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Big Yard Sale! Lots of Everything!

Saturday, June 18

At the home of Drucilla Sizemore (1007 Hwy 1071)

(One Mile Down the Road Across

from Gray Hawk Landing)

Cancelled if it rains.

Yards to Paradise

by Max Phelps

Advantages of Gardening in Containers

Gardening in containers is done for differing reasons, often it has to do with showing off a lovely pot full of pretty flowers, or an unusual tropical looking tree, perhaps. But there are so many more ways to container garden. And there are various potential benefits to doing so.

It's not too late (or too early) to plant in a container. Soils in a container warm faster in spring than regular gardens, so plants can begin growing sooner than they would in the cold ground. And if there's a cold snap, the containers can be covered or moved indoors until danger is past. Similarly, in the fall, those flowers or vegetables that are not finished can be moved or covered to prolong the growing season. As we begin to come upon the end of planting season, putting seeds in a container might be the way to go.

One advantage of containers is they are child friendly. Getting the kids excited about seeds or plants is a good way to get them to try things, including eating vegetables "their little pot" grew. These are invaluable experiences they will not forget, and someday it may lead them into gardening in a major way.

Container gardens and also raised beds are easier for the elderly and handicapped to plant, tend and harvest. And not having to bend so far might be nice for the rest of us also.

Containers allow for planting many different things near each other and putting just the right type of soil in each pot to go with each variety of flower or vegetable we may wish to grow in each one. This would be much more difficult in a traditional garden. Plus, we can rearrange the containers to our heart's content.

Perhaps you want not just to rearrange pots, but maybe you live in a rental house or apartment and might actually need to move your garden during the growing season. (Can't do that very well if the plants are growing in the ground in the backyard.) Portability is an advantage.

There is less chance wildlife will eat or destroy your garden. Especially if it's on the porch or patio.

Treating for pests or isolating diseased plants will be significantly easier.

Nice decorative pots may be best at the front entry. But there are lots of different containers and pots that can be reused or re-purposed to grow things in. Used pots from the garden center, five-gallon buckets with a hole in the bottom, a broken bird bath, even cinder blocks filled with dirt. I suppose you could count "straw bale gardening" as container gardening, too.

Apartment balconies, the edge of the walk, windowsills—there are many places one can grow things, and this might be especially true if there is no yard or garden space you can otherwise use. Peppers, tomatoes, carrots, herbs, cucumbers can all look nice in pots, as can the herbs and any number of combination of flowers. And don't forget some flowers are edible, not just pretty. Nasturtiums, daylilies, are just a couple to mention. I think I'll try peanuts one of these days in containers—but they require a long growing season to bear nuts successfully.

I'll conclude with the mention of indoor plants and moving plants back and forth. Plants growing in the house add oxygen and remove pollutants from the indoor air and are good for our health. You just have to consider the needs of the plant, some require some sunlight, others a cool place such as an unheated garage. Surely, we could add more advantages, but I'll let you dream up some on your own. -0-

The author is a landscaper. Comments and suggestions welcome.

Website: www.rockcastles.net

Gov. Beshear Names Members of Team Kentucky Medical Cannabis Advisory Committee
Group assisting Governor seeks feedback from Kentuckians

FRANKFORT, Ky. (June 14, 2022) – Following up on his announcement in late April, Gov. Andy Beshear today announced the members of the Team Kentucky Medical Cannabis Advisory Committee that will help advise him on providing access to medical cannabis for Kentuckians suffering from chronic pain and other medical conditions.

Through an executive order, the Governor named 17 initial members, who have relevant experience in health care, treatment of opioid use disorder and other diseases of addiction, law enforcement, criminal justice and advocacy for medical cannabis. The committee will soon travel the state and listen to Kentuckians' views on medical cannabis and provide that feedback to the Governor.

"Polling suggests 90% of Kentucky adults support legalizing medical cannabis, while at the same time, far too many in our state who could benefit from it are suffering. It is simply time that something more is done," said Gov. Beshear. "I want to make sure every voice is heard as I am weighing executive action that could provide access to medical cannabis in the commonwealth."

Medical cannabis is often utilized as an alternative to highly addictive opioids, many of which are still prescribed to deal with patients' pain. And, while lawmakers in Frankfort have failed to act, a total of 38 states – including neighboring Illinois, Missouri, Ohio, Virginia and West Virginia – allow cannabis for medical use when prescribed by qualified individuals to help provide treatment for such medical conditions as: cancer; ALS or Lou Gehrig's disease; epilepsy and seizures; Parkinson's disease; Crohn's disease; multiple sclerosis; severe and chronic pain and post-traumatic stress disorder.

Secretary of the Justice and Public Safety Cabinet Kerry Harvey and Secretary of the Public Protection Cabinet Ray Perry will serve as co-chairs of the Team Kentucky Medical Cannabis Advisory Committee. Other members are:

- Dr. Amber Cann of La Grange, pharmacy coach and adjunct professor at Spalding University;
- Julie Cantwell of Rineyville, advocate with Kentuckians for Medical Marijuana;

- Jennifer Cave of Louisville, member, Stites and Harbison;
- Eric Crawford of Maysville, advocate;
- Cookie Crews of Frankfort, commissioner of the Department of Corrections;
- Dr. John Farmer of Louisville, OB/GYN, medical director of Solid Ground Counseling and Recovery, addiction treatment provider in Louisville, Morehead and Hazard;
- Dr. Jonathan Hatton of Whitesburg, family medicine, Mountain Comprehensive Health;
- Brian Jointer of Jeffersonville, Indiana, certified public health worker in Louisville;
- Dr. Nick Kouns of Lexington, internal medicine, Clark Regional Medical Center;
- Alex Kreit of Cincinnati, Ohio, director of the Chase Center on Addiction Law and Policy at Northern Kentucky University;
- Dr. Linda McClain of Louisville, OB/GYN, Commonwealth Counseling Center;
- Andrew Sparks of Lexington, former assistant U.S. Attorney;
- Dee Dee Taylor of Louisville, chief executive officer, 502 Hemp Wellness Center;
- Julie Wallace of Morganfield, Union County Attorney; and
- Kristin Wilcox of Beaver Dam, co-founder of Kentucky Moms for Medical Cannabis.

The committee will come together for the first time in the near future to schedule town hall meetings that will be held throughout the commonwealth. Townhall meetings will be open to the public for discussion and feedback from residents, local leaders, health care providers and advocacy groups. Meeting details will be released in advance.

The Governor also announced the launch of a new website where Kentuckians can learn more about the upcoming work of the advisory committee and submit their own feedback. The website is medicalcannabis.ky.gov.