

Events Calendar

SBDM Meeting at NHES

Thursday, February 19th: School-Based Decision Making (SBDM) meeting at North Hancock Elementary School, 3:30 p.m.

PTO Meeting at NHES

Thursday, February 19th: Parent Teacher Organization (PTO) meeting at NHES Library, 5:00 p.m. There is no cost to join. Email nhespto@outlook.com, if you have questions.

HCHS Boys B-Ball

Thursday, February 19th: HCHS (JV/V) Boys Basketball game at Newcomer Academy, 5:00 p.m.

HCMS Volleyball

Thursday, February 19th: HCMS (6th, 7th & 8th) Volleyball match at Grayson County, 5:30 p.m.

OCTC Alignment Day

Friday, February 20th: OCTC Alignment Day for HCHS students.

HCHS Girls and Boys B-Ball

Friday, February 20th: HCHS Girls and Boys Basketball game at Grayson County, 5:30 p.m. and 7:00 p.m.

HCHS Track

Sunday, February 22nd: HCHS Indoor Track meet in Louisville.

HCMS Yearbooks

Monday, February 23rd: Last day to order HCMS yearbooks. Order forms are in the front office.

Girls Youth Volleyball Club

Feb. 23rd-March 26th: Girls Youth Volleyball Club for 3rd-5th grades at the North Hancock Elementary School gym, Mondays and Thursdays, 3:30 p.m.-4:30 p.m. Cost is \$20 for those enrolled in the afterschool program, and \$50 for those not currently enrolled. Do not send payment until after you are contacted. Fill out the form on the NHES newsletter. Space is limited to the first 30 girls to sign up.

Special Effects Makeup Workshop

Tuesday, February 24th: Special Effects Makeup workshop for teens at the Lewisport Library, 5:00 p.m.-6:30 p.m. No experience needed. Learn basic SFX makeup techniques. Registration opened Tuesday, Feb. 3.

HCMS Volleyball

Tuesday, February 24th: HCMS (6th, 7th & 8th) Volleyball match at Muhlenberg County, 5:30 p.m.

Breck Co. Job & Resource Fair

Wednesday, February 25th: Job and Resource Fair at Breckinridge County Public Library, 308 Old Hwy 60 in Hardinsburg, 1:00 p.m.-4:00 p.m. Open to the public.

NHES Pre-K Family Night

Thursday, February 26th: Pre-K Family Night at North Hancock Elementary School.

HCMS Volleyball

Thursday, February 26th: HCMS (6th, 7th & 8th) Volleyball match at Home, 5:30 p.m.

International Trip Info. Meeting at HCHS

Thursday, February 26th: Information meeting on the trip Mrs. Howell is hosting to Germany, Italy and Switzerland in 2028. The meeting will be held at the Hancock County High School Media Center, 6:00 p.m. RSVP to join at bit.ly/4rTC3uP.

HCHS Spring Pictures

Friday, February 27th: Spring picture day at Hancock County High School.

Teen Dungeons & Dragons

Friday, February 27th: Teen Dungeons and Dragons at the Hawesville Library (ages 13-18), 5:00 p.m.-8:00 p.m. Registration opens February 16th.

Paddle Perry's Annual Meeting Potluck

Saturday, February 28th: Paddle Perry's annual meeting potluck held at Blue Heron Winery in Cannelton, Indiana overlooking the Ohio River, 2:00 p.m. All ages welcome. Bring a dish for the potluck.

4-H Camp Registration

Sunday, March 1st: 4-H Camp registration opens.

Umpire Clinic

Sunday, March 1st: Walter Estes Umpire Clinic presented by Independence Bank at Lourdes K-3 Gym, 2:00 p.m.-5:00 p.m. Open to everyone no matter the level of umpiring experience. Learn the basics of umpiring from local veteran umpires.

Read Across America Week

March 2nd-6th: Read Across America Week.

HCMS Volleyball

Tuesday, March 3rd: HCMS (6th, 7th & 8th) Volleyball match at Ohio County, 5:30 p.m.

HCHS Beta Club

March 4th-6th: HCHS Beta Club state competition in Lexington.

Tween Dungeons & Dragons

Thursday, March 5th: Tween Dungeons & Dragons at the Lewisport Library for ages 9-12, 5:00 p.m.-8:00 p.m. Registration opened Monday, February 9th.

HCMS Volleyball

Thursday, March 5th: HCMS (6th, 7th & 8th) Volleyball match at Home, 5:30 p.m.

SAT Prep Day

Friday, March 6th: SAT prep day for all juniors at HCHS.

HCHS Tennis

Friday, March 6th: HCHS Tennis match at Home, 5:00 p.m.

HCHS Softball

Saturday, March 7th: HCHS Softball scrimmage at Marshall County, 12:00 p.m.

Daddy-Daughter Dance (baseball fundraiser)

Saturday, March 7th: Daddy-Daughter Dinner and Dance for girls ages 4-12 and their father, grandfather, uncle, guardian, etc., at HCHS. Doors open at 5:45 p.m. Register and pay by Friday, Feb. 20 to avoid late fee. No registrations taken after February 28th. Cost is \$40 per couple and \$10 for each additional daughter. Make checks payable to: HCHS Baseball Boosters. Contact Amy Severs with questions at 270-922-6170. Price includes meal, photo and dancing.

Daylight Savings Time

Sunday, March 8th: Daylight Savings Time begins. "Spring forward" manual clocks one hour.

CTE Testing

March 9th-13th: Career and Technical Education (CTE) end of course testing at HCHS

NHES Kindergarten Registration

March 9th-20th: Kindergarten Registration at NHES.

Glue Window Clings Activity

Tuesday, March 10th: Glue Window Clings activity for homeschool families at the Lewisport Library, 10:30 a.m.-11:30 a.m. Registration is required and opens Monday, February 16th.

HCHS Tennis

Tuesday, March 10th: HCHS Tennis match at Home, 5:00 p.m.

HCHS Tennis

Thursday, March 12th: HCHS Tennis match at Home, 5:00 p.m.

Healthy Habits

By
Jennifer
Wimmer



Candidiasis

Candida overgrowth, or candidiasis, can show up in many different ways. Common signs include oral thrush with white patches in the mouth, skin rashes and digestive challenges. It can also affect the feet and nails causing athlete's foot or toenail fungus.

Some people experience recurring sinus congestion, brain fog, fatigue or strong cravings for sugar and carbs, which may point to a broader imbalance rather than Candida alone. Do your research and consult a health care provider to rule out other causes.

Candidiasis can stem from factors like overuse of antibiotics, poor diet, diabetes, immunosuppression or hormonal changes, which disrupt the gut microbiome and allow yeast to proliferate.

Yeast overgrowth is often manageable with a structured approach, including dietary changes and consistent habits. Reduce sugar and refined starches, as yeast thrives on simple sugars and quick-digesting carbs. High-sugar diets are associated with increased Candida infection risk, particularly in people with diabetes.

Try to eliminate obvious sweets such as sugary sodas, juice drinks, candy, pastries, ice cream and sweetened coffee drinks. Limit white bread, regular pasta, chips and many packaged snacks that break down quickly to glucose and can spike blood sugar.

Many anti-Candida approaches recommend avoiding alcohol and reducing gluten grains, as they often contain added sugars and may increase inflammation or gut discomfort.

Focus on whole nutrient-dense foods that are less likely to promote Candida overgrowth. Build meals around non-starchy vegetables such as leafy greens, broccoli, Brussels sprouts, onions, tomatoes and peppers, which give fiber and antioxidants without a lot of sugar.

Choose lean proteins like eggs, poultry, fish and unprocessed meats. Bring in healthy fats from avocados, olives, nuts, seeds and oils like extra-virgin olive oil, avocado oil and coconut oil, plus grass-fed butter.

If you tolerate grains, opt for small portions of gluten-free or whole grains such as quinoa, buckwheat or millet instead of white flour products. You can handle fruit and dairy with intention rather than eliminating them outright.

Most Candida-focused diets recommend limiting high-sugar fruits such as bananas, mangoes, grapes, dates and raisins at least during an early reset period. You can usually keep modest servings of lower-sugar fruits such as berries, citrus and apples if your blood sugar is stable and symptoms are improving.

Many protocols suggest cutting back on conventional milk and soft cheeses that are higher in lactose while allowing cultured dairy like plain yogurt and kefir with live cultures. These fermented options support beneficial bacteria that can compete with yeast if you tolerate them well.

Strengthen your microbiome with fermented foods, prebiotics and probiotics. A gut rich in diverse, friendly bacteria helps keep Candida in check and lowers the risk of overgrowth.

Incorporate regular, small servings of unsweetened yogurt with live cultures, kefir, sauerkraut, kimchi or other naturally fermented vegetables to support balance. Choose prebiotic, sugar-free sodas like Olipop in place of sugary ones, or make your own with simple home carbonation tools.

Natural antimicrobials such as oregano oil, raw garlic, clove essential oil, grapefruit seed extract, olive leaf extract and colloidal silver can be used externally and internally for treatment. These remedies target pathogens while leaving beneficial bacteria intact. Choose

organic third-party-tested products and follow the dosage instructions, considering age, weight and health status.

Consider intermittent fasting as a supportive tool rather than a stand-alone cure. Research indicates that intermittent fasting can change the gut microbiome, improve insulin sensitivity and strengthen immune responses, which may make the gut less friendly to overgrowth in general.

For otherwise healthy individuals, try a simple overnight fast of 12 to 14 hours with an early dinner to promote a low-insulin fat-burning state and potentially reduce average blood sugar.

Fasting is generally not advised for those who are pregnant, of course. It is also not advised for individuals taking blood sugar-affecting medications. Again, always do your research before trying a new method or natural remedy.

If high blood sugar is a challenge, work with your clinician on diet and exercise, as uncontrolled diabetes heightens recurrent Candida risk.

If you take antibiotics frequently, consider asking your doctor whether each course is necessary and what you can do to prevent infections, so you need fewer courses over time.

Prevent recurrence with good hygiene, regular exercise, stress reduction techniques and a healthy diet. Many people find relief within a few weeks when they combine natural antibiotics such as raw garlic with lower-sugar and better-quality whole foods.

Also, stay well hydrated throughout the day. Water plays a key role in flushing out byproducts from Candida die-off and maintaining gut balance. Aim for at least 8 cups, or 2 liters of filtered water daily, to help your body eliminate toxins. Infuse it with fresh lemon juice at least once a day to promote pH balance and assist with detoxing.

If symptoms worsen sharply, new signs such as fever or severe pain appear or you are not improving despite several weeks of consistent treatment, seek medical help promptly.

Be well, and God bless you.

4-H Rabbit Club meeting minutes

By Jane Kolonich

The meeting of the Rabbit 4-H Club was called to order at 5:05 p.m. on February 12, 2026, by President J.D. Powers. The pledges were led by J.D. Powers, and five members were present.

No new business was discussed. No new decisions were made.

Rabbit Club elections were held. Members voted on officers. Hagen Miller was elected President. Liam Miller was elected Vice President. J.D. Powers was elected Treasurer. Jane Kolonich was elected Secretary and Reporter.

The club activity was introduced by Lori Miller. The activity was Rabbit Breed ID practice.

The meeting was adjourned at 5:45 p.m.



OUTDOOR TRUTHS

By Gary Miller gary@outdoortruths.org

Over the years of traveling, I have stayed in so many homes and hotels. So many, I can't remember them all. I do remember one stint in Texas where I stayed in five different places, over a 16-day period. Sometimes you wake up in the morning, and before you get out of bed, you have to think about where you are. There are also those times when you get up in the middle of the night, head to the bathroom, only to find out the door you opened didn't lead to the bathroom, but to the hallway of the hotel. And now you know why I try to get fully awake in the morning, before I bust any moves that might expose my Hanes. Yes, it's all different, except my storm. My storm is what I take with me everywhere I go. It puts me to sleep at night and wakes me up in the

morning with its surety. My storm is the nature sound on my phone app. Some listen to brown or white noise, but mine is this soft thunderstorm. And why me of all people would be calmed by a thunderstorm, I have no idea. But I am. My wife started this habit years ago. Back then, it was a CD that she let play through the night. I also remember deer hunting with my friend Jason. At night he slept with a hair dryer running. True story. I know it was his wife's because Jason was nearly bald. (love you, Jason) Some of you like a fan running. I like that too. There are a lot of sounds that people find comforting. But my go-to nighttime sound is my thunderstorm. And here's what I've noticed. No matter where I am, most of the time, I sleep pretty well. And I believe it's because no

matter where I go, and no matter where I stay, I have something that is consistent, ever-present, and never changing. I'm sure you can see where I'm going with this

While my storm is a soothing sound that helps me sleep, what my storm cannot do is calm the internal storms I may lay down with each night. The ones that race through my mind. The ones that can cause anxiety, worry, and dread. These storms crash louder than the ones on my app. Their realness drowns out the manufactured versions. And they can be just as frightening at home. The truth is our ability to sleep doesn't come from what we hear from some created sound. It does, however, come from what we hear. When those internal storms have threatened my sleep at night, here is what I have listened to. "You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You." (Isaiah 26:3) My thunderstorm helps me fall asleep. God's promised peace is what keeps me there.