American Heart Association offers these life-saving tips

Weather conditions, physical exertion and time spent in remote areas are among the conditions that make hunting season rewarding, yet these same factors can make a medical emergency more dangerous when every minute matters. Understanding the warning signs of heart attack and stroke and knowing how to respond, can help hunters act quickly if symptoms occur, according to the American Heart Association. As hunters across Kentucky prepare for the season, planning should include more than equipment and safety gear. Understanding personal health risks and knowing how to get help can be just as important when spending long hours outdoors. In rural settings where EMS responses can be delayed and minutes matter, it's important for hunters to be ready to respond in a cardiac or stroke emergency. Few recreational activities combine strenuous exertion, changing weather conditions and distance from medical care the way hunting can. For people who are not accustomed to that level of physical activity, those conditions may place additional strain on the heart. Cold temperatures can cause blood vessels to narrow, which may raise blood pressure and make the heart work harder, while sudden or vigorous activity can add to that strain. Preparation is as important as packing the right gear

•Talk with a healthcare professional about whether strenuous activity is appropriate, especially if you have heart disease or risk factors such as high blood pressure, high cholesterol, diabetes or a history of smoking.

• Build up physical activity gradually before hunting season rather than relying on the hunt as your first strenuous activity in months.

•Avoid attempting to move heavy game alone. Use appropriate equipment or ask others for help.

•Know the location of the nearest emergency services and whether cell service is available.

Know the warning signs of a heart attack

•Chest discomfort: Pressure, squeezing, fullness or pain in the center of the chest that lasts more than a few minutes or goes away and returns

•Discomfort elsewhere in the upper body: Pain or discomfort in one or both arms, the back, neck, jaw or stomach

•Shortness of breath: This can occur with or without chest discomfort

•Other possible signs: A cold sweat, nausea or lightheadedness

•Some heart attacks are sudden and intense, but others begin slowly with mild pain or discomfort.

Recognize warning signs of stroke with B.E. F.A.S.T.

•B = Balance loss: Sudden trouble walking, dizziness or loss of balance or coordination

•E = Eye (or vision) changes: Sudden vision loss or trouble seeing in one or both eyes

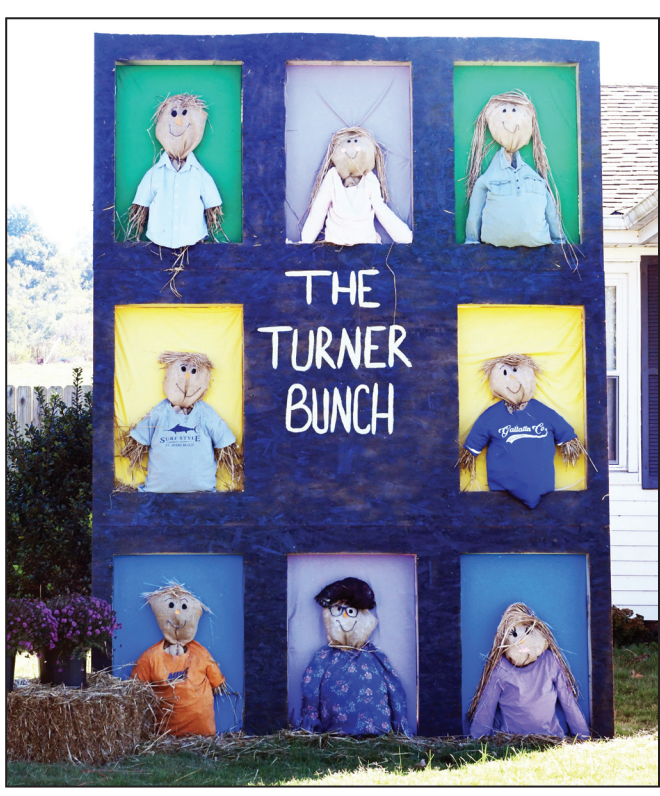
•F = Face drooping: One side of the face droops or feels numb

•A = Arm weakness: One arm feels weak or numb or drifts downward when raised

•S = Speech difficulty: Slurred speech or trouble speaking

•T = Time to call 911: If any of these symptoms occur, even if they go away, call 911 immediately.





Scarecrow winners

Warsaw's scarecrow contest proved to be popular with many businesses and individuals entering. At left, is the Jones Brothers entry which won first place in the business category. Above, is the Turner Family scarecrow, which took the top prize for individuals. Photos by Kelley Warnick

We welcome your signed letters!

PUBLIC NOTICE

Pursuant to KRS 117.383(8), to validate the accuracy and fidelity of the vote tabulation, the Gallatin County Board of Elections will conduct a hand-to-eye audit of the votes cast in one randomly selected race from ballots tabulated by one randomly selected scanner on November 3rd, 2026. The Secretary of State will randomly select the race and scanner to be the subject of the audit on November 4th and notify the county that same day. This audit will take place at 803 East Main Street, Warsaw, KY 41095 Gallatin County Clerk's Office at 3:00 p.m. The public may observe the audit.





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