Is it time to see an audiologist?

BY TREY CLINE

University of Kentucky

7hen you think about getting your health checked, you probably think of visiting a primary care doctor or dentist. But have you ever thought about your hearing? If you've noticed changes in how you hear or experience things like ringing in your ears or dizziness, it may be time to visit an audiologist.

What is an audiologist?

An audiologist is a licensed healthcare professional who specializes in evaluating, diagnosing and managing hearing and balance disorders. Audiologists work with patients of all ages, from newborns to older adults, and play an essential role in helping people stay connected to their world through better hearing and communication.

Audiologists can:

- Complete comprehensive hearing ests to assess the type and degree of hear-
- Recommend appropriate intervention options such as hearing aids, cochlear implants, and/or assistive listening devices
- Complete advanced testing to assess and manage balance disorders related to
- Fit and manage hearing aids, co-

chlear implants, and assistive listening

- Diagnose and manage tinnitus (ringing or buzzing in the ears)
- Offer counseling and education for patients and families
- Provide hearing protection and preventative care for those at risk of noise-induced hearing loss
 - How do I know if I need to see an audiologist?

Hearing loss is often gradual and many people may not notice the signs right away. Here are some common symptoms that may indicate it is time to schedule an evaluation with an audiologist:

- You frequently ask people to repeat themselves
- Conversations are hard to follow, especially in noisy environments
- You think others are mumbling or speaking too softly ■ You need to turn up the volume on
- the TV or radio You hear a ringing or buzzing sound
- (tinnitus) that nobody else hears ■ You feel off balance or dizzy, especially when standing or walking
- You avoid social situations because it's hard to hear or keep up

ologic care. If your child isn't meeting

speech and language milestones, doesn't respond to their name, or has frequent ear infections, an audiologist can help determine if hearing is part of the issue.

Why hearing health matters

Hearing is critical to communication, relationships, learning, and safety. Untreated hearing loss has been linked to social isolation, depression, and even cognitive decline in older adults. The good news is that early intervention can improve quality of life and overall well-being.

What to expect at an audiology appointment

A typical visit with an audiologist includes a detailed conversation about your hearing history, symptoms, and lifestyle needs. You'll undergo a comprehensive audiologic evaluation (hearing test) in a sound-treated booth to determine your hearing sensitivity. Based on the results, the audiologist will discuss management options whether that's hearing aids, a cochlear implant evaluation, medical referral, communication strategies, or simple hearing protection tips.

Take the first step

If you suspect you're experiencing Even children can benefit from audi- hearing or balance issues or simply want to take a proactive approach to

(Photo by Mark Paton/Unsplash)

your health, an audiologist can provide the answers and support you need. Just like eye exams and dental visits, hearing check-ups should be part of your routine health care, especially as individuals age or have been regularly exposed to loud environments.

Langefeld to become new commissioner public health

BY MELISSA PATRICK

Kentucky Health News

ov. Andy Beshear announced Tuesday, June 17, that Dr. John Langefeld will become the new commissioner of the Kentucky Department for Public Health on July 1.

Langefeld succeeds Dr. Steven Stack, who will transition to his new role as the Cabinet for Health and Family Services secretary on July 1.

"Team Kentucky believes that health care is a basic human right - one which Dr. Langefeld has dedicated his life to," Beshear said in a news release. "With his wealth of experience and proven commitment to the health and well-being of Kenwill help us build on our efforts to keep Kentuckians informed, healthy and safe." Langefeld currently serves as the med-

ical director for Health Insights and Innovation at CHFS. The release notes that he has more than 30 years of health care leadership experience, including having served as the chief medical officer of the Kentucky Department for Medicaid Services. "I am honored to continue serving Ken-

tucky in this critical capacity. My focus will be on shifting our focus upstream, from not only treating illness but nurturing health and well-being," Langefeld said in the release. "This means enhancing social supports, expanding mental health resources, prioritizing preventive screenings, en-

tuckians, I am confident that Dr. Langefeld hancing health policy through community engagement, and innovative, data-driven strategies. Our true measure of success will not just be the treatments we deliver, but how the people in our communities grow healthier, stronger and more resilient."

KDPH is responsible for developing and operating state public health programs and activities for all Kentuckians. Its mission is to "improve the health and safety of people in Kentucky through prevention of negative health outcomes, promotion of healthy lifestyles and protection from diseases, injury and environmental health impacts," according to the release. "Our work is about real people, with real

lives, whose stories intersect at the crossroads of policy and practice," saiLangefeld.

"When we align our efforts around true health, rather than isolated programs, we can deliver life-changing outcomes for every Kentuckian. My 'why' is simple: I believe in Kentucky, in our people, in the power of shared purpose, and the promise of collective action. Together, let's ensure every heartbeat in our commonwealth resonates with vitality and hope."

According to the release, Langefeld is a native Kentuckian and earned his medical degree from the University of Louisville School of Medicine after graduating from Berea College with a bachelor's degree in biology. He completed his residency in family medicine at St. Elizabeth Medical Center in Edgewood. He is a diplomat of the American Board of Family Medicine.

Kentucky

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Public Notices

Public Notices

PUBLIC NOTICE NOTICE OF SALE

1978 Ford F150 VIN F14SNCE7525 Owned by William E. Maddix

2006 BMW 750i

2009 FORD E350

VIN WBAHL83506DT02189 OWNED BY JAMES MARTEZ 1997 DODGE PICKUP

.007 DODGE PICKUP 3B7HF13Y9VG770726 OWNED BY DONALD R CAS-TLE

VIN1FDEE35S69DA39471 OWNED BY FEDERATED TRANSPORTATION SRVCS OF THE BLUEGRASS INC.

2001 FORD F150 VIN 1FTZX17261NB52272 OWNED BY CHRIS NEACE

Jessamine Journal: June 26, July 3 and 10, 2025 **AV/78 FORD**

Do you have available jobs?

Call 859-553-7057 to let others know about job opportunities

PUBLIC NOTICE CASE NUMBER 25-P-197

NOTICE is hereby given that Robert Dal Miller has qualified

as Executor of the estate of Cherie Dawn Brown, deceased of Jessamine County, Kentucky on June 5, 2025. All persons having claims against the said estate are requested to present the same properly proven as required by law to the aforesaid

Robert Dál Miller, 312 South-

Public Notices

side Way, Nicholasville, KY 40356 not later than December 5, 2025.

Doug Fain Jessamine County Circuit Clerk

Jessamine Journal: EST/BROWN, C.

PUBLIC NOTICE

CASE NUMBER 23-P-153

NOTICE IS HEREBY GIVEN THAT JOHN TRANTER HAS FILED FINAL SETTLEMENT IN THE ESTATE OF DEL-PHIA SAADIQ WITH DATE OF HEARING SET FOR JULY 31 2025, AT 10:30 A.M. BEFORE THE JESSAMINE DISTRICT COURT, JESSAMINE COURT-HOUSE ANNEX, NICHOLAS-VILLE KENTUCKY. UNLESS EXCEPTIONS ARE FILED BEFORE THAT TIME, THE SETTLEMENT SHALL BE AP PROVED, CONFIRMED AND RECORDED ACCORDING TO

/s/Doug Fain Doug Fain Jessamine County Circuit Clerk

Jessamine Journal: June 26, 2025 EST/SAADIA, D.

> **PUBLIC NOTICE** CASE NUMBER 25-P-193

NOTICE is hereby given that Darlene Whattenbarger has qualified as Executrix of the es-tate of Andrew Louis Whattenbarger, deceased of Jessamine County, Kentucky on June 5, 2025. All persons having claims against the said estate are requested to present the same properly proven as required by law to the aforesaid Darlene Whattenbarger, 153 Southcreek Dr, Nicholasville, KY 40356 not later than December 5, 2025.

Jessamine County Circuit Clerk Jessamine Journal:

June 26, 2025 **EST/WHATTENBARGER, A. PUBLIC NOTICE**

> NOTICE OF SELF STORAGE SALE

Please take notice Prime Nicholasville Storage

Etter located at 251 Etter Dr. Nicholasville, KY 40356 intends to hold a public sale to sell the property stored in the following units stored at the Facility. The public sale will occur at an Online Auction via www.storagetreasures. com on 7/1/2025 at 12:00PM. Unit #125; Unit #481. This sale may be withdrawn at any time without notice. Certain terms and conditions may apply.

Jessamine Journal: June 26, 2025 L2L-58515

Public Notices

PUBLIC NOTICE

NOTICE IS HERBY GIVEN

NOTICE IS HERBY GIVEN THAT THE CITY OF WILMORE ON JUNE 16, 2025, ENACT-ED TWO ORDINANCES. THE FULL TEXT OF WHICH ARE AVAILABLE FOR PUBLIC INSPECTION IN THE OFFICE OF THE WILMORE CITY CLERK

@ 210 S. LEXINGTON AVE. WILMORE, KY 40390. THE ORDINANCES AND SUMMA-

Ordinance 2025-2 An Ordinance adopting the FY2025

<u>Ordinance</u> 2025-3 An Ordinance adopting the FY2026 Proposed Budget

PUBLIC NOTICE

NOTICE OF ENACTMENT

OF ORDINANCE

Notice is hereby given that on June 23, 2025, the Nicholasville

City Commission enacted an or-

dinance, the full text of which is

available for inspection in the of-fice of the City Clerk, 517 North Main Street, Nicholasville, KY.

The ordinance by title and summary: ORDINANCE 182-2025:

AN ORDINANCE AMENDING THE OFFICIAL ZONING MAP FOR THE CITY OF NICHOL-

ASVILLE FROM A-1 (COUNTY) TO R-3 (MULTI FAMILY RESIDENTIAL DISTRICT),

FOR APPROXIMATELY 16.10 ACRES OF PROPERTY LO-CATED AT 3213 LEXINGTON

ROAD (PORTION OF PVA PARCEL #067-00-00-028.00). [This ordinance amends the

Official Zoning Map of the City

of Nicholasville in accordance

with the recommendation of the

Nicholasville Planning Commis-

sion to approve the zone map amendment to R-3 (Multi Fam-

ily Residential District) for ap-

proximately 16.10 net acres of property located on PVA Parcel

NOTICE OF ENACTMENT OF ORDINANCE

Notice is hereby given that on June 23, 2025, the Nicholasville

City Commission enacted an

ordinance, the full text of which

is available for inspection in the office of the City Clerk, 517 North Main Street, Nicholas-

ville, KY. The ordinance by title and summary: ORDINANCE 183-2025: AN ORDINANCE AMENDING THE OFFICIAL ZONING MAP FOR THE CITY

OF NICHOLASVILLE FROM
A-1 (COUNTY) TO R-3 (MULTI
FAMILY RESIDENTIAL DISTRICT), FOR APPROXIMATE-

LY 33.00 ACRES & B-1 (CENTRAL-BUSINESS DISTRICT)

FOR APPROXIMATELY 39.86 ACRES OF PROPERTY LO-CATED AT 3255 LEXINGTON

ROAD (PVA PARCEL #067-00-00-022.02). [This ordinance

#067-00-00-028.00.] Kathy Walker, City Clerk June 26, 2025

RIES ARE AS FOLLOWS:

Amended Budget

Jessamine Journal:

ORDINANCES

Public Notices

amends the Official Zoning Map of the City of Nicholasville in accordance with the recommendation of the Nicholasville Planning Commission to approve the zone map amendment to (Multi Family Residential District) for approximately 33.00 acres & B-1 (Central-Business District) for approximately 39.86 acres of net acres of property located on PVA Parcel #067-00-00-022.02.] Kathy Walker, City Clerk

NOTICE OF ENACTMENT OF ORDINANCE

June 26, 2025

Notice is hereby given that on June 23, 2025, the Nicholasville City Commission enacted an ordinance, the full text of which is available for inspection in the office of the City Clerk, 517 North Main Street, Nicholasville, KY. The ordinance by title and summary: ORDINANCE 184-2025: AN ORDINANCE AMENDING THE OFFICIAL ZONING MAP FOR THE CITY OF NICHOLASVILLE FROM A-1 (COUNTY) TO R-1E (SIN-GLE FAMILY RESIDENTIAL DISTRICT), FOR APPROX-IMATELY 29.64 ACRES OF PROPERTY LOCATED AT 789 UNION MILL ROAD (PVA PARCEL #070-00-00-016.00). [This ordinance amends the Official Zoning Map of the City of Nicholasville in accordance with the recommendation of the Nicholasville Planning Commission to approve the zone map amendment to R-1E (Single Family Residential District) for approximately 29.64 net acres of property located on PVA Parcel #070-00-00-016.00.] Kathy Walker, City Clerk June 26, 2025

NOTICE OF ENACTMENT OF ORDINANCE Notice is hereby given that on June 23, 2025, the Nicholasville City Commission enacted an ordinance, the full text of which is available for inspection in the of-fice of the City Clerk, 517 North Main Street, Nicholasville, KY. The ordinance by title and summary: ORDINANCE 185-2025:
AN ORDINANCE AMENDING
THE CITY OF NICHOLASVILLE, KENTUCKY'S ANNUAL BUDGET FOR THE UTILITY GOVERNMENT FOR THE FISCAL YEAR 07-01-2024 THROUGH 06-30-2025 BY ES TIMATING REVENUES AND RESOURCES AND APPRO-PRIATING FUNDS FOR THE OPERATION OF UTILITIES. [This Ordinance amends the budget for fiscal year ending June 30, 2025 for the operation of utilities.1 Kathy Walker, City Clerk

NOTICE OF ENACTMENT

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in the office of the City Clerk, 517 North Main Street, Nich-

OF ORDINANCE Notice is hereby given that on June 23, 2025, the Nicholasville City Commission enacted an ordinance, the full text of

June 26, 2025

Public Notices

by title and summary: ORDI-NANCE 186-2025: AN ORDI-NANCE ADOPTING THE CITY OF NICHOLASVILLE, KEN-TUCKY'S ANNUAL BUDGET FOR THE UTILITY GOVERN-MENT FOR THE FISCAL YEAR 07-01-25 THROUGH 06-30-26 BY ESTIMATING REVENUES AND RESOURCES AND AP-PROPRIATING FUNDS FOR THE OPERATION OF UTILI-TIES. [This Ordinance adopts the budget for the operation of city utilities for the fiscal year ending June 30, 2026.] Kathy Walker, City Clerk June 26, 2025

NOTICE OF ENACTMENT OF ORDINANCE

Notice is hereby given that on June 23, 2025, the Nicholasville City Commission enacted an ordinance, the full text of which is available for inspection in the office of the City Clerk, 517 North Main Street, Nicholasville KY. The ordinance by title and summary: ORDINANCE 187-2025: AN ORDINANCE ES-TABLISHING THE RATE FOR THE REGULATORY LICENSE FEE UPON THE GROSS RE-CEIPTS OF THE SALE OF AL-COHOLIC BEVERAGES FOR THE FISCAL YEAR ENDING JUNE 30, 2026. [This ordinance establishes a regulatory license fee upon the gross receipts of the sale of alcoholic beverages of each license issued by the City ABC Administrator for the fiscal year 2026 in the amount of five percent (5%) of gross retail sales of all alcoholic beverages sold by the drink, package distilled spirits and wine, and package malt beverages.] Kathy Walker, City Clerk June 26, 2025

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Public Notices

in the office of the City Clerk 517 North Main Street, Nich-olasville, KY. The ordinance by title and summary: ORDI-NANCE 188-2025: AN ORDI-NANCE AMENDING THE CITY OF NICHOLASVILLE, KEN-TUCKY'S ANNUAL BUDGET FOR THE GENERAL GOVERNMENT FOR THE FISCAL YEAR 07-01-2024 THROUGH 06-30-2025 BY ESTIMATING REVENUES AND RESOURCE ES AND APPROPRIATING FUNDS FOR THE OPERATION OF CITY GOVERNMENT. [This Ordinance amends the budget for fiscal year ending June 30, 2025 for the operation of city

NOTICE OF ENACTMENT OF ORDINANCE

government.] Kathy Walker, City Clerk

June 26, 2025

Notice is hereby given that on June 23, 2025, the Nicholas-ville City Commission enacted an ordinance, the full text of which is available for inspection which is available for inspection in the office of the City Clerk, 517 North Main Street, Nicholasville, KY. The ordinance by title and summary: ORDI-NANCE 189-2025: AN ORDI-NANCE ADOPTING THE CITY OF NICHOLASVILLE KEN NICHOLASVILLE, TUCKY'S ANNUAL BUDGET FOR THE GENERAL GOV-ERNMENT FOR THE FISCAL YEAR 07-01-2025 THROUGH 06-30-2026 BY ESTIMATING REVENUES AND RESOURC-ES AND APPROPRIATING FUNDS FOR THE OPERATION OF CITY GOVERNMENT. [This Ordinance adopts the budget for general government operations for fiscal year July 1, 2025 through June 30, 2026 for the City of Nicholasville.] Kathy Walker, City Clerk June 26, 2025

Jessamine Journal: June 26, 2025 ORDINANCES Selling your home?

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