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THE ELLIOTT COUNTY NEWS does not knowingly accept help wanted ads that include a preference based on age from employers covered by the Age Discrimination in Employment Act. More information may be obtained from the Wage-Hour Office at 188 Fuller Building, 120 West Second Street, Lexington, KY 40507. Telephone 606-252-2312. Nor does THE ELLIOTT COUNTY NEWS knowingly publish real estate ads that show a preference based on sex, national origin, race, religion, etc.

LICKING RIVER VIEWS — Mobile homes/houses/storage units for rent. Call 743-9993 or 606-495-5821.  
TF  
STORAGE UNITS — Call 743-9993, 495-5821 or 349-6811.  
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WOULD LIKE TO PURCHASE — 1934 Morgan County License Plate. Call 859-749-4225.  
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## Holiday Recipe

**EGGNOG CHEESECAKE**

Original recipe makes 1 9-inch cakeChange Servings

1 cup graham cracker crumbs  
2 tablespoons white sugar  
3 tablespoons melted butter

3 (8 ounce) packages cream cheese, softened  
1 cup white sugar  
3 tablespoons all-purpose flour  
3/4 cup eggnog  
2 eggs  
2 tablespoons rum  
1 pinch ground nutmeg

Directions:

Preheat oven to 325 degrees F (165 degrees C).

In a medium bowl combine graham cracker crumbs, 2 tablespoons sugar and butter. Press into the bottom of a 9 inch spring form pan.

Bake in preheated oven for 10 minutes. Place on a wire rack to cool.

Preheat oven to 425 degrees F (220 degrees C).

In a food processor combine cream cheese, 1 cup sugar, flour and eggnog; process until smooth. Blend in eggs, rum and nutmeg. Pour mixture into cooled crust.

Bake in preheated oven for 10 minutes.

Reduce heat to 250 and bake for 45 minutes, or until center of cake is barely firm to the touch. Remove from the oven and immediately loosen cake from rim. Let cake cool completely before removing the rim.

## Public Notices

**PUBLIC NOTICE**

Saver Group Tobacco, LLC, d/b/a Sandy Hook Tobacco Shed declares its intention(s) to apply for a tobacco, nicotine, or vapor product license no later than 12/19/2025. The licensed premises will be located at 1930 N KY 7, Sandy Hook, KY, 41171. The owner is Saver Group, Inc. and their president Larry Noe, 95 London Drive, Campbellsville, KY, 42718. Any person, association, corporation, or body politic may protest the granting of the license by writing the Department of Alcoholic Beverage Control, 500 Mero Street, Frankfort, KY 40601, within thirty (30) days of the date of legal publication.

## Keep Your Letter Carrier Safe by Clearing Paths of Snow and Ice

USPS is reminding customers of the importance of keeping walkways, sidewalks, and areas around mailboxes clear from snow and ice so letter carriers can provide safe and timely mail delivery.

Snow and patches of ice in front of mailboxes can make

**Notice of Noncompliance**

Pursuant to KRS 65A.040, the Kentucky Department for Local Government hereby gives public notice that as of December 2, 2025, Elliott County Ambulance District is in violation of Kentucky Law for failure to comply with the reporting requirements of KRS 65A.020. The last known point of contact for Elliott County Ambulance District is Sandy Hayes, who may be reached at (606) 738-4132 and/or PO BOX 361 SANDY HOOK, KY 41171. The last known Board Members are: Michael Dickerson, Cody Greene, Sandy Hays, Bridgette Howard, Mark Howard, Harold Justice, Harold Lewis, Mark Lewis, Myron Lewis, Ashley Penix, Melissa Rice, Glen Skaggs. The district was noncompliant with FY2017 - Registration, FY2017 - Registration Fee, FY2017 - Budget Estimates, FY2017 - Budget Amendments, FY2018 - Registration, FY2018 - Registration Fee, FY2018 - Budget Estimates, FY2017 - Budget Year End Actuals, FY2018 - Budget Amendments, FY2019 - Re. The Auditor of Public Accounts has been notified and state funding for this entity will be withheld until further notice. Department for Local Government encourages this entity to comply with the law.

**Notice of Noncompliance**

Pursuant to KRS 65A.040, the Kentucky Department for Local Government hereby gives public notice that as of December 2, 2025, Elliott County Heritage Tourism is in violation of Kentucky Law for failure to comply with the reporting requirements of KRS 65A.020. The last known point of contact for Elliott County Heritage Tourism is Kim Gallagher, who may be reached at (612) 804-9543 and/or PO BOX 653 SANDY HOOK, KY 41171. The last known Board Members are: Kim Gallagher, Kathleen Gerould, Jackie Brown, Tim Gallagher, Lytishia Hutchinson. The district was noncompliant with FY2024 - Attestation Engagement Every 4 Years. The Auditor of Public Accounts has been notified and state funding for this entity will be withheld until further notice. Department for Local Government encourages this entity to comply with the law.

**FOR RENT** — Two and three room mobile homes. Call 791-8620.  
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**ROOSEVELT'S HEATING AND COOLING** — Martha, Ky. 606-652-4972  
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**MARTIN & SONS ROOFING** — Roofing, Siding, Decks, Home Repairs. 743-3808.  
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**FOR SALE** — New Bush Hog and Blade. 606-743-7086..  
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## Public Service Announcement

# Snow Shoveling Can Be Dangerous

**Provided By Your Local Emergency Management Office**

It happens every winter ... snow falls, usually leaving piles of the stuff to clear from your sidewalks and driveway. Consider the following before you grab your shovel after a major snowfall.

The good news is that 15 minutes of snow shoveling counts as moderate physical activity according to the Surgeon General's Report on Physical Activity and Health. We all should aim for at least 30 minutes of moderate physical activity of some kind on most days of the week. Brisk walking or social dancing is other ways to fit in moderate physical activity during cold winter months.

The bad news is that researchers have reported an increase in the number of fatal heart attacks among snow shovelers after heavy snowfalls. This rise may be due to the sudden demand that shoveling places on an individual's heart. Snow shoveling may cause a quick increase in heart rate and blood pressure. One study determined that after only two minutes of shoveling, sedentary men's heart rates rose to levels higher than those normally recommended during aerobic exercise.

Shoveling may be vigorous activity even for healthy college-aged students. A study performed by researchers determined that, based on heart rate, shoveling was a moderately intense activity for college-aged subjects most of the time but was vigorous activity during about one-third of their shoveling time of 14 minutes.

Shoveling can be made more difficult by the weather.

Cold air makes it harder to work and breathe, which adds some extra strain on the body. There also is the risk for hypothermia, a decrease in body temperature, if one is not dressed correctly for the weather conditions.

Who should think twice about shoveling snow?

Those most at risk for a heart attack include:

- Anyone who has already had a heart attack.
- Individuals with a history of heart disease.
- Those with high blood pressure or high cholesterol levels.
- Smokers.
- Individuals leading a sedentary lifestyle.

Should you rush out and buy a snow blower?

Not necessarily. Not everyone who shovels snow is going to have a heart attack. Snow shoveling can be good exercise when performed correctly and with safety in mind.

Also consider back safety when shoveling snow. Even if you exercise regularly and are not at risk for heart disease, shoveling improperly could lead to a strained back. If you've been inactive for months and have certain risk factors, use some common sense before taking on the task of snow shoveling.

**A Pile of Snow Shoveling Tips**

Be heart healthy and back friendly while shoveling this winter with these tips:

- If you are inactive and have a history of heart trouble, talk to your doctor before you take on the task of shoveling snow.
- Avoid caffeine or nicotine before beginning. These are stimulants, which may increase your heart rate and cause your blood vessels to constrict. This places extra stress on the heart.
- Drink plenty of water. Dehydration is just as big an issue in cold winter months as it is in the summer.
- Dress in several layers so you can remove a layer as needed.
- Warm up your muscles before shoveling, by walking for a few minutes or marching in place. Stretch the muscles in your arms and legs, because warm muscles will work more efficiently and be less likely to be injured.
- Pick the right shovel for you. A smaller blade will require you to lift less snow, putting less strain on your body.
- Begin shoveling slowly to avoid placing a sudden demand on your heart. Pace yourself and take breaks as needed.
- Protect your back from injury by lifting correctly.
- Stand with your feet about hip width for balance and keep the shovel close to your body. Bend from the knees (not the back) and tighten your stomach muscles as you lift the snow. Avoid twisting movements. If you need to move the snow to one side reposition your feet to face the direction the snow will be going.

Most importantly — listen to your body. Stop if you feel pain!

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