



“Stories of My Life”

by Shelby Roy Hopkins

“I Got To Get Up.....NOW!”

As we get older, we frequently find ourselves associated and more heavily involved with nurses, doctors, specialists, and various medical enterprises both near and far from our homes. As our once “indestructible” bodies valiantly engage in the foray to keep at bay disease, sickness, and frailty, we realize we need to seek help from outside sources if we hope to stem the tide of our battle. We learn new terminology and often wonder with either surprise or fright the new words being suggested or bantered about to us about our health.

Here in the United States, we are blessed to have at our disposal a multitude of medical professionals who are fully capable of offering us the very best of health care. I applaud and appreciate every single person who has attended to my health needs throughout the years. I have received nothing but extraordinary care and concern from those I have needed so badly along the way. These professionals are dedicated and insistent upon giving us the best care available. Without each of them and their wondrous expertise, I would have by now been a long-time occupant of our family’s cemetery.

I have recently been dealing with some seriously painful back spasms that are most likely caused by some “frayed or pinched” nerves around the lower right “flank” of my back. I am perfectly fine while sitting, standing, walking, or moving about. However, once I lay down, I start to feel a tingle that grows increasingly worse within just a few minutes.

If I do doze off into blissful sleep, in about an hour or so, I am awakened by a sharp, searing pain in the lower right quadrant of

my back that feels like someone has stabbed me with a butcher knife. Awakened suddenly by terrible-ness of this pain, I lurch upward forcefully and begin a hasty retreat from the delightful bed where I have slept so comfortably in more pleasant days of yore. Mimicking a worm on a hot rock, I squirm and twist my way the now seemingly unending distance toward the edge of my bed. I yell, holler, scream, and moan every inch of the way until I at last find myself standing alongside my bed, shaking and trembling from my most recent bout of pain induced hysteria.

Gathering my senses, I walk awkwardly toward the bathroom and there try to gain my composure. Usually, in just a few minutes, I amble off to the living room and sit down. As the pain subsides, I grow sleepy as I search for a television program that might interest me. Although the Dish Network proclaims we have 250 or more channels available, I find every single one of them completely unsatisfactory for my late night, early morning, viewing habits.

I have never in my life been able to sleep while sitting up. I have never slept in a car with someone else driving. I have spent countless nights at various hospitals attending to loved ones but have never slept a single minute while sitting up in a chair. I know many people can sleep sitting up, but I just cannot do it at all, even if I am exhausted.

Finding sleep while sitting in a chair to be impossible, sleep deprivation overcomes my senses and drives me back into the maelstrom. In an hour or two, and after garnering up the courage I am

going to need, I sleep-walk slowly and determinedly back toward my bedroom. With the soft light from my bedside lamp, I find my bed as it beckons me to once more just “give it a try.”

The bed, with its disheveled pillows, sheets, blanket, and comforter, beckons me to come toward it. Realizing just what is at stake, I rehearse again the recently aforementioned night terror.

Finding myself with little recourse, my “over-the-counter, drug induced” brain is finally convinced that even a little sleep is better than a complete deterioration into a zombie. I think again to myself, “Maybe this time it will be different, and if it’s not, I can handle the pain.”

I reach the bed and straighten the covers. Deb would in no way approve of my early morning bed making skills, but they look good enough for me. I turn off the lamp and lie down gingerly. Completely unable to ever go to sleep while lying on my back, I turn onto my side. I nestle myself down into the comfortable mattress and try to lie just as still as I can. Never being a proponent of lying completely still, I find the whole endeavor to be off-putting and unsatisfactory in so many ways. However, I have found myself slowly converting to the “lie completely still” movement, scared to death of what will happen when I move about with this recent malady.

After an hour or so of lying completely still, I fashion myself in my mind to be either a department store mannequin or a sniper perched aloft some jungle trail in a foreign land. I pretend to myself what others passing by my open casket must be thinking as they gaze upon my now seemingly lifeless body. As my heartbeat slows and my breathing ebbs, I drift off into a world of bliss. Sleep has arrived, and my soul finds itself at ease. All is right with the world once again.

In about an hour or so, I am once again “stabbed” into wakefulness. Muffled screaming once again fills my bedroom. My aching, throbbing, painful back has once again determined to rouse me from my slumber. Fighting with every ounce of energy I possess, I once again lurch for the bedside. With each movement, the pain intensifies, and the trauma grows. Finding the bedside again, I repeat my steps from earlier in the night. Usually, the events I have described have been repeated 4 or 5 times each night for the last week or so.

The doctor on Tuesday afternoon gave me some muscle relaxers and advice on what I might do to help my travail. Yesterday afternoon, I spent about 5 hours at the emergency room hoping to come to some conclusion. I was given a C. T. scan and blood work was taken. Everything appeared to be normal. The doctor concluded I must have either “muscle strains” or “nerve damage” radiating from this part of my back. I was given a steroid shot and some prescription strength medicine to help me cope with the pain. Hopefully, the pain will subside in a few days.

Meanwhile, I must be content to sleep in “quarters” throughout the night. I try to convince myself that getting up four or five times each night while screaming in pain is the most natural thing in the world to do. I am growing more acquainted with very early morning television shows and the infomercials that come along with them. Each time I get up, I am also drawn to our refrigerator. Feeling I surely must deserve some sort of snack because of the horrible-ness of my condition, I find it hard to resist the temptation to “eat yet once again.”

As I sit here this early morning, I am glad I have you guys with me. This episode of my life will surely pass, and it will make a great “old-days” story. Once again, I am



beckoned toward the call of blissful sleep. I truly appreciate you coming along with me on my latest “real-life” adventure. I hope my

soon-to-be screams of pain won’t awake you in the next hour or so. God bless you all. “Good night,” at least for now.

Online Only

Auction

MATT & SARAH ABRAMS' HOUSE & LOT
BIDDING ENDS FRIDAY, MAY 30TH @ 6 P.M.
3192 POOSEY RIDGE RD., RICHMOND
NEAR KENTUCKY RIVER



This frame house offers living room, kitchen, 2 bedrooms, den & bath on the first floor. There is a large bedroom or multipurpose room on the second floor. This house has carpet, laminated and vinyl flooring, vinyl exterior and metal roof. Central heat & air, kitchen cabinetry and much more. The lot measures approx. 7/10 acre. In addition to the house, there is a barn.

AUCTIONEER'S NOTE: If you're looking for a property in the country near the river, close to the boat ramp, check this one out. Ideal for a home or rental.

PREVIEW: Friday, May 23rd & 30th from 4-6 p.m.


NOTE: The purchaser of a single-family residence built before 1978 has a maximum of 10 days to inspect the property of lead-based paint. The period for inspections begins May 20th through May 29th. The successful bidder must sign a waiver of the 10-day inspection period.

AUCTION PREMIUM: A 10% Auction Premium will be added to the winning bid to determine the final sale price.

TERMS: 20% down due within 48 hours of close of bidding, with balance in 30 days with deed.

Auctioneer/Broker/Seller Disclaimer: The information contained herein is believed to be correct to the best of the auctioneer's knowledge. The information is being provided for the bidder's convenience and it is the bidder's responsibility to determine the information contained herein is accurate and complete. The property is selling in its 'as-is' condition with no warranties expressed or implied.

MarkNet ALLIANCE



Brothers, Inc. Auctioneers
AUCTIONEER: DANNY FORD
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Mt. Vernon, KY
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NAA Auctioneer



CLASSIFIEDS

FLEA MARKET

New and used items arriving weekly at **COUNTY LINE FLEA MARKET**, 2794 Stanford Road, Lancaster. Booths \$125 per month. We now carry new mattresses. More booths and new vendors. Call 859-792-6853 or 502-370-8777. **NOW OPEN**

(4-6-tfc)

FAMILY MINISTRY

GCCP / FAMILY MINISTRY CENTER is open for shopping on Wednesday through Friday from 10 a.m. - 3 p.m. We have clothing for the entire family, household good, and antiques, etc. We are closed the second week of every month. Call 792-3300 if you need anything.

UPHOLSTERY

FELDMAN UPHOLSTERY

Custom Truck, Car, Boat, Interior Repairs, **REPAIR HEADLINERS.** Bryantsville 859-339-5122 (2-23-tfc)

FOR RENT

FRENCH PROPERTIES SALES & RENTALS HOMES FOR SALE

859-304-1949

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. (03-14-tfc)

Advertise Your Yard Sale Starting At \$8.80 Per Week

REMODELING

COMMONWEALTH CONSTRUCTION / H A N D Y M A N SERVICES, LLC DO ALL COMPANY Registered, Licenses, Insured and Bonded. 220 Normandy Ct., Unit C, Nicholasville, KY 40356. 859-699-9949. chrsvices1969@gmail.com (9-12-tfc)

AFFORDABLE REMODELING/ HANDYMAN SERVICES:

kitchens, baths, basements, dry-wall, painting, flooring, tiling, windows, doors, fencing, decks. Insured, licensed, bonded - 859-410-4330. (9-22-tfc)

YARD SALE

Free Clothing Give-away For Those In Need - sponsored by The Man In The Middle Ministries on Monday, June 2nd, from 9 a.m. - 5 p.m. at the Dix River Pentecostal Church, 2142 Stanford Road (next door to Burger House), Lancaster. Chris Dale is pastor. For more information please call 859-302-5460 or 859-302-5444. (5-29-1tnc)

YARD SALE

St. William Catholic Church, 225 Lexington Street, Lancaster. Saturday, June 7th • 8 a.m. - ? Something for everyone! (5-22-3tnc)

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.**

LAWN CARE

NO YARD TOO BIG OR TOO SMALL - Drew's Mowing Service. 1 time or every time. 859-329-9647. (3-6-21tp)

STORAGE UNITS

859-792-3562 859-339-9584

SOUTHSIDE STORAGE

Climate Controlled • Well Lighted • 24-7 Surveillance
Stanford Road - Hwy. 27 South • Lancaster

U-LOCK-EM Storage Units

US 27 In North Garrard
8 Miles From Lancaster.
10 ft. x 24 ft. With 8 Ft. Doors

GREAT FOR BOATS, RECREATIONAL VEHICLES AND ALL YOUR STORAGE NEEDS.

859-339-1122
(8-17-tfc)

PRECISION STORAGE

Climate Controlled

**5 x 8 • 8 x 10
10 x 10 • 10 x 12**

24/7 Security Surveillance

Call 859-792-1455 or 859-339-0840

LEGAL NOTICE

PUBLIC NOTICE OF REVERSE ONLINE AUCTION

The Garrard County Fiscal Court, will be accepting bids through a Reverse Online Auction on 6/16/2025 2:30 PM EDT, for the procurement of 775 45 - Road Maintenance Salt for the 2025-26 fiscal year.

The Garrard County Fiscal Court anticipates that it will require between 0 (zero) and 500 Ton of 775 45 - Road Maintenance Salt during the year. The deadline to register for the auction is June 2.

All bids must be submitted electronically through the reverse auction platform at **www.kacoauctions.com**. **Bids submitted by any other means will not be accepted.**

To register for the auction and obtain bid specifications, please contact KACo Auctions at (502) 208-1007 ext. 701 or visit **www.kacoauctions.com**.

For additional information, you may also contact the Garrard County Fiscal Court at 859-792-3531 or via email at **Chris.elleman@garrardcountky.gov**. The Garrard County Fiscal Court reserves the right to reject any or all bids in whole or in part.

(5-29-1tc)

LAND AND WATER CONSERVATION FUND 2025 GRANT APPLICATION PUBLIC MEETING GUIDELINES & FORMS NEWSPAPER ADVERTISEMENT

Under the Land and Water Conservation Fund Act of 1965 (Public Law 88-578), citizens are afforded the opportunity express their views concerning the recreational needs of their community. To provide a Forum for discussion, **Bluegrass Area Development District** will be hosting an open meeting on:

Date: June 9, 2025
Time: 5 p.m. - 6 p.m. EST
Location: Council Chambers
Address: 308 W. Maple Avenue, Lancaster, KY 40444

The specific purpose of this meeting is to discuss the City of Lancaster Jaycee's Ballpark Lighting Improvement Project.

The public is invited to review and voice their opinion on the proposed activities and potential impacts of the project. Anyone wishing to support or oppose the proposed project can also submit written comments to Grace Ragain, 699 Perimeter Drive, Lexington, KY 40517 within eight (8) days of the date of the meeting.

(5-29-1tc)

POSTED

We positively will not permit fixed hunting of any character, fishing, dogs or trespassing on our farms. Any violations will be prosecuted. \$2.00 per week or \$51 per year for posted list.

• Michael & Dana Carrier, 2539 Kelly Ridge Road.....	5-26	• David M. and Rose Walker, 1163 Wolf Trail Road.....	2-26
• Danny & Judy Browning's property at end of Conn's Lane.....	10-25	• Alan and Brenda Blakeman, 2 farms on Pollys Bend Road.....	2-24
• Carolyn Sparks property at 5252 Lexington Road.....	7-25	• Gary Tackett property on Backcreek Road.....	6-24
• Paul Black Farms, Hwy. 1355 Sugar Creek Road.....	10-25	• Frank and Altheia Rice property located at 390 Leavell Ridge Road, 372 Leavell Ridge Road and the Rice Farm on Three Forks.....	9-24
• Paul and Suzanne Wells at 4129 White Lick Road, Paint Lick.....	10-25	• Grover Drew Farm, Carry Nation Road.....	3-26
• Ronald Parson, 2 Farms - 1678 Copper Creek Road & 3164 Copper Creek Road.....	11-24	• Janis Young Farm 330 acres in 2 adjoining tracts west of Montgomery Branch and north of Scotts Fork.....	11-24
• Tammy Fowler, 749 Nina Ridge Road.....	10-25	• The Barrel Farm (Across The Road LLC), 1685 Lexington Road.....	2-25
• Dale Marie Hellard - Barbara French & William Randall Causey Farms at 2178 Hamilton Valley Road, 2636 Hamilton Valley Road And 1454 Hamilton Valley Road.....	5-24	• The Brenda Farms, 4870 Harmons Lick Road & Hamilton Valley Road.....	10-25
• Mike and Pam Fathergill, 111 Lynwood Drive.....	6-26	• Vockery property on Polly's Bend Road.....	10-25
• Chris and Joy Fathergill, 317 Richmond Street.....	6-26	• Noah Wagoner and Kelsey Perkins, 10997 Buckeye Road.....	11-25
• Mary Alice (Paul) Drew, 810 Carry Nation Road Property.....	6-26	• Mary and George Watkins Property at 2961 Gabbard Road.....	11-25
• Kathy Tuggle & Paula Tudor - Jim Clark Road.....	11-25		
• Deborah Kelly property at 472 Hobert Estes Road.....	5-24		

Rates For Posted List - \$2 Per Week.
First Property \$51 Per Year - \$10 Each Additional Property

LEGAL NOTICE

NOTICE OF ADOPTION OF BUDGET ORDINANCE

BUDGET SUMMARY

AN ORDINANCE Relating to the Annual Budget and Appropriations.

BE IT ORDAINED BY THE FISCAL COURT OF GARRARD COUNTY, KENTUCKY

SECTION ONE. The following budget is adopted for the Fiscal Year 2025-2026 and the amounts stated are appropriated for the purposes indicated.

GENERAL FUND		
MAJOR CODE	NAME	BUDGET
5000	GENERAL GOVERNMENT	1,770,538.00
5100	PROTECTION TO PERSONS AND PROPERTY	2,425,078.00
5200	GENERAL HEALTH AND SANITATION	151,471.00
5300	SOCIAL SERVICES	6,000.00
5400	RECREATION AND CULTURE	46,000.00
8000	CAPITAL PROJECTS	300,100.00
9100	GENERAL SERVICES	13,050.00
9200	CONTINGENT APPROPRIATIONS	6,147,261.00
9400	FRINGE BENEFITS - EMPLOYERS SHARE	1,104,075.00
TOTAL GENERAL		11,963,573.00
ROAD FUND		
5100	PROTECTION TO PERSONS AND PROPERTY	150.00
6100	ROADS	2,019,200.00
7700	LEASES	42,809.00
9200	CONTINGENT APPROPRIATIONS	867,070.00
9400	FRINGE BENEFITS - EMPLOYERS SHARE	138,900.00
TOTAL ROAD		3,068,129.00
LOCAL GOVERNMENT ECONOMIC ASSISTANCE FUND		
5000	GENERAL GOVERNMENT	10,000.00
5100	PROTECTION TO PERSONS AND PROPERTY	28,000.00
5300	SOCIAL SERVICES	5,000
9200	CONTINGENT APPROPRIATIONS	103,000.00
TOTAL L.G.E.A.		146,000.00
SOLID WASTE FUNDS		
5200	GENERAL HEALTH AND SANITATION	119,740.00
9200	CONTINGENT APPROPRIATIONS	194,560.00
9400	FRINGE BENEFITS - EMPLOYERS SHARE	2,050.00
TOTAL SOLID WASTE		316,350.00
OPIOID FUNDS		
5300	SOCIAL SERVICES	2,500.00
9200	CONTINGENT APPROPRIATIONS	409,500.00
TOTAL OPIOID		412,000.00
CLERK STORAGE FUNDS		
5000	GENERAL GOVERNMENT	125,500.00
TOTAL STORAGE FUNDS		125,500.00
VETERANS MEMORIAL		
5400	RECREATION AND CULTURE	24,000.00
TOTAL VETERANS MEMORIAL		24,000.00
CSEPP FUND		
5100	PROPERTY TO PERSONS AND PROPERTY	365,300.00
9400	FRINGE BENEFITS - EMPLOYERS SHARE	38,500.00
TOTAL CSEPP		403,800.00
ALCOHOL BUSINESS FUNDS		
5000	GENERAL GOVERNMENT	53,500.00
TOTAL ALCOHOL BUSINESS FUND		53,500.00
TOTAL BUDGETED APPROPRIATIONS		
NAME	BUDGET	
GENERAL FUND	11,963,573.00	
ROAD FUND	3,068,129.00	
LOCAL GOVERNMENT ECONOMIC ASSISTANCE FUND	146,000.00	
SOLID WASTE FUND	316,350.00	
OPIOID FUND	412,000.00	
CLERK STORAGE FUND	125,500.00	
VETERANS MEMORIAL	24,000.00	
CSEPP FUND	403,800.00	
ALCOHOL BUSINESS FUND	53,500.00	
TOTAL BUDGETED APPROPRIATIONS		16,512,852.00
Adopted this 27th day of May, 2025.		
/s/Chris Elleman, County Judge Executive		
NOTICE OF AVAILABILITY		
All interested persons and organizations in Garrard County are hereby notified that a copy of the county's proposed budget in full is available for public inspection at the Office of the County Judge/Executive during normal business hours.		
(5-29-1tc)		