



May is Women's Health Month. (Photo by Marea Wellness/Unsplash)

# State initiative focuses on women’s health during May, Women’s Health Month

BY MELISSA PATRICK  
Kentucky Health News

The focus of May’s “Our Healthy Kentucky Home” initiative is women’s health, which is Women’s Health Month.

“Women face unique challenges covering our physical, mental and emotional health,” Lt. Gov. Jacqueline Coleman said at the governor’s weekly press conference while introducing the initiative. “Understanding these specific health needs is incredibly helpful to promoting long-term wellness.”

According to 2023 data from

the Centers for Disease Control and Prevention, 15.6% of women were in fair or poor health, 42.1% were obese, 9.2% smoked cigarettes and 6.4% had high blood pressure.

Coleman said one way to ensure wellness is to have a healthy eating pattern, making sure to eat a variety of foods from all food groups and to limit foods with added sugar, salt and saturated or trans fats.

“On average, adult women need between 1,600 and 2,400 calories a day, and that intake is based on your age, height, weight and activity level. So to find out how many calories you need each day, be sure

to visit Our Healthy Kentucky Home website for helpful calorie calculation tools,” she said.

Coleman also encouraged women to exercise at least 30 minutes, three times a week to stay healthy. This, she said, “can help lower blood pressure and cholesterol, help you lose weight and maintain a healthy weight as you get older, improve sleep and lower your risk of diseases such as breast cancer, colon cancer, type two diabetes, heart disease and stroke.”

Coleman emphasized the importance of women prioritizing their health by sched-

uling regular checkups and routine screenings, as these can lead to early detection and prevention of various diseases.

“I am with you today because what I thought was a regular checkup ended up being an actual early detection screening for me,” she said. “About 18 months ago, I had a preventative exam and received some kind of troubling news. However, with the swift action of my care team and a tremendous amount of grace, I survived that scare and am healthy today. So regular checkups can change your future and can save your life.”

The Our Healthy Kentucky Home website includes links specifically related to women’s health from the U.S. Office on Women’s Health and the CDC. It also includes Kentucky-specific resources.

The Our Healthy Kentucky Home initiative is a one-year initiative to improve Kentuckian’s health. The overarching goals are for all 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

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## Public Notices

### Public Notices

**PUBLIC NOTICE**  
**NOTICE OF PUBLIC HEARING**  
**HOSPITAL REVENUE AND REFUNDING OBLIGATIONS**

The Fiscal Court of the County of Boyle, Kentucky (the “Issuer”) will hold a joint Public Hearing on behalf of (i) the Issuer, (ii) the County of Lincoln, Kentucky (“Lincoln”), and (iii) the County of Mercer, Kentucky (“Mercer” and, together with the Issuer, Lincoln, and Mercer, the “Host Counties”) on May 27, 2025 at 8:45 a.m. at the Boyle County Fiscal Courtroom, 321 West Main Street, Danville, Kentucky 40422, to discuss the possible issuance by the Issuer of its hospital revenue and revenue refunding obligations (the “Obligations”), in one or more series, at the same or different times, in connection with a plan of finance, and in an aggregate principal amount currently estimated not to exceed \$130,000,000 under Sections 103.200 to 103.285, inclusive, of the Kentucky Revised Statutes. If authorized, the Obligations will be qualified 501(c)(3) bonds as defined in Section 145 of the Internal Revenue Code of 1986, as amended (the “Code”). The proceeds of the Obligations will be loaned to Ephraim McDowell Health, Inc., a Kentucky nonprofit corporation (the “Borrower”) and used to: (i) finance the costs of the acquisition, construction, installation, and equipping of hospital facilities (the “New Money Project”); (ii) refund all or a portion of the outstanding County of Boyle, Kentucky, Hospital Refunding Revenue Bond, Series 2014A (Ephraim McDowell Health Obligated Group) (the “Se-

## Public Notices

ries 2014A Bond”) and County of Boyle, Kentucky, Hospital Revenue Bond, Series 2014B (Ephraim McDowell Health Obligated Group) (the “Series 2014B Bond”) in advance of maturity; (iii) refinance a loan incurred with the United States Department of Agriculture to finance improvements to Ephraim McDowell James B. Haggin Hospital (the “Haggin Hospital Loan”); (iv) pay costs and fees related to the termination or modification of certain existing hedging transactions related to the foregoing; (v) fund reasonably required reserve and/or debt service funds; and (vi) pay costs of issuance of the Obligations. Capital improvements financed or refinanced by the 2014A Bond, the 2014B Bond, and the Haggin Hospital Loan are referred to herein as the “Refinanced Projects.” \$90,000,000 of Bond proceeds will be used to finance the New Money Project located at, adjacent to or contiguous with 217 South 3rd Street, Danville, Kentucky 40422. \$37,000,000 of Bond proceeds will be used to refinance the 2014A Bond and 2014B Bond, which financed and refinanced hospital facilities located at, adjacent to or contiguous with 217 South 3rd Street, Danville, Kentucky 40422 and 110 Metker Trail, Stanford, Kentucky 40484. \$3,000,000 of Bond proceeds will be used to refinance the Haggin Hospital Loan, which financed hospital facilities located at, adjacent to or contiguous with 464 Linden Avenue, Harrodsburg, Kentucky 40330. The Borrower, or a party related thereto, will own or principally use the New Money Project and the Refinanced Projects in an integrated operation. The public hearing and this notice is intended to comply with the public approval requirements of Section 147(f) of the Code. The Obligations and the interest thereon will be special and limited obligations of the Issuer payable solely from the revenues pledged to the Obligations. The Obligations will not constitute an indebtedness or a charge against the general credit or taxing power of the Issuer, the Commonwealth, or any political subdivision thereof. The full faith and credit of the Issuer, the Commonwealth, or any political subdivision thereof will not be pledged to the payment of the principal of or interest on the Obligations. Interested persons are invited to attend this public hearing and will be given an opportunity to express their views concerning the facilities and the proposed issuance of the Obligations during the hearing. Written comments may also be given by submitting them before the public hearing to the Issuer, on behalf of itself and the Host Counties, via Katina Wesley, hearing officer, by email at katina.wesley@boylecountky.gov. All written comments must be received on or before the date and time of the hearing.

## Public Notices

COUNTY OF BOYLE, KENTUCKY  
/s/ Katina Wesley  
By: Katina Wesley, Fiscal Court Clerk

Interior Journal:  
May 15, 2025  
**HEARING**

### PUBLIC NOTICE

#### REQUEST FOR PROPOSAL

The Lincoln County Board of Education is accepting sealed responses for school health services for the 2025-2026 school year. Proposals must be mailed or delivered to Lee Ann Smith, Lincoln County Board of Education, 305 Danville Avenue, Stanford, KY 40484 in a sealed envelope marked “SCHOOL HEALTH SERVICES RFP.” The RFP specifications can be obtained from Tracy Griffin at the Lincoln County Board of Education at 606-365-2124. Proposals will be opened at 10:45 a.m., May 23, 2025. None will be considered thereafter. E-mailed proposals will not be accepted. Contract may be awarded to the lowest and/or best evaluated proposal meeting all specifications or conditions.

Interior Journal:  
May 15 and 22, 2025  
**PROPOSALS**

### 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 MAY 20, 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:  
1. Subject to valid and existing easements, restrictions, reservations, conditions, covenants, and limitations apparent or of record in the chain of title.  
2. The purchaser shall either pay the entire purchase price at 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

## Public Notices

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 until paid, with SURETY THEREON AND SAID SURETY MUST BE PRESENT AT THE SALE AND APPROVED BY THE MASTER COMMISSIONER; and the bond shall be secured by a upon said property sold which shall have the full force and effect of a judgement.  
3. The real properties shall be sold free and clear of all liens, indebtedness, interest and 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.  
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.

**SALE NO. 1**  
MID SOUTH CAPITAL PARTNERS, LP V CHARLES R. PEYTON ET AL;  
19-CI-00429; JUDGMENT IN THE SUM OF 3,769.20 PLUS ATTORNEY FEES, INTEREST AND COURT COST; BEING THE PROPERTY AT 160 CECIL SMITH ROAD HUSTONVILLE, KY; SEE DEED BOOK 181 PAGE 611 AND DEED BOOK 223 PAGE 483 LINCOLN COUNTY CLERK; PVA MAP #19-049A

**SALE NO. 2**  
FREEDOM MORTGAGE CORPORATION V ETHAN KOBERNIK ET AL; CIVIL ACTION NO. 24-CI-00352; JUDGMENT IN THE AMOUNT OF \$226,643.77 PLUS COST AND ATTORNEY FEES; BEING LOT 28 SECTION 2 SILVER FLATS SUBDIVISION; SEE PLAT CABINET A SLIDE 155 FOR DESCRIPTION; SEE DEED BOOK 477 PAGE 835; SEE PVA MAP #08C-002-28

ROBERT R. BAKER  
MASTER COMMISSIONER  
LINCOLN CIRCUIT COURT

Interior Journal:  
May 1, 8 and 15, 2024  
**SALE 5.20.25**

### PUBLIC NOTICE

#### PUBLIC NOTICE THAT A VACANCY EXISTS ON THE LINCOLN COUNTY BOARD OF EDUCATION

The Lincoln County Board of Education (“Board”) is seeking applications for appointment to fill a vacancy on the Board representing District Four (4), a seat formerly held by Lisa Gillem. The Board will proceed to appoint an individual to fill this seat for the unexpired term pursuant to KRS 160.190 and Board Policy 01.3.

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KRS 160.190 states in part:  
(1) Any vacancy in any board of education shall be filled by a majority vote of the remaining members of the local board within sixty (60) days after the vacancy occurs. Within thirty (30) days of the vacancy, the local board shall, for two (2) weeks, have solicited applications by posting a notice announcing the vacancy on the district’s Web site and by placing an advertisement in the newspaper of the largest general circulation in the county. An applicant shall file a letter of intent with the local board affirming that the applicant meets the eligibility requirements as established by KRS 160.180 and shall submit with the application a transcript evidencing completion of the twelfth grade or results of a twelfth-grade equivalency examination. After the two (2) weeks of advertisement on the district’s Web site and in the newspaper, the local board shall select from the applicants under this subsection to fill the vacancy.  
(3) The member chosen under this section shall meet the eligibility requirements as established by KRS 160.180 and shall hold office until his or her successor is elected or appointed, and has qualified.  
The unexpired term for this seat is set to end on December 31, 2028. Thus, the Board will fill the vacancy within sixty (60) days, in accordance with KRS 160.190, and the person who is appointed shall serve until the results of the November 2026 election are certified, after which the elected member shall succeed the appointed member. Board member must:  
• Be at least 24 years of age and a Kentucky citizen for the last three (3) years;  
• Be a registered voter in District Four (4);  
• Have completed the 12th grade or have a GED certificate;  
• Meet all other legal qualifications (KRS 160.180); AND  
• Complete required annual in-service training.  
Applications are available at the Lincoln County Board of Education, 305 Danville Avenue, Stanford, KY 40484 or online at www.lincoln.kyschools.us Applications with supporting documentation are requested to be delivered in a sealed envelope marked “Board Member Vacancy” to the Lincoln County Board of Education, 305 Danville Avenue, Stanford, KY 40484 by 4:00 p.m. on June 16, 2025.

Interior Journal:  
May 15 and 22, 2025  
**VACANCY**

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