

Perimenopause: The brain fog is real: What you should know

SOURCE: Amy Kostelic, PhD Associate Extension Professor for Adult Development and Aging

Ever forget a word mid-sentence or walk into a room and wonder why you are there? You are not alone! Many women going through perimenopause experience "brain fog." It can make work, relationships, and daily life harder. Some women feel anxious, frustrated, or worried about their memory.

ing about things you cannot control.

- Talk to your doctor: Share your symptoms and ask about options.

Perimenopause is a natural part of life. When you know what to expect and practice healthy habits, you can feel more like yourself again.



LYNNETTE ALLEN

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WHAT IS PERIMENOPAUSE?

Perimenopause is the time before menopause when your body starts changing. It can happen in your 30s, 40s, or 50s and lasts for different lengths of time. Common symptoms include:

- Changes in menstrual cycle
- Trouble sleeping
- Mood swings
- Hot flashes
- Night sweats
- Weight gain
- Vaginal dryness
- Changes in sexual function, including arousal and desire
- Bladder problems
- Bone loss
- Changing cholesterol levels
- Brain fog and forgetfulness

Brain fog feels like your mind is moving in slow motion. You might feel distracted, have trouble focusing, or worry about memory. Even after sleeping, you may still feel tired. These changes are normal but can be stressful. While these changes are a normal part of the hormonal shifts during perimenopause, but they can be unsettling. Perimenopausal women with brain fog may feel as if they are no longer themselves.

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TIPS TO CLEAR THE FOG

- Eat for brain health: Choose foods like salmon, nuts, berries, and leafy greens (full of omega-3s, antioxidants, and vitamin B12).
- Drink water: Aim for 8 glasses a day.
- Move your body: Try 150 minutes of moderate activity each week.
- Sleep well: Make your bedroom calm and avoid screens before bed.
- Challenge your brain: Do puzzles, read, or learn something new.
- Manage stress: Practice mindfulness or journaling and avoid worry-

Board approves revised '25-'26 school year calendar

BY THE HERALD-NEWS

The Breckinridge County School Board approved the revised 2025-2026 school year calendar at its meeting on Feb. 4.

The revised calendar has been updated to reflect days missed, NTI days assigned, and students' attending school on Feb. 13 and 16 to make up days.

It also shows that the current last day of school for students is May 19, 2026.

In other business, the school board:

- *Approved a new five-year contract with Brandenburg

Telecom for Internet services. The same services for the same price will be provided in this agreement. The agreement has the option to extend by one year for up to three times.

- *Approved bids for the Breckinridge County Middle School (BCMS) project, which advances the project forward. Part of the project involves a new athletic stadium due to location of the new middle school being located on the current football field. Officials hoped to approve bids for the Breckinridge County Area Technology Center

(BCATC) project at the Feb. 18 board meeting.

- *Selected Insulated Roofing Contractors to take care of the roof for the BCMS project. This is the same company that will be doing the roof work for the upcoming BCATC project.

- *Selected the Motz Group to take care of turf needs for the new football field and softball infield as a part of the project. This is the same company that installed the infield turf for the baseball field a few years ago.

- *Heard from Chief Financial Officer Kevin

Coomes, who reviewed the plan for traffic once construction starts on the BCMS campus. Officials said the plan will need some changes as the district begins in a few weeks.

- *Approved a series of 2026 bonds. Bids approved for the project were a total of \$53,628,468.99. Bonding for the project will be a total of \$49,730,000. This project is being supported by two State Offers of Assistance. One is nearly \$14.7 million dollars (2022 State Budget), and the other is just over \$8 million dollars (2024 State Budget).

Fireflies and photographs

We have some dear friends in California,

who are also my wife's cousins and their families, who have never seen "lightning bugs," or you could say fireflies. One of them, her name is Diane, was particularly interested, so I took out my phone camera to the back yard one evening to get a movie or a



DALE DEPOYSTER

picture. One thing I learned very quickly was fireflies are not cooperative; they would not hold still! The attempt to photograph them failed, and I was unable to send the picture to a firefly-less California. I guess God didn't want some of His cherished prized possessions photographed that evening.

On the topic of photographs, I

ran across a picture we took in church the other day. It was some of the family who had come to Mass, and it seemed like a good opportunity to take a picture. It was really nice to see us together, and I noticed the two moms in the picture both had their hand on one of their son's shoulders. I suppose we, like God, have our prized possessions also. God bless you all! Jesus, Mary, Saint Joseph. dale54@live.com

FISCAL

FROM PAGE A1

Lucas said he believes the audit can be stopped with a phone call, and no work had begun on it as of Monday.

"I will assure you, and I can say this because I am in the position that I'm in now, you will have your audit paperwork this year on time, whether we've got all our numbers together or not," said Woosley.

6th District Magistrate Charles "Brandon" Henning said his "biggest hold-up" was that Lucas had not shared he had been in contact with McDaniels Fire & Rescue during the numerous times the court had discussed the issue.

"Well, I didn't think it was a big deal," Lucas said. "Every one of the fire departments are sometimes late."

"A deadline's a deadline, and, if they made prior arrangements with you, I felt like you should have shared that with us, and then we'd have been having a totally different conversation," said Henning to Lucas. "Well, we wouldn't even be having this conversation."

"We wouldn't be having a conversation, period," said Woosley in agreement.

Woosley then asked if the audit of McDaniels Fire & Rescue could be dropped "and stop this wasteful spending that it's going to cost. It's not McDaniels' money, it's the taxpayers' money ..."

Woosley said money that could be used to update a truck or purchase a set of gear, one of which costs about \$6,000, would be "wasted" on an audit.

"I've got four firefighters right now that he didn't have updated gear," he said.

1st District Magistrate Jeremy Armstrong asked why, if the department receives state aid, are four McDaniels firefighters using outdated gear.

Woosley said the department receives \$11,000 in state aid annually, which covers one and a half sets of turnout gear. The department purchases new gear each year, but there are 28 firefighters on McDaniels Fire & Rescue.

"But you get \$176,000 a year on fire dues and you get \$11,000 on state aid ... and you can't buy five sets of gear a year?" Armstrong said.

"We are buying five sets of gear a year, Jeremy," Woosley said.

"You've got four firefighters over there with outdated gear," Armstrong said. "Why?"

Woosley said because the department is waiting for new

gear to come in, and it did not have enough money to ensure all firefighters had up-to-date gear due to the \$15,000 ladder truck repair.

2nd District Magistrate Shane Beavin said he believes the audit is about transparency and shows where the department's money is going. He also noted that the county's fire dues ordinance permits the fiscal court to audit any fire department receiving dues at any time for any reason.

Beavin also said the fiscal court has commissioned the audit because, for several years, McDaniels Fire & Rescue's financials have not been turned in on time.

"It's about transparency," said Beavin.

Anthony-Arnes noted that, when the fire dues ordinance was passed, the county's fire departments agreed that they could be audited at any time for half the cost.

"I mean, it's explicitly stated in the ordinance," she said.

3rd District Magistrate Gary Greenwell also noted that the ordinance requires seven items from county fire departments each year, and McDaniels Fire & Rescue did not turn in several of them, including financial statements for the previous three years, a copy of the department's bylaws, the current year roster of firefighters, and the previous

year's training records.

Henning said he has received calls from several residents who think the fiscal court should audit all fire departments on a regular basis. He also wants to revisit the fire dues ordinance to add language that automatically triggers an audit if financials are late.

The majority of the fiscal court was in favor of going through with the audit, and Woosley said the department would pay for half of the cost.

In other business, the fiscal court:

- *Approved resolutions supporting House Bill 557; accepting a rural secondary road program agreement regarding Richard Moore culvert repair; and authorizing the county to serve as the grantee for KPDI funding for the Irvington industrial park.

- *Accepted a \$27,000 bid for debris removal from Three Crosses Tree Service.

- *Held and approved the first reading of an ordinance establishing the Breckinridge County Tourist Commission.

- *Held and approved the first reading of an ordinance imposing a transient room tax to fund the Breckinridge County Tourist Commission.

- *Accepted the Breckinridge County Court Clerk's office's Fiscal Year ending December 2024 audit.

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Nick Riley, Hardinsburg
Caitlyn Millburn, Irvington
Gene Dupin, Irvington

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Your Breckinridge County Newspaper Since 1876

Published every Wednesday by Paxton Media Group
Mailing address: P.O. Box 1408, Owensboro KY 42302
Telephone: 270-756-2109

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Periodical class postage paid: USPS 551-040

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