

Ashland man accused of sexually abusing two children

BY MARY JANE EPLING
THE DAILY INDEPENDENT

CATLETTSBURG A 38-year-old man pleaded not guilty to sexually abusing two underaged girls this week.

Greggory George Kallhoff, of Ashland, appeared in circuit court virtually from the Boyd County Jail on Thursday morning. He was arraigned on two felony counts of first-degree sexual abuse.

Kallhoff's appointed attorney, Alea Hensley, entered a

not guilty plea on his behalf, despite court records alleging Kallhoff admitted to investigators that he fondled a 13-year-old as she slept in his home back in January.

Kallhoff's uniform citation stated although investigators initial responded to his address in reference to the alleged sexual abuse of the 13-year-old, Kallhoff admitted to doing the same to a second victim, a 14-year-old female, in October 2024 in order to "get it off his chest."

Boyd Circuit Judge John

Vincent said Kallhoff is held on a \$100,000 cash bond, which includes an order that he have no contact with the alleged victim, if released.

If convicted on either count of sexual abuse, Kallhoff faces a maximum of five years in prison on each charge.

Kallhoff will appear for his first pre-trial conference in Boyd County Circuit Court on Jan. 23.

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Kidney stones: what they are, how to prevent them

LEXINGTON

Kidney stones are common. In the U.S., one in 11 individuals will be affected by them at some point in their life. They're typically seen in adults between 40 and 60 years old.

However, kidney stones can form at any age and time of year. Nearly half of those who develop one kidney stone in their lifetime will develop at least another stone in the future.

What are kidney stones?

Kidney stones are made from large deposits of undissolved minerals and other organic compounds

as they get supersaturated and crystallize in the urine. Calcium oxalate stones are the most common, then calcium phosphate and uric acid.

When urine has too many of these crystal-forming substances and not enough liquid, they accumulate to form a hard, stone-like piece



PETER SAWAYA

of material that can range between the size of a grain of sand to a golf ball. These stones may travel down the urinary tract and get "stuck" blocking the

urine flow and potentially causing kidney swelling.

Lower kidney stone risk

The most effective and easiest way to prevent kidney stones is simple: Drink plenty of water to produce at least 2.5 liters (80-90 ounces) of urine per day!

Stay well hydrated all year-round, especially during those steamy Kentucky summers and when engaged in sweat-inducing activities like exercise or working in the yard. Lemonade or fluid containing citric acid is a good addition to the water as citrate inhibits crystal formation.

Dark soda and fruc-

tose-containing fluid increase your risk of stones and should be avoided.

While most stones have calcium in them, eating food rich in calcium — like leafy green vegetables and dairy products — can actually be beneficial for you. The calcium in these foods binds to oxalate in your intestines and lowers the amount of oxalate that eventually makes its way to the kidneys.

Lowering your intake of sodium, often present in processed meat, high doses of vitamin C and oxalate-rich food, like dark chocolate and spinach, can also lower your kidney stone risk.

Symptoms

Symptoms may not be noticeable until the stone moves inside the kidney or makes its way to the ureter, the tube connecting the kidney and bladder. Common symptoms include:

- Severe pain in the side and back, below the ribs.
- Pain that radiates to the lower abdomen and groin.
- Pain that comes in waves and fluctuates in intensity.
- Pain during urination.
- Pink, red or brown urine.
- Cloudy or foul-smelling urine, if infected.
- Nausea and vomiting.

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Picked the wrong Advantage plan; when can I return to original Medicare?

Toni:

I never should have listened to my brother who bragged about how his Medicare Advantage plan was a great way to save money and not have to spend so much on my Medicare supplement plan's premium. I discovered that the eye doctor who was to perform surgery on my right eye in early January is not in this plan. I should have called his office before I signed up for the HMO plan.

Now my eye surgery is postponed since the doctor's office is requesting that I return to Original Medicare to do the type of surgery that is needed. Can you explain how and when I can return to Original Medicare? I am glad I had not cancelled my Medicare Supplement Plan G even though the premium has increased.

— Christina from Phoenix

Hello Christina:

Readers, if you have discovered you made the wrong choice in selecting a Medicare Advantage (MA) Plan, Jan. 1 begins the 3-month period allowing you to change to a different Medicare Advantage Plan or return to Original Medicare. Your changes will take place on the first day of the following month. Christina, if you drop your MA Plan in January, then you will return to Original Medicare on Feb. 1.

The 2025 Medicare & You Handbook discusses on page 72, the changes that can be made to Medicare Advantage Plan during the period, called the Medicare Advantage Open Enrollment Period (MA OEP), which runs from Jan. 1 through March 31 each year.

During the MA OEP, a person can switch from one Medicare Advantage Plan to another Medicare Advantage Plan, or to Original Medicare with or without a Part D plan. The main difference between Medicare Advantage Open Enrollment Period (MA OEP) and Medicare Annual Enrollment Period (AEP) is who can use

each one: Only individuals on a Medicare Advantage Plan can utilize the Medicare Advantage Open Enrollment Period.

A person may not disenroll from a Medicare Advantage plan or a Medicare Part D prescription drug plan after March 31, because one is

"locked in" from April 1 to Dec. 31. One must wait until the next Medicare Annual Enrollment Period (AEP), which occurs annually from Oct. 15 through Dec. 7 to change to a different plan or return to Original Medicare.

You made a smart choice, Christina, in not cancelling your Medicare Supplement because, due to your health issues, you may not be able to qualify for a new Medicare Supplement plan. Most Americans do not realize there is no special period to enroll in a Medicare Supplement like there is for Medicare Advantage Plans. One may change a Medicare Supplement any day of the year with qualifying medical underwriting questions.

Readers, do not cancel your Medicare Supplement plan for the first few months that you are trying a Medicare Advantage plan just in case you need to return to Original Medicare during the MA OEP from Jan. 1 through March 31.

During a Toni Says Medicare consultation, we always advise Medicare clients to call all of their doctors and ask which Medicare Advantage plans the healthcare professional or facility accepts. Not doing that has caused this surgery postponement problem for you, Christina.

Readers, remember to always talk to the doctor's office manager before you make any changes to your Medicare insurance and verify what MA Plans the office accept. Also be aware that doctors, specialists and facilities can stop accepting a particular MA Plan at any time.

TONI KING is an author and columnist on Medicare and health insurance issues. She has spent nearly 30 years as a top sales leader in the field. For a Medicare checkup, call the Toni Says call center at (832) 519-8664 or email info@tonisays.com regarding your Medicare plans and options. Toni Says Medicare Survival Guide Advanced edition is available at www.tonisays.com.



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PUBLIC NOTICE
Unknown Heirs, Beneficiaries, Legatees, Devises of Keith Coughlin

For the County of Boyd and State of Kentucky, the above referenced Unknown Heirs, Beneficiaries, Legatees, Devises of Keith Coughlin, deceased, is hereby notified of the Foreclosure Action filed by PNC Bank, National Association, Boyd County Circuit Court as Civil Action No. 22-CI-00528 regarding the property located at 6514 Lakeview Dr., Catlettsburg, Kentucky 41129. Your immediate attention to this matter is essential, because if you do not respond within the statutory time limit, a judgment may be entered for the relief requested in the Complaint filed. Please respond to Warning Order Attorney, R. Jason Greer (606) 474-6359 or by mail: P.O. Box 145, Grayson, KY 41143. Published: December 5, 6 & 9, 2024

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