

Cynthiana Rotary Club



Photo submitted

The Cynthiana Rotary Club honored David Asher for his past year of service as club president. David served during the 2025-2026 year that included the America 250 Celebration at the Fabulous 4th event, one of the largest the club has produced, including artist Sam L. Smith as the headlining musical talent. With Asher is Jennifer Owen, incoming president.



Photo submitted

Local businessman Joe Cochran, right, was the Cynthiana Rotary's guest speaker July 23. Joe is on the Youth Football board, and he shared the history and future plans for the league. The program is currently raising money to purchase new uniforms for the players. With Cochran is Mike Fisher, Rotary Club secretary. The Cynthiana Rotary Club meets weekly at Biancke's Restaurant on Thursdays at noon.

CHC Republican Party holds annual picnic

The Cynthiana Harrison County Republican Party held its annual GOP Picnic on Saturday, July 25, at Flat Run Veterans Park, drawing a strong crowd of local officials, candidates and community members.

The Republican Party continues to grow in Harrison County; in July 2026, voter registration sur-

passed 7,000 registered Republicans for the first time in county history, maintaining a GOP majority since January 2025.

Speakers included State Representative candidate Mike Fisher, County Judge Executive Jason Marshall, Sheriff Christy Barnes, magistrate candidate Greg Gooden and district judge

candidates Brian Canupp and Greg Coulson.

Attendees enjoyed a relaxed picnic atmosphere with home-cooked dishes and a hometown opportunity to hear directly from the fall candidates. The event offered fellowship, food, and conversation—an enjoyable time for all who attended.



Photo submitted

Attendees at the annual GOP Picnic listen to candidates Saturday, July 25.

Elks make donation to Harrison County Food Pantry

BY DEVON WILLIAMS
NEWS REPORTER

On the afternoon of Monday, July 27, the Cynthiana Elks Lodge #438 donated a check of \$2,500 to the Harrison County Food Pantry.

First Vice President Rick Fryman and grant writer/Veteran Chair Brian Kinney gifted the generous check to Deeann Ruppert, director of the Harrison County Food Pantry.

“It usually comes out of what we call our spotlight grant,” explained Kinney. “And so we take care of...we've sort of designated that every year as a way to help them. This year, we were able to actually get it up to 25, where it usually is just a \$2,000 check.”

Kinney noted that whereas most donations are cans or boxes of food, this donation will got toward meats and heartier things.

Ruppert of the Food Pantry was ecstatic for the donation, one the Elks Lodge tries to do yearly.

“It’s a pretty impactful donation, it’ll come in handy,” stated Ruppert. “We just had to buy a new refrigerator, so this whole thing has come in handy. The appeal that we made, we’ve got several checks,



Devon Williams

Grant writer/Veteran Chair Brian Kinney and First Vice President Rick Fryman hand over check to Harrison County Food Pantry Director Deeann Ruppert.

large checks, as a result of that. So it will be spent for food and that's kind of where we are with it.”

And it’s good that they’re back up and running with plenty of money to spend because they see a lot of

foot traffic looking to eat.

“We don't turn anybody away as long as you're a resident of Harrison

County,” noted Ruppert.

“So we provide that too, you know, you don't have to show need or anything.

It's just a residence in Harrison County.

And we have a lot of regulars. You know, people that come once a month, but we also have a lot of stories that we hear about people that have fallen on hard times, which is very sad.”

Ruppert and a core group of eight volunteers work hard to keep folks fed, but the community does its part as well. Like the Elks Lodge in their routine donations to the pantry. And, just last week, when they posted an empty pantry on Facebook asking for help, Harrison County rallied and filled it up in just a day and it's kept coming.

“The community rallies around us,” Ruppert stated. “We have a lot of churches too who collect and provide. Cynthiana is a very, very giving community. I mean, the day after we posted that empty picture on Facebook, I got an organization that brought a carload of food, and then I had an individual that went to Ruler Foods and bought a couple hundred dollars worth of food and brought it. The next day, I had another big, large group bring food. So, I mean, it's just, it's amazing. It really is.”

HMH Sleep Disorder Lab achieves ACHC accreditation

HARRISON
MEMORIAL HOSPITAL

Harrison Memorial Hospital (HMH) is proud to announce that the HMH Sleep Disorder Lab has achieved accreditation through the Accreditation Commission for Health Care (ACHC).

Accreditation is a process through which healthcare organizations demonstrate compliance with nationally recognized standards for quality and patient care. ACHC accreditation reflects an organization's commitment to excellence, continuous improvement, and delivering the highest level of care to patients.

ACHC is a nonprofit organization that has served as a symbol of quality and excellence since 1986. During the

accreditation process, the HMH Sleep Disorder Lab successfully demonstrated compliance with more than 100 national standards. The comprehensive on-site survey included a review of policies, procedures, staff credentials and an observed sleep study. HMH earned accreditation with zero deficiencies. The accreditation survey was led by Mary Beth Slade, RRT, HMH Respiratory and Sleep Lab Manager.

“The recent successful ACHC accreditation of our Sleep Disorder Lab demonstrates our ongoing commitment to providing exceptional patient care across all of our service lines,” said Nicholas Wiley, Chief Operating Officer at Harrison Memorial Hospital. “Our patients, community and providers can be confident

that their sleep health needs are being met by a nationally accredited facility staffed by certified sleep technologists and a board-certified sleep medicine specialist.”

Wiley also recognized the team whose dedication made the achievement possible.

“I want to extend my sincere congratulations and appreciation to Dr. Maria Pavez, Mary Beth Slade and Ella Fredrickson on an outstanding ACHC survey with zero deficiencies identified,” Wiley said. “This achievement reflects exceptional leadership, thorough preparation, attention to detail, and the compassionate, high-quality care they provide to our patients every day. Earning accreditation with zero deficiencies is a testament to their dedication and commitment to excellence. I

also want to thank everyone who contributed

to this success. Their teamwork and commitment continue to make Harrison Memorial Hospital proud.”

The HMH Sleep Disorder Lab was established in 2005 and recently relocated to its new facility in the building behind the hospital's Emergency Department entrance. Patients undergoing an overnight sleep study are cared for by highly trained sleep technologists in comfortable, private sleep rooms designed to promote a restful environment. In addition to in-lab testing, HMH also offers home sleep studies for qualifying patients.

Dr. Maria Pavez serves as the Medical Director of the HMH Sleep Disorder Clinic and supervises and interprets all sleep studies per-

formed at HMH.

Dr. Pavez earned her medical degree from Cayetano Heredia University in Lima, Peru. She completed her internship in internal medicine, residency in neurology and fellowship in electromyography at the University of Kentucky. She is board certified in both Neurology and Sleep Medicine.

“Sleep disorders affect approximately one in four individuals,” said Dr. Pavez. “When left untreated, conditions such as sleep apnea can have serious, even life-threatening consequences because of their impact on the cardiovascular and neurological systems. Early diagnosis and treatment can significantly improve a person's overall health, quality of life and well-being.”

The HMH Sleep Disorder Lab evaluates and treats a wide range of sleep disorders, including sleep apnea, restless legs syndrome, insomnia, periodic limb movement disorder, narcolepsy and circadian sleep-wake disorders. Sleep apnea is the most common sleep disorder, affecting an estimated 4 to 6 percent of the population.

Most medical insurance plans cover the diagnosis and treatment of sleep disorders. Patients are encouraged to contact their insurance provider to verify their individual coverage.

For more information about the HMH Sleep Disorder Lab or to schedule an appointment with the HMH Neurology and Sleep Disorders Clinic, please call 859-235-3629.