

Don't

from 1B

commend going to a hospital and getting checked out just to make sure their lungs are clear,” said Curtsinger.

Drowning can often look deceptive, like they are playing or just holding onto something, and adults who are in the water with the children have better perception of struggling in the water, as well as quicker reaction time to help anyone who is underwater. Kids aren't the only ones who should be concerned with water safety, and they're not the only ones in danger of making simple mistakes, especially when there's alcohol and boats involved. Curtsinger loves to spend time at Herrington lake when she's not busy working her two water safety jobs, and she has seen firsthand some of the mistakes that can lead to brutal injuries on the lake. One in particular can cause extensive physical damage, tubing. Lake goers love to show off their speed and enjoy a fast ride behind the boat on a tube, but it is the cause of several significant injuries each year.

“Any height that you fall from that's greater than your own height, when you hit water, it's like hitting concrete. So when you're on an inner tube, and they're going fast they're throwing the inner tube around even with kids on the back of that in a lifejacket, they can still be severely injured, they could have head, neck and spinal injuries,” said Curtsinger.

Being on the water is a terrible place to have an accident for any age group, but especially for autistic people and those on the spectrum.

“So anytime a child goes missing, we clear our pool, but if a child goes missing from home or from a facility anywhere, it is good to lock that facility down, and go looking near bodies of water to look for those kids in particular, but really stressing for autism or kids on the spectrum because they tend to wander towards water,” said Curtsinger.

The factors that make water dangerous in an unsafe or inconsiderate environment, also make it advan-

tageous when utilized for exercise. Curtsinger has been leading exercise courses involving water for several years, and she is a strong proponent of classes like the Silver Swimmers program that started this week at Anderson-Dean Aquatic Center, and the ones that she leads at the Ephraim-McDowell Wellness Center in Danville.

“Any time you can be physically active, particularly if you've had injuries or ailments, when you get in the water it helps with those things. You get some resistance by being in the water, but it's not as physically demanding as being on land,” said Curtsinger.

The Silver Swimmers Program, offered by Image Fitness and led by Catherine Cornish, holds aerobics sessions for those aged 55 and up each Monday and Wednesday. After an hour of exercise in the water beginning at 10 a.m., another hour has been set aside for those in the class to have open access to the pool, until noon.



Photo Submitted

Catherine Cornish of Image Fitness led several people through a water aerobics class at Anderson-Dean Community Park Aquatic Center last week. The class is free and open to those aged 55 and up.

Three

from 1B

including Landon McCray, who shot a 285, and senior Rylan Genco who earned a 283.

At the same state competition, middle schoolers Hayden Elliot and Jeffrey Lay each earned top-50 scores in the state with totals of 282 and 280 respectively. The duo's scores were high enough to qualify

them for the NASP World Championships. Fourth grader Myiah Maggard also qualified for the most highly touted archery tournament offered to students. Maggard went on to shoot an impressive 258 at the 2025 Eastern US National meet in Louisville, qualifying her for the worlds competition.

Three Titan competitors

made the trip to the Myrtle Beach Convention Center in Myrtle Beach, South Carolina, where the competition was held from Thursday, June 5 through Saturday, June 7. Maggard put five of her 30 shots into the bulls-eye and finished with a score of 256, enough to claim a 27th out of all fourth grade female archers in the country.

Maggard finished in the top half of all female competitors of any age at the meet.

Lay placed ten arrows in the bulls-eye for ten points each, and totaled 272 points. His efforts earned him the 70th spot out of 231 eighth grade boy competitors and 426th out of more than 1600 boys competitors. He also earned a \$500 scholar-

ship while in Myrtle Beach. Sixth grader Hayden Elliot stole the show, and earned the highest placement of any Mercer County athlete and the highest score of any competitor from Mercer over the last two seasons. His score of 287 included 20 tens, and his impressive shooting earned him a top-100 spot of all male competitors at the meet.

“Lots of practice and focus,” said Elliot on what it took to earn the highest total of his season. His score ranked sixth overall of all 238 sixth grade male competitors.

“I'm so proud of these kids. All three did a super job for themselves and the Mercer Archery program,” said Coach Eric Miller.

Vaught

from 1B

decision to attend Arkansas. That didn't work well and she transferred to Kentucky for the spring semester of her freshman year.

Despite battling a hamstring injury and fractured bone in her foot, she set a UK freshman record in the outdoor triple jump at 42 feet, 9 1/2 inches and qualified for the NCAA National Track and Field Championships with an eight-place finish at the NCAA East Prelims.

Galloway admits she thought that would be the start of a sensational career. She never imagined she would not be going back to the national championships again until this season where she will compete Saturday in the triple jump after placing sixth in the East Prelims with a leap of 41-1/4.

“I am thrilled to be going back. I know it means a lot to everyone and it is exciting but it is also a relief,” said Galloway. “It has been a really tough last two year. I felt I would never get out of my slump. I am really proud of the way I was able to stick with it.”

Her sophomore indoor season she was battling an injury when UK coaches decided to shut her down hoping her Iliotibial (IT) injury would loosen on its own. The injury causes pain on the outside of the knee or hip and most commonly occurs from overuse or an injury. The IT band is a strong band of tissue that starts at the hip and runs along the outer thigh that can tear. The band works with your thigh muscles to provide stability to the outside of the knee during movement.

“It got to be August, the injury was no different and I had surgery. But I still dealt with the issue my entire junior year, too,” Galloway said.

Now she'll end her collegiate career in Eugene, Ore., in the NCAA Championships and plans to make sure she savors the experience.

“The first time I went I thought I had been on stages that big and places just as large like Nike Nationals until I got there and realized I was a freshman, age 19 and not as in shape as these other people,” Galloway said. “To be honest, I sucked when I got there. I blew it. I was so nervous. I had never felt so unprepared for something in

my life and most of it was my own doing.

“Now I know I am not going to win. God would have to force me to jump 47 feet for that to happen. I think I need to be proud I went there. It is only my second outdoor season and I deserve to be there again and I have to remember that. I have to be not just proud and happy to be there but I have to understand that I worked so hard the last four years to get here.”

Galloway has learned difficult lessons the last four years she'll never forget. She says she is a lot smarter and lot less egotistical than when she left high school.

“I was humbled so many times (in college). Out of high school I had so much pride. Everywhere I went I would get a PR (personal record) or jump a huge number and rank No. 1 or No. 2 in the nation. Success just happened and I got to college and just expected it to keep happening,” Galloway said.

“I have trained as an Olympian since eighth grade with my coach out of Nashville. I expected a 19-6 long jump in high school to transition to 21 in college and a 42-foot triple jump to be 45 or 46 in college. When it didn't happen and I was not making finals and was hurt all the time even when I was giving everything, it was so hard. I have learned an immense amount about myself and a lot about the sport.”

Former Kentucky guard Shai Gilgeous-Alexander had a historic season for the Oklahoma City Thunder to get his team into the NBA Finals where he has a chance to add even more to his legacy.

One of Gilgeous-Alexander's biggest supporters for years has been Canadian Steve Nash, a two-time NBA MVP and eight-time all-star player as well as a NBA coach. Nash ranks as one of the top players in NBA history in career 3-point shooting, free-throw shooting, total assists and assists per game. In 2018, he was inducted into the Naismith Memorial Basketball Hall of Fame.

Gilgeous-Alexander admits it would be “amazing” to win a NBA championship like Nash did.

“Steve obviously is a pioneer for Canadian bas-



Ann Beckett Photo

Shai Gilgeous-Alexander played in the Marshall County Hoopfest before going to Kentucky and now is hoping to win a NBA championship.

ketball. He started the whole thing, I guess you can say. From the way he plays, to the way he carries himself, to his approach to the game, like, I learned so much from Steve being a 17-year-old kid in two weeks of time that helped me get here,” Gilgeous-Alexander said.

“The things he's done with Canada basketball as a whole and just pushing the culture forward is just amazing. To win a title on top of everything that happened this year would be special.

“I said this so many times, I don't play for the individual stuff, I don't play for anything else besides winning. I never have in my whole life. When I was nine-years-old I played to win an OBA championship. When I was 20 years old, I played to win the SEC championship. Now I'm 26, I want to win the NBA championship. It's always about winning for me.”

Nick Mingione was not ready for the 2025 season to be over when Kentucky blew a five-run lead in the eighth inning to West Virginia in the NCAA Tournament, but it didn't take him long to make it clear he was already excited about the 2026 season with young players like freshmen Tyler Bell, Hudson Brown, Nate Harris and Ryan Schwartz returning.

“Unfortunately with the transfer portal we have al-

ready started having meetings with players (about next year). We have been forced to prepare for next year,” Mingione said after the season-ending 13-12 loss to West Virginia.

“I'm really excited about next year's team. I think if guys continue to grow and develop and we bring all of this back. Depending on what happens with the draft, if you told me we were a preseason Top 10 team in the country, I could believe it. That's how highly I think about the guys we have coming back offensively. I really believe, depending on how all of this works with the portal, we have a chance to be special next year.”

Junior second baseman Luke Lawrence hit .306. Bell, the starting shortstop, finished the season with a .296 batting average and was second on the team with 10 homers. Schwartz hit .317 and knocked in 15 runs in 23 games. Brown hit .265 with three homers in 43 games.

Junior Carson Hansen became the team's starting center fielder in the second half of the season and hit .283 with seven home runs. Sophomore Kyuss Gargett hit .266 and stole eight bases.

Freshman Nate Harris had an outstanding first season for the Cats. He was the Friday night starter for the back half of the season and went 5-2 with a 4.70 ERA. Harris was the winning pitch-

er in UK's NCAA Regional win over No. 11 Clemson.

“Look at what Nate Harris did. Look at Ben Cleaver,” Mingione said. “And we've got a couple of other guys that as they continue to progress and get back, there's a really strong foundation.”

Sophomore Ben Cleaver, a southpaw, became the staff ace and went 6-3 with a 3.25 ERA. He struck out 92 batters in 83 innings. Harris went 5-2 with a 4.70 ERA and was the winning pitcher in UK's NCAA Regional win over No. 11 Clemson.

ANNOUNCEMENT OF POSITION

The Mercer County Fiscal Court is accepting applications for Part-Time Animal Control Officer. Applicants are preferred to have experience or be familiar with animal care. A complete list of qualifications and job descriptions are available upon request at the Mercer County Judge Executive's Office. Applications are being accepted through June 17, 2025 at 4pm.

Applications should be delivered to the:

Mercer County Fiscal Court Clerk, Missey Ellis
at 207 West Lexington St., Harrodsburg, KY,
or submitted online at <https://mercercounty.ky.gov/departments/Pages/Human-Resources.aspx>

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THE MERCER COUNTY JOINT BOARD OF ADJUSTMENTS AND APPEALS

The public will take notice that a **Public Hearing** has been scheduled at the request of the following:

25-05 – Isaiah House, Inc. is requesting an amendment to Conditional Use Permit 23-04 to allow an addition of a 560 square foot pharmacy within the existing 15,012 square foot Community Center. The property is located at 1090 Industry Rd in Harrodsburg. The zoning map indicates the property is zoned I-2 (Heavy Industrial).

This public hearing has been scheduled for **Friday, June 27th, 2025** in the Harrodsburg City Commissioners meeting room located at 208 S. Main St. (2nd Floor) in Harrodsburg, KY at **9:00AM**. If you have any questions or comments, or would like to view proposed plans, please contact the Planning & Zoning Office at (859) 734-6066 or you may visit the Planning & Zoning Office at 109 Short St. Harrodsburg, KY.

Bobby Upchurch, Chairman

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