

ACLS

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who tear their ACL never perform again at the same level, if they even return to the sport, the National ACL Injury Coalition says. And once injured, they carry a heightened risk of another ACL injury and long-term complications like degenerative joint disease, researchers say.

The coalition has urged the sports world to treat ACL injuries like brain injuries, now that professional and youth sports have tried to improve training, rules and equipment standards to prevent and detect concussions.

Sophia Gerardi, a sophomore at Pennsylvania's Apollo Ridge High School who tore her ACL during a basketball game in December, was told by her doctors that she'll forever have to wear a knee brace to play sports. She had surgery in January, will miss volleyball season and hopes to be back for next winter's basketball season.

Like many girls who tore their ACL, she didn't recall getting any ACL injury-prevention training.

Surveys of coaches show that many don't know about risk-reduction programs, aren't trained to do them or aren't encouraged to learn about them, said Vince Minjares, who leads the Aspen Institute's ACL injury prevention project. Some coaches tell Minjares that it takes too much time.

He hopes that's changing.

'WHAT IS THE SOLUTION'

This spring, the American Youth Soccer Organization — one of major national organizations in U.S. youth soccer — will roll out new

age- and stage-based neuromuscular training programs aimed at preventing ACL injuries through warm-ups.

Coaches will get a regimen of exercises in bite-sized chunks, with video instructions. The goal is to build good habits before preteens age into more physical and demanding competition.

"My biggest shock was that this didn't already exist," said Scott Snyder, AYSO's senior director of programs and education. "Everyone I talk to says, 'Yeah, that makes perfect sense,' but nobody's done it yet."

Last year, biomechanical researchers at the Scottish Rite for Children hospital in metropolitan Dallas began providing high school teams with resources typically only available or affordable at the professional and collegiate levels.

They created pre-season injury-prevention trainings, tailored for female athletes, to improve strength and movement quality. At the start of the eight-week program, each athlete gets a free motion-capture 3D-level assessment to identify weaknesses in strength, movement or balance. Another assessment at the end determines if the program reduced risk.

Future trainings could include nutrition and sleep, said Sophia Ulman, who directs the hospital's Movement Science Laboratory.

"My team and I got tired of studying 'why, why, why' when there's so many different possibilities to answer that question. And we wanted to move into the 'what is the solution,'" said Ulman. Other biomechanics labs in the U.S. are trying similar outreach, she said.

One of the teams that participated was Plano East High School in Texas, where



LM Otero/AP photo

Plano East High School soccer player Sofia Tepichin, left, is helped by sports biomechanics researcher Sophia Ulman at the Movement Science Laboratory at Scottish Rite for Children in Frisco, Texas, Jan. 22, 2026.

players — including Tepichin — had suffered a rash of ACL tears the past couple years.

Cristy Cooley, Plano East's coach, said that getting a hands-on demonstration from trained professionals in proper exercises and movement patterns makes a big difference.

"It's one thing talking about it," Cooley said. "But it's a totally different thing to show us."

'SOMETHING'S GOT TO CHANGE'

Like other parents, Tiffany Jacob said she learned a lot about preventing ACL injuries that she wished she had known before her daughter — East Plano sophomore Aliya Jacob — tore her ACL last February. For instance, the surgeon told them three days a week of strength training is an absolute must for soccer players.

"Something's got to change," Tiffany Jacob said. "Coaches, clubs, something. They have to do something to prevent this because it's just such a horrible injury."

Aliya — who knows at least seven other female soccer

players who tore an ACL, her mother said — is back playing for East Plano now. She endured twice-a-week physical therapy, the isolation of rehabilitation and, her mother said, "figuring out who you are when you're not playing soccer."

Tepichin, a high school senior, recalls her surgeon telling her to take a couple days to get all her sadness and anger out — and then devote herself to her recovery.

She'll miss her last year of playing high school and club team soccer. Her next time on a field could be for Saint Vincent College in Pennsylvania, where she committed to the NCAA Division III team.

Tepichin has seen a sports psychologist, gotten comfort from others who underwent the surgery — her sister, her father and her friend — and found a new routine after having been constantly busy with two soccer teams and a job.

"There's not a day that I go that I'm not working out or doing something," she said, "or getting better for my health and my recovery."



Julio Cortez/AP photo

Plano East varsity soccer player Aliya Jacob, center, wears a knee brace as she is introduced onto the field prior to a soccer game against Rock Hill, Jan. 30, 2026, in Murphy, Texas.



Julio Cortez/AP photo

Plano East varsity soccer player Aliya Jacob wears a knee brace as she gathers for prayer with teammates prior to a soccer game against Rock Hill, Jan. 30, 2026, in Murphy, Texas.

LEGAL NOTICE

NOTICE TO CREDITORS

ADMINISTRATION HAS BEEN GRANTED BY THE PROBATE DIVISION OF SHELBY DISTRICT COURT IN THE ESTATE OF ROSELYN LORRAINE MONHOLLEN DECEASED, WHO RESIDED IN SHELBY COUNTY, KY. TERINA BRYANT WAS APPOINTED ADMINISTRATRIX OF THE ESTATE ON MARCH 2, 2026. ALL PERSONS HAVING CLAIM AGAUNST SAID ESTATE ARE NOTIFIED TO PRESENT TERINA BRYANT 3686 EMINENCE ROAD, EMINENCE KY 40019 NO LATER THAN SEPTEMBER 2, 2026. CASE NUMBER 26-P-00052

ADMINISTRATION HAS BEEN GRANTED BY THE PROBATE DIVISION OF SHELBY DISTRICT COURT IN THE ESTATE OF EVERETT LEON BARNET DECEASED, WHO RESIDED IN SHELBY COUNTY, KY. JERRY FOX WAS APPOINTED EXECUTOR OF THE ESTATE ON MARCH 2, 2026. ALL PERSONS HAVING CLAIM AGAUNST SAID ESTATE ARE NOTIFIED TO PRESENT JERRY FOX 1302 VAUGHN COURT, FLATWOODS KY 41139 NO LATER THAN SEPTEMBER 2, 2026. CASE NUMBER 26-P-00037

ADMINISTRATION HAS BEEN GRANTED BY THE PROBATE DIVISION OF SHELBY DISTRICT COURT IN THE ESTATE OF BESSIE JEAN TINSLEY, WHO RESIDED AT 82 MONICA DRIVE, SHELBYVILLE, SHELBY COUNTY, KENTUCKY 40056. CECELIA TINSLEY WAS APPOINTED EXECUTRIX OF THE ESTATE ON MARCH 2, 2026. ALL PERSONS HAVING CLAIM AGAUNST SAID ESTATE ARE NOTIFIED TO PRESENT CECELIA TINSLEY, 3006 MASON WAY, SHELBYVILLE, KY 40065 NO LATER THAN SEPTEMBER 2, 2026. NATHAN T RIGGS, RIGGS & PIPEN, P.S.C., 500 MAIN STREET, SUITE 5, SHELBYVILLE, KENTUCKY 40065 IS THE ATTORNEY FOR THE CO-ADMINISTRATORS CASE NUMBER 26-P-00054

ADMINISTRATION HAS BEEN GRANTED BY THE PROBATE DIVISION OF SHELBY DISTRICT COURT IN THE ESTATE OF LARRY D. DYKE DECEASED, WHO RESIDED IN SHELBY COUNTY, KY. TONI L. GEORGE WAS APPOINTED EXECUTRIX OF THE ESTATE ON MARCH 2, 2026. ALL PERSONS HAVING CLAIM AGAUNST SAID ESTATE ARE NOTIFIED TO PRESENT TONI L GEORGE, 2829 WYNDAM WAY, MELBOURNE, FL 32940 NO LATER THAN SEPTEMBER 2, 2026. THE ATTORNEY FOR SAUD ESTATE WILLIAM H HAYS, JR., 521 MAIN STREET, SHELBYVILLE, KY 40065 CASE NUMBER 26-P-00048

ADMINISTRATION HAS BEEN GRANTED BY THE PROBATE DIVISION OF SHELBY DISTRICT COURT IN THE ESTATE OF BERTIE MAY SINGLETON, DECEASED, WHO RESIDED IN SHELBY COUNTY, KY. WILMA JOYCE SINGLETON WAS APPOINTED ADMINISTRATRIX OF THE ESTATE ON MARCH 2, 2026. ALL PERSONS HAVING CLAIM AGAUNST SAID ESTATE ARE NOTIFIED TO PRESENT WILMA JOYCE COLLINS, 817 PLAINVIEW DRIVE, SHELBYVILLE KY 40065 NO LATER THAN SEPTEMBER 2, 2026. THE ATTORNEY FOR SAID ESTATE WILLIAM H HAYS, JR., 521 MAIN STREET, SHELBYVILLE, KY 40065 CASE NUMBER 26-P-00051

ADMINISTRATION HAS BEEN GRANTED BY THE PROBATE DIVISION OF SHELBY DISTRICT COURT IN THE ESTATE OF SUSAN ANNE MCCARTY DECEASED, WHO RESIDED IN SHELBY COUNTY, KY. MARY S OVERSTREET & GARY MCCARTY WAS APPOINTED CO-EXECUTORS OF THE ESTATE ON MARCH 2, 2026. ALL PERSONS HAVING CLAIM AGAUNST SAID ESTATE ARE NOTIFIED TO PRESENT MARY OVERSTREET, 1795 US HIGHWAY 60 WEST, HENDERSON KY 42420, GARY MCCARTY, 498 THREE FORKS ROAD, RICHMOND KY 40475 NO LATER THAN SEPTEMBER 2, 2026. SAID ATTORNEY FOR ESTATE IS EDWIN A LOGAN, 114 CLINTON STREET, FRANKFORT KY 40601 CASE NUMBER 26-P-00040

NOTICE OF FINAL SETTLEMENTS

THE FOLLOWING SETTLEMENT HAS BEEN FILED AND SET FOR HEARING ON MARCH 16, 2026 AT 10:30AM ESTATE OF BARBARA BYRNSIDE ATTORNEY NEIL HACKWORTH EXECUTOR/EXECUTRIX TERESA HESSELBROCK AND HENRY BYRNSIDE CASE# 25-P-00224

LEGAL NOTICE

CITY OF SIMPSONVILLE ORDINANCE NO. 2026-003

AN ORDINANCE ADOPTING ADDITIONAL EMPLOYEE COMPENSATION IN THE EVENT OF A LOCAL STATE OF EMERGENCY

WHEREAS, the Simpsonville City Commission recognizes that the current compensation plan implemented by the City does not account for the additional workload that may be asked of City employees in the event that the City faces emergency conditions;

NOW THEREFORE, BE IT ORDAINED by the City Commission of Simpsonville as follows:

In the event there is declared a local State of Emergency for the City of Simpsonville, the City Employees shall be entitled to compensation in addition to their regular pay.

For department heads, the amount of the additional compensation shall be five hundred dollars (\$500.00). For all other employees, the amount of the additional compensation shall be two hundred fifty dollars (\$250.00).

The Ordinance shall be applied retroactively to include the State of Emergency declared on January 23, 2026 for the purpose of appropriately compensating the City employees who provided vital service to the City during that weather event and shall otherwise be effective upon adoption by the Simpsonville City Commission and Publication in accordance with Chapter 424 of the Kentucky Revised Statutes.

APPROVED:
RONNIE SOWDER, MAYOR

ATTEST:
DENISE MILLER, CITY CLERK

Date of 1st reading: February 17, 2026
Date of 2nd reading: March 3, 2026
Date of Publication: March 12, 2026

LEGAL NOTICE

PUBLIC NOTICE

The City of Shelbyville, 315 Washington Street, Shelbyville, KY 40065, hereby declares intention to apply for an Entertainment Destination Center (EDC) license through the Kentucky Department of Alcoholic Beverage Control, subject to the provisions of KRS 243.020 and regulations set out in 804 KAR 4:370.

The geographic boundary of the EDC common area is proposed as follows: Beginning at the northern-most corner for the entrance to the Shelbyville Conference and Welcome Center parking lot on 7th Street and continuing east to the rear of that parking lot corner, then south to the rear parking lot edge of Wakefield Scarce (Science Hill), then east to the corner lot-line for Science Hill, turning south to Washington Street, then east to 5th Street, turning south to Henry Clay Street, then west slightly beyond 8th Street to include the Blue-Gables property, then north (parallel to 8th Street) to Main Street, then west on Main Street to 9th Street, then north on 9th Street to Washington Street, then east to 7th Street, then north on 7th Street and terminating at the starting point at the parking lot entrance to the conference center. (See map)

Any person, association, corporation, or body politic may protest the granting of the license(s) by writing the Dept. of Alcoholic Beverage Control, 500 Mero Street, Frankfort, KY 40601, within 30 days (KRS 243.430) of the date of this legal publication.



Shelbyville Entertainment Destination Center (EDC) Proposed Boundaries