

Kentucky's Food Is Medicine Initiative Changing Live

Op-ed from Commissioner Jonathan Shell and Melanie Landrum

Kentucky faces a chronic disease crisis. More than 40 percent of our adults live with at least one chronic illness such as diabetes, heart disease, hypertension, and obesity. Together, these diseases cost our state more than \$29.4 billion in health care spending annually.

These challenges affect not only individual patients, but also entire communities where access to healthy, nutritious meals is often limited. This is why Kentucky's growing Food Is Medicine initiative matters.

Earlier this year, Kentucky became the first "Food Is Medicine" state in the nation following passage of Senate Joint Resolution 23. The initiative, led by the Kentucky Hospital Association and the Kentucky Department of Agriculture, is helping connect patients with healthier foods while also supporting Kentucky farmers, strengthening local food systems, and improving long-term health outcomes.

The concept is straightforward: healthier food can help improve health outcomes, prevent chronic disease, and

support recovery. But its impact extends well beyond hospital walls. Food Is Medicine programs create opportunities to support local agriculture, expand markets for Kentucky farmers, and keep more food dollars circulating within local communities.

Across Kentucky, hospitals are already putting this vision into practice.

Appalachian Regional Healthcare (ARH) is helping lead this work both statewide and in the communities it serves. ARH President and CEO Hollie Harris Phillips serves as a statewide co-lead for Kentucky's Food Is Medicine initiative, and the health system is putting that leadership into practice through RootedRx, a produce prescription program across Letcher and Perry counties. RootedRx couples produce vouchers for farmers' markets with Lifestyle Medicine shared medical appointments, which include nutrition education, physical activity, cooking demonstrations and more. The system also utilizes local produce and protein in 11 of its cafeterias and subsidizes a community supported agriculture (CSA) program for its employees in six locations, where ARH

covers 50 percent of the cost of the produce boxes.

Other hospitals across Kentucky are also advancing Food Is Medicine in ways that reflect their local communities. In western Kentucky, Livingston Hospital recently partnered with Rittenberry Farms, a multi-generational family farm in Burna, to provide locally raised beef and pork products through the hospital. The partnership gives patients and community members greater access to fresh, locally sourced food while supporting Kentucky producers and strengthening the local economy. Owensboro Health organizes cooking demonstrations and community farmers' markets focused on nutrition education and healthier lifestyles. Russell County Hospital provides medically tailored meals made with locally grown meats and vegetables to patients managing diabetes.

These are just a few examples of how more than 60 hospitals across Kentucky are partnering with local farmers, food banks, and community organizations to connect patients with nutritious food while highlighting the importance of Kentucky-grown

agricultural products.

Why does this matter so much in rural Kentucky? Because hospitals and agriculture often serve as foundational institutions in these communities. Rural hospitals are among the largest employers in their regions, while farming remains central to local economies and community identity. When these sectors work together, the benefits extend far beyond either one. Healthier communities and stronger local economies go hand in hand.

Local farmers' markets hosted at hospitals are connecting families directly with fresh produce and locally grown products. Nutrition education programs and cooking demonstrations are helping patients better manage chronic conditions.

Medically tailored meal initiatives reinforce what we know to be true: food and health are inseparable.

No single initiative can solve every health care challenge facing Kentucky. But improving access to healthy food, supporting preventive care, and strengthening local partnerships between health care and agriculture can make a real difference for patients and families across the state. From reduc-

ing readmissions to lowering patients' A1C levels, the Food is Medicine initiative is making impressive strides in improving the health of the Commonwealth.

Kentucky is demonstrating national leadership by showing how health care providers, farmers, and community organizations can work together to improve public health while strengthening local economies and supporting rural communities.

Old Paint Lick Presbyterian Sunday Afternoon Services

Have to work on Sunday morning and can't get to church? Then come join the friendly congregation of Old Paint Lick Presbyterian each Sunday afternoon at 4 p.m. You will find a seat waiting for you, a warm welcome, and a 45 minute worship service designed to lift and encourage. We are located 8 miles east of Lancaster on Highway 52--8844 Richmond Road, Paint Lick. We look forward to welcoming you soon!

COUNTY LINE FLEA MARKET

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Classifieds

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FOR RENT: 2 bedroom, 1 bath house; 2 bedroom 1-1/2 bath duplex; and 1 bedroom apartment, utilities furnished. Call 606-669-1020 or 859-339-0452.

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YARD SALE

HUGE YARD SALE!!
296 Deer Run - Thursday, August 6th (8:00 a.m. - til whenever), - Friday, August 7th (8:00 a.m. - til whenever), - Saturday, August 8th (8:00 a.m. - 12:00 p.m.). Priced to sell items - Newborn - 3t boy clothes, baby/toddler shoes NB-7c, baby/kids toys, women's and men clothing, women's shoes, household items/decor & much more!

YARD SALE

- Friday, Saturday and Sunday, 110 and 112 Hill Court - 9 a.m. - ? each day. Table, dresser, corner cabinet, kitchen cabinet, 2 tree stands, plus lots more.

LEGAL NOTICE

On July 28, 2026 Judge Booth approved the tendered settlement of the Estate of Mary Kathryn Hurte for advertising. The advertisement will be published and the settlement will come on for hearing for final acceptance on August 31, 2026 at 9 a.m.

LEGAL NOTICE

On August 2, 2026 Judge Oliver approved the tendered settlement of the Estate of Roy Weldon Sebastian for advertising. The advertisement will be published and the settlement will come on for hearing for final acceptance on September 3, 2026 at 9 a.m.

SUBSCRIBE TO THE GARRARD CENTRAL RECORD

CLASSIC CARS

BUYING CLASSIC CARS - Cash paid for 1930's, 40's, 50's, 60's and 70's - running or not. We will be in your area. **CALL NOW 513-403-7386.**

LEGAL NOTICE

PROPOSED TAX NOTIFICATION GARRARD COUNTY BOARD OF EDUCATION

The Garrard County Board of Education will hold a special called meeting at the Garrard Education Center on August 3, 2026 at 6:00 p.m. to propose a general fund tax levy of 61.1 cents on real property and 61.1 cents on personal property. The General Fund tax levied in fiscal year 2026 was 62.5 cents on real property and 64 cents on personal property and produced revenue of \$7,507,736.18. The proposed General Fund tax rate of 61.1 cents on real property and 61.1 cents on personal property is expected to produce \$8,270,702.19. Of this amount, \$983,231.43 is from new and personal property. The compensating tax for 2027 is 58.6 cents on real property and 58.6 cents on personal property and is expected to produce \$7,932,293.76. The proposed rate is expected to generate more revenue than received in the preceding year. The general areas to which revenue of \$762,966.01 above 2026 revenue is to be allocated as instruction. This information is published pursuant to KRS 160.470. The proposed tax rate is not subject to recall under KRS 132.017. The General Assembly has required publication of this advertisement and information contained herein.

LEGAL NOTICE

SEEKING INFORMATION

In search of unknown spouse, if any, of Victoria Baker, unknown spouse, if any, of Kevin Wood, unknown heirs, beneficiaries, donees, devisees and fiduciaries of Sharon Wood, please contact Pinkney Law Firm at 859-792-1234 or stop by the office at 73 Public Square, Lancaster, KY.

SEEKING INFORMATION

Any person having information as to the whereabouts of Unknown Spouse of Marlene Jones, or anyone having a legal interest of the above named, to Garrard Circuit Action 26-CI-00196, Charter Group, LLC vs. Marlene Jones, et al is requested to contact the Warning Order Attorney, Sarah Bryant, Sarah Bryant Law, PLLC, 73 Public Square, Lancaster, KY 40444 at (859) 583-7912 as soon as possible but no later than ten (10) days following the posting of this notice.

LEGAL NOTICE

In accordance with Chapter 65 and 424 of the Kentucky Revised Statutes the financial Report and Supporting Data may be inspected by the General Public at the Garrard County Conservation District Office located at 166 Precision Court, Lancaster, KY Monday thru Friday between the hours of 8:30 a.m. and 4:00 p.m.

Garrard County Conservation District Board Of Supervisors

Chairman:	Scott Barnes
Address:	1364 Fall Lick Road Lancaster, KY 40444
Vice Chairman:	Jamie Barker
Address:	2248 Mt. Hebron Road Lancaster, KY 40444
Treasurer/Secretary:	Billy C. Doolin
Address:	920 Kemper Lane Lancaster, KY 40444
Member:	Darrell Bolton
Address:	1163 Kelly Ridge Road Lancaster, KY 40444
Member:	Ricky Payne
Address:	1077 Poor Ridge Pike Lancaster, KY 40444
Member:	Jeffrey Dembo
Address:	1596 Bowmans Bottom Rd. Lancaster, KY 40444
Member:	Sara Vard VonGruenigen
Address:	5747 Harmons Lick Road Paint Lick, KY 40461
Advisor:	John Ball
Address:	1299 White Lick Road Paint Lick, KY 40461

The Garrard County Conservation District Board meets the 3rd Tuesday of each month at 7:00 p.m. The meetings are held at 166 Precision Court, Lancaster, Kentucky and are open to the public.

Our budget and audit reports can be accessed on the Department of Local Government website: <http://kydlgweb.ky.gov>

"This advertisement was paid for by Garrard County Conservation district using taxpayer dollars, in the amount of \$119.70.

CITY OF LANCASTER, KENTUCKY CODE OF ORDINANCES NUISANCE ABATEMENT

Ordinance No. 2006-7 Chapter 3

• **3-1 Ordinance Relating To Nuisance**

(1) It shall be unlawful for the owner, occupant or person having control or management of any land within city limits to permit a public nuisance, health hazard or source of filth to develop thereon through the accumulation of rubbish, the excessive growth of weeds or grass or the keeping of any nuisance.

(2) Each owner of property in the city, abutting upon a public street, avenue, alley or other public thoroughfare, shall keep clean and free of uncut grass, weeds or other growth, except shade trees, the grass plot between the sidewalk and the curb line along his premises where sidewalks are constructed, and, where pavements or sidewalks are not public street, avenue, alley, or thoroughfare free from such growth for a distance not exceeding (12) feet in front of and adjoining this property line.

(3) Weeds, grass, and other growth shall be kept cut as close to the earth at all times as may be necessary, and not exceed more than (8) inches in height. This also included grasses that would be considered weed-eated.

(4) Deviations from this requirement from agricultural purposes only shall be applied for by March 1st of each year and shall be approved and applied for annually. Approval may be made by the mayor or his/her designee. No deviation shall be allowed on any lot specified/plotted by the city zoning commission as a residential or business use lot.

• **3-2 WEED DECLARED A NUISANCE**

(a) Any weeds such as jimson, burdock, ragweed, thistle, cocklebur, poison ivy, poison oak or other weeds of a like kind found growing in any lot or tract of land within the city are hereby declared to be a nuisance; and it shall be unlawful to permit any such weeds to grow or remain in any such place.

(b) It shall be unlawful for the owner of any building or lot to permit any weeds, grass or plants, other than crops, trees, bushes, flowers or other ornamental plants, to grow to a height exceeding (8) inches anywhere on such lot, including those portions thereof abutting any street, road, alley or other thoroughfare, and in the event such lot is crossed by a sidewalk, ditch, pathway, private roadway, fence, or other natural or man made boundary or divider, including those portions thereof between such boundaries or divider and the edge of the thoroughfare; any such weeds, grass or plants exceeding such heights are hereby declared to be a nuisance.

(c) It shall be unlawful for the owner of any building or lot to permit any tree, bush, hedge, or other vegetation to grow in a manner which interferes with normal sidewalk traffic or to grow so as to pose a threat to safety on public right-of-way due to obstruction of view, obstruction of passage or any other manner.

(d) There is hereby exempted from the scope of the provisions of subsection (a) and (b) above property within the city zoned for agricultural uses, except that such exemption shall not apply when the property has been planned for development and a subdivision plat has been filed of record in the zoning office reflecting the property as residential.

The penalties for violating Ordinance No. 92 are here by amended and shall be \$100.00 for the first violation, \$200.00 for the second violation and shall be \$300.00 for each subsequent violation.

• **WASTE DECLARED A NUISANCE.**

(a) Definition of "nuisance". For the purpose of this section, the term "nuisance" is defined to mean any condition or use of premises or of building exteriors which is detrimental to the property of others or which causes or tends to cause substantial diminution in the values of other property in the neighborhood in which such premises are located. This includes but is not limited to the keeping of the following:

(1) Ashes, rubbish, garbage, lumber, bricks, cinder blocks, insulation materials, building debris, refuse or waste of any kind, whether liquid or solid. This will include construction sites.

(2) Abandoned, discarded or unused objects or equipment such as automobiles, furniture, stoves, refrigerators, freezers, cans or containers.

After the initial citation notice, property owner shall be deemed to have constructive notice without additional notices for all violations on their property for one calendar year.

(10-16-1tc)

POSTED

We positively will not permit fixed hunting of any character, fishing, dogs or trespassing on our farms. Any violations will be prosecuted.

First Property Listing
\$2.00 per week or
\$51 per year for posted list.

Addition Property Listings
\$1.00 per week or
\$10.00 per year

- Michael & Dana Carrier, 2539 Kelly Ridge Road
- Danny & Judy Browning's property at end of Conn's Lane
- Carolyn Sparks property at 5252 Lexington Road
- Paul Black Farms, Hwy. 1355 (Sugar Creek Road)
- Paul And Suzanne Wells at 4129 White Lick Road, Paint Lick
- Tammy Fowler, 749 Nina Ridge Road
- Mike and Pam Fathergill, 111 Lynnwood Drive
- Chris and Joy Fathergill, 317 Richmond Street
- Mary Alice (Paul) Drew, 810 Carry Nation Road Property
- Kathy Tuggle & Paula Tudor - Jim Clark Road
- David M. and Rose Walker, 1163 Wolf Trail Road
- The Kenton Property, 795 and 719 C Valley Drive, Berea
- Grover Drew Farm, Carry Nation Road.
- Doug and Anna Graves, 319 Richmond Road, Loop 2
- The Brenda Farms, 4870 Harmons Lick Rd & Hamilton Valley Rd
- Vockery property on Polly's Bend Road
- Hugh and Amy Johnson, 6198 Lexington Road
- Dale Marie Hellard - Barbara French & William Randall Causey Farms at 2178 Hamilton Valley Road, 2636 Hamilton Valley Road And 1454 Hamilton Valley Road
- Frank and Altheia Rice, 390 Leavell Ridge Road, 372 Leavell Ridge Road and Rice Farm at Three Forks,
- Norma McFadden Property, 9700 Nicholasville Road
- Deborah Kelly property at 472 Hobert Estes Road

NOTICE

Due to an increase from one of its suppliers (City of Lancaster), Garrard County Water Association received approval from the Public Service Commission to adjust its rates effective for service rendered on and after July 1, 2026.

Current Rates Minimum Bills Based on Meter Size			Current Rates Minimum Bills Based on Meter Size				
Meter Size	Gals. Incl'd in Minimum	Minimum Monthly Bill	Meter Size	Gals. Incl'd in Minimum	Minimum Monthly Bill	Dollar Increase	Percent Increase
5/8 x 3/4	1,000	14.93	5/8 x 3/4	1,000	15.37	0.44	2.95
1 inch	5,000	43.56	1 inch	5,000	45.76	2.20	5.05
1-1/2 inch	10,000	74.86	1-1/2 inch	10,000	79.26	4.40	5.88
2 inch	25,000	168.73	2 inch	25,000	179.73	11.00	6.52
Rates for Water Usage in Addition To Minimum			Rates for Water Usage in Addition To Minimum				
No. of Gallons per month	Charge per 1,000 gals.		No. of Gallons per month	Charge per 1,000 gals.			
First 1,000 Gallons (lump sum)	\$ 14.93		First 1,000 Gallons (lump sum)	\$ 15.37	0.44	2.95	
Next 1,000 Gallons	\$ 0.00839		Next 1,000 Gallons	\$ 0.00883	0.00044	5.24	
Next 1,000 Gallons	\$ 0.00693		Next 1,000 Gallons	\$ 0.00737	0.00044	6.35	
Next 2,000 Gallons	\$ 0.00665		Next 2,000 Gallons	\$ 0.00709	0.00044	6.62	
Next 5,000 Gallons	\$ 0.00626		Next 5,000 Gallons	\$ 0.00670	0.00044	7.03	
Next 10,000 Gallons	\$ 0.00626		Next 10,000 Gallons	\$ 0.00670	0.00044	7.03	
Next 25,000 Gallons	\$ 0.00626		Next 25,000 Gallons	\$ 0.00670	0.00044	7.03	
Bulk Loading Station All Usage per Gallon			Bulk Loading Station All Usage per Gallon				
\$ 0.00754			\$ 0.00798 0.00044 5.835544				

The monthly bill for an average customer using 5,000 gallons of water each month will increase \$2.20 (or 5.05%) from \$43.55 to \$45.75. A person may examine this application at Garrard County Water Association's office located at 315 Lexington Road, Lancaster, KY 40444. A person may also examine this application at the PSC located at 211 Sower Boulevard, Frankfort, Kentucky, Monday through Friday, 8:00 a.m. 4:30 p.m. or on the PSC website at <http://psc.ky.gov>.