

# Nourishing your heart is as important as listening to it

BY HEATHER NORMAN-BURGDOLF  
EXTENSION SPECIALIST

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.

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 Casey County Extension Office of the University of Kentucky Cooperative Extension Service at 606-787-7384.

Educational programs of the Cooperative Extension Service serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

The University of Kentucky Martin-Gatton College of Agriculture, Food and Environment news and communications team provides monthly Extension Exclusives in the categories of Horticulture, Agriculture and Natural Resources, 4-H and Family & Consumer Sciences. View more UK Extension exclusives.

# Top 4-H'ers flex their consumer know-how at LifeSmarts Championships

BY CHUCK STAMPER  
EXTENSION 4-H SPECIALIST

Teams of 4-H youth from across Kentucky gathered at the Fayette County Cooperative Extension Service Office in mid-February to put their consumer-savvy

knowledge to the test at the Kentucky 4-H LifeSmarts Varsity and Junior Varsity State Championships.

For 20 years, Kentucky 4-H has teamed up with the national comprehensive consumer education program LifeSmarts to train young people on real-world consumer and financial issues that affect their day-to-day lives. Participants learn how to apply critical thinking skills in core areas such as managing their finances, making smart consumer choices, engaging with new technologies, caring for the environment, and keeping themselves safe and healthy. The goal of the program is to equip young people with the information and life skills they need to succeed as adults in an

increasingly complex global marketplace. In 2025, Garrard County 4-H Varsity and Harrison County 4-H Junior Varsity teams represented Kentucky at the LifeSmarts national tournament, with both teams placing among the top 20.

"The National LifeSmarts program complements the Kentucky 4-H program in many ways," said Chuck Stamper, Extension 4-H specialist and Kentucky 4-H coordinator for the LifeSmarts program. "Our goal is to provide meaningful experiences that will lead 4-Hers to be 'Beyond Ready' as they enter adulthood. And the topics covered in the LifeSmarts program match up well with what we cover in 4-H."

The LifeSmarts program is open to all middle-school youth (grades 6 to 8) at the junior varsity level and high-school students (grades 9 to 12) for varsity

competition. Qualifying varsity and junior varsity teams in Kentucky were invited to take part in the in-person state championship in mid-February. Winning teams are eligible to advance to the Varsity National LifeSmarts Championship, to be held in mid-April in Orlando, Florida, or the virtual Junior Varsity National LifeSmarts Championship, which will take place online in early May. Top-scoring teams each year are recognized by the National Consumers League for their outstanding achievements.

For more information about the LifeSmarts program and how to participate, email Chuck Stamper at [chuck.stamper@uky.edu](mailto:chuck.stamper@uky.edu) or contact the Casey County Extension Office at 606-787-7384.

Carman, Chris Posted a No Trespassing For 890 Hurricane Ridge Waynesburg, KY 40489

**YOUR CUSTOMER JUST READ THIS AD. ADVERTISE WITH US.**

## NOTICE OF FINAL SETTLEMENT

NOTICE IS HEREBY GIVEN THAT SETTLEMENTS OF ESTATES HAVE BEEN FILED IN CASEY DISTRICT COURT AND SCHEDULED FOR HEARINGS FOR FINAL APPROVAL BY THE CASEY DISTRICT COURT AT 9:00 A.M. ON THE 19<sup>TH</sup> DAY OF MARCH, 2026 UNLESS EXCEPTIONS ARE FILED PRIOR THERETO.

ESTATE OF: GREGORY TODD GALLOWAY  
CASE # 20-P-00007  
REPRESENTATIVE: CHAD WEDDLE, PUBLIC ADMINISTRATOR  
CAMERON C. GRIFFITH - ATTORNEY  
TYPE OF SETTLEMENT: FINAL

PREPARED BY: JAMIE B. PATTERSON DC  
PAID FOR FIDUCIARY AT TIME OF FILING

## The Casey County News

### CLASSIFIED DEADLINE

WEDNESDAY - 4:00 PM

Contact Customer Service at 606-787-7171, Option 1 or [classifieds@caseynews.net](mailto:classifieds@caseynews.net) Monday-Friday 8AM-4PM

\*Holidays advance deadline by 24 hours.

# CLASSIFIED ADS

PAXTON MEDIA GROUP

CALL TO PLACE YOUR AD IN PRINT AND ONLINE IN KENTUCKY

### 0100 ANNOUNCEMENTS

**AFFORDABLE TV & INTERNET.** If you are overpaying for your service, call now for a free quote and see how much you can save! 1-877-548-7494

**BATH & SHOWER UPDATES** in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-833-770-0957

Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920 Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution Call for Your Free Author's Guide 1-855-209-2951 or visit [dorranceinfo.com/Kentucky](http://dorranceinfo.com/Kentucky)

Frankfort Office Space for rent: Second floor with four large office areas, restroom. Office desks furnished. Located 7 mile from I-64 Lawrenceburg exit 53A. Electric, water, gas, utilities and internet included. \$2,200 per month. Call Bonnie Howard, Kentucky Press Association, 502-223-8821.

We buy 8,000 cars a week. Sell your old, busted or junk car with no hoops, haggles or headaches. Sell your car to Peddle. Easy three step process. Instant offer. Free pickup. Fast payment. Call 1-844-440-0399

We Buy Houses for Cash AS IS! No repairs. No fuss. Any condition. Easy three step process: Call, get cash offer and get paid. Get your fair cash offer today by calling Liz Buys Houses: 1-888-287-5615

**DIRECTV OVER INTERNET** - Get your favorite live TV, sports and local channels. 99% signal reliability! CHOICE Package, \$84.99/mo for 12 months. HBO Max and Premium Channels included for 3 mos (w/CHOICE Package or higher.) No annual contract, no hidden fees! Some restrictions apply. Call IVS 1-888-340-6138

CASH PAID FOR HIGH-END MEN'S SPORT WATCHES. Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. These brands only! Call for a quote: 1-833-641-6058

### 0100 ANNOUNCEMENTS

Get Boost Infinite! Unlimited Talk, Text and Data For Just \$25/mo! The Power Of 3 5G Networks, One Low Price! Call Today and Get The Latest iPhone Every Year On Us! 855-841-2894

Choose EarthLink Fiber Internet for speeds up to 5 Gigs, no data caps, no throttling. Prices starting at \$54.95. Plus, a \$100 gift card when you make the switch. Call 1-833-974-4780

Consumer Cellular - the same reliable, nationwide coverage as the largest carriers. No long-term contract, no hidden fees and activation is free. All plans feature unlimited talk and text, starting at just \$20/month. For more information, call 1-833-353-2982

Inflation is at 40year highs. Interest rates are way up. Credit Cards. Medical Bills. Car Loans. Do you have \$10k or more in debt? Call NATIONAL DEBT RELIEF and find out how to pay off your debt for significantly less than what you owe! FREE quote: Call 1-844-262-5602

**DENTAL INSURANCE** from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-900-7392 [www.dental50plus.com/26#6258](http://www.dental50plus.com/26#6258)

**DIRECTV** - All your entertainment. Nothing on your roof! Sign up for Directv and get your first three months of Max, Paramount+, Showtime, Starz, MGM+ and Cinemax included. Choice package \$84.99/mo. Some restrictions apply. Call DIRECTV 1-866-292-5435

Donate your car, truck, boat, RV and more to support our veterans! Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car Donations at 1-833-984-2146 today!



### 0100 ANNOUNCEMENTS

Omaha Steaks - Wait until you taste it! 100% guaranteed and delivered to your door! Our Butcher's Savory Collection comes with 8 FREE Omaha Steaks Classic Burgers ONLY \$129.99. Call 1-877-542-1507 and mention code 81305BVA or visit [www.omahasteaks.com/Savory3148](http://www.omahasteaks.com/Savory3148)

Get a break on your taxes! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2025. Call Heritage for the Blind Today at 1-877-581-3053 today!

Get DISH Satellite TV + Internet! Free Install, Free HD-DVR Upgrade, 80,000 On-Demand Movies, Plus Limited Time Up To \$600 In Gift Cards. Call Today! 1-855-633-4574

GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-833-485-3141.

HOME BREAK-INS take less than 60 SECONDS. Don't wait! Protect your family, your home, your assets NOW for as little as 70¢ a day! Call 1-833-360-5407

Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, waiving ALL installation costs! (Additional terms apply. Subject to change and vary by dealer. (Offer ends 12/27/26.) Call 1-866-837-5986

No more cleaning out gutters. Guaranteed! LeafFilter is backed by a no-clog guarantee and lifetime transferrable warranty. Call today 1-866-329-2415 to schedule a FREE inspection and no obligation estimate. Get 15% off your entire order. Plus, Military & Seniors get an additional 10% off. Limited time only. Restrictions apply, see representative for warranty and offer details.

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 888-982-03

### 0100 ANNOUNCEMENTS

Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase. Call 1-844-688-8576 today to schedule a free quote. It's not just a generator. It's a power move.

Replace your roof with the best looking and longest lasting material - steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer up to 50% off installation + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-888-306-0302

Safe Step. North America's #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-888-302-4539

Struggling with debt? If you have over \$15,000 in debt we help you be debt free in as little as 24-48 months. Pay nothing to enroll. Call Now: 1-877-857-0268

SunSetter. America's Number One Awning! Instant Shade at the touch of a button. Transform your deck or patio into an outdoor oasis. Up to 10-year limited warranty. Call now and SAVE \$350 today! 1-866-348-8793

We are in need of Temporary Housekeeper Our Regular Housekeeper fell and was injured 2 days per week Call (270) 922-6655 Owensboro, KY

We Buy Vintage Guitar's! Looking for 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. These brands only! Call for a quote: 1-833-641-7011



### 0100 ANNOUNCEMENTS

YMT Vacations. Over 50 guided tours available. Affordable, social and stress-free travel designed for mature travelers. Our tours include accommodations, transportation, baggage handling, sightseeing, entrance fees, a professional Tour Director and select meals. For a limited time SAVE \$250 on all tours. Call YMT today. 1-844-870-5218

### 0300 PETS

Mauckport-Yorkshire Terriers, very small, \$600- 900. Toy Poodle female \$700. All CKC and up to date on shots. Health Guarantee. Call (812)732-4645 or txt (812)736-8333.



### 0400 FARM

Dry Ridge, KY \*HAY FOR SALE\* Alfalfa, Timothy Mix, Brome, Orchard Grass Rolled and Square Bales Call Mike Wright 859-743-7963

GLENCOE- Roll Bale Hay for sale, 4x5 rolls, \$35/roll (859)962-0777

Grant County Grass Hay for sale 4x4 rolls (859)428-0453 no answer leave message.



### 0500 MERCHANDISE

LOOKING TO BUY 4-wheelers, dirt bikes, mowers & zero turns, golf carts & tractors, trailers, UTV's and side by sides. Call or text 270-766-9940

### 0600 REAL ESTATE FOR RENT

Springfield, KY 2 bedroom apartment appliances furnished. \$650/mo.+ utilities. No Pets. Call for availability. 859-481-1333

Bardstown- 3 BEDROOM, 1 BATH, \$995/ month 502-293-0132.

Shelbyville, KY 2 BEDROOM CONDO 2 1/2 baths, garage, fireplace, stainless appliances. Brassfield Estates \$1,200/month I No Pets. 859-481-1333

RADCLIFF- 1 Bedroom Apartments, Efficiency Apartments, RV Parking Spot For Rent. Deposits Required 270-351-5838 270-390-5185

### 0700 REAL ESTATE FOR SALE

4 burial plots in North Hardin Memorial Gardens in Radcliff, Ky. Located in the Garden of Hope - Section 3, Lot #223, plots 1-2-3-4. These are in a great location, close drive-by access & close to an entrance. I'm selling for \$1000 each. Chele Sterban 615-243-7110

Elizabethtown- For Sale Custom Build Brick Home \$320,000 Call 270-765-0908

SENSATIONAL SAVINGS In The Classifieds



Find a new favorite store by looking for local businesses advertising in your newspaper!