

# Heart Month

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The good news is that individuals of all ages can reduce their risk for heart disease by making lifestyle changes and managing medical conditions through appropriate treatment plans. With a record number of young adults living at home or in close contact with older relatives, they have a golden opportunity to encourage parents and family members to make heart-healthy changes.

Small Changes Can Make a Big Difference - start by taking some small steps, and encouraging others to do so, during the month of February and beyond to improve heart health. Here are some examples of healthy heart behaviors:

- Schedule a visit with your doctor to talk about heart health. It's important to schedule regular check-ups even if you think you are not sick.
- Know your numbers. Schedule a visit with your doctor to learn your personal health numbers including - Blood Pressure, Cholesterol, Blood Sugar and Body Mass Index (BMI) to assess risk factors for heart disease and stroke.
- Add exercise to your daily routine. Start off the month by walking 15 minutes, 3 times each week. By mid-month, increase your time to 30 minutes, 3 times each week.
- Increase healthy eating. Cook heart-healthy meals at home at least 3 times each week and make your favorite recipe lower sodium. For example, swap out salt for fresh or dried herbs and spices.

# CU

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Further hopes include efforts to deepen and broaden free enterprise and financial literacy. The faculty have discussed possibilities for a Free Enterprise Center and the expansion of the Center for Business and Financial Literacy.

The Free Enterprise Center would be aimed at fostering teaching and research in the role of free enterprise and entrepreneurship. The Free Enterprise Center will also spearhead an initiative to place teams of Campbellsville University business students and mentors within the local business community.

The Center for Business and Financial Literacy provides financial planning training, tax coaching and consultation and teaching financial literacy with a Christian worldview.

"I am thrilled to receive such a meaningful gift from a partner who shares our hopes and values in higher education," Dr. Joseph Hopkins, president of Campbellsville University, said.

"With the understanding of this support, our Trustees have approved moving forward on the design and construction timeline. There is still much work to be done in fundraising, but this significant milestone gives momentum to our future."

# Teens

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**What else could explain it?** Assessing causality means understanding what other factors may also explain the rise of mental illness among teens. A few alternative explanations have been proposed:

- **Rising income inequality**
- **Wars**
- **Violence and access to firearms (suicides)**
- **Global financial crisis**
- **Racial inequality**
- **Academic and social pressures**
- **Political views on current events**
- **Climate change**
- **Opioid epidemic**
- **Unhelpful narratives around mental health**

Of course, many of these explanations may be intertwined with and amplified by social media, but the short answer is that we likely can't blame social media alone. Mental health is complicated, and there is unlikely to be a single, simple explanation for a large-scale phenomenon like this one.

So, what should we do about it? We've got a few options:

Option 1: Do nothing until research is "settled" on the issue before taking legislative action. Unfortunately, this may require a "burden of proof" that is rarely, if ever, established in psychology research. In this case, some evidence of harm, even if imperfect, may need to be

enough to drive change.

Option 2: Put it on the parents. Parents certainly play a hugely important role in teens' relationships with social media. Evidence supports parents' active involvement in kids' digital lives through ongoing conversations, reasonable limits, and appropriate monitoring. But can (and should) they manage it alone? If large-scale policy changes create safer social media platforms, individual disadvantages are minimized.

Option 3: Ban it among minors. Some states, such as Arkansas and Utah, have passed bills that limit social media use. In one case (Florida), it's banned among kids under 16.

Option 4: Put reasonable protections in place. Social media is probably more like cars than drugs. We want protections in place (seatbelts, airbags, drivers' ed), but an outright ban may go too far. Some options include: raising the minimum age from 13 to 15 or 16; requiring age verification of some kind; limiting recommendations of harmful or problematic content; limiting overall time spent (such as via forced "breaks" or overall time limits); and limiting targeted advertising.

Bottom line: We have some evidence that social media is playing a role in the teen mental-health crisis, but that evidence is not definitive. And social media

can play a positive role, certainly take steps to make social media a healthier place, but if we truly want to support teens' mental health, this is only the start.

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