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The LaRue County Extension Service seeks a qualified contractor to assess and develop a draining improvement plan and complete the work to improve the overall drainage at their office located at 807 Old Elizabethtown Road in Hodgenville, KY. Please submit bids along with three references of similar projects completed in the last five years to the LaRue County Extension Office by 4:30 p.m. on May 30, 2025. Bids may be submitted to the address above or mailed to P.O. Box 210, Hodgenville, KY 42748. The property may be viewed and specifications picked up during office hours by scheduling with Misty Wilmoth at 270 358-3401 or by email to mwilmoth@uky.edu. The LaRue County Extension District Board reserves the right to reject any and all bids or to accept the best evaluated bid.

The LaRue County Cooperative Extension Service located at 807 Old Elizabethtown Road in Hodgenville is now accepting sealed bids for replacing the roof on the front section of the office building. Please submit bids along with proof of insurance and three references by 4:30 p.m. on Friday, May 30, 2025. Bids may be submitted at the address listed above or mailed to P.O. Box 210, Hodgenville, KY 42748. If you have questions, contact Misty Wilmoth at 270-358-3401 or by email to mwilmoth@uky.edu. The LaRue County Extension District Board reserves the right to reject any and all bids or to accept the best evaluated bid.

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In a separate news release, she said, "WHAT WILL YOU DO to route charlatans, bandits, pirates, racketeers, kidnappers and other termites that would undermine with their greed one of the finest, noblest and truest movements and nations?"

After her mother's death on May 9, 1905, Anna Jarvis was determined to fulfill her mother's hope that a Memorial Mother's Day be established to recognize the important roles that mothers play in the family, church, and community. On Saturday, May 9, 1914, President Woodrow Wilson issued a presidential proclamation that officially established the first national Mother's Day holiday to celebrate America's mothers. He also proclaimed Mother's Day a national observance to be held each year on

Carnations: a traditional symbol of motherly love. Over time, this flower symbolizes a mother's undying love and affection. Its delicate petals and sweet fragrance make it a popular choice for Mother's Day bouquets.

On Mother's Day, we pause to say thank you to mothers, who nurture, care, and provide—often sacrificially—for their children in order to create a brighter future for generations to come. However, the spirit of Mother's Day was never meant to be reserved to a single day of the year. God commands us to honor our mothers throughout the year. "Honor your father and your mother, that your days may be long in the land that the Lord your God is giving you" (Exodus 20:12).

SEE DAY/PAGE B7

ELIZABETHTOWN, KY. — May is Stroke Awareness Month, a time to focus on recognizing the signs and symptoms of stroke, understanding risk factors, and taking steps to prevent this life-threatening condition. Baptist Health Hardin is encouraging the community to take stroke risk seriously, with a special emphasis on managing blood pressure, one of the most significant contributing factors.

According to the American Heart Association (AHA), stroke is a leading cause of death and disability in the United States. In Kentucky, stroke is the sixth leading cause of death.

“Stroke can happen to anyone, and often without any warning,” said Rosa Vittitoe, MSN, RN, stroke coordinator at Baptist Health Hardin. “High blood pressure is the number one controllable

High blood pressure often has no symptoms, yet it quietly damages blood vessels and can lead to a stroke. Routine blood pressure checks and ongoing monitoring are key steps in prevention. Baptist Health Hardin encourages individuals to work with their healthcare providers to regularly check blood pressure and make lifestyle changes to stay within a healthy range.

SEE **STROKE/PAGE B7**

In today's dynamic and evolving business landscape, investing in continuous learning and development for employees is essential. As the Human Resources Manager at Mid-Park, Inc. in Leitchfield, I can confidently say that employee development is not just a priority, but an integral part of our company culture.



Investing in the professional development of employees fosters both individual and organizational success. For individuals, it fosters a sense of professional growth and accomplishment, boosting morale and engagement. For organizations, embracing a culture of continuous learning cultivates innovation, improves productivity and enhances overall competitiveness.

needed to explore new technologies, will empower employees to adapt and thrive in the face of constant change.

At Mid-Park, Inc., we foster continuous learning through a multi-faceted approach, including offering a wide range of internal training programs, providing tuition reimbursement for relevant external courses and encouraging mentorship opportunities. Furthermore, we regularly assess employee skill gaps and tailor development plans to address those specific needs, ensuring that our team members are equipped with the knowledge and skills to excel in their roles and contribute meaningfully to Mid-Park, Inc.'s continued progress.

To determine the focus of learning and development (L&D) programs, we align with the company's overarching strategy, analyzing short- and long-term goals and identifying necessary skills. We use performance data to pinpoint skill gaps affecting productivity, gather employee feedback through reviews and manager discussions and monitor industry trends to anticipate future needs.

This comprehensive approach helps enhance both organizational performance and employee growth.

For the broader regional workforce, the Lincoln Trail Workforce Development Board (LTWDB), where I serve as a board member, plays a vital role in fostering lifelong learning by acting as a catalyst for skill development and career advancement. The board achieves this through several key

strategies, including identifying in-demand skills and occupations within the region. By collaborating with local educational institutions, employers and community organizations, LTWDB facilitates access to a diverse range of learning opportunities, from short-term certifications to apprenticeships and degree programs.

Local businesses are not on their own in ensuring their employees have the resources needed to develop professionally. A dynamic ecosystem of partnerships and initiatives fuels continuous learning opportunities for employees. Local educational institutions such as Elizabethtown Community and Technical College often work with businesses to offer tailored training programs and degree programs aligned with industry needs. The Kentucky Career Center — Lincoln Trail, overseen by LTWDB, provides a variety of development and retention services, from career counseling to work-based training to workshops. Additionally, industry groups and associations play a crucial role by offering apprenticeship programs and organizing conferences, seminars and online resources.

It is an exciting time for the Lincoln Trail region. With companies expanding and increasingly locating in our area, it is vital that we are prepared with a skilled workforce. With continued collaboration and partnership, everyone wins.

Trish Niles, Human Resources Manager for Mid-Park, Inc., serves on the Lincoln Trail Workforce Development Board. She can be reached at TNiles@mid-park.com.