

Kentuckians urged to get their hearing checked

May was National Better Speech-Language-Hearing Month

FRANKFORT — With approximately 700,000 Kentuckians of all ages experiencing some degree of hearing loss, Gov. Andy Beshear and the Kentucky Commission on the Deaf and Hard of Hearing (KCDHH) are encouraging people to learn the signs of hearing loss and get your hearing evaluated. This effort is part of National Better Speech-Language-Hearing Month in May.

“We can all learn the signs of hearing loss and look out for them in ourselves, family and friends,” said Gov. Beshear. “Now is a great time to make an appointment to have a professional check your hearing or a loved one’s hearing. Don’t put it off; it’s never too early.”

Statistics tell us that it takes the average person about seven years from the time they

think they have a hearing loss until they seek treatment. Thousands of Kentuckians are affected by hearing loss, but many do not recognize the signs because it can happen gradually from aging, loud noises, or many other causes.

Signs of hearing loss in adults include:

- Difficulty following conversations;
- Difficulty hearing in noisy environments;
- Ringing, roaring or beeping in one or both ears;
- Failure to respond to spoken words;
- Muffled hearing;
- Constant frustration hearing speech and other sounds; and
- Avoidance of conversation.

If you or a loved one are experiencing any of these signs, or if you think you have

hearing loss, see your doctor or a licensed audiologist to assess the degree of your hearing loss, treat it and develop a plan to prevent further loss.

“Sadly, many people live with hearing loss for years before seeking help, which can have serious consequences,” said Anita Dowd, executive director of the Kentucky Commission on the Deaf and Hard of Hearing. “Regular hearing evaluations are essential. Untreated hearing loss can impact every part of a person’s life, from mental health and job performance to personal relationships and cognitive health, including a higher risk of early dementia.”

Dowd also emphasized the importance of protecting hearing at every age, especially among children and teens. According to the Hearing Loss Association of America, 12.5% of individuals between ages 6 and 19 have measurable

hearing loss from unsafe earbud use. Early detection and intervention are key—hearing loss in children can lead to delays in speech and language development, affect academic success and hinder social and emotional growth.

“Noise-induced hearing loss is entirely preventable, but we’re seeing it more frequently in younger people due to extended exposure to loud sounds,” she said. “Parents should pay close attention to how their children use earbuds and headphones. Listening to music and playing video games at high volumes can cause long-term damage. A good rule of thumb: If you can hear what they’re listening to through their earbuds, the volume is too loud and could be causing permanent hearing damage.”

For more information about hearing loss, visit the Kentucky Commission on the Deaf and Hard of Hearing website.



Photo by Amanda Knopp

Members of the 2025 Leadership Lebanon presented a check from their fundraising efforts this year to the Loretto Childcare Center. Front: Julie Gerwe, Erin Gorley, Presley Wilson, Debbie Brady; Director of Loretto Child Care Center, Sister Cathy Smith; President of the Loretto Child Care Center Board, Ailee Dudgeon, Collin Abell, Chase Lancaster Back: Tori Summers, Brittany Dunn, Kayla Hoek, Brittany Mattingly, and Caroline Peterson

Leadership Lebanon gives fundraising checks

The Leadership Lebanon class chose two charities to raise money for the Loretto Motherhouse Farm & Land Committee and the Loretto Child Care Center. Both were presented check in May.

'Look before you lock' to prevent hot car deaths

L EXINGTON – Summer is nearly here, bringing with it hot, sunny days. And nowhere do you feel those hot temps more than in the car. A hot car is more than just uncomfortable – it can be deadly to small children.

On average, a child dies from heatstroke every nine days. In more than half of these deaths, the caregiver forgot the child was in the car. Parents, family members and babysitters all believe this could never happen to them. But in most cases, responsible caregivers simply forgot the child was in the car. A change in routine, stress or distraction can all play a role.

Heatstroke happens faster than you think. Even on a mild day, the temperature inside a car can rise quickly, by as much as 19 degrees in just ten minutes. Cracking the window, parking under a tree or placing a reflective shade in the windshield does very little to cool a car.

Young children are particularly susceptible to heatstroke; they have a smaller body surface area and a higher metabolic rate, which makes it easier for them to overheat. A child’s body heats up three to five times faster than an adult. When a child’s body temperature rises above 104 degrees Fahrenheit, organ damage, coma and death are possible.

Reduce the number of deaths from heatstroke by remembering to ACT:

- Avoid heatstroke-related injury and death by never leaving a child alone in a car, not even for a minute. And make sure to keep your car locked when you’re not inside so kids don’t get in on their own.
- Create reminders. Keep a stuffed animal or other memento in your child’s car seat when it’s empty and move it to the front seat as a visual reminder when your child is in the back seat. Or place and secure your phone, brief-

case or purse in the backseat when traveling with your child. Additionally, you can create location-based reminders in your phone to alert you to check the backseat when you arrive at your destination.

- Take action. If you see a child alone in a car, get them out as quickly as possible and dial 911 immediately. Emergency personnel are trained to evaluate and check for signs of heatstroke.

In some cases, children climb into unlocked cars and become trapped, so it’s important to keep your car locked when it’s not in use. Keep keys and remote entry fobs out of children’s sight and reach. Teach children that cars are not a place to play.

Heatstroke can be fatal, and any responsible, loving and attentive adult can be subject to momentary lapses in attention or judgment. Never leave a child alone in a car, even if just a few minutes. Together, we can protect children by staying alert and spreading the message.



SHERRI HANNAH

Marion County student picked for study abroad in England

COLUMBIA - A Marion County student participated in a study-abroad experience at Lindsey Wilson College.

Madison Wiser '28, an art education, P-12 major from Loretto, was one of 15 Lindsey Wilson students selected to travel to the United Kingdom in May as part of an immersive study-abroad program at Harlaxton College, an experience that combined academic exploration, cultural exchange and personal growth.

During their nine days abroad, students visited the historic cities of London, Lincoln, York, and Cambridge while based at Harlaxton. Harlaxton is a Victorian manor and the University of Evansville's study-abroad center, located in Grantham, England, which is about three hours north of London.

Beyond sightseeing, the program served a deeper purpose: introducing students to global learning experiences that build cultural awareness, personal confidence and academic growth.



Photo courtesy of Lindsey Wilson College

Art education, P-12 major Madison Wiser of Loretto attends a state dinner at Harlaxton College, a Victorian manor and the University of Evansville's study abroad center located in Grantham, England. 15 Lindsey Wilson College students were selected to travel to the United Kingdom this May as part of an immersive study abroad program at Harlaxton College.

TORNADO

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tornado touched down. He and another were thrown into the woods. The other two occupants went to get help, but Hill did not survive the force of the storm.

Three homes were completely destroyed, and several others damaged by the 120-125 mph winds.

Devine said the county received much needed and appreciated assistance from first responders from neighboring counties and across the state.



Photo courtesy of Washington County Sheriff's Office

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