

It's time: Health officials urge flu vaccinations

STAFF REPORTS

The Department for Public Health (DPH), within the Cabinet for Health and Family Services (CHFS), is encouraging Kentuckians to get vaccinated against the flu, as the official flu season begins Sept. 29 and runs through May 16, 2020.

DPH officials are reporting 154 laboratory-confirmed flu cases in regions across the state since Aug. 4.

"Getting the flu can be debilitating and sometimes life-threatening," said Dr. Angela Dearing, Commissioner of DPH. "Vaccination is the best tool we have to prevent the flu. It is also extremely important to take simple preventive steps to avoid the flu and other illnesses that tend to circulate at this time of year - wash your hands frequently, cover your mouth when you cough or sneeze and stay home when you are sick."

Infection with the

flu virus can cause fever, headache, cough, sore throat, runny nose, sneezing and body aches. Flu can be very contagious. It takes about two weeks for the vaccine to become fully effective, so it is very important to get the flu shot as soon as possible.

The Centers for Disease Control and Prevention (CDC) Advisory Committee on Immunization Practices (ACIP) recommends flu vaccine for all individuals six months of age and older. People who are strongly encouraged to receive the flu vaccine because they may be at higher risk for complications or negative consequences include:

Children age six months through 59 months (less than 5 years)

Women who are or will be pregnant during the influenza season

Persons 50 years of age or older

Persons with ex-

treme obesity (Body Mass Index of 40 or greater)

Persons aged six months and older with chronic health problems

Residents of nursing homes and other long-term care facilities

Household contacts (including children) and caregivers of children aged ≤59 months (i.e., aged <five years, particularly contacts of children aged <six months) and adults aged ≥50 years

Household contacts and caregivers or people who live with a person at high-risk for complications from the flu

Health care workers, including physicians, nurses, and other workers in inpatient and outpatient-care settings, medical emergency-response workers (e.g., paramedics and emergency medical technicians), employees of nursing home and long-term care facili-

ties who have contact with patients or residents, and students in these professions who will have contact with patients.

The flu vaccine has been changed to better protect against the types of flu that were seen last season. Adequate supplies of flu vaccine are expected to be available for this year's flu season. Vaccination can be given any time during the flu season, but providers are encouraged to administer the vaccine as soon as possible.

The flu vaccine is especially important in light of the longest flu season the nation experienced last year. The CDC reports that more than 647,000 flu-related hospitalizations occurred and more than 61,000 people died as a result of the flu. In Kentucky, there were 194 flu-related deaths, two of which were children.

It is especially important for pregnant

women to be vaccinated before or during pregnancy. Antibodies cross the placenta and provide immunity to infants up to 6 months of age, when the infant is eligible to receive their dose of flu vaccine. Last season in Kentucky, there were infants less than one month old that had the flu.

DPH relies on sites such as doctors' offices, hospitals and health departments to help track the level of influenza activity in the state and to identify which strains of the flu are circulating in Kentucky. These voluntary sites collect data and report influenza-like illness (ILI) cases according to age groups each week. This sampling represents only a small percentage of influenza cases for the state, but contributes to the ongoing assessment of flu activity in the commonwealth and helps determine the weekly level of flu activity.

DPH officials report weekly influenza activity to the CDC as part of statewide flu surveillance efforts. The weekly report will be issued October 11, 2019 and posted online at <https://healthalerts.ky.gov/Pages/FluActivity.aspx>. The report will be updated by noon each Friday. The report consists of laboratory-confirmed cases of influenza that are defined by molecular virus testing and positive virus culture test results. Rapid positive influenza tests are not included in this report, but are used as an indicator of flu-like illness circulating across the state.

For more information on influenza or the availability of flu vaccine, Kentuckians should contact their primary care medical provider or local health department. Influenza information is also available online at <https://www.cdc.gov/flu/index.htm>.

LCDHD: Help to understanding mental illness

LAKE CUMBERLAND DISTRICT HEALTH

The purpose of the following information is to provide a general understanding of what mental illnesses are, and to address some facts associated with these disorders.

What is mental illness?

Mental illnesses are medical conditions that disrupt a person's thinking, feeling, mood, ability to relate to others, and daily functioning. Just as diabetes is a disorder of the pancreas, mental illnesses are medical conditions that often result in a diminished capacity for coping with the ordinary demands of life.

Serious mental illnesses include major depression, schizophrenia, bipolar disorder, obsessive compulsive disorder (OCD), panic disorder, post-traumatic stress disorder (PTSD), and borderline personality disorder.

Mental illnesses can affect persons of any age, race, religion, or income. Mental illnesses are not the result of personal weakness, lack of character, or poor upbringing.

Mental illnesses are treatable. Most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan.

In addition to medication treatment, psychosocial treatment such as cognitive behavioral therapy, interpersonal therapy, peer support groups, and other community services can also be

components of a treatment plan and that assist with recovery.

The good news about mental illness is that recovery is possible.

Some facts about mental illness:

- Mental illnesses are biologically based brain disorders. They cannot be overcome through "will power" and are not related to a person's "character" or intelligence.

- Without treatment the consequences of mental illness for the individual and society are staggering: unnecessary disability, unemployment, substance abuse, homelessness, inappropriate incarceration, suicide and wasted lives; The economic cost of untreated mental illness is more than 100 billion dollars each year in the United States.

- With appropri-

ate effective medication and a wide range of services tailored to their needs, most people who live with serious mental illnesses can significantly reduce the impact of their illness and find a satisfying measure of achievement and independence. A key concept is to develop expertise in developing strategies to manage the illness process.

- Stigma erodes confidence that mental disorders are real, treatable health conditions. We have allowed stigma and a now unwarranted sense of hopelessness to erect attitudinal, structural and financial barriers to effective treatment and recovery. It is time to take these barriers down.

On a separate note, it is important to point out that Kentucky is one of the unhealthiest states in our na-

tion; but, a few healthy lifestyle choices could change this. First, eating normally proportioned helpings of nutritious foods including at least five fruits and vegetables a day can lower weight and reduce heart disease and diabetes. Second, exercising about 30 minutes per day can lower blood pressure. Third, avoiding the use of tobacco products can reduce several types of cancer. Finally, making sure you get your needed preventive screenings can detect diseases early and greatly increase your chances for a positive health outcomes, while receiving your recommended vaccinations can prevent acquiring disease in the first place.

Visit our website at www.LCDHD.org and click the "52 Weeks to Health" banner to learn more about each

of these areas. Source: <https://makeitok.org/what-is-a-mental-illness/>

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COMMONWEALTH OF KENTUCKY
ELEVENTH JUDICIAL CIRCUIT
GREEN CIRCUIT COURT
CIVIL ACTION NO. 19-CI-00035
DIVISION II

CITIMORTGAGE, INC. PLAINTIFF

VS. NOTICE OF MASTER COMMISSIONER'S SALE

GARY L. CURRY; LYNN W. CURRY;
CAPITAL ONE BANK (USA), N.A.; and
DISCOVER BANK DEFENDANTS

By virtue of orders of the Green Circuit Court in the above referenced civil action, entered on September 17, 2019, I shall proceed to offer for sale, at public auction, the real estate described herein to the highest and best bidder:

PLACE OF SALE: District Courtroom, 2nd Floor, Green County Judicial Center, 200 West Court Street, Greensburg, Kentucky.

DATE AND TIME OF SALE: Friday, October 18, 2019, at or about 10:00 a.m. central time, 11:00 a.m. eastern time.

AMOUNT OWED: \$84,894.27 principal as of May 30, 2019, plus interest from 3/15/18 to 5/30/19 in the amount of \$7,796.07, plus pre-acceleration late charges in the amount of \$146.84, plus property inspections in the amount of \$16.25, together with interest at the rate of \$17.80 per diem (7.6000% per annum) from the above date until paid, plus late charges, advances for taxes and insurance, and costs herein expended, including a reasonable attorney fee, as set out in the Affidavit in Support of Attorney Fee filed herein in the amount of \$2,730.00, plus any unpaid expenses for services performed in connection with the defendant's default and for the purposes of protecting Plaintiff's interest in the property and its rights under the mortgage instrument, plus attorney fees and court costs incurred herein, and for any and all other fees and costs expended.

PROPERTY ADDRESS: 105 Arlington Circle, Greensburg, Kentucky 42743
Map ID: G3-06-24

TERMS: (a) The foregoing parcel of real estate shall be sold as a whole on terms of cash payment in full, or a bond with good and sufficient surety(s), bearing interest at the rate of 7.6000% per annum from the date of sale and payable to the Master Commissioner within 30 days from the date of sale. If bond is given, the sum of ten percent (10%) shall be paid on date of sale by either cash, certified or cashier's check and said bond shall have the force and effect of a judgment and shall be and remain a lien on the property sold as an additional security for the payment of the purchase price. Surety on said bond must be acceptable to the Master Commissioner and pre-approved by the Master Commissioner at least by noon, two (2) business days before the sale date, to secure the unpaid balance of the purchase price. The bond surety must be present at the sale and execute the Sale Bond and the Affidavit of Surety.
(b) The purchaser of the subject property shall be responsible for satisfaction of any current year real estate taxes not yet delinquent affecting the real estate and any delinquent State, County and/or City real estate taxes sold pursuant to the provisions of KRS Chapter 134 to any private purchaser during the pendency of this action, and shall take said property subject to all easements, restrictions, stipulations and agreements of record, any matters which would be disclosed by an accurate survey or inspection of the property, and any current assessments for public improvements levied against the property, any applicable zoning regulations, and any right of redemption that may exist in favor of the Defendants.
(c) The Master Commissioner does not warrant title nor the physical condition of the subject property and any prospective purchaser shall satisfy themselves of the title and physical condition before the sale.
(d) In the event that a representative of Plaintiff is not present at the judicial sale, upon Motion of Plaintiff, the sale shall be vacated.

For additional information, please go to www.jdhpsc.com and select Master Commissioner, Upcoming.

John D. Henderson, Green County Master Commissioner

AUCTION

Saturday, October 19, 2019 at 9 A.M. CDT

FARM MACHINERY, SHOP TOOLS, FURNITURE, KNIVES

LOCATION: 114 South Main Street, Greensburg Ky 42743

PROPERTY CONSISTS OF:

Bush Hog Wheel Type Disc, Baltic 3 point hitch seed sower, DR 5 HP fence weed eater, 5 Ft King Cutter Tiller 3 point hitch, Post Hole Digger 3 point hitch, 1 Model 351 New Idea Power Take off manure Spreader, 1 20 ft. Cattle Trailer made by Circle W Trailers, 1 Woodlawn Mills Stump Grinder, 1 Regular size spool bed, Power Wheel Chairs, Bar Stools, Electric Hospital beds, 1 Maytag Dryer, 1 Hotpoint Dryer, Flower Stands with marble tops, Double Door Cedar Wardrobe, 2 lift chairs, 2 curio cabinets, Storm door, Screen doors, Wrought Iron Patio Set Includes 2 chairs, 2 tables and 1 bench, 60 inch television, 2 church pews, 2 couch and chair sets, floor fans, 1 lot of chairs, Extension ladders, Electric oil heaters, 1 Dehumidifier, 4 Pedicure chairs, 5 Pedicure Tables, 2 Pedicure workstations, Vintage corner cabinet, High chair, 2 Booster Seats, Electric heaters, Kerosene Heaters, 4 ft. Spirit Levels, End Tables Pictures and frames, walkers, 2 wheelbarrows, 2 (15) Gallon Electric Sprayers one comes with a boom, 2 Oil Torpedo heaters, Fluorescent light fixtures, Folding picnic table with wheels, Welding table with vice, electric grinder, and 5.5 Hp 2 inch gasoline water pump, 1 Automotive Abrasive Blaster, skill saws, 1 Concrete Mixer with electric motor, 1 commercial high pressure washer, 1 500,000 BTU Waste Oil Furnace completer with 3 tanks, 1 30ftx-60ft tent with all curtains and comes with trailer, 1 set of Scaffolding, 1 lot of 5 gallon buckets, 1 truck topper for 8 ft bed, metal shelving, ashtray stands, 5 drawer spring cabinet with multiple size springs, 9 drawer metal cabinet with cotter pins, alanmites, metal screws, bolts, a-rings, woodrauf keys, round head stove bolts, horsehame brass knobs, 1 propane outside cooker, push wheel type lawn mower, 1 lot of 6ft t-posts, large house jack, 1 lot of double cola crates, 1 lot of double cola cartons, 2 large chicken house fans, belt and disk sander

Many other items not mentioned.

Building will be open for inspection Friday October 18 from 9 a.m to 3 p.m Green County Time.
All announcements made day of sale take precedence over any printed matter.
TERMS: Cash or good check. Note: a 10% BUYERS PREMIUM WILL BE ADDED TO ALL SALES TO DETERMINE FINAL PRICE.

For other information contact:

DURRETT REALTY COMPANY

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Broker Email: wayned123@scrc.com Auctioneer Associate Broker

Moving?

Notify the Record-Herald in advance so you don't miss a single issue. Call 932-4381 or mail change of address to Record-Herald, P.O. Box 130, Greensburg, KY 42743