



APPRECIATING FIRST RESPONDERS

SUBMITTED PHOTO
The Boyd County Fiscal Court recognized several community first responders during Tuesday's monthly meeting in Catlettsburg.

Ky. Dept. of Fish and Wildlife Resources hiring game wardens

SUBMITTED CONTENT

FRANKFORT The Kentucky Department of Fish and Wildlife Resources is currently accepting applications to fill game warden positions in multiple counties, including Greenup. Applications will be accepted through May 5, 2025. Applicants must be 21 years old and possess a valid driver's license. The online application must be completed to be considered. To apply, visit the Game Warden Recruit posting at personnel.ky.gov. Those who meet initial

screening criteria must next pass a physical fitness test, swimming test, oral interview, psychological and drug screen, polygraph, background review and medical evaluation to be considered for selection. Applicants should frequently check their email, including junk mail folders, after the job posting closes. An initial email to applicants will include important, time-sensitive information, and recipients will be required to respond by a specific date. Applicants will also be notified

via email regarding the physical fitness and swim test scheduling. Selected applicants not already Peace Officer Professional Standards (POPS) certified will undergo 20 weeks of basic training at the Department of Criminal Justice Training in Richmond. In addition to basic training, all selected applicants undergo another 14 weeks of training in the Kentucky Fish and Wildlife Academy before being placed with a field training officer for a final 12 weeks of on-the-job training.

Kentucky's game wardens are sworn law enforcement officers with statewide jurisdiction who enforce all laws of the commonwealth. Their primary mission is to enforce hunting, fishing and boating laws to help conserve Kentucky's fish and wildlife resources for present and future generations and to ensure public safety for the state and its waterways for all to enjoy. New game wardens are expected to be assigned to the following counties upon completion of this year's academy: Allen, Boyle, Brack-

en, Breckinridge, Butler, Caldwell, Casey, Christian, Cumberland, Fayette, Greenup, Harrison, Henderson, Henry, Jackson, Jefferson, Kenton, Laurel, Lincoln, Livingston, Lyon, Muhlenberg, Mason, Ohio, Pulaski, Russell, Trigg, Union, Webster and Wayne. Fish, wildlife or boating violations can be reported to Kentucky Fish and Wildlife by calling 1-800-25-ALERT. In an emergency, or when there is an urgent need for law enforcement, calling 9-1-1 remains the best course of action.

Staying engaged while you age protects your brain

LEXINGTON Our lives are made up of one experience after the next, building and refining neural connections in our brain. Neural connections are like interconnecting highways in which cars represent messages from one area of the brain to another. These connections rapidly develop in early childhood, but the brain continues to grow and

refine these connections throughout our lives, even into older adulthood. This is referred to as neuroplasticity. Enriching experiences — such as traveling, socializing, education, and exercise — are particularly impactful for the brain. By stimu-



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lating the brain through enriched environments and engagement, neural connections are forged, and science has shown that engagement can be protective for brain health. Another principle, called cognitive reserve, is the building of the infrastructure throughout the brain over your life, almost like thousands of layers of scaffolding made up of neural connections. In addition to enriched engagement throughout the lifespan, it's critical to continue engagement into old age. Some older

adults may see a natural subtle decline in activities, outings, social engagements, etc., perhaps spending increased time sitting and/or alone. However, health associations, such as the American Neurology Association and the American Heart Association, strongly urge older adults to remain engaged and active physically, socially and cognitively. Research has shown that certain types of engagement can be especially beneficial for brain health and longevity. Four types of en-

gagement to emphasize include socialization, physical activity, cognitive stimulation, and proper nutrition. **Social engagement** When we consider neural connections, our everyday thoughts will stimulate typical thinking patterns that we use throughout the day. Yet, when we engage with someone else or a group of people, our brain is forced to consider others' opinions and ideas. We are tasked with communication, both understanding and sharing. Additionally, being around others releases endorphins, the 'feel good' chemicals in our brain. Socializing has been shown to reduce depression and stress and increase feelings of happiness and safety. **Physical activity** Our brain is filled with tiny blood vessels that allow oxygen and nutrients to continuously fuel the brain. Physical activity strengthens the brain's blood vessels, increases oxygen, and promotes improved function throughout your body. Older adults are recommended to engage in 150 minutes per week (30 minutes, five days per week) of moderate-intensity physical activity. Physical activity can be sought

through dancing, cleaning, walking, mowing — anything that moves your body and gets your heart pumping a little bit faster. **Cognitive stimulation** Similar to socialization, cognitively stimulating activities force the neural connections to move in directions beyond typical daily thinking. New experiences are the most beneficial for brain health. Working challenging puzzles and games, engaging in crafts, listening to something new, or learning new talents are all protective for brain health. Doing the same thing every day, repeatedly, takes away the "newness," so rotate your activities to keep things exciting. **Proper nutrition** The foods we eat fuel and power our brain. Ensuring adequate and proper nutrition can improve your brain health. In fact, the MIND diet, a combination of the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets, has been shown to reduce your risks of developing dementia. Reducing salts and sugars can dramatically impact your overall brain health and prolong function. We've reviewed numerous key principles in brain health, such as neural connections, neuroplasticity and cognitive reserve. These principles culminate into brain health through engagement. The number one take-away is that enriched environments and engagement protect your brain, so stay engaged as you age!

PUBLIC NOTICES

PUBLIC NOTICE

On April 8, 2025 The Boyd County Fiscal Court passed Ordinance 2025-01. An Ordinance relating to the establishment and enforcement of property maintenance, abatement of public nuisances, health hazards, and sources of filth within the unincorporated areas of Boyd County and repealing all prior existing similar or conflicting ordinances. A copy of the Ordinance in its entirety is available for viewing in the County Judge Executive's Office during normal business hours.

Published: April 10, 2025

ADVERTISEMENT FOR BOYD COUNTY PUBLIC SCHOOLS LOCAL PLANNING COMMITTEE MEETING

The Boyd County Public Schools' Local Planning Committee will conduct a meeting on April 15th, 2025, at 6:00 p.m., at the Boyd County High School Media Center, 14375 Lions Lane, Ashland, KY 41102. This meeting is an orientation meeting for the committee and is one of a series of meetings to develop a District Facilities Plan for the Boyd County Public Schools. The public is invited. Published: April 10, 2025

NOTICE OF VACANT RUSSELL INDEPENDENT BOARD OF EDUCATION SEAT

The Russell Independent Board of Education ("Board") is seeking applications for appointment to fill a vacancy on the Board the District at large. This appointment will be effective until the November 2026 Regular Election.

Responsibilities include: setting policy to govern the District; hiring/evaluating the Superintendent; and levying taxes and adopting the District budget. Board members must:

- Be at least 24 years old and a Kentucky citizen for the last three years;
- Be a registered voter in the particular District of the vacancy;
- Have completed the 12th grade or have a GED certificate;
- Meet all other legal qualifications (KRS 160.180); and
- Complete required annual in-service training.

Applications are available at Russell Independent Board of Education Office or online at www.russellind.kyschools.us. Mail applications to: Superintendent, ATTN: Board Vacancy, 908 Powell Lane, Flatwoods, KY 41139. Applications for this vacancy must be received on or before April 10, 2025. Published: March 28, 29, 31 and April 2, 3, 4, 5, 7, 9 & 10, 2025

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