# State health initiative focuses on mental healt

BY MELISSA PATRICK

Kentucky Health News

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

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 Kentucki-

**According to the Center for Disease Control** 



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

#### (Graphic sourced from Kentucky Health News)

ans 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,

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."

physical activity helps to improve mental health.

"Increasing physical activity vegetables and nuts, moderate can reduce feelings of anxiety consumption of poultry, eggs and 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 Kentuck-

Further, he said regular ians 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

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

# Stack to replace retiring Friedlander as secretary of CHFS

BY TOM LATEK

Kentucky Today

ne of the people who played a prominent role in Kentucky's response to the COVID-19 pandemic as the Secretary of the Cabinet for Health and Family Services (CHFS) will be retiring in August, while another leader during the pandemic has been named by Gov. Andy Beshear to serve as his successor.

CHFS Secretary Eric Friedlander says he will step down after 40 years in state government, most of which was spent at the Cabinet.

"It has been an honor to serve," Friedlander said at the Governor's weekly press conference on Thursday. "How impossible would that job have been, if we didn't have a Governor that actually believed in science. If we didn't have a Governor that believes in lifting people up, not tearing people down, that believes in the importance of gov-

Stand Divided We Fall.' He is the embodiment of that. It has been an honor to serve you and the Commonwealth in that capacity."

Beshear announced Dr. Steven Stack, the Commissioner of the Department for Public Health, will assume the role of CHFS Secretary upon Friedlander's retirement.

Friedlander noted, "It is so wonderful to know that turning the Cabinet for Health and Family Services over to someone ernment service and believes who has been such a tremenin our state motto, 'United We dous leader, who has so much

wisdom. Dr. Stack, it is such a relief to know that I am handing that off to someone with such good hands. Public service is a calling. Public service means the people who work for government, work to lift people and communities up when they face challenges."

Stack responded, couldn't have had someone who had more kindness and more wisdom in leading the Cabinet during particularly difficult times as we faced the COVID crisis, so Eric, thank you so much. It's been wonderful to have you as a boss. I couldn't have wished for better. It's been a privilege to serve with

He added, :Folks, Public Health and Health and Family Services are essential to ensure that we have healthier people and healthier communities. If we fail to invest in these services and supports to ensure that all of us have the opportunity to thrive, we will all be worse off for it."

Beshear said he will work with Stack to determine who his successor will be at DPH.

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**PUBLIC NOTICE** 

ADVERTISEMENT FOR BIDS City of Stanford Waterworks Hicks Lane & Patrick Road Waterline Extension

Separate Sealed BIDS for the construction of the Hicks & Patrick Road Waterline Extension will be received by the City of Stanford Waterworks, 842 East Main Street, Stanford, KY 40484, until May 2, 2025, at 2:00 P.M. local time and then publicly opened and read aloud at the City of Stanford Waterworks office

This contract includes the installation of approximately 3,700 L.F. of 6" PVC waterline, 4 customer reconnects and all necessary appurtenances. There are also two bid alternatives that could add an additional 6,575 L.F. of 6" and 4" PVC waterlines, and additional customer connections.

connections.
The CONTRACT DOCUMENTS may be examined at the following locations:
CITY OF STANFORD WATERWORKS, 842 EAST MAIN
STREET, STANFORD, KY
40484 KENVIRONS, LLC., 770
WILKINSON BLVD FRANK-

WILKINSON BLVD., FRANK-FORT, KY 40601 Copies of the CONTRACT DOCUMENTS may be obtained from LYNN IMAGING, 328 OLD

VINE STREET, LEXINGTON, KY 40507. (859) 255-1021 WWW.LYNNIMAGING.COM All bidders shall submit with their bid a Bid Bond in the amount of not less than five

(5) percent of the base bid. No Bidder may withdraw his bid for a period of ninety (90) days after the scheduled Bid Opening Date. The Bidder awarded the contract shall execute a 100% Performance Bond and a 100% Payment Bond and shall furnish insurance as required, in the General Conditions. The Bidder awarded the project shall complete the base project within 45 calendar days after date of authorization to start work. Liquidated damages will be assessed at \$1,000 per calendar

Bidders must comply with the President's Executive Order Nos. 11246 and 11375, which prohibit discrimination in employment regarding race, creed, color, sex, or national origin. pay the entire purchase price at

## **Public Notices**

Bidders must comply with Section 3, Section 109, and Title VI of the Civil Rights Act of 1964, the Anti-Kickback Act and the contract Work Hours Standard Act. Bidders must certify that they do not, and will not, maintain or provide for their employees any facilities that are segregated on a basis of race, color,

creed, or national origin.

Any bid that is obviously unbalanced may be rejected. The City of Stanford Waterworks reserves the right to reject any and all bids and waive informal-

Small, minority and women's businesses and labor surplus area firms are encouraged to bid this project By: Alvie Attwood, Chairman

City of Stanford Waterworks

Interior Journal: Apr. 10, 2025 BIDS

### **PUBLIC NOTICE**

The Lincoln County Fire Protection District will be accepting nominations for the position of Firefighter Trustee on the Fire Board. Nominations for position will be accepted beginning April 16, 2025 and must be received on or before 4:00 PM May 16, 2025. Nomination forms may be picked up at the Fire Chief's office at 309 Highway 590 Stanford, KY (Fire Station 1). Any questions concerning the election contact the Fire Chief at (606)661-0877 or (606)669-5168.

Interior Journal: Apr. 3 and 10, 2025 FIREFIGHTER TRUSTEE **PUBLIC NOTICE** 

**COMMISSIONER'S SALES** 

COMMONWEALTH OF KENTUCKY 28TH JUDICIAL DISTRICT LINCOLN CIRCUIT COURT Pursuant to the Judgments and

Orders of Sale of the Lincoln Circuit Court, the Master Commissioner of the Lincoln Circuit Court will sell the real properties described in the following Civil Actions at the front door on the outside of the Lincoln County Courthouse, on APRIL 15, 2025, at the hour of 10:00 AM, or as soon thereafter as said property can be sold. The purpose of these sale is to satisfy the Judgements of the Lincoln Circuit Court in the amounts hereinafter set forth, together with interest, advances for the protection of the property, costs and attorney fees as authorized and provided in said Judgements.

The hereinafter described real properties will be sold and conveyed on the following terms and conditions:

 Subject to valid and existing easements, restrictions, reservations, conditions, covenants, and limitations apparent or of record in the chain of title.

The purchaser shall either

## **Public Notices**

the time of sale; or if the sale is made on credit, the purchaser shall pay a minimum deposit of 10% of the purchase price with the balance due in 30 days. If the sale is made on credit, the purchaser shall pay the required deposit at the time of sale and execute bond for the balance due bearing interest at the rate the Judgement bears from the date of sale unti paid, with SURETY THEREON AND SAID SURETY MUST BE PRESENT AT THE SALE AND APPROVED BY THE MASTER COMMISSIONER; and bond shall be secured by a lien upon said property sold which shall have the full force and ef-

3. The real properties shall be sold free and clear of all liens, indebtedness. interest claims of the parties to the proceeding, subject to any and all applicable statutory rights of redemptions, including and Right of Redemption granted to the United States of America pursuant to 28 U.S.C Sec. 2410.

fect of a judgement.

4. Delinquent ad valorem taxes will be paid out of the proceeds of sale. The purchaser will be responsible for payment of the 2024 ad valorem taxes. Possession of the real property will be given to the purchaser with the delivery of the deed of conveyance thereto.

KENTUCKY HOUSING COR-PORATION V ROBERT GRAFF; LINCOLN CIRCUIT COURT 24-CI-00354; BEING LOT 9 SECTION 2 RAINTREE SUBDIVISION; TO SATISFY A JUDGMENT IN THE SUM OF \$217,977.56 PLUS COST AND ATTORNEYS FEES; SEE PLAT CABINET A SLIDE 364; DEED BOOK 472 PAGE 630

SALE NO. 1

**Public Notices** LINCOLN COUNT CLERK;

PVA MAP #009-02-18-010.00 SALE NO. 2 ANP TAX LIEN COMPANY, LLC V KENNETH SMITH; LIN-COLN CIRCUIT COURT NO. OF LAND LOCATED AT 2345 KY HIGHWAY 2750 (OLD US 150) CRAB ORCHARD, KY 40419; TO SATISFY A JUDGMENT IN THE SUM OF \$9,284.88; SEE DEED BOOK 347 PAGE 14 AND DEED BOOK 356 PAGE 156, LIN-COLN COUNTY CLERK; PV A

MAP #096-00-25-002.00 SALE NO. 3 ADS TAX LIEN COMPANY, LLC V STACY SCOTT; LIN-COLN CIRCUIT COURT NO 24-CI-00042 TO SATISFY A JUDGMENT IN THE AMOUNT OF \$6,891.65 PLUS COURT COST AND INTEREST AT THE RATE OF 6% BEING 1.097 ACRES AND A 2001 CLAY-TON MOBILE HOME THERE ON LOCATED AT 137 OLD OTTENHEIM ROAD STAN-FORD, KY 40484; SEE DEED BOOK 437 PAGE 186 LIN-COLN COUNTY CLERK; PVA

ROBERT R. BAKER MASTER COMMISSIONER LINCOLN CIRCUIT COURT

MAP #075-00-16-025.00

Interior Journal: Mar. 27, Apr. 3 and 10, 2025 SALE 4.15.25

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