

State health initiative focuses on mental health

BY MELISSA PATRICK
Kentucky Health News

The focus of April's "Our Healthy Kentucky Home" initiative is mental health.

According to the Centers for Disease Control and Prevention, nearly one in four adults reported having a mental health condition in 2023, which equates to more than 61 million Americans.

Kentucky Public Health Commissioner Dr. Steven Stack stressed the importance of good mental health at an April 3 news conference, calling it "an integral component of overall health and well-being" that impacts every part of our lives.

"Good mental health allows people to cope with life stressors, maintain a positive self-image, have healthier relationships, improve productivity and enhance overall quality of life," he said.

"Mental health conditions, such

as depression, increase the risk for many types of physical and chronic conditions like diabetes, heart disease and stroke," he said. "Similarly, the presence of these chronic conditions can increase the risk of developing a mental health condition."

Stack encouraged Kentuckians at every stage of life to incorporate lifestyle changes into their daily routines to improve their mental health.

For example, he said research shows that eating healthy foods is associated with a reduced risk of mental health conditions.

"High consumption of fruits, vegetables and nuts, moderate consumption of poultry, eggs and dairy products, and only occasional consumption of red meat can have a lasting positive impact on your mental health," he said. "Even small dietary changes can make a big difference."

Further, he said regular physical

activity helps to improve mental health.

"Increasing physical activity can reduce feelings of anxiety and help you sleep better," he said. "Try starting small consistently, including 30 minutes of moderate physical exercise at least three times a week is a great way to reduce your risk."

He also encouraged Kentuckians to stay connected to others as a way to improve mental health and to talk to friends, neighbors and loved ones about their feelings and concerns.

"Engaging with others and having strong social connections is crucial to mental health," he said. "Strong social ties can help manage stress, reduce anxiety and depression and lead to a longer, healthier life."

The Our Healthy Kentucky Home website includes links to mental health resources, including the 988 Suicide & Crisis Lifeline, which offers access to trained

According to the Center for Disease Control



Nearly 1 in 4 U.S. adults reported having a mental health condition in 2023.

counselors who can help people experiencing mental health-related distress no matter where they live by calling or texting 988 or by visiting 988lifeline.org. The service is available 24/7.

"It's OK to not be OK," Stack said. "It's important to remember that there is hope if you or a loved one is dealing with a mental health-related distress or crisis. The 988 Suicide and Crisis Hotline

is a resource available to you."

The "Our Healthy Kentucky Home" initiative is a one-year program to improve Kentuckian's health. The overarching goals of the state initiative are for Kentuckians to eat two servings of fruits and vegetables daily, to exercise at least 30 minutes three times per week, and to engage with others and stay connected. In addition, it will focus on a different health topic each month.

Kentucky Department of Fish and Wildlife Resources hiring game wardens

SPECIAL TO THE
ADVOCATE-MESSENGER

The Kentucky Department of Fish and Wildlife Resources is currently accepting applications to fill game warden positions in multiple counties.

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, psycho-



The Kentucky Department of Fish and Wildlife Resources are currently hiring game wardens. (Photo submitted)

logical 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 ini-

tial 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, Bracken, 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.

Public Notices

PUBLIC NOTICE
Case Number 25-P-79

NOTICE is hereby given that Carla Gwinn Devine has qualified as Executrix of the estate of Carl Robert Gwinn, deceased of Boyle County, Kentucky on March 18, 2025. All persons having claims against the said estate are requested to present the same properly proven as required by law to the aforesaid Carla Gwinn Devine, 390 McCrackey Pike, Harrodsburg, KY 40330 Or to Hon. Melanie Thornberry, attorney 145 N Third St., Danville, KY 40422 not later than September 18, 2025.

Cortney Shewmaker,
Boyle County Circuit Court Clerk

Danville Advocate: Apr. 8, 2025
EST/GWINN, C.

NOTICE OF LOCAL PUBLIC COMMENT HEARING

Notice is hereby given that the Kentucky Public Service Commission (the "Commission") will conduct a local public hearing at 5:00 p.m. Central Daylight Time on Thursday, April 24, 2025, at the Daviess County Fiscal Court, 212 St. Ann Street, Owensboro, Kentucky 42303, for the purposes of hearing public comments on Commission Case No. 2024-00276, regarding Atmos Energy Corporation's application for a general adjustment of rates, approval of tariff revisions and other general relief. This notice is provided in compliance with 807 KAR 5:001, Section 9(2).

Atmos Energy Corporation
3275 Highland Pointe Dr.
Owensboro, KY 42303
(270) 685-8000

PUBLIC NOTICE

Blue Grass Community Action Partnership
Community Services Block Grant Public Meeting

There will be a public meeting held to provide information on the Community Services Block Grant programs that are provided in Anderson, Boyle, Franklin, Garrard, Jessamine, Lincoln, Mercer, Scott, and Woodford Counties on April 16 th , 2025, beginning at 8:30 a.m. at Blue Grass Community Action Partnership, 111 Professional Court, Frankfort KY 40601.

If you have any questions please contact Sara Clark at Blue Grass Community Action Partnership at 502-695-4290 ext. 234.

PUBLIC NOTICE

NOTICE
BOYLE COUNTY BOARD OF ADJUSTMENTS
ANNOUNCEES

A public hearing on April 15, 2025, 5:30 PM, at Danville City Hall, 445 W Main St:

1. Integrated Sign and Graphic has applied for a Variance allowing the use of an existing sign pole that exceeds the current 24' pole sign height maximum by 4' 8", for a total sign pole height of 28' 8", on a 1.85-acre Highway Business (HB) zoned parcel known as 100 May Blvd., Danville.

2. Hidden Springs Farm, LLC., has applied for a Conditional Use Permit for the operation of a short-term rental/air B&B, located at 747 Claunch Rd, an Agriculturally (AG) Zoned parcel located in both Boyle and Mercer Counties.

A copy of all applications and plans may be seen at the Planning Commission office, 445 W Main St, Danville, Kentucky. (859) 238-1235.

Public Notices

PUBLIC NOTICE
Case Number 25-P-63

NOTICE is hereby given that Eva Cochran has qualified as Executrix of the estate of Aline Cochran, deceased of Boyle County, Kentucky on March 18, 2025. All persons having claims against the said estate are requested to present the same properly proven as required by law to the aforesaid Eva Cochran, 509 N Third St., Danville, KY 40422 not later than September 18, 2025.

Cortney Shewmaker,
Boyle County Circuit Court Clerk

Danville Advocate: Apr. 8, 2025
EST/COCHRAN, A.

PUBLIC NOTICE

Case Number 25-P-45

NOTICE is hereby given that Barbara Doud has qualified as Administratrix of the estate of Lilburn Oval King, deceased of Boyle County, Kentucky on March 4, 2025. All persons having claims against the said estate are requested to present the same properly proven as required by law to the aforesaid Barbara Doud, P.O. Box 403, Junction City, KY 40440 not later than September 4, 2025.

Cortney Shewmaker,
Boyle County Circuit Court Clerk

Danville Advocate: Apr. 8, 2025
EST/KING, L.

PUBLIC NOTICE

Case Number 23-P-22

NOTICE is hereby given that Marvinna Cocanougher has filed final settlement in the estate of Ada Peavler with date of hearing set for May 1, 2025 before the Boyle District Court. Unless exceptions are filed before that time, the settlement shall be approved, confirmed and recorded according to law.

Cortney Shewmaker,
Boyle County Circuit Court Clerk

Danville Advocate: Apr. 8, 2025
EST/COCANOUGH, M.

Public Notices

PUBLIC NOTICE
Case Number 25-P-62

NOTICE is hereby given that Roger O'Hair Jr. and Darin O'Hair have qualified as Co-Administrators of the estate of Roger Dale O'Hair Sr., deceased of Boyle County, Kentucky on March 4, 2025. All persons having claims against the said estate are requested to present the same properly proven as required by law to the aforesaid Roger O'Hair Jr., 1278 Copper Creek Rd., Berea, KY 40403 and Darin O'Hair, 500 Thomas Circle, Nicholasville, KY 40356 or to Christ Whitworth, attorney P.O. Box 363, Lancaster, KY 40444 not later than September 4, 2025.

Cortney Shewmaker,
Boyle County Circuit Court Clerk

Danville Advocate: Apr. 8, 2025
EST/O'HAIR, R. SR.

PUBLIC NOTICE

Case Number 25-P-81

NOTICE is hereby given that Joseph Lawhorn has qualified as Executor of the estate of Bobby Joe Lawhorn, deceased of Boyle County, Kentucky on March 25, 2025. All persons having claims against the said estate are requested to present the same properly proven as required by law to the aforesaid Joseph Lawhorn, 8241 Buckeye Road, Lancaster, KY 40444 not later than September 25, 2025.

Cortney Shewmaker,
Boyle County Circuit Court Clerk

Danville Advocate: Apr. 8, 2025
EST/LAWHORN, B.

PUBLIC NOTICE

Case Number 25-P-46

NOTICE is hereby given that Dodi Wilson has qualified as Executrix of the estate of Marvin William Lowry, deceased of Boyle County, Kentucky on March 4, 2025. All persons having claims against the said estate are requested to present the same properly proven as required by law to the aforesaid Dodi Wilson, 170 Daniel Lane, Harrodsburg, KY 40330 not later than September 4, 2025.

Cortney Shewmaker,
Boyle County Circuit Court Clerk

Danville Advocate: Apr. 8, 2025
EST/LOWRY, M.

PUBLIC NOTICE

Case Number 24-P-240

NOTICE is hereby given that Rita Gorley has filed final settlement in the estate of Joyce Kidd with date of hearing set for May 1, 2025 before the Boyle District Court. Unless exceptions are filed before that time, the set-

Public Notices

tlement shall be approved, confirmed and recorded according to law.

Cortney Shewmaker,
Boyle County Circuit Court Clerk

Danville Advocate: Apr. 8, 2025
EST/GORLEY, R.

PUBLIC NOTICE

Case Number 25-P-75

NOTICE is hereby given that Janice Carey Tully has qualified as Executor of the estate of Steven Edward Tully, deceased of Boyle County, Kentucky on March 18, 2025. All persons having claims against the said estate are requested to present the same properly proven as required by law to the aforesaid Janice Carey Tully, 126 Baughman Avenue, Danville, KY 40422 Or to Kevin L. Nesbitt, attorney 1001 Hustonville Rd., Danville, KY 40422 not later than September 18, 2025.

Cortney Shewmaker,
Boyle County Circuit Court Clerk

Danville Advocate: Apr. 8, 2025
EST/TULLY, S.

PUBLIC NOTICE

Case Number 25-P-51

NOTICE is hereby given that Margaret Woodcock has qualified as Administratrix of the estate of Mark Woodcock, deceased of Boyle County, Kentucky on March 4, 2025. All persons having claims against the said estate are requested to present the same properly proven as required by law to the aforesaid Margaret Woodcock, 115 Allen Douglas Drive, Richmond, KY 40475 not later than September 4, 2025.

Cortney Shewmaker,
Boyle County Circuit Court Clerk

Danville Advocate: Apr. 8, 2025
EST/WOODCOCK, M.

PUBLIC NOTICE

Case Number 25-P-69

NOTICE is hereby given that Mary Kay Jones has qualified as Executrix of the estate of Katherine G. McClure, deceased of Boyle County, Kentucky on March 18, 2025. All persons having claims against the said estate are requested to present the same properly proven as required by law to the aforesaid Mary Kay Jones, 517 Dogwood Dr., Danville, KY 40422 not later than September 18, 2025.

Cortney Shewmaker,
Boyle County Circuit Court Clerk

Danville Advocate: Apr. 8, 2025
EST/MCCLURE, K.

Public Notices

PUBLIC NOTICE
Case Number 25-P-76

NOTICE is hereby given that Janet Riley has qualified as Executrix of the estate of Betty Perry, deceased of Boyle County, Kentucky on March 18, 2025. All persons having claims against the said estate are requested to present the same properly proven as required by law to the aforesaid Janet Riley, 360 West Grubbs Lane, Danville, KY 40422 not later than September 18, 2025.

Cortney Shewmaker,
Boyle County Circuit Court Clerk

Danville Advocate: Apr. 8, 2025
EST/PERRY, B.

PUBLIC NOTICE

Case Number 24-P-263

NOTICE is hereby given that Hubert Eugene Preston has filed final settlement in the estate of Anita Lucille Preston with date of hearing set for May 1, 2025 before the Boyle District Court. Unless exceptions are filed before that time, the settlement shall be approved, confirmed and recorded according to law.

Cortney Shewmaker,
Boyle County Circuit Court Clerk

Danville Advocate: Apr. 8, 2025
EST/PRESTON, A.

PUBLIC NOTICE

Case Number 24-P-102

NOTICE is hereby given that Carol Taylor has filed final settlement in the estate of John Brain Ashcraft with date of hearing set for May 1, 2025 before the Boyle District Court. Unless exceptions are filed before that time, the settlement shall be approved, confirmed and recorded according to law.

Cortney Shewmaker,
Boyle County Circuit Court Clerk

Danville Advocate: Apr. 8, 2025
EST/TAYLOR, C.

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