



•**COOL** Continued from page one

Heat-related fatalities by year

1,600

1,400

1,200 1,000

> 800 600

400 200 0

•HISTORY

were also several ads for farm implements and agricultural products, especially eggs. Lots of eggs. The newspaper also had a smidgeon of town news.

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The county's budget was addressed. One found out in the newspaper who was being paid for services to the county; folks like county jailer, W. T. England.



William "Big Bill" Thomas England also ran an ad in the paper to sell a prized donkey.

The Local News section had some interesting items, though not all were local. It must have been a slow news week in Edmonton! The Yates woman alluded to was likely Eliza Jane Reid Yates (1829-1905). Eliza's husband, John Milton Yates, served in the state legislature. Her brother who visited was Dr. Henry Clay Reid (1840-1926). The

and Gast white Murray, at Glas gas, for Western or Fexas Tickets. U.S. Huffman, of Summer Shude, is in town. Hood's Pills are the best family cathartic and liver modifine. Harmless, reliable, sure. A little child of Coi. Poor, of the Randolph country, died last Friday and was buried Saturday. On and after July I capital punishment in Ohio will be inflicted by electricity. Quite a number of our citizens left esterday for Louisville, to attend he Republican State Convention. Edgar Dohoney, who has been attending school at Bowling Green, returned home Saturday, Dr. H. C. Reid visited his sister, Mrs. - Yates, of Glasgow, who is very III. Saturday. A grandson of President Tyler has been indicted at Atlanta on the

LOCALS.

charge of embezzling public funds,

Reids and Yates were prominent members of the community.

Such personal items were for many decades a customary part of weekly newspapers. I miss that aspect of small-town publications. Everybody is somebody when his or her name appears in print. Social media platforms, for better or worse, now fill the vacuum. The newspaper business has waned, and its future is uncertain in the face of online competition.

Nonetheless, I sincerely hope The Herald News and publications like it continue to mirror the towns they serve. There is no doubt I will be renewing my subscription when the time comes. I appreciate the continuity and the connection provided by my nometown paper.

2022 data is provisional. Heat-related deaths were identified using ICD codes P81.0, T67, and X30. Deaths with underlying cause W92 were excluded. Source: Centers for Disease Control and Prevention + Get the data + Download image + Download SVG maintenance and repairs before summer begins. This can help prevent outages

2002

2004

2000

during the extreme temperatures or help prevent costly repairs later.

Remember to check on vulnerable neighbors, especially the elderly, people with medical conditions, and young children.

Just calling or visiting the elderly or ill who live near you could be the difference between life and death in extreme heat conditions. Emergencies can develop in seconds, so be kind and check on these folks.

Simple steps can be taken at home or in the office to minimize heat. Keep curtains or blinds closed, especially on the south side of your home or business. You may even have blackout curtains that keep the sunlight out.

Use the stove as little as possible

 Carry a water bottle. Drink and refill it throughout the day.

2006

2008

2010

2012

There were 1,714 heat-related fatalities in 2022

 Consider limiting beverages high in sugars, sodium. caffeine, and alcohol, if possible.

 Monitor your urine color. Light yellow or clear indicates adequate hydration, while dark urine signals dehydration and the need to drink more fluids.

•If you are sweating a lot, combine water with snacks or a sports drink to replace the salt and minerals lost.

The American Red Cross reminds us to be prepared for blackouts. Utilities may be offline, so be ready to live without power, gas, and water. Plan for your electrical needs, including cell phones and necessary medical equipment.

According to the CDC, emergency room visits for heatrelated illnesses

significantly increased across several US regions during the warm season (May-September) of 2023, particularly among men and adults ages 18-64.

2014

2016

2018

The Mayo Clinic lists these factors that may limit your ability to regulate your body temperature:

Being older.

Being overweight.

 Having certain health conditions.

 Taking certain medicines.

The risk of a heatrelated illness also rises with:

 High humidity which prevents sweat from evaporating as quickly to cool down your body.

 High elevation which increases your chances of dehydration and sunburn.

 Strenuous exercise or activity, like hiking or

biking in hot weather.

2020

2022

Heat Exhaustion

Heat exhaustion is more likely to occur if you are dehydrated (reduces your ability to sweat), consume alcohol (affects body temperature control), or wear overly constrictive clothing that prevents sweat evaporation.

Heat exhaustion can develop suddenly or gradually. Symptoms may include:

•Cool, moist skin with goose bumps when in the heat.

•Heavy sweating.

•Faintness or dizziness.

•Fatigue.

•Weak, rapid pulse.

•Low blood pressure upon standing.

- Muscle cramps.
- •Nausea.

•Headache.

COOL, Continued on page eight

COMMONWEALTH OF KENTUCKY METCALFE CIRCUIT COURT CIVIL ACTION NO. 24-CI-00135 **COMMISSIONER'S SALE ON** JULY 24, 2025 AT 12:00 NOON

Morgan Makes History at 2025 National Beta Convention



A PHOTO | METCALFE COUNTY SCHOOLS

Metcalfe County Elementary student Payton Morgan made history at the 2025 National Beta Convention. For the first time ever there was a tie for National Vice President - and a runoff election ensued. While Payton didn't come out on top, we are all so proud of her. Thank you, Payton, for representing Metcalfe County and the entire state of Kentucky! Congratulations and best wishes to National VP winner Everett Hollandsworth.

particularly the oven, which tends to heat the surrounding area. Use a microwave, air fryer, or outdoor grill to minimize heat inside.

The CDC gives these suggestions:

 People and pets should stay indoors. If air-conditioning isn't available, seek refuge at a mall, library, or a community relief shelter.

 Remember to drink more fluids, but avoid alcohol and high-sugar drinks.

•When going out, wear light, loose fitting clothing and never leave children or animals unattended in a parked vehicle!

If you must work outside, there are a few things that can help you stay cooler. Try to schedule your work early in the morning before temperatures rise to extreme digits. Use cooling towels that wrap around your neck a try.

The CDC suggests working in the shade and taking breaks more frequently. Perhaps most important is to drink plenty of fluids.

STOCKTON MORTGAGE CORPORATION PLAINTIFF VS

KACI CHANTEL BRAGG DEFENDANT

By Virtue of Judgment in the Case Set Forth: I shall sell to the highest and best bidder at the time and place above, the following real estate and improvements thereon in Metcalfe County, located at 115 Greensburg Street, Edmonton, KY 42129, Metcalfe, Kentucky, PVA Map ID# 103-00-02-003.00, consisting of 0.34 acre.

Kaci Chantel Bragg, unmarried, acquired title to the above, property by Deed dated the 8th day of January, 2021 and recorded the 19th day of January, 2021 in Deed Book 167, Page 890. in the Office of the Metcalfe County Court Clerk.

To be sold on JULY 24, 2025 at 12:00 noon at the Metcalfe County Judicial Center.

Plaintiff Stockton Mortgage Corporation was granted a Judgment against the Defendant for sums due under a Note and Mortgage in the amount of \$73,176.95 plus interest from November 8, 2024 at the rate of 3% until paid, plus additional fees, costs, and expenses in accordance with the terms of the Note and Mortgage. Plaintiffs' liens are adjudged to be prior and superior to the interests of Defendants and the property is being sold free and clear of any interest of Defendants. From the proceeds and bond interest the Master Commissioner will pay the costs and fees of the sale, the payment of any Ad Valorem Tax Bills, full satisfaction of the Judgment, and any remaining funds will be held until further orders of the Circuit Judge.

The subject property cannot be divided without materially impairing its value and will be sold in its entirety. ALL PROPERTY IS SUBJECT TO ANY/ALL EXISTING R/WS AND EASEMENTS. ANY SALE MAY BE CANCELLED WITHUT NOTICE. THE COURT, COMMISSIONER AND PARTIES TO THE PROCEEDINGS ARE NOT LEGALLY BOUND BY THE ADVERTISEMENT AND THE CONTENTS OF THE COURT JUDGMENT AND ORDER OF SALE CONTROL. UNLESS NOTED OTHERWISE WE ARE UNABLE TO SHOW THE INTERIOR OR EXTERIOR OF ANY PROPERTY THE PLAINTIFF, THE MASTER COMMISSIONER AND THE COURT SHALL NOT BE DEEMED TO HAVE WARRANTED TITLE OF THE REAL ESTATE TO THE PURCHASER.

For the Purchase price, purchaser may pay cash, or may pay 10% of the purchase price in cash, with the balance of the purchase price secured by a purchase money bond due in thirty (30) days, with good and approved surety on the bond, and bearing interest at the rate of 3 % per annum from date of sale until paid, said bond to have the same for and effect as a judgment and remain a prior and superior lien on the property until fully paid. This sale is without warranty of any kind. Purchaser is responsible for the purchase of insurance for the protection of the property post sale and is responsible for paying the 2025 and all following years' ad valorem tax bills. The purchaser is buying property subject to all restrictions, covenants, and easements of record in the office of the Metcalfe County Clerk. Upon payment and delivery of Deed the purchaser shall be entitled to all rights of ownership of the property. The property will be sold free and clear of all rights, liens, interests and claims of all parties hereto.

The property shall be sold with the improvements thereon, "as is". Bidders shall be prepared to promptlyq comply with the terms of the sale.

> Inquire of the Master Commissioner. HERBERT B. SPARKS

Master Commissioner	Metcalfe Circuit Court
PO Box 509	Edmonton, KY
Phone (270) 432-4701	Fax (270) 432-5006
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