

Put mental health on the back-to-school checklist

By Mary Shea
University of Kentucky

LEXINGTON – Back to school is a busy time for everyone with lots of items on the checklist — school supplies, sports physicals, plan for after school care and more.

Another important item to check off is a mental health check-in with your child. Going back to school can be stressful and full of uncertainty — especially for children with a history of mental health concerns. Mental health care needs to be on the checklist to help set your child up for a successful school year.

Here are some tips for getting your child or teenager’s mental health in shape for back to school.

Start a conversation. Ask child/teenager about how they are feeling for the upcoming school year.

Have them to share one thing they are looking forward to and one thing they are not looking forward to. Even if they are worried about something that you don’t think will happen, show you are listening to their concerns (“You’re worried you won’t have any friends in middle school”) before moving to problem solving and reassuring them.

Get back into routine before school starts. Even if the first day of school is weeks away, start scheduling bedtime and have them wake, get dressed and eat breakfast as they would during the school year.

Likewise, scheduling meal and snack time and setting limits to screen time will help ease them back into their school year routine.

Setup a trial run. This is especially if you have a child or teen who has

avoided school in the past or is transitioning to a new school. Driving by the school and walking the halls will help them orient themselves in a new space. Open houses and back to school nights are great way to help kids find their classes, figure out where their lockers are and get a general lay of the land before the first day.

Make a plan. A successful school year starts with a plan. This is especially important if they have struggled at school before. Make organization and time management a priority and talk about what they can do when things don’t go according to plan. Consider sharing the plan with a support staff member at school.

Enlist the help of their pediatrician. Remind them that they can always come to you with questions or

to talk about how they’re feeling. Encourage your child or teen to talk about struggles they have been having at school with their doctor. Remember that back-to-school sports physical you need? That could be a good opportunity for a mental health check-in. This article has some tips on how to start the conversation with their pediatrician.

Remember that it make take a few weeks for the whole family to get back into the groove of the school year, especially when faced with changes such as starting at a new school. It’s normal for your child to experience difficult thoughts, feelings and emotions, but when those feelings interfere with their success at school, talk to their pediatrician on how to support them.

Place from A-1

said that though this is the second in the series, those who missed the first shouldn’t let that stop them from getting involved in what he described as, “a collaborative workshop aimed at building a stronger, more vibrant, and more resilient Grayson.”

Click explained that the workshop will “build off community input” and recommendations for implementing the strategies that were discussed in the first workshop, while “diving deeper” into what he described as “actionable short, mid, and long-term strategies” that the group uncovered in the previous session. Click described

the ideas that grew out of the first meeting as “a road map for community improvement.”

Click said while the event is completely free to attend – with lunch provided – they would like folks to pre-register for the event via Eventbrite (<https://www.eventbrite.com/e/grayson-place-assessment-round-2-workshop-tickets-1410787496379?aff=oddt-dtcreator>).

Topics from the first round that will be more developed in this second round include; local food, resilience, and tourism; trails and active transportation; and housing. In this second round they will

further develop short-term action items identified during this first meeting. For instance, short-term action items considered under the tourism topic included organizing further river and roadside clean-ups, and promoting local destinations with signage or small grants. On the housing front the group considered housing co-ops tied to rural industries, like farming or forestry, hosting forums on housing needs and costs, and mapping areas where housing needs are a greater priority. Trails and transportation topics included everything from public art projects and other programs designed

to encourage walking downtown, as well as an inventory of ADA compliant ramps, the mapping of trails and sidewalks, and exploring safe walking and biking routes for children traveling to and from school.

While some of these ideas – like safer routes for school children and plans to improve housing – are designed exclusively to benefit locals, initiatives like trash clean-ups and the mapping of transportation resources could prove beneficial to both locals and visitors alike. In this way, Click said, they can contribute to the economic development of

CLASSIFIEDS

PUBLIC NOTICES

PUBLIC NOTICE

The Commercial Bank of Grayson will offer at Public Sale the following vehicles to satisfy the indebtedness due under the terms of a security agreement.

- 2017 GMC TERRAIN, NOT ACTUAL MILEAGE 131,153, MOTOR KNOCKING, VIN #2GKFLSEK6H6340848.
- 2013 KIA SORENTO, NOT ACTUAL MILEAGE 131,789, MOTOR BLOWN, VIN #5XY-KYDA64DG375237.
- 2018 CHEVY MALIBU, NOT ACTUAL MILEAGE 83,741, VIN #1G1ZD5STXJF186668.
- 2013 CHEVY SONIC, MILEAGE 91,781, VIN #1G1JC6SH8D4130777.
- 2016 PETERBILT, MILEAGE 991,399, VIN #1XPXDP9X-6GD262165.
- 2004 JAYCO EAGLE, VIN #IUJB02P641CP0126.
- 2000 GMC C6500, MILEAGE 257684, VIN #1G1JG6H-1C9YJ500993.
- 2010 TOYOTA TUNDRA, NOT ACTUAL MILEAGE 143,000, VIN #5TFUW5F1XAX097052.
- 2014 CHEVY EQUINOX, NOT ACTUAL MILEAGE 150,609, VIN #2GNFLGEK1E6138835.
- 2010 LINCOLN MKS, MILEAGE111,367 VIN #1LN-HL9DR2AG609229.
- 2014 DODGE CARGO V, NOT ACTUAL MILEAGE 280,416, VIN #3C6TRVAG6EE100573.
- 2014 KIA, NOT ACTUAL MILEAGE 149,508, BURNED UP, VIN #5XYKWDA76EG447024.

ALSO, IN AUCTION BUT NOT A REPO:

- 2008 FORD F550, MILEAGE AROUND 149,500

Public Auction will be held on *Friday, August 22, 2025*, at 3:00 PM at COMMERCIAL BANK, OLIVE HILL BRANCH, 155 TOM T. HALL BLVD., OLIVE HILL KY.

Seller reserves the right to reject any or all bids.

Announcements made the day of the sale will take precedence over any printed material.

Terms will be cash.

For more information, please contact Tina Knipp at (606)475-4150.

PUBLIC NOTICE INVITATION TO BID

The Grayson City Convention and Tourism Commission is accepting **sealed bids for demolition and removal** of the structure at **166 East Main Street, Grayson, KY**. Work includes full demolition, legal disposal, utility disconnection, site grading, and erosion control.

An **asbestos-containing material** was found in front window caulking; abatement compliance is required. The asbestos report is included in the bid packet.

Contractors must be in good standing with the KY Secretary of State, carry required insurance, and show relevant experience.

Bid packets available at **Grayson City Hall, 302 E. Main St.** during normal business hours, or by email: **Grayson_CCTC@yahoo.com**.

Site viewing: Tuesday, August 19, 2025, from 9–10 AM

Bid deadline: Friday, August 22, 2025, at 2:00 PM

Clearly mark: “*SEALED BID – DEMOLITION – 166 East Main Street*”

Late bids not accepted. Bids will be opened publicly.

The Commission reserves the right to reject any/all bids and award based on qualifications.

Questions: Email Grayson_CCTC@yahoo.com

PUBLIC NOTICE INVITATION TO BID

Carter County Emergency Ambulance is soliciting bids for a concrete foundation (14' x 45") or equivalent, to support a 12' x 36' metal climate-controlled storage building. The structure will require an AC mini-split (12K BTU), 8-foot insulated walls, electrical outlets, lighting, a 36" delivery entry door with secure partition, and a 3'6" x 6'8" access door at the opposite end.

Bidders must comply with all applicable building codes and provide proof of license and insurance.

Construction will take place behind 12 Crossbar Rd, Grayson, KY. Timeline: Work to begin as soon as possible; details provided upon award.

Bids will be opened at the next board meeting on: August 18 at 16:00 hrs.

Submit bids to:
Tim Woods- Executive Director
Carter County EMS
606-474-8181

GalleryArtCenter.
Contact the writer at editor@cartercountytimes.com

Mitch McConnell's legacy comes under fire in Kentucky race to replace him in the Senate

By Bruce Schreiner
Associated Press

CALVERT CITY (AP) — Republican Nate Morris had deftly warmed up a crowd of party faithful, gushing about President Donald Trump and recounting his own life's journey — from hardscrabble childhood to wealthy entrepreneur — when he turned his attention to the man he wants to replace, Sen. Mitch McConnell.

That's when things got feisty. While bashing Kentucky's longest-serving senator at a GOP dinner on the eve of Saturday's Fancy Farm picnic, a tradition-laden stop on the state's political circuit, Morris was cut off in mid-sentence by a party activist in the crowd, who noted that McConnell isn't seeking reelection and pointedly asked Morris: "What are you running on?"

Morris touted his hard line stance on immigration and defended Trump's tariffs as a boon for American manufacturing. But he didn't retreat from his harsh critique of McConnell.

"We've seen 40 years of doing it the same way," Morris said. "And, yes, he's not on the ballot, but his legacy is on the ballot. Do you want 40 more years of that? I don't think you do."

McConnell's blunt-force approach used against him

The pushback from a county GOP chairman revealed the political risks of attacking the 83-year-old McConnell in the twilight of his career. Towering

over Kentucky politics for decades, McConnell is regarded as the master strategist behind the GOP's rise to power in a state long dominated by Democrats. The state Republican headquarters bears McConnell's name. As the longest-serving Senate party leader in U.S. history, McConnell guided Republican policymaking and helped forge a conservative Supreme Court. Back home, his appropriating skills showered Kentucky with federal funding.

Now, his blunt-force style of campaigning — which undercut so many foes — is being used against him.

Morris is running against two other prominent Republicans — U.S. Rep. Andy Barr and former state Attorney General Daniel Cameron — for McConnell's seat. The outcome will be decided in the spring primary next year. Kentucky hasn't elected a Democrat to the Senate since Wendell Ford in 1992.

All three Republican hopefuls lavish praise on Trump — in hopes of landing his endorsement — but also have ties to McConnell, who mentored generations of aspirational Republicans. Cameron and Barr have chided McConnell at times, but it's been mild compared to Morris' attacks. Morris interned for McConnell but glosses over that connection.

McConnell pushes back At events surrounding the Fancy Farm picnic, an event long known for caustic zingers that he has

always relished, McConnell showed no sign of backing down.

"Surely this isn't true, but I've heard that one of the candidates running for my office wants to be different," McConnell told a Republican crowd that included Morris at a pre-picnic breakfast in Mayfield. "Now, I'm wondering how you'd want to be different from the longest-serving Senate leader in American history. I'm wondering how you'd want to be different in supporting President Trump."

McConnell received multiple standing ovations. Morris stayed seated.

McConnell has consistently voted for Trump's policies more often than Kentucky's other Republican senator, Rand Paul, according to a Congressional Quarterly voting analysis. McConnell recently supported Trump's signature tax and spending measure. Paul opposed it, saying it would drive up debt.

Yet Morris has taken on McConnell, who has famously had an up-and-down relationship with Trump.

McConnell teamed with Trump to put conservatives on the federal bench and pass tax cuts during the president's first term. McConnell also guided the Senate — and Trump — through two impeachment trials that ended in acquittals. But the relationship was severed after McConnell blamed Trump for "disgraceful" acts in the Jan. 6, 2021, Capitol attack by Trump's supporters.

McConnell endorsed

Trump in 2024, but in a biography by Michael Tackett of The Associated Press, released shortly before the election, McConnell described him as "a despicable human being."

Running against career politicians

Morris, who started a waste management technology company, says the senator has been insufficiently loyal to Trump and allowed festering issues like immigration and the

national debt to grow worse during his years in Senate leadership.

Morris wants to tether his opponents to McConnell while running on anti-establishment themes that his campaign thinks will appeal to legions of Trump supporters in the Bluegrass State.

"Let's face it, folks, career politicians have run this country off a cliff," Morris said.

Morris' rivals sum

up the anti-McConnell attacks as an angry, backward-looking message. Cameron called it a diversionary tactic to obscure what he said is Morris' lack of both a message and credibility as a supporter of Trump's MAGA movement.

"He can't talk about his actual record. So he has to choose to pick on an 83-year-old," Cameron

See MCCONNELL on A-8

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