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Green County to obtain Safe Haven Baby Box

DALE CURRY
STAFF WRITER

Plans are now underway for Green County to have a Safe Haven Baby Box. This is a program that allows a parent to anonymously surrender a baby when the parent cannot care for the child in a healthy way. The baby can be no older than thirty days old. The first step in the process is to raise sufficient funding for the program with the initial cost in the \$20,000 range, according to Maggie Lockard, who serves as Green County's Victim Advocate and is the resource person for the project. "There is a \$15,000 program fee to Safe Haven Baby Boxes, Inc.," Lockard said. "The additional funds will be needed to cover the cost of contract work at the location in which the Safe Haven Baby Box is installed." The program fee to Safe Haven Baby Boxes, Inc. also covers the cost of materials, electronics and training of first responders. Lockard said that the goal is to have the necessary funding at 100% within a calendar year and as soon as that happens, the construction will begin. LaRue County is the only other nearby county that has implemented this program, so it is possible that Green County would become an option for parents in several surrounding counties. The Safe Haven Baby Box organization explains how the program works. Their material says that the parent opens the door to the baby box, which triggers a silent alarm and a call goes to 911 Dispatch. The infant is placed in a medical bassinet and a sensor located on the inside of the box triggers a second 911 dispatch call. The exterior door automatically locks upon the placement of a newborn and first responders will immediately respond, including taking the baby to the hospital for medical evaluation.

See Safe Haven, page 9A

FREEDOM FEST SET FOR JULY 4

DALE CURRY
STAFF WRITER

Friday, July 4 is the date for the annual Freedom Fest at the Green County Cattlemen's Association's Pavilion on Campbellsville Road. The concert begins at 5:00 p.m. CT with the gates opening at 3:30 p.m., according to Ricky Arnett, Green County Agriculture Extension Agent, who also serves as an advisor to the Cattlemen's Association. After the concert, which will probably end about 9:00 p.m., local soloist Anne Beard sings The Star Spangled Banner and then the huge fireworks show begins. Three bands highlight this year's event. Little David and Bad Country return this year. They are joined by Buffalo Station as well as Ricochet. Both of those bands are appearing for the first time at the Freedom Fest. Ricochet got its start in Tulsa, Oklahoma. They have one number one country song, Daddy's Money. During July, they are traveling from North Dakota to Texas and from Kentucky to Oregon. Buffalo Station is a classic rock band that has played at a variety of venues in the area. All the music and the fireworks show are free again this year. "Almost every business in the county has helped us out in one way or another," Arnett said. "Because of how helpful and generous they have been, we're able to put this on for free again this year. It's pretty amazing how helpful everyone has been." Arnett said that people need to bring their own lawn chairs to the outdoor event. "This is a family-oriented event and we want the whole family to show up," Arnett said. "We want parents to bring their children and just have a good time." The Green County Cattlemen's Association will have concessions for sale all during the night, including steak sandwiches, hamburgers and hot dogs.

June is Men's Health Month

LCDHD

Men's Health Month is recognized during the month of June. This year's focus is "Closing the Lifespan Gender Gap & Addressing the Empathy Gap." It is meant to urge action to support the physical, mental, and emotional health of men and boys.

Men's Health Month is a springboard, but prioritizing your health is a lifelong commitment. Here are some actionable tips to get you started, along with some additional details on the benefits:

Schedule Regular Checkups: Think of it as a yearly maintenance plan for your body. Talk openly with your doctor about your health history, concerns, and lifestyle habits. Preventive care for men is crucial for early detection and treatment of potential health issues. A 2023 study published in the Journal of the American Medical Association found that regular checkups can significantly reduce a man's risk of developing chronic diseases like heart disease and diabetes.

Know Your Numbers: Blood pressure, cholesterol, and blood sugar levels are crucial health indicators. Regular screenings help you and your doctor identify potential health risks early on.

High blood pressure, for example, is a major risk factor for heart disease, stroke, and kidney disease. Early detection and treatment can significantly improve health outcomes.

Embrace Preventative Screenings: Don't shy away from screenings for prostate cancer, colorectal cancer, and other age-appropriate checks. Early detection often leads to better treatment outcomes.

According to the American Cancer Society, a recent study suggests that regular prostate cancer screenings can significantly reduce a man's risk of dying from the disease. Early detection of colorectal cancer can also greatly improve the chances of successful treatment.

Move Your Body: Physical activity isn't just about aesthetics. Aim for at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous activity each week. This improves overall health, boosts energy levels, and can even reduce stress. Exercise strengthens your heart and lungs, helps manage weight, and improves mood.

A 2022 study published in Medicine & Science in Sports & Exercise found that regular physical activity can significantly reduce the risk of depression in men.

Fuel Up Right: Diet plays a critical role in maintaining a healthy weight and reducing your risk of chronic diseases. Focus on whole foods, fruits, vegetables, and lean protein sources. Don't forget to stay hydrated! A healthy diet provides your body with the essential nutrients it needs to function optimally. Eating a balanced diet can help you maintain a healthy weight, reduce your risk of heart disease, type 2 diabetes, and certain cancers.

Prioritize Mental Wellbeing: Men are less likely to seek help for mental health concerns. Talking to a doctor or therapist is a sign of strength, not weakness.

A recent study published in JAMA Psychiatry found that men with untreated depression were more likely to develop heart disease. Taking care of your mental health can improve your overall well-being, relationships, and work performance.

Build a Support System: Surround yourself with positive influences who encourage healthy habits. Talk openly with friends, family, and even connect with men's health support groups – you're not alone!

City adopts proposed budget for fiscal year 2025-2026

CLEVIS JEFFRIES
STAFF WRITER

The Greensburg City Council, in its regular called meeting Monday, June 16, approved the first reading of the proposed budget for fiscal year 2025-2026. In other business, City Council members also approved the first reading of Ordinance No. 2025-0618.02, an amendment establishing the salaries and compensation for employees within the fiscal year ending 2026. The Council tabled an amendment to the city's zoning ordinance pertaining to proposed recommendations.

See City, page 10A

County to apply for Ambulance Remount Project funds

CLEVIS JEFFRIES
STAFF WRITER

The Green County Fiscal Court, in its regular called meeting Thursday, June 19, authorized Judge-Executive John Frank to apply for funds with USDA Rural Development concerning the Green County Ambulance Remount Project through the Community Facilities Program. Also, the Court authorized Judge-Executive Frank to sign and execute the Remount Project Resolution. "The Court voted to apply for a grant through USDA to assist the ambulance district with the purchase of a new ambulance. This will be a pass-through grant from the Fiscal Court to the ambulance district. We hope to get approval of up to \$50,000," said Judge Frank.

In other business, magistrates approved:

(1) The second reading and adoption of the proposed budget for fiscal year 2025-2026 amounting to \$7,763,533.

See Fiscal Court, page 12A

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