Understanding headaches

Headaches are a common problem for people of all ages. Some are mild, while others can be severe and hard to treat. A headache specialist helps patients find relief, especially those who have tried many treatments without success.

DANA IONEL

Types of headaches

There are over 200 types of headaches. The most common ones are:

• Tension headaches: These are usually mild and affect both sides of the head. The pain can spread from the neck and shoulders.

• Migraines: These are more severe and can cause nausea, vomiting and sensitivity to light and sound. The pain is often on one side of the head and can last for hours. Migraines are a neurological disease and have a strong genetic link.

Can headaches be prevented?

While not all headaches can be prevented, you can lower your risk by:

• Eating a healthy diet

• Exercising at least three times a week

• Getting good sleep

• Managing stress

If you have frequent headaches, talk to your doctor. There are many treatments available to help.

Different from headaches?

A migraine is more than just a headache. Migraines usually last longer, have more severe pain, and come with symptoms like nausea, dizziness and sensitivity to light and sound. Regular headaches don't have these additional symptoms.

What can trigger headaches?

Many things can trigger headaches, especially in people who are prone to migraines:

• Sleep: Poor sleep can lead to migraines.

• Stress: High stress levels can trigger headaches.

• Weather: Changes in barometric pressure (like before storms) can bring on migraines.

• Posture: Poor posture can cause tension headaches by straining neck and shoulder muscles.

• Food: Red wine is a known trigger, but many other "food triggers" actually may be cravings that happen before a migraine.

• Technology: Screens and bright lights can worsen migraines, especially for those with light sensitivity.

New treatments

Since 2018, new medications have been developed that target CGRP, a chemical that plays a role in migraines. Before this, most migraine treatments were originally made for other conditions, like seizures or depression.

Research is also looking at PACAP, another pain-related chemical, and early results are promising.

Advice for people with frequent headaches

If you often get headaches, keep a headache diary. Write down how often you have headaches and what helps. This will help your doctor find the best treatment for you.

Migraine is an invisible illness, so it's important to let your doctor know how much it affects your life.

What makes UK HealthCare special for headache treatment?

At UK HealthCare, we have two board-certified headache doctors, including a pediatric specialist, which is rare. We also work closely with experts in orofacial pain, neurosurgery and neuro-ophthalmology. UK HealthCare has the only two neuro-ophthalmologists in the state.

This teamwork helps provide the best care for headache patients. Headache treatments are better than ever, and help is available. With the right approach, relief is possible.

DANA IONEL, D.O., is a headache specialist at UK HealthCare.

Ironton native publishes book on empathy in cybersecurity leadership

STAFF REPORT

GOODLETTSVILLE, TENN. A native of Ironton and a 2004 graduate of Marshall University has published his first book, "Disruptive Empathy: On Caring in an Industry That Forgot How," which is now available in paperback and on Kindle.

Eric Near spent more than two decades working in IT infrastructure, product, support, strategy and leadership before writing the book, according to a press release.

The book makes the case that cybersecurity and IT leadership have what he calls a "people problem" — a communication issue.

Near argues the industry has optimized so hard for technical precision that it forgot how to talk to people, earn trust and lead through uncertainty.

"The most dangerous gap in cybersecurity is not between the network and the attacker," Near writes. "It is between the security team and the board. Empathy is what closes it."

The book is written for CISOs, IT directors, security managers and practitioners who regularly interact with leadership, boards, clients or regulators, as well as technical team executives.

Near credits his hometown of Ironton and his time at Marshall with shaping the perspective behind the book.

Visit nearestsolutions.com/disruptive-empathy/about.html for more information.

PUBLIC NOTICES

PUBLIC NOTICE

The Greenup County Schools Internet Safety and Digital Citizenship update will be presented at the July 20th Board Meeting located at Greenup County Schools Central office at 5:30 pm. Opportunity for questions and public comment will follow.

Published: July 16, 2026

PUBLIC NOTICE

The Boyd County Board of Education is accepting sealed bids for seven surplus school buses being removed from action service.

Interested buyers must submit sealed bids by 10 a.m. on Monday, July 27, 2026, to the Boyd County Board of Education office at 1104 Bob McCullough Dr, Ashland, KY 41102.

The district has seven buses available for purchase: numbers 052, 061, 071, 082, 103, 984 and 042. All vehicles are being sold in as-is condition.

Potential buyers can schedule viewings or obtain additional information by call Bob Higginbotham at 606-928-7126.

Published: July 16, 2026

BOYD CIRCUIT COURT
CIVIL ACTION NO. 26-CI-00066

EVERETT LAKE HOLDINGS, LLC,
PLAINTIFF,
vs. ADVERTISEMENT

BRENDA MILLICAN, as Administrator and Heir, of The Estate of David Whitt;
UNKNOWN HEIRS, DEVISEES, AND/OR LEGATEES OF THE ESTATE OF DAVID WHITT;
UNKNOWN SPOUSES OF UNKNOWN HEIRS, DEVISEES, AND/OR LEGATEES OF THE ESTATE OF DAVID WHITT;
BARBARA ARP;
UNKNOWN SPOUSE OF BARBARA ARP;
ROBERT MILLS;
UNKNOWN SPOUSE OF ROBERT MILLS;
NATASHA L. KINNAN, as Public Administrator for The Estate of David Whitt;
UNKNOWN OCCUPANT;
CITY OF ASHLAND, KENTUCKY;
COUNTY OF BOYD, KENTUCKY,
DEFENDANTS.

Pursuant to Judgment and Order of Sale entered on June 5, 2026, I shall sell the property described herein below at public auction in the lobby inside the front door of the old Boyd County Courthouse, Catlettsburg, Kentucky, on **Friday, July 24, 2026**, at **11:20 a.m.**, to highest bidder on the following terms:

Full purchase price will be due at time of sale, payable by personal, business or official check. We do not accept cash. **IF the Master Commissioner has pre-approved the surety and collateral for a bidder's bond**, a down payment of ten-percent (10%) of the purchase price will be due at time of sale, and the unpaid balance with interest at the rate of **12% per annum** will be due within thirty (30) days from the date of sale.

Address of Property: 1520 29th St, Ashland
(For Legal Description, see LSOT: Deed Book 842, Page 133, Boyd County Clerk's Office)
Map/Parcel ID Number: 038-14-06-005.00

NOTE - Only delinquent ad valorem taxes shall be paid from the sale proceeds. The Purchaser shall be responsible for payment of the taxes for the current year and thereafter.

/s/ Kenneth Williams, Jr.
KENNETH WILLIAMS, JR.
BOYD CIRCUIT COURT
MASTER COMMISSIONER

Please visit our website:
www.boydcountykymastercommissioner.com
Published: July 7 & 16, 2026

BOYD CIRCUIT COURT
CIVIL ACTION NO. 25-CI-00630

PHH MORTGAGE CORPORATION,
PLAINTIFF,
vs. ADVERTISEMENT

TRAYCE M. SNYDER aka TRAYCE MCKENZIE SNYDER,
DEFENDANTS.

Pursuant to Judgment and Order of Sale entered on May 27, 2026, I shall sell the property described herein below at public auction in the lobby inside the front door of the old Boyd County Courthouse, Catlettsburg, Kentucky, on **Friday, July 24, 2026**, at **11:10 a.m.**, to highest bidder on the following terms:

Full purchase price will be due at time of sale, payable by personal, business or official check. We do not accept cash. **IF the Master Commissioner has pre-approved the surety and collateral for a bidder's bond**, a down payment of ten-percent (10%) of the purchase price will be due at time of sale, and the unpaid balance with interest at the rate of **5.625% per annum** will be due within thirty (30) days from the date of sale.

Address of Property: 309 13th Street, Catlettsburg, Ashland
(For Legal Description, see LSOT: Deed Book 840, Page 407, Boyd County Clerk's Office)
Map/Parcel ID Number: 039-04-08-002.01

NOTE - Only delinquent ad valorem taxes shall be paid from the sale proceeds. The Purchaser shall be responsible for payment of the taxes for the current year and thereafter.

/s/ Kenneth Williams, Jr.
KENNETH WILLIAMS, JR.
BOYD CIRCUIT COURT
MASTER COMMISSIONER

Please visit our website:
www.boydcountykymastercommissioner.com
Published: July 7 & 16, 2026

BOYD CIRCUIT COURT
CIVIL ACTION NO. 25-CI-01016

PENNYMAC LOAN SERVICES, LLC,
PLAINTIFF,
vs. ADVERTISEMENT

AARON CASEY FRAZIER;
JENIFER WHEELER;
UNITED STATES OF AMERICA, SECRETARY OF HOUSING AND URBAN DEVELOPMENT,
DEFENDANTS.

Pursuant to Judgment and Order of Sale entered on June 5, 2026, I shall sell the property described herein below at public auction in the lobby inside the front door of the old Boyd County Courthouse, Catlettsburg, Kentucky, on **Friday, July 24, 2026**, at **11:45 a.m.**, to highest bidder on the following terms:

Full purchase price will be due at time of sale, payable by personal, business or official check. We do not accept cash. **IF the Master Commissioner has pre-approved the surety and collateral for a bidder's bond**, a down payment of ten-percent (10%) of the purchase price will be due at time of sale, and the unpaid balance with interest at the rate of **4.25% per annum** will be due within thirty (30) days from the date of sale.

Address of Property: 4139 Cabell Street, Ashland
(For Legal Description, see LSOT: Deed Book 819, Page 500, Boyd County Clerk's Office)
Map/Parcel ID Number: 039-05-08-008.11

NOTE - Only delinquent ad valorem taxes shall be paid from the sale proceeds. The Purchaser shall be responsible for payment of the taxes for the current year and thereafter.

/s/ Kenneth Williams, Jr.
KENNETH WILLIAMS, JR.
BOYD CIRCUIT COURT
MASTER COMMISSIONER

Please visit our website:
www.boydcountykymastercommissioner.com
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BOYD CIRCUIT COURT
CIVIL ACTION NO. 26-CI-00110

PLANET HOME LENDING, LLC,
PLAINTIFF,
vs. ADVERTISEMENT

TARRA E. RODABAUGH;
UNKNOWN SPOUSE, IF ANY, OF TARRA E. RODABAUGH
DEFENDANTS.

Pursuant to Judgment and Order of Sale entered on June 1, 2026, I shall sell the property described herein below at public auction in the lobby inside the front door of the old Boyd County Courthouse, Catlettsburg, Kentucky, on **Friday, July 24, 2026**, at **11:35 a.m.**, to highest bidder on the following terms:

Full purchase price will be due at time of sale, payable by personal, business or official check. We do not accept cash. **IF the Master Commissioner has pre-approved the surety and collateral for a bidder's bond,** a down payment of ten-percent (10%) of the purchase price will be due at time of sale, and the unpaid balance with interest at the rate of **2.875% per annu**m will be due within thirty (30) days from the date of sale.

Address of Property: 815 Ashland Avenue, Ashland
(For Legal Description, see LSOT: Deed Book 722, Page 564, Boyd County Clerk's Office)
Map/Parcel ID Number: 030-16-09-007.00

NOTE - Only delinquent ad valorem taxes shall be paid from the sale proceeds. The Purchaser shall be responsible for payment of the taxes for the current year and thereafter.

/s/ Kenneth Williams, Jr.
KENNETH WILLIAMS, JR.
BOYD CIRCUIT COURT
MASTER COMMISSIONER
Please visit our website:
www.boydcountykymastercommissioner.com
Published: July 7 & 16, 2026

BOYD CIRCUIT COURT
CIVIL ACTION NO. 26-CI-00163

CITY NATIONAL BANK OF WEST VIRGINIA,
PLAINTIFF,
vs. ADVERTISEMENT

TAMMY R. HOWARD;
UNKNOWN SPOUSE OF TAMMY R. HOWARD;
CITY OF ASHLAND, KENTUCKY;
COUNTY OF BOYD, KENTUCKY,
DEFENDANTS.

Pursuant to Judgment and Order of Sale entered on June 5, 2026, I shall sell the property described herein below at public auction in the lobby inside the front door of the old Boyd County Courthouse, Catlettsburg, Kentucky, on **Friday, July 24, 2026**, at **11:30 a.m.**, to highest bidder on the following terms:

Full purchase price will be due at time of sale, payable by personal, business or official check. We do not accept cash. **IF the Master Commissioner has pre-approved the surety and collateral for a bidder's bond**, a down payment of ten-percent (10%) of the purchase price will be due at time of sale, and the unpaid balance with interest at the rate of **6% per annum** will be due within thirty (30) days from the date of sale.

Address of Property: 1333 Kentucky Avenue, Ashland
(For Legal Description, see LSOT: Deed Book 731, Page 64, Boyd County Clerk's Office)
Map/Parcel ID Number: 031-20-04-014.00

NOTE - Only delinquent ad valorem taxes shall be paid from the sale proceeds. The Purchaser shall be responsible for payment of the taxes for the current year and thereafter.

/s/ Kenneth Williams, Jr.
KENNETH WILLIAMS, JR.
BOYD CIRCUIT COURT
MASTER COMMISSIONER
Please visit our website:
www.boydcountykymastercommissioner.com
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