

Lindsey Wilson University Nursing Program No. 1 among Ky.'s Independent Colleges and Universities

DUANE BONIFER
LINDSEY WILSON
UNIVERSITY

Lindsey Wilson University has the top nursing program among the state's independent colleges and universities.

That's according to the 2025 nursing school ranking by NursingExplorer.com, an independent website operated by nurses that provides prospective and current nursing students with education and career resources.

Overall, Lindsey Wilson was ranked No. 4 among Kentucky's 56 nursing programs

Bolstered by 100% pass rate on 2024 national nursing test, NursingExplorer.com places Lindsey Wilson in top 4 among all Kentucky nursing programs

and No. 1 among the nursing programs offered at the state's independent colleges and universities.

Lindsey Wilson's nursing program scored 94.67% out of a possible 100% in NursingExplorer.com's weighted average NCLEX-RN pass rate. NCLEX -- the National Council Licensure Examination--Registered Nursing--isthenation-

wide examination for the licensing of nurses in the United States.

NursingExplorer.com based its rankings on a weighted average of NCLEX-RN pass rates from the past three years. The rankings weighted results by the number of students tested and then applied a recency factor so that newer outcomes counted more. Lindsey Wil-

son's nursing students in the Class of 2024 -- the last year data was available for the rankings -- had a 100% pass rate of the NCLEX-RN. The NCLEX-RN pass rate of the Class of 2025 will be released later this spring.

"We're very excited to be among the top five programs in the state and the top program among Kentucky's independent colleges

and universities," said Lindsey Wilson Director of Nursing Dr. Emiley Button. "It is always good to receive an affirmation from an outside organization."

A big reason for Lindsey Wilson's success is because of the close working relationships students enjoy with the university's nursing faculty. "Our small classes, combined with a low

student-to-faculty ratio, is a major reason our students are so successful," said Button. "Our students benefit so much from the one-on-one relationships they develop with our outstanding faculty. Our students know their professors, and they talk with their professors almost daily -- and that makes a big difference when our students take the NCLEX-RN."

"When students are asked to evaluate our program, they cite the quality of our faculty and the small class sizes as two of our greatest assets."

Posture may be fueling neck pain and headaches

BY DANA IONEL, DO
HEADACHE SPECIALIST
AT UK HEALTHCARE

If you spend hours a day looking at a computer, tablet or phone, you're not alone. But that daily habit may be quietly contributing to neck pain, headaches and even dizziness — it is a pattern neurologists are seeing more often, sometimes nicknamed "tech neck."

When you tilt your head forward to look

at a screen, the weight of your head on your neck increases significantly. Over time, that added strain stresses the muscles, joints, and discs in the neck and upper spine. As your muscles are working harder to keep your head up, they tighten and can trigger tension headaches and worsen migraine attacks.

In severe cases, bad neck posture can cause nerve pain that goes into the shoulders or

arms. It can also lead to stiffness, tingling, or a feeling of pressure at the base of the skull. Many patients are surprised to learn their headaches are not coming from the head itself, but from the neck.

The good news is that small changes can make a big difference. Position screens at eye level whenever possible, keep shoulders relaxed, and take short movement breaks every 30 to 60 minutes.

Gentle neck stretches and strengthening exercises can help support the spine and reduce strain.

That said, not all neck pain or headaches should be ignored or managed at home. New or worsening symptoms, headaches that wake you from sleep, or pain accompanied by numbness, weakness, or vision changes should be evaluated by a medical professional. Your nervous sys-

tem works hard every day. Supporting it with good posture and movement is one simple way

to protect your nerves and brain, helping you to feel better — both at work and beyond.

7 Brew coming to Campbellsville

CENTRAL KY. NEWS
JOURNAL

The coffee market continues to surge among quick-serve restaurants and an industry leader has picked a spot in Campbellsville.

City officials confirm that 7 Brew plans will add Taylor County to its list of more than 600 locations. A franchise will be built at 200 Lebanon Ave. right off Broadway across from Campbellsville Christian Church.

The company, which was founded in 2017 and began franchising in 2021, was recognized as fastest-growing food-service chain in 2024 just before opening its 500th store last year.

Offering drive-through service has been a key element of 7 Brew's growth, ac-

ording to industry analysts. At a time when traffic is down for much of the quick-serve industry, the coffee segment noted a 1.4% quarterly increase in visits, according to the Yahoo Finance news service.

Industry leaders Starbucks and Dunkin' both experiencing traffic declines for the third quarter, while the fast-growing 7 Brew experienced a 80.4% increase in traffic, including 19.4% growth in visits among its stores open a year or more, the Yahoo report said.

Leading its menu are the 7 Originals, which helped launched the first stand in Rogers, Arkansas: They are Blondie, Brunette, Sweet & Salty, Cinnamon Roll, Banana Bread, Cookie Butter

and Smoothie 7. Coffee options also include a list called 7 Classics which include cold brews, lattes and mochas.

In addition to appealing to America's love for coffee in all its forms, 7 Brew also developed its own line of energy drinks and offers lemonades, teas, fizz sodas, fruit smoothies and shakes. Seasonal featured beverages also appear on the offerings.

No timetable for construction has been announced on the property, which once housed a used car lot.

Some local residents already have been accustomed to getting coffee at the Lebanon Avenue location. The Tuscan Hills trailer frequently occupied a back corner of the lot. Own-

ers are relocating the vehicle to 111 Roberts Road near Campbellsville Elementary School.

7 Brew, which announced plans in January for a location in Elizabethtown, currently operates 17 stores in Kentucky, primarily in and around Louisville and Lexington. The closest is in Somerset.

Agriculture Funds

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Youth Agricultural Incentives Program (YAIP)

YAIP encourages youth to engage in and explore agricultural opportunities.

One YAIP, totaling \$20,000, was approved by the board in Fayette County.

All application periods and deadlines for CAIP and YAIP will be advertised locally.

* Existing programs receiving additional funding

County and State Funded Projects

Commonwealth Veterinary Clinic, PLLC was approved up to \$20,833 in state funds and \$4,167 in Scott County funds as part of the Large & Food Animal Veterinary Incentives Program to purchase a mobile X-ray unit to enhance on-farm diagnostic capabilities for large animal patients. For more information, contact Dr. Abbey Biddle

Clifford at abbeybiddle.dvm@gmail.com.

Metcalfe County 4-H Council, Incorporated was approved up to \$2,351 in Metcalfe County funds to purchase 45 hams for Metcalfe County 4-H members. For more information, contact Marla Young at marla.young@uky.edu.

West Liberty Veterinary Clinic Operations LLC. was approved up to \$83,333 in state funds and \$16,667 in multi-county funds as part of the Large & Food Animal Veterinary Incentives Program to construct a new cattle

working facility at its clinic. For more information, contact Dr. Laura Howard at westlibertyvet@gmail.com.

On-Farm Energy Efficiency Incentives Program

The On-Farm Energy Efficiency Incentives Program provides incentives for Kentucky farm families to increase the energy efficiency of existing equipment or facilities on the farm.

Two On-Farm Energy Programs, totaling \$10,966, were approved by the board in the following counties:

- Bath (\$6,300)
- Wayne (\$4,666)

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