

Public Notice

Legislative review by Rep. Aaron Thompson

While I usually reserve this space for legislative updates, I want to begin by thanking the many people who made it possible for our communities to stay safe and keep moving during the winter storm. Snow plow drivers who worked through the night, utility crews restoring power in brutal conditions, first responders who never pause for the weather, and so many others all deserve our sincere gratitude. The storm disrupted the General Assembly's schedule, limiting lawmakers to just four days of meetings this week.

When we returned on Tuesday, we got to work immediately with the filing of the first draft of the state budget. The budget is by far the most important legislation we pass. Like our personal checkbooks, it reflects the state's priorities and prepares us for future challenges and opportunities.

The budget filed on January 27 is a starting point and reflects a new direction for how the General Assembly approaches state spending. The measure, HB 500, includes

more than \$14.9 billion for each year of the two-year spending plan. Because of the new approach, significant changes are expected as budget review subcommittees continue their work with state agencies and stakeholders. As introduced, HB 500 prioritizes Kentucky's core responsibilities—public safety, K-12 education and workforce readiness, access to health care, and maintaining critical infrastructure - while also identifying areas for potential savings by including a 4% reduction in the first year and an additional 3% in the second year in other areas. The process is designed to reevaluate programs that are outdated, duplicative, or no longer necessary, including temporary COVID-era initiatives while protecting essential services and making targeted investments where needed.

I will continue to report on the budget as it moves forward. In the meantime, the House approved several measures this week, sending them to the Senate for the next step in the legislative process. They include:

HB 3 would allow pharmacists to receive Medicaid reimbursement for clinical services that are already covered when delivered by other non-physician health care providers, recognizing pharmacists as accessible front-line members of the care team. It does not expand pharmacists' scope of practice or mandate coverage of any new services under Medicaid

HB 34 would add hematologic, commonly known as blood cancers, including leukemia, lymphoma, and multiple myeloma, to those eligible for death benefits paid to public safety and service personnel under existing statute.

HB 134 would create a position within the Cabinet for Health and Family Services committed to ensuring victims of sexual assault have access to specialized care. Under the provisions of the bill, a sexual assault nurse examiner (SANE) coordinator would focus on aligning the efforts of different state agencies and hospitals in order to increase access and promote standards in training and practice, provide technical assistance to build and maintain SANE programs, and collaborate with community partners and appropriate state agencies.

HB 281 would streamline how churches and nonprofits donate prepared food to homeless shelters and individuals displaced by natural disasters. The legislation removes barriers for churches and nonprofits like requiring the food be made in an industrial kitchen.

HB 320 would strengthen Kentucky's laws to better combat human trafficking by giving law enforcement and prosecutors stronger tools to hold traffickers accountable. The bill updates state law to more fully define the crime of promoting human trafficking, capturing the full range of traffickers' actions, from recruiting and advertising to transporting, harboring, and soliciting victims. It also increases penalties, classifying the offense as a Class B felony and elevating it to a Class A felony when the victim is a minor.

HB 366 would clarify that knowingly possessing or intentionally viewing

visual depictions, including computer-generated images, of sexual performances of minors constitutes a criminal offense while maintaining clear protections for accidental viewing and legitimate legal and law enforcement investigations. The measure would also require those convicted to serve at least 85% of the sentence before being eligible for probation or parole.

HB 389 would require school districts to develop a policy for programs to identify and support students with dyslexia.

Additionally, the Department of Education would be required to review and update the dyslexia toolkit annually, and teacher education programs would be required to include instruction on dyslexia.

As always, I can be reached anytime through the toll-free message line in Frankfort at 1-800-372-7181.

You can also contact me via email at Aaron.Thompson@kylegislature.gov and keep track through the Kentucky legislature's website at legislature.ky.gov.

Take care of your heart as you start to clear snow

By UK HealthCare

Before you grab your snow blower or start your snow blower, take a moment to think about your heart.

Clearing snow is a risk factor for heart attacks. The combination of colder temperatures, which can restrict blood flow and increase blood pressure, and an uptick in physical exertion, puts a strain on the heart and can increase the risk of a cardiac event.

Tips to minimize your risk

To help keep you safe and minimize risk, UK HealthCare recommends the following precautions:

People over the age of 55, or those who are relatively inactive, should be especially careful.

If you have heart trouble, do not shovel without a doctor's permission.

Do not shovel after eating or while smoking.

Pace yourself. Be sure to stretch out and warm up just like you would before any

exercise.

Push the snow as you shovel and do not pick up too much at once. Lift with your legs bent, not your back.

Do not work to the point of exhaustion. If you run out of breath, head inside and take a break.

Cover your face and mouth with a scarf. Inhaling cold air can constrict your arteries and increase your blood pressure, which can increase your risk of a heart attack.

Warning signs of a heart attack

Often, people affected aren't sure what's wrong and wait too long before getting help. If you experience any of the warning signs below, please contact emergency medical services immediately.

Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure,

squeezing, fullness or pain.

Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath with or without chest discomfort.

Like men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

SHOVEL SMART!

Shoveling heavy, wet snow can cause back injuries and heart attacks. Don't push yourself!

Dress warmly, making sure to cover your head, fingers and toes.

Stay hydrated, but avoid heavy meals right before or after shoveling.

Move only small amounts of snow with each pass of the shovel.

Take frequent breaks. Stop shoveling entirely if you feel exhausted!

weather.gov

NOTICE OF APPLICATION

The Nest Day Spa, LLC, d/b/a The Nest Day Spa, with a mailing address of 404 Ferry St., Russell, Kentucky 41169, hereby declares its intention to apply for a Quota Retail Drink License and a Sampling License no later than January 30, 2026. The business to be licensed will be located at 404 Ferry St., Russell, Kentucky 41169. The Nest Day Spa, LLC is a Kentucky limited liability company, the owners and principal officers of which are Tracy Frye, 404 Ferry St., Russell, Kentucky 41169 and Jordan Hall, 404 Ferry St., Russell, Kentucky 41169. Any person, association, corporation, or body politic may protest the approval of the license by writing the Department of Alcoholic Beverage Control, 500 Mero Street 2NE33, Frankfort, Kentucky 40601 within (30) days of the date of legal publication.

Published: January 29, 2026

Request for Proposals
The FIVCO Area Development District is accepting proposals for a Boardroom Audio/Visual Renovation at its office in Grayson, Kentucky. Proposals must be received by 10:00 a.m. EST on Friday, March 6, 2026. The full Request for Proposals is available at <https://fivco.org/about-fivco/request-for-proposal/> or by contacting Lance Hanshaw at lance@fivco.org.
Published: Feb. 5, Feb. 12, Feb. 19, Feb. 26, March 5, 2026

Public Notice
Second reading of a proposed ordinance amending the Greenup County budget for fiscal year 2026, to include unanticipated receipts from general, road and E911 fund in the amount of \$920,130.26 and increasing expenditures in the area of radio tower equipment, Disaster Emergency Services expenses, road equipment, E911 equipment and reserve for transfer will be held on February 10, 2026 at the fiscal court meeting. A copy of the proposed ordinance with full text is available for public inspection at the office of the county judge/executive during normal business hours.
Published Jan. 29, 2026/Feb. 5, 2026

Deadline for news and ads is 4 p.m. Friday



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*Kentucky State Study 2023; conducted by Coda Ventures