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity activity each week. If you have a sedentary lifestyle or primarily sit for long stretches at work, build in frequent breaks to stretch and move throughout your day.

**Follow a healthy diet:** Drink water instead of sugar-sweetened beverages and eat nutritious, whole foods, including fruits, vegetables, whole grains, nuts and seeds, low-fat dairy products and lean proteins. Avoid unhealthy ultra-processed foods,

especially those with high levels of added sodium, saturated fats and sugar. Drinking sugary beverages, even 100% fruit juice, is associated with a higher mortality risk, according to a study published in JAMA Network Open.

**Stay hydrated:** Drink plenty of water or other beverages composed mostly of water, such as milk or herbal tea, to avoid dehydration and to keep your body functioning properly. Even mild dehydration can drain your energy and make you tired. Adult men should get about 15.5 cups of fluids a day, and women should get 11.5 cups, according to the National Academies of Sciences, Engineering, and Medicine.

**Get plenty of good sleep:** To maintain your health and emotional well-being, most adults need 7 to 9 hours of quality sleep. Rest helps boost immunity and improve mental clarity.

**Update vaccinations:** Vaccinations remain the best defense against flu and other serious respiratory viruses. Since significant flu activity can stretch into May, it's not too late to get a flu shot. The AMA recommends vaccination as long as the threat of flu remains.

See Health, page 3A

## 2026 Kentucky Session begins Senator David Givens excited about busy legislative session

DALE CURRY  
STAFF WRITER



Senator David Givens

The 2026 Kentucky legislative session began yesterday, January 6, in Frankfort and Green County's David Givens is once again ready to go to work.

Givens represents the 9th District in the Senate which consists of Allen, Barren, Green, Metcalfe, Monroe and Simpson counties.

"It is certainly an honor to serve in the General Assembly and have an opportunity to represent the people of the 9th District and then for my colleagues to elect me to the role of President pro tempore of the Senate is an honor as well," Givens said.

He is optimistic about the upcoming session.

"It's going to be a really good session," Givens said. "We will have the typical pressures of a budget session."

Givens also knows that an abundance of potential legislation will come before the Senate as they move through what he says could be as many as 1,000 items filed.

"Typically, about 20% of those make it through the process," Givens said.

He explained that they will not be dealing with 1,000 different issues but will

instead be having conversations around many different versions of similar issues.

Because this is a budget year, a great deal of their time will be focused on the financial health of the commonwealth.

"When I started serving in the Senate in 2009, the budget was around ten billion dollars," Givens said. "Now we are at 15 billion dollars and that does not include the federal money that flows through the state budget which is another 25 billion dollars or so."

Givens, who says he finds the budget process fascinating, gets to be involved in helping to make policies that ensure taxpayers' money is spent wisely.

"We have been fortunate in the last ten years to have had the chance to work with a Republican majority in the House and it has given us the

chance to do some really sound budgeting for the citizens of the Commonwealth," Givens said. "In those last ten years we have moved from basically a rainy-day fund that has zero dollars in it to one with 3.5 billion dollars in it now. It is the healthiest rainy-day fund we've had in the history of the Commonwealth."

Givens went on to say that the pension liabilities have been paid down. He said that even though the fund is not where it needs to be, it is headed to where the fund should be.

"We've moved from below a 20% funding level to almost a 30% funding level and are on a path to have the liability paid off by the year 2050," Givens said. "I'm super excited about being able to achieve that."

Givens said that Kentucky is not in a financial bind currently and that makes the budgeting process a little easier but at the same time presents some challenges because there are several well-intentioned special interest groups who know that the legislature has some money to invest in projects.

He also pointed out that the legislature has lowered the personal income tax level

from 6% in 2015 to just 3.5% starting in 2026.

Givens said that all the financial information indicates that Kentucky is on an "exciting trajectory."

Givens, who is once again serving as President pro tempore of the Kentucky Senate, has served in that position since the 2019 session.

The legislators will be in Frankfort for 60 working days as they deal with all the proposed legislation.

"We have continued challenges in the Jefferson County Public Schools and the Fayette Public Schools," Givens said. "JCPS has continued low performance levels and then there's the financial mismanagement in Fayette County. We will have legislation addressing both of those concerns."

Givens also said that there has already been lots of conversation about what they can or cannot achieve around the issue of driver's licenses.

"We're trying to find a way to get the executive branch to expedite the issuance of driver's licenses, to make it a little more flexible for folks," Givens said.

Givens understands that there will be a broad array of legislation that comes before the assembly this year.

See Givens, page 3A



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