

Comfort

From page 1A

CeCe loves to shop for the stuffed animals, but her favorite is gifting them.

"Delivering them is the very best part," she said. "I love to see the smiles on everyone's faces."

Her personal goal is to donate 1,000 animals, but of course, she would love to surpass that.

CeCe, the daughter of Dr. Shane and Tiffany DeSimone, is a fifth grade student at KCA and is actively involved in Green County youth athletic programs.

Her parents are beyond proud of their daughter and her compassion for others.

"I'm super proud of her servant's heart," Mom said.

If interested in contributing to her mission, monetary donations to purchase new stuffed animals can be made. Please email news2@record-herald.com for information.



CeCe DeSimone recently collected and donated 137 stuffed animals to Taylor Regional Hospital.



Hello! My name is CeCe. I have had 2 nasal surgeries as a kid, and each time I received a stuffed animal. It meant so much to me, and I wanted to give back. CeCe's Cuddly Comfort was created to give children who undergo surgery a stuffed animal. Enjoy and remember that Jesus loves you!



CeCe attaches the above card to each stuffed animal donated with a special note of encouragement and the reminder that, "Jesus loves you."

Don't forget to turn clocks ahead; tips to maintain good sleep habits

MELISSA PATRICK
KY HEALTH NEWS

It's almost time to "spring forward" one hour into daylight saving time, which can take some adjusting to with the loss of an hour of sleep.

Daylightsavingtime begins Sunday, March 8, at 2 a.m. local time. Sleep expert Dr. Sudha Tallavajhula, with the University of Texas Health Science Center at Houston, says in a UTHouston news release that while most people are able to handle the time change, it can be especially challenging for those who struggle to fall asleep.

Here are some of Tallavajhula's tips to adjust to the change:

If possible, move back your natural sleep schedule by 15 minutes each day in the week leading up to daylight saving time. Even practicing this tip two to three days before the time change can be beneficial.

The best solution is to wake up 15 minutes earlier every day and gain exposure to daylight. Sunlight is the most effective gatekeeper for our circadian rhythms.

Abuse

From page 5A

Dunk said many states have implemented comparable training requirements, while Seyfred added that others are watching Kentucky's approach closely.

"There are also a lot of states who have not adopted this but are showing lots of interest in the effectiveness as well as how we are going to implement it," Seyfred said.

Several lawmakers also praised Dunk for her advocacy and work bringing attention to the issue at a young age. House Bill 246 passed 19-0 and now moves to the full House for consideration.

Asked how much sleep adults and children need, Tallavajhula said, "The expert consensus is that most adults need about 7-9 hours of sleep. In children, there is variation depending on age. Teenagers may need 8-10 hours, younger school-age children 9-12 hours, and preschoolers 10-13 hours."

The American Academy of Sleep Medicine also suggests that people adjust their other daily routines, such as mealtimes, to match their new schedule before the time change and to set their clocks to the new time change on Saturday

evening, and go to bed at their normal time.

Further, AASM has taken a position that daylight saving time should be eliminated because it doesn't align with humans' internal circadian rhythms and is associated with a long list of negative health impacts, including a surge of heart attacks, strokes and car crashes, to name a few.

AASM adds that surveys show that the majority of U.S. adults support the elimination of seasonal time changes in favor of a national, fixed, year-round time.

Federal law allows individual states to exempt themselves from

observing daylight saving time, and Kentucky has a bill to do that. However, House Bill 368, sponsored by Rep. Steven Doan, R-Erlanger, has not yet been heard by its assigned House State Government Committee.

Clarification of Fiscal Court news

In the recent reporting regarding the February 19, 2026, Fiscal Court Meeting, it was stated that the Fiscal Court voted to "increase pay to \$300 per month for Green-Taylor Water District Board Members, retroactive beginning September 1, 1998."

This action by the Green County Fiscal Court is only a matter of clarifying the actions from September 1998. It is not an increase in pay for GTW Board Members. Their pay has not increased since September 1998 and they are not receiving any back pay.

ACCIDENT?

Before



After



CALL 465-6944

We'll get your car looking like new again.

- Affordable • Professional
- Precise Paint Matching
- Insurance Estimates
- Frame Repair

Osborne Body Shop

Serving Central Kentucky since 1970

2420 New Columbia Hwy.
Campbellsville - 465-6944

Jerry Osborne
7:00-5:00 ET Monday-Friday

TAYLOR COUNTY TIRE

Your one stop shop for
Tires, Brake Service and Oil Changes



TOYO TIRES



"Performance when it's wanted, Safety when it's needed"



"Designed for Your Journey"



CASE Knife hound dog greeter



Choose from these, and many other styles of Lacrosse and Danner.

1636 New Columbia Road, Campbellsville
Hours: Mon. - Fri. 7:30 a.m. - 4:30 p.m.

Find us on

270-465-8176