

Nourishing your heart is as important as listening to it

With February being American Heart Month, now is a perfect time to learn about ways to lower your risk of developing heart disease. One of the best ways to do this is by following a heart-healthy diet.

The Dietary Approaches to Stop Hypertension (DASH) diet and the Mediterranean diet are widely accepted by scientists as being good for your heart. Both emphasize whole grains, fruits, vegetables, legumes, seafood and lean meats, and fewer fatty foods and sweets. Both the DASH and Mediterranean diets also encourage followers to incorporate physical activity and movement into their day. In addition to being heart-healthy, both diets may help you lower your risk for developing type 2 diabetes and some cancers.

The Mediterranean diet has been named one of the best diets in the world on numerous occasions. It gets its name from its origins in countries like Greece and Italy that border the Mediterranean Sea. It focuses on using food to build the foundation for a healthy lifestyle, rather than focusing on restriction or following a strict diet.



RACHEL MATTINGLY
FAMILY & CONSUMER
SCIENCE AGENT

Another important component of the Mediterranean way of eating is to enjoy as many meals as possible with others in social settings. In addition to being a heart-healthy diet, studies strongly suggest that individuals who follow the Mediterranean diet have lower levels of LDL "bad" cholesterol, lower blood pressure, weight loss or weight maintenance, improved eyesight and

brain function, increased joint relief from rheumatoid arthritis, and may live longer. The DASH diet is designed to help people lower their blood pressure. In addition to consuming nutrient-dense foods, it focuses on lowering sodium intake and adding in potassium-rich foods, like fresh fruits and vegetables. By following the DASH diet, you may be able to lower your blood pressure by a few points within a couple of weeks. Long-term followers have been able to lower the top number

of their blood pressure, also called systolic blood pressure, between eight and 14 points, which reduces their risk for heart disease. The diet is also consistent with recommendations for lowering your risks for osteoporosis and stroke. For more information on ways to eat healthy, contact the Marion County office of the University of Kentucky Cooperative Extension Service. **Source:** Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition



LEGAL NOTICE

Shelby's Pub LLC, d/b/a Chasers Restaurant, 110 N. Proctor Knott Ave., Lebanon, Kentucky, 40033, hereby declares its intention(s) to apply for NQ2 Retail Drink License no later than Friday, February 27, 2026. The licensed premises will be located at 110 N. Proctor Knott Ave., Lebanon, Kentucky 40033. The Member is Pauline Miller, 632 Greer Lane, Bardstow, Kentucky 40004. Any person, association, corporation, or body politic may protest the granting of the license(s) by writing the Department of Alcoholic Beverage Control, 500 Mero Street 2NE33, Frankfort, Kentucky, 40601, within thirty (30) days of the date of legal publication.

SUMMARY OF ORDINANCE 2026-02
AN ORDINANCE AMENDING ORDINANCE NOS. 2024-10 (AS PREVIOUSLY SUPPLEMENTED), 2025-02 AND CHAPTER 119 OF THE CODIFIED ORDINANCES OF THE CITY OF LEBANON: MEDICINAL CANNABIS BUSINESSES

SUMMARY

1. Corrects the misidentification of the chapter of the Codified Ordinance section created in the prior ordinances by clerical error in the ordinance referring to Chapter 117, which should have been 119.
2. Clarifies that the payment is tendered to the City Tax Administrator and that is an annual fee like all other regulatory business licenses, due on or before January 1st each year.
3. No other section of the existing ordinances is altered by this amendment.

The full text of this Ordinance is available for examination in the City Clerk's Office, 240 West Main Street, Lebanon, Kentucky 40033. INTRODUCED AND PUBLICLY READ FIRST TIME: January 12, 2026 PUBLICLY READ SECOND TIME AND PASSED: February 9, 2026 APPROVED: Gary D. Crenshaw, Mayor - ATTESTED: Gina N. Wheatley, City Clerk

I, Kandice Engle-Gray, hereby certify I am an Attorney licensed to practice law in the Commonwealth of Kentucky. My office is located at 153 East Main Street, Lebanon, KY 40033. I further certify the foregoing Summary of Ordinance 2026-02 of the City of Lebanon, Kentucky, was prepared in accordance with the requirements of KRS 83A.060(9) and is a true and accurate summary of the contents of said Ordinance. Kandice Engle-Gray, City Attorney City of Lebanon, Kentucky

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ORDINANCE NO. 2026-01
AN ORDINANCE MODIFYING A PARKING AREA ON SOUTH SPALDING AVENUE WITHIN THE CITY OF LEBANON, KENTUCKY.

WHEREAS, the City of Lebanon has been presented with a request to alter or modify a parking space on South Spalding Avenue in the City of Lebanon;

WHEREAS, the City Council deems it desirable to promote the safety of its citizens and guests as well as the commercial interests of businesses located within the City and to modify parking space on South Spalding Avenue nearest its intersection with Main Street in the Easterly/Northbound Lane for a loading and unloading zone and 15-minute customer parking;

NOW, THEREFORE, BE IT ORDAINED BY THE CITY COUNCIL OF THE CITY OF LEBANON, KENTUCKY:

SECTION I: Parking for purposes other than loading/unloading or for customer parking longer than 15 minutes shall henceforth be prohibited in the parking spot nearest Main Street in the Easterly/Northbound Lane of South Spalding Avenue closest to 115 South Spalding Avenue;

SECTION II:

(A) That signage will be posted at the designated parking space nearest the intersection of South Spalding Avenue and Main Street announcing a 15-minute customer loading and unloading zone.

(B) That parking will still be allowed on South Spalding Avenue in all other designated parking areas as currently marked.

SECTION III: That the City Clerk and/or other City officials are hereby authorized and directed to take such action as shall be necessary in order to amend the City map, post loading/unloading and/or other required signs, and such other action as may be necessary and desirable as a result of these changes to said parking space in the above designated areas.

SECTION IV: All Ordinances or parts of Ordinances in conflict herewith are expressly repealed, but only to the extent of such conflict.

SECTION V: If any section, subsection, sentence, clause, phrase or portion of this Ordinance is for any reason held invalid or unconstitutional by any Court of competent jurisdiction, such portion shall be deemed a separate, distinct and independent provision and such holding shall not affect the validity of the remaining portions hereof.

SECTION VI: This Ordinance shall become effective upon its second reading, passage and publication.

CITY OF LEBANON, KENTUCKY - GARY D. CRENSHAW, Mayor - ATTEST: GINA N. WHEATLEY, City Clerk

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