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Carter County Times

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CARTER COUNTY, KENTUCKY

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Forging her own path

Tattooing gives Kinder freedom for family time

By Charles Romans
Carter County Times

Carter County native Morgan Kinder is a talented young woman thriving in the traditionally male dominated field of tattoo work. Learning her trade and building her business was no small task, but Kinder was determined to overcome all obstacles to achieve her dream.

Kinder worked at a nursing home in Carter County for seven years, but even though she

enjoyed the job it was not what she truly wanted to do with her life. Added to this was the fact that as her three children grew older, they became involved in sports and other school activities, and Kinder said she wanted a job that allowed her the freedom to be part of those aspects of their lives.

"I never wanted to be the mother that had to call work and ask for permission to go to my kids' school functions," Kinder said. "And I refused to miss them."

Around six years ago Kinder said that she became involved with permanent makeup at Connie's Beauty Salon in Grayson.

See **KINDER** on A-8



Morgan Kinder does tattoo work on a client at her Silver Spur Tattoo studio in Grayson. (Submitted photo)

Grayson Chamber hosts job fair

Event is scheduled for next week at KCU

By Charles Romans
Carter County Times

The Grayson Chamber of Commerce will be holding its Spring Job Fair next Wednesday, March 19. The job fair will be hosted by Kentucky Christian University on their campus in Grayson, and will be open to not only Carter County residents but to anyone who is looking for

employment or looking to find employees. The event will run from 10am until 1 pm.

The Chamber of Commerce Job Fairs, held in the Spring and Fall each year, are a great opportunity to immerse yourself in the job market and stay up to date with information about who is looking for and offering jobs. It is also an excellent way to spotlight your business in the community, Chamber Coordinator Mike Nelson said. Students from KCU, as well as East and West Carter High School, have been frequent visitors to the job fairs in the past, Nelson noted. He explained that this group of

See **JOB FAIR** on A-6



Students peruse material at a hiring booth during last year's Chamber of Commerce Job Fair. (File photo by Jeremy D. Wells, Carter County Times)

Bringing us our Daily Bread

Grayson food pantry to hold grand opening

By Charles Romans
Carter County Times

The Daily Bread Food Pantry on US 60 in Grayson will be having its grand opening on Tuesday, March 18, from 2 until 4 p.m. The store, which helps support people over 65 in the area that have food insecurity, and those families referred from local schools, provides its supplies at no charge. And though the food bank focuses on providing food, store manager Pam Wilburn said they have

been blessed and are able to offer other items to those in need.

"It's set up just like a grocery store," Wilburn said. "We have canned products, bakery items, and chips, candy, and we'll have fresh produce for the families who need it. We'll have apples and potatoes, and all other kinds of fresh produce."

"We also have what I call a 'this and that' corner, that has dishes and stuff like that," she added. "There are also toys and other things in the 'this and that' corner."

Wilburn said the food pantry gets regular donations from the Christian Appalachian Project, and that organization brings all new items as they collect them, items which can include

almost anything from cosmetics to personal hygiene products, and regularly has toys and other things in the delivery.

"There can be cosmetics, curtain rods, home décor, and different things like that," she said.

While the space is designed to cater mostly to elders, families and others can shop there on a referral basis.

"The store will be for anyone 65 and older, with exception that churches can do a referral, social services can, and school resource officers can do a referral as well," Wilburn said.

There is no age restriction regarding the referrals. The

See **FOOD PANTRY** on A-6

Weekly arrests report

The following individuals were arrested and booked into the Carter County Detention Center over the past week. This list includes local arrests only. It does not include federal inmates being housed at or transported through the detention center.

- William Jones, 34, of Olive Hill, arrested by Olive Hill PD, on charges of third degree burglary, and being a persistent felony offender, arrested and booked March 3.
- Elizabeth Carter, 45, of Grayson, self-surrender, charges unavailable, arrested and booked March 3.
- Kenneth Lambert, 39, of Argillite, arrested by Carter County Detention Center, serving a bench warrant for court, and for failure to appear, arrested and booked March 4.
- Ryan Myers, 31, of Grayson, arrested by Carter County Sheriff,

on a charge of operating a motor vehicle under the influence of alcohol, arrested and booked March 4.

- Jonathan Perry, 46, of Olive Hill, arrested by Olive Hill PD, on a charge of public intoxication on a controlled substance (excludes alcohol), arrested and booked March 4.
- Terry McKenzie, 47, of Rush, arrested by Grayson PD, on two counts of failure to appear, arrested and booked March 5.
- Lakyn Pennington, 29, of Grayson, arresting agency unavailable, for failure to appear, arrested and booked March 5.
- Grady Scarbro, 42, of Grayson, arrested by Carter County Circuit Court, on charges of first degree possession of a controlled substance (methamphetamine), possession of marijuana, possession of drug paraphernalia, operating on a

suspended or revoked operator's license, no registration receipt, and failure to produce an insurance card, arrested and booked March 5.

- Tyler Leadingham, 27, of Olive Hill, arrested by Carter County District Court, on a charge of theft by unlawful taking or disposition of items valued between \$500 and \$1,000, arrested and booked March 5.
- Benjamin Stone, 37, of Grayson, arrested by Grayson PD, on charges of fraudulent use of a credit card, failure to appear, and two counts of contempt of court – libel/slander – resistance to order, arrested and booked March 5.
- Amanda Burgess, 34, of Grayson, arrested by Kentucky State Police, on charges of careless driving, rear license not illuminated, operating a motor vehicle under the influence of a controlled substance, possession of an open alcoholic beverage

See **ARRESTS** on A-3

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This Week's Obituaries

Adline Tomlin Beard, 56
Mary Alice Clark, 78
Sammy Felty, 77

Harold Denver LeMaster, 87
Elizabeth Johanna Rodgers, 88

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LIFESTYLE



St. Patrick's Day leftovers reimaged: Make these tasty hand pies

Next Monday is St. Patrick's Day, and if you're like so many people, you'll be wearing green, attempting an Irish brogue and enjoying a traditional corned beef and cabbage dinner. I usually find I have leftovers, but not quite enough to make an encore meal for the family. What's a lass to do? Take a cue from classic Irish pub grub and make hand pies, or pasties, with the leftovers to make them go further.

First, a little fun foodie history. These hand pies are very similar to Cornish pasties

(PASS-tees). The Cornish pasty originates with the tin miners in Cornwall, England, during the 1800s. The underground miners couldn't come to the surface for lunch, so a portable lunch was required. Also, the miner's hands were very dirty (and tin contains arsenic!), so the large crimp of the crust served as a handle. The pie could be eaten, and that part of the crust discarded.

Also, the people making the pies would sometimes put sweet jam filling in one corner of the pie for dessert. The person making the pie would pinch the miner's initials into the pie crust at the end with the sweet filling so the miner would know to start at the opposite end. This way, if the miner wanted to leave some pasty to enjoy later, his initials could identify which pie belongs to whom. Such a clever idea!

For convenience, I'm using purchased refrigerated pie crust, but you could certainly make dough from scratch if you desire. Make enough for a two-crust pie.

This recipe uses leftovers, and since your leftovers are probably different from mine, use this recipe as a guideline, because it's totally adjustable. For example,

you might have more cabbage, less potatoes and no carrots. No problem! If the total volume is 4 1/2 cups, you can fill each of the six hand pies with 3/4 cups filling.

ST. PADDY'S PASTIES

Yield: 4-6 servings
Total Time: 1 hour 10 minutes

- 1 1/2 cups corned beef, cubed
- 1 cup carrot, cubed
- 1 1/2 cups potato, cubed
- 1/2 cup cabbage, well drained
- 1 tablespoon mustard, optional
- Fresh ground pepper
- 1 egg
- 2 (9 inch/15 ounce) pie crust rounds

Preheat oven to 400 degrees. Using the leftovers from your corned beef and cabbage dinner, or freshly cooked equivalent, cube and measure the corned beef, potato, carrot and cabbage. Into a large bowl, combine the ingredients above, adding mustard and a few grinds of pepper, if desired.

Crack an egg in a small bowl and beat with 1 tablespoon water to make egg wash. Set aside. Working with one pie crust at a



These golden, flaky pasties turn St. Patrick's Day leftovers into a handheld feast (Photo credit: www.JasonCoblentz.com)

time, place the crust on parchment and cut into thirds, like a clockface at 12, 4 and 8 o'clock. Working one piece at a time, roll each piece into a rough rectangle. They won't be perfect; don't worry. It's part of their charm. Place 3/4 cup filling slightly off center. Brush egg wash over the edges of the dough. Gently pull the pastry over the filling and crimp to seal the edges. Brush the egg wash over the top and crimp of each pie. Place on a parchment-covered baking sheet. Repeat with remaining pies. Bake for 35-40 minutes, or until

the pies are golden and gorgeous. Of course, this hand pie could contain any filling you wish. Imagine them with shredded chicken, ground beef or simply cooked vegetables. These pasties are perfect picnic fare or lunches on the go.

Lifestyle expert Patti Diamond is the penny-pinching, party-planning, recipe developer and content creator of the website Divas On A Dime -- Where Frugal, Meets Fabulous! Visit Patti at www.divasonadime.com and join the conversation on Facebook at DivasOnADimeDotCom. Email Patti at divapatti@divasonadime.com
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Joyful Noise

Standing on the promises of God

By: Pastor Naomi Mitchell
for Carter County Times

Have you ever made a promise to someone, and you couldn't keep it? You were disappointed and so was the person you made the promise to. Sometimes things happen in life that are simply out of our control. We have integrity when we make promises and keep them. People know they can count on you to do what you say you will do. So, in this life we will have our disappointments in others and even ourselves when promises are broken for whatever reason.

There is an old hymn called, Standing on the Promises of God. Rest assured in this life, there is someone who will never break a promise to you and that is God Himself. Isaiah 40:8 says, "The grass withereth, the flower fadeth: but the word of our God shall stand forever." Isaiah 55:11 says, "So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing where-to I sent it."

The Bible is full of great and wonderful promises that will anchor our soul in the haven of

rest no matter what storms may assail. Here are a few of my favorite Bible promises. I encourage you to read these scriptures and meditate on them. Get them deep into your spirit and know our heavenly Father watches over us and wants the best for us. Everything He provided for us is wrapped up in a package called salvation. There is still wonder working power in the blood of Jesus.

The Lord will fight for you (Exodus 14:14). God's mercies are new each morning (Lamentations 3:21-23). God will renew your strength (Isaiah 40:31). The Lord will

help you (Isaiah 41:13). The Lord will be with you (Isaiah 43:2). God's love will not be shaken (Isaiah 54:10). No weapon formed against you shall prosper (Isaiah 54:17). You are free from darkness (Isaiah 61:11). God will forgive your sin (2 Chronicles 7:14). The Lord will never forsake you (Deuteronomy 31:8). God has plans for you (Jeremiah 29:11). You have received grace and peace (Philemon 1:3). God is your light and salvation (Psalm 27:1). The Lord hears you (Psalms 34:17). God will

deliver you (Psalm 50:15). God's love is abounding (Psalm 86:5). God is your stronghold (Psalm 9:9). He satisfies your desires with good things (Psalm 103:5). God's joy is your strength (Nehemiah 8:10). God will pour out His spirit on all (Joel 2:28). God will give you a new heart (Ezekiel 36:26). God is good (Psalm 145:9). God's love endures forever (Psalm 100:5). God is sovereign (2 Samuel 7:28). God's Word is trustworthy (Psalm 19:7).

Declare the promises of God over your life, your family and all that pertains

to you. Cast down those imaginations and thoughts in your mind that do not line up with the promises of God. Start standing on the promises of God that will not fail you today, tomorrow or next week. That is some good news we all need to be reminded of. Amen! So be it!

JOYFUL House of Prayer, 2519 Quicksand Road, (P.O. Box 856), Jackson, Kentucky 41339. Send Comments/Prayer Requests: Pastornaomi-4god@gmail.com. FB: JoyfulHopprayer. Services: 10am Sunday and Joyful Kids Class at 10:30am, 6:30pm Thursdays. Radio Broadcast: WJSN 97.3 FM & WEKG 81.0 AM Sundays 1-2pm.

University of Kentucky Extension Notes

College of Agriculture, Food and Environment
Cooperative Extension Service
carter.ca.uky.edu
AGRICULTURE & NATURAL RESOURCES

Maintaining conventional septic systems

Septic systems are used in Kentucky where municipal sewage treatment is not available. They are an effective, long-standing method of collecting, treating and disposing of homeowner wastewater, provided they are properly sited and installed. However, a well-sited, properly sized and installed system will fail if not properly maintained. A failed septic system creates problems such as noxious odors, lower property values, surface water contamination and groundwater pollution and may be a health hazard. Repair and replacement costs are considerable.

You can find additional information on assessing septic system performance and reducing the potential risk of groundwater contamination from a KY-A-Syst publication: Household Wastewater Treatment (IP-44) available online at <https://tinyurl.com/homewastewater>. You can use this self-evaluation to determine performance and keep the system maintained.

You can assemble several components to create an effective septic system. But the most common system Kentucky homeowners use is called a conventional

system and consists of a septic tank and drainfield. The septic tank is a reinforced, watertight, concrete box buried in the ground near the house to provide primary treatment of the wastewater. Sound operation and maintenance practices include water conservation, keeping harmful substances out of the system and having your system inspected and pumped on a regular basis. Good operation and maintenance practices start with everyone in the household knowing what damages the septic system. Having a diagram of the complete system indicating distances and locations of the tank and drainfield helps avoid practices that can harm the drainfield and assists in regular maintenance activities.

Pumping the septic tank regularly is probably the single most important thing you can do to protect the system. You should remove the solids that settle out in the tank every three to six years depending on water usage and the amount of inorganic materials entering the system. A guide to follow with a 1,000-gallon tank is to pump every three years for a household of four or more people and pump ev-

ery six years for one with two people (increase times by one-half for 1,500-gallon tanks).

You also can determine when you need to pump by opening the top of the tank and making some measurements and observations. Never inspect a tank alone, and never go down into a tank. Toxic gases are produced by the natural treatment processes in the tank and can kill quickly. Pump the tank when the sludge layer at the bottom of the tank is 18 inches deep or the scum layer thickens to within 3 inches of the outlet baffle or sanitary tee outlet.

Solids should be removed by a certified tank pumper and disposed of in an approved manner and location. Be sure that the pumper removes all of the material in the tank. It is not necessary to leave some sludge to "restart" the biological processes; nor is it necessary to scrub or disinfect the tank.

When not removed in a timely manner, overflowing solids from the tank accumulate in the drainfield clogging the soil and backing up the system. This damages the drainfield and may require constructing a new drainfield in a different location on the property.

The drainfield is the most important component

Kentucky Dept of Agriculture Livestock and Grain Market Report

Compared to last week, feeder steers and heifers below 600 lbs sold 5.00 to 10.00 higher with instances sharply higher and above 600 lbs mostly steady to 5.00 higher. Yearlings sold mostly steady to 5.00 higher with instances sharply higher. Demand was good to very good throughout the week with active buyer participation showing best interest for weaned packages and well conditioned cattle. Slaughter cows were mostly steady to 3.00 lower and bulls mostly steady to 4.00 higher with good supply and good demand for all classes.

Week ending 3/8/25

STATE AVERAGES			
Steers (M&L 1-2)	This Week	Prior Week	Last Year
350-400 lbs	375.24	360.53	323.53
400-450 lbs	366.37	354.23	312.63
450-500 lbs	351.89	341.48	306.51
500-550 lbs	329.17	317.42	287.65
550-600 lbs	317.06	309.74	280.69
600-650 lbs	294.70	291.25	264.95
650-700 lbs	285.29	275.94	250.71
700-750 lbs	269.14	262.14	239.76
750-800 lbs	262.83	257.65	234.88
800-850 lbs	250.38	248.94	225.16
850-900 lbs	239.68	244.41	217.06
Heifers (M&L 1-2)	This Week	Prior Week	Last Year
300-350 lbs	330.99	330.15	283.84
350-400 lbs	331.12	327.64	287.64
400-450 lbs	322.22	309.77	274.96
450-500 lbs	304.06	296.77	271.33
500-550 lbs	287.12	284.77	253.12
550-600 lbs	274.27	273.91	243.25
600-650 lbs	255.41	255.27	228.28
650-700 lbs	250.36	247.87	221.34
700-750 lbs	239.75	240.68	206.27
750-800 lbs	238.20	233.57	214.12

WEEKLY COW SUMMARY			
Slaughter Cows	Average	High	Low
Breakers	120.00-148.00	130.00-165.00	116.00-135.00
Boners	120.00-147.00	130.00-179.00	90.00-132.00
Lean	89.00-138.00	111.00-155.00	69.00-123.00
Slaughter Bulls	Average	High	Low
Yield Grade 1&2	135.00-174.00	160.00-206.00	114.00-163.50

Feb 27, 2025 Bowling Green, KY

SLAUGHTER GOATS: 172

Kids: Selection 1 55 lbs 435.00; 65 lbs 375.00; 82 lbs 350.00. **Selection 1-2** 86 lbs 270.00. **Selection 2** 50-56 lbs 415.00-425.00; 72-76 lbs 227.50-375.00.

SLAUGHTER SHEEP: 820

Hair Breeds-Choice & Prime 1-2 53-54 lbs 350.00-355.00; 63-67 lbs 345.00-350.00; 73 lbs 340.00-345.00; 88 lbs 282.50; 95 lbs 290.00; 115 lbs 215.00.

Choice 2 51-56 lbs 335.00-340.00; 66 lbs 322.50; 77 lbs 320.00; 150 lbs 160.00.

Woolled-Choice & Prime 1-2 58 lbs 360.00; 72 lbs 342.50; 120 lbs 215.00.

Week ending 3/8/25			
GRAINS	This Week	Prior Week	Last Year
Corn	4.30-4.79	4.48-5.07	3.76-4.46
Soybeans	8.99-10.44	9.27-10.69	10.83-11.89
Red Winter Wheat	4.61-5.60	4.79-6.02	4.55-5.66

See SEPTIC on A-3

Arrests from A-1

container in a motor vehicle, operating on a suspended or revoked operator's license, failure to surrender revoked operator's license, and failure to produce an insurance card, arrested and booked March 5.

- Teresa Bush, 47, of Grayson, arrested by Kentucky State Police, on five counts of failure to appear, arrested and booked March 5.
- Geoffrey Burchett, 47, of Summit, arrested by Kentucky State Police, on charges of failure to wear seat belts, no registration plates, improper registration plate, no registration receipt, improper display of registration plates, failure to produce an insurance card, failure to register transfer of a motor vehicle, driving on a DUI suspended license, and two counts of failure to appear, arrested and booked March 6.
- Andrew Porter, 40, of Olive Hill, arrested by Department of Corrections, charges unavailable, arrested and booked March 6.
- Kaitlynn Williams, 22, of Olive Hill, arrested by Rowan County Detention Center, serving a bench warrant for court, arrested February 14, booked March 7.
- Cody Lyons, 32, of Olive Hill, arrested by Kentucky State Police, on two counts of failure to appear, arrested and booked March 7.
- James Manier, 73, of Grayson, arrested by Kentucky State Police, on

charges of operating on a suspended or revoked operator's license, failure to surrender revoked operator's license, and two counts of failure to appear, arrested and booked March 7.

- David Fink, 37, of Grayson, arrested by Kentucky State Police, on charges of driving on a DUI suspended license (with aggravating circumstances), reckless driving, operating a motor vehicle under the influence of a substance, first degree possession of a controlled substance (methamphetamine), and failure to surrender a revoked operator's license, arrested and booked March 7.
- Dalton Thomas, 27, of Olive Hill, arrested by Carter County Circuit Court, on a hold for Drug Court, arrested and booked March 7.
- Melissa Pennington, 40, of Hitchens, self-surrender, weekender, arrested and booked March 7.
- William Linkenhoker, 52, of Grayson, arrested by Kentucky State Police, on a probation violation (for a felony offense), and failure to appear, arrested and booked March 7.
- Robert Holifield, 51, of Olive Hill, arrested by Grayson PD, on charges of disregarding a stop sign, and operating a motor vehicle under the influence of alcohol, arrested and booked March 8.
- Joshua Triplett, 38, of Ashland, arrested by Kentucky State Police, on charges of operating a

motor vehicle under the influence of a controlled substance, driving on a DUI suspended license, no registration receipt, no registration plates, improper display of registration plates, failure to produce an insurance card, careless driving, failure to appear, and non-payment of court costs, fees, or fines, arrested and booked March 8.

- Amanda Bailey, 36, of Ashland, arrested by Kentucky State Police, on a charge of first degree criminal abuse of a child 12 or under, arrested and booked March 8.
- Eric Taylor, 42, of Lexington, arrested by Carter County Sheriff, on a probation violation (for a technical violation), arrested and booked March 8.
- John Steiner, 58, of Hitchens, arrested by Grayson PD, on charges of operating a motor vehicle under the influence of a substance, third degree possession of a controlled substance (drug unspecified), and prescription not held in proper substitute container, arrested and booked March 8.
- Dorothy Sparks, 38, homeless, arrested by Carter County Sheriff, on a charge of contempt of court – libel/slander – resistance to order, arrested and booked March 9.
- Reba Click, 37, of Olive Hill, arrested by Kentucky State Police, for non-payment of court costs, fees, or fines, arrested and booked March 9.

- Windy Reaper, 49, of Grayson, arrested by Carter County Detention Center, on a hold for Drug Court, arrested and booked March 9.
- Jesse Wilson, 42, of Olive Hill, arrested by Carter County Sheriff, on a charge of public intoxication on a controlled substance (excludes alcohol), arrested and booked March 9.
- Shawn Ison, 31, of Olive Hill, arrested by Grayson PD, on a charge of failure to audit/misuse of funds relating to license plates, arrested and booked March 9.
- Jacob Ruth, 46, of Grayson, arrested by Grayson PD, for failure to appear, arrested and booked March 10.
- Lethia Arthurs, 38, of Olive Hill, arrested by Kentucky State Police, for non-payment of court costs, fees, or fines, arrested and booked March 10.
- Cassandra Hall, 29, of Olive Hill, arrested by Kentucky State Police, on a charge of flagrant non-support, arrested and booked March 10.

All of the charges listed are arrest charges only, and do not indicate an indictment or a conviction for the charges in question. All subjects are considered innocent until proven guilty in a court of law.

Information is compiled from publicly available sources, but may not be comprehensive.

CALENDAR

- **3/12: Girl Scouts meeting @ 5:30 p.m.** | Carter County Public Library - Grayson
- **3/14: Women's Meeting @ 12:30 p.m.** | New Hope Church of God of Prophecy, Grayson
- **3/15: Friends of the Library meeting @ 5 p.m.** | Carter County Public Library - Olive Hill
- **3/17: Quilts for Veterans Sew Days @ 9 a.m.** | Carter County Extension Education Center | For questions call 606-474-6686
- **3/17: Homeschool group meeting @ 12 p.m.** | Carter County Public Library - Grayson
- **3/17: Carter County EMS Board Meeting @ 4 p.m.** | Carter County EMS Station
- **3/17: Backyard Apple & Pear Care @ 6 p.m.** | Carter County Extension Office | Cost: \$40. Participants receive either two pear or apple trees | Call 474-6686 to register
- **3/17: Carter County Board of Education @ 6 p.m.** | Carter County Board of Education office
- **3/18: Olive Hill City Council @ 6 p.m.** | Olive Hill Senior/Community Center
- **3/18: Homeschool group meeting @ 6 p.m.** | Carter County Public Library - Olive Hill
- **3/20: Community Baby Shower @ 10 a.m.** | Carter County Extension Office
- **3/20: Grayson Book Club @ 6 p.m.** | Carter County Public Library - Grayson
- **3/20: Olive Hill Area Chamber of Commerce meeting @ 6 p.m.** | Giovanni's Pizza
- **3/21: Sit and Sew @ 9 a.m.** | Carter County Extension Education Center | For questions or to RSVP call 606-474-6686

Have an event to add to the calendar?
Email info to advertise@cartercountytimes.com

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The problem within the problem

Our brains and the opioid recovery process

By Charles Romans
Carter County Times

Human beings categorize things in terms of good or bad, better or worse, pleasant or unpleasant. A

cool breeze on a hot day for instance is considered good, whereas the same level of wind on an already cold day is generally considered unpleasant. This is a normal reaction based on external factors (in this case, wind) and how those factors impact our experience. We feel comfortable or uncomfortable depending upon our environment; but our conscious experience is dependent upon an unconscious reaction.

The human nervous system is a complex series of physical nerves and chemical transmitters that run throughout our body, receiving messages, or stimuli, that send information to our brains. The brain then sends messages back through the nervous system that tells the affected part of the body how to react. Some of those reactions are minor and others are a major reaction, but every reaction

has a purpose. Inflammation, for instance, though sometimes quite painful, is a function of the body's attempt to heal itself. All of these processes occur without our own conscious thought. In spite of our brain being directly involved, we have no awareness of the process, only the effect. An infant reacts when it is uncomfortable or hungry, but there are no deliberate

See OPIOID on A-6

Septic from A-2

of a conventional septic system. It provides final treatment of wastewater. The more water used in the household, the greater the possibility of having problems with the drainfield. Careful and regular maintenance of the tank extends drainfield life. Water conservation reduces the amount of wastewater delivered to the drainfield. Keeping faucets and toilets from leaking with periodic checks and repairs certainly reduces wastewater. Do not allow foundation drains, roof gutters and other surface waters to enter the septic system. Be aware of products or household systems that can damage or reduce the effectiveness of the septic system. Reducing garbage disposal use reduces the amount of solids going to the septic tank. Households with garbage disposal units

produce about double the solids as those without such units. The scum layer on top of the wastewater in the septic tank is primarily made up of oils, fats and grease from the kitchen. When homeowners use hot water to flush grease or fat down the drain, it may pass through the tank directly into the drainfield lines where it can rapidly clog soil pores. Placing even small quantities of pesticides, paint thinners, solvents, drain cleaners, poisons and other harsh household chemicals into the septic system can kill the microbes in the tank and drainfield that decompose solids and purify the wastewater. Unfortunately, some organic solutions are not treated in the septic tank and can flow directly into the drainfield where they are not effectively

treated by the soil before reaching the groundwater. You need a generic groundwater protection plan for all septic systems in Kentucky, which you may find at your local county extension office, local libraries and most local health departments. Questions related to these plans should be addressed to the Kentucky Division of Water. For more information, please visit <https://water.ca.uky.edu/content/septic-systems> or contact the Carter County Cooperative Extension Service. Educational programs of the Cooperative Extension Service serve all people regardless of economic or social status and will not discriminate on the basis of

race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability

Upcoming Events:

- Backyard Apple & Pear Care – Monday, March 17th @ 6:00 PM – Cost is \$40 and participants receive either two pear or apple trees. Call 474-6686 to register.
- Hike & Learn – Friday, March 21st @ 1:00 PM – Carter Caves State Resort Park
- Northeast Area Livestock Association - Tuesday, March 25th @ 6:00 PM – Topic: 2025 Eastern KY Hay Contest...Developing a Strategy to Win
- Starting Seeds Lunch & Learn – Friday, March 28th @ 11:30 AM



Pet of the Week

Tabor is a female lab mix, believed to be around three-years-old. This good girl is very friendly, gets along well with other dogs, and walks on a leash. Her \$100 adoption fee includes rabies vaccination and being spayed. Stop by the Carter County Animal Shelter and meet her or call 475-9771 for more information. Shelter hours are Monday through Friday 8 a.m. – 4 p.m. and Saturday by appointment.



CITY OF GRAYSON CODE ENFORCEMENT

If you are planning on building in the city limits of Grayson, a building permit is required and you must first apply for the permit and submit building plans. This includes commercial, residential, etc. properties including any alterations to a current structure and the building of new structures. Other projects that require a permit are improvements such as porches, decks, fences etc. Signs in the city also require an application and permit. Any contractors operating in the city limits are required to obtain a business license and remit employee documentation. Code Enforcement will also be targeting parking violations with special focus, but not limited to, handicap parking spots and Fire Lanes.

Please contact Grayson Code Enforcement Officer Joe Hammer with any questions or assistance in obtaining the proper permits between the hours of 8 AM to 4 PM Monday – Friday in person at 302 E. Main St. Phone (606) 474-6651. You can also contact by email at jhammer@graysonky.net

EXPECT MORE
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Legislative update

FRANKFORT— With only a few days remaining before the legislature breaks for the veto recess, the pace in Frankfort has intensified. After six weeks of legislative work, we are seeing more bills move through committee and reach the Senate floor. Each day brings important debates, key policy decisions, and efforts to shape the future of Kentucky. This past week highlighted the fast-moving and high-stakes nature of the legislative process as we tackled pressing challenges and advanced initiatives that will benefit communities across the commonwealth.

One measure I was pleased to see gain Senate approval was Senate Concurrent Resolution 67 (SCR 67), which I proudly sponsored to strengthen Kentucky's disaster preparedness. Communities across the commonwealth, including my district, have faced repeated extreme weather events. Floods, tornadoes, and ice storms are no longer rare occurrences. We must take proactive steps to prepare rather than simply react when disaster strikes.

SCR 67 establishes the Disaster Prevention and Resiliency Task Force to study evolving risks, improve emergency response, and strengthen infrastructure. In committee, we heard sobering testimony about the financial burden these disasters place on our state. Recent flooding alone cost \$58 million in public assistance, consuming nearly half of Kentucky's annual disaster response budget. We need a long-term strategy that not only protects our people but also ensures financial stability for the state.

I am proud that SCR 67 passed the Senate quickly because Kentucky cannot afford to wait. We must be ready not just to respond to disasters, but to build stronger and safer communities for the future.

Another important measure I was thrilled to see advance in the legislative process is Senate Bill 58, which I also sponsored. This bill allows members of Kentucky's state-administered retirement systems to designate a special needs trust as the beneficiary of their retirement benefits. This ensures individuals with disabilities can receive financial support without losing eligibility for critical government programs like Medicaid and Supple-

mental Security Income. It is a commonsense solution to help families plan for the future, and I was pleased to see it pass with unanimous support. I look forward to working with my colleagues in the House to see it through to final passage.

While I was proud to support these measures, there were also bills that raised concerns. Senate Bill 6 makes significant changes to Kentucky's SEEK school funding formula, altering how student attendance is calculated and impacting funding adjustments for suspended or expelled students, weather-related closures, and school employee benefit costs. While the goal is to refine funding distribution, I am concerned that SB 6 could undermine financial stability for schools, disproportionately harm vulnerable students, and create unintended inequities for rural districts that often face attendance challenges due to weather and other factors. For these reasons, I voted no. Despite my concerns, the bill passed the Senate 31-7.

Senate Bill 162 updates unemployment insurance policies by requiring the Education and Labor Cabinet to refer cases to law enforcement based on suspicion of fraud, even before an administrative review is complete. It also mandates termination for public employees who improperly receive benefits. While addressing fraud is important, the bill lacks clarity on how suspected cases are handled, potentially leading to referrals and penalties without due process. Greater safeguards should be in place to ensure administrative resolution before escalating to law enforcement. Due to these concerns, I voted no, but the bill passed 31-7.

Senate Bill 9 updates sick leave policies for public school teachers and employees, including rules for accruing, using, and donating leave. While the bill allows employees to donate sick leave to colleagues with extended absences and clarifies how unused leave transfers between districts, I ultimately voted against it because it creates uncertainty for teachers. Many educators have saved their leave for years, expecting it to count toward their pensions, but this bill could lead to policy changes that reduce their hard-earned bene-

See LEGISLATIVE on A-6



Robin L. Webb
Senator
State of Kentucky

OBITUARY

Sammy Felty 1947 – 2025



Sammy Felty, age 77, of Olive Hill, Kentucky, passed away Tuesday, March 4, 2025, at King's Daughter Medical Center in Ashland, Kentucky.

He was born on Monday, April 7, 1947, in Elliott County, Kentucky, to the late Sam and Linnie Sexton Felty.

Sam was a member of Gregoryville Christian Holiness Church. He enjoyed attending church, fellowshiping with his church family and singing in the choir. He loved fishing, Coon hunting and spending time with his family. Sam retired after many years of service with the Kentucky State Highway Department.

In addition to his parents, he was preceded in death by two brothers, Carl Felty, Timothy Felty and one sister, Wanda Felty.

Sam is survived by his loving wife of 30 years, Jane Lynn Damron Felty; two sons, Jeremy (Stacey)

Brown, Channing (Amy) Richardson all of Olive Hill, Kentucky; one daughter, Melissa (Tim) Calhoun of Prestonsburg, Kentucky; several grandchildren and great-grandchildren; one brother, Roger (Shelia) Felty of Grayson, Kentucky along with many other family and friends who will sadly miss him.

Funeral services were held at 1 p.m. Sunday, March 9, 2025, at Grayson Funeral Home and Cremation Services, 49 McCoy Road, Grayson, Kentucky, with Brother William Logan officiating. Burial followed in East Carter Memory Gardens in Grayson, Kentucky.

Friends visited after 11 a.m., Sunday, March 9, 2025, until the service hour, at Grayson Funeral Home.

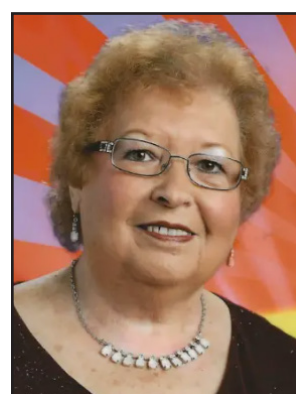
Jeremy Brown, David Brown, Christopher Brown, Seth Brown, Tyler Kinner, Kirt Insko, Peyton Henderson, Grant Clay, and Kolt Insko served as pallbearers.

Tommy Joe Sweeney, Ernie Burton and Ronnie James served as honorary pallbearers.

Grayson Funeral Home is honored to serve the family of Sammy Felty.

Condolences may be sent to the family at www.graysonfh.com.

Elizabeth Johanna Rodgers 1936 – 2025



Elizabeth Johanna Rodgers, age 88, of Hopkinsville, Kentucky, formerly of Olive Hill, Kentucky, passed away Tuesday, March 4, 2025, at Jennie Stuart Medical Center in Hopkinsville, Kentucky.

She was born Saturday, June 20, 1936, in Wesleyville, Kentucky, to the late Robert Earl and Mary Pearl Fultz Spencer.

Johanna graduated from Carter City High School in 1955, and then began her work career. She worked 48 years as a production manager and supervisor in a sewing factory. She was instructional assistant for Carter County Board of Education for 12 years. She loved spending time with her grandchildren, working with her flowers, working crossword puzzles and coloring books.

In addition to her parents, she was preceded in death by her loving husband, Bobby Gene Rodgers; one brother, Otis

Todd Fultz; two sisters, Bobbie Jean Baker and Rozan Greenhill.

Johanna is survived by one son, Phillip (Janet) Rodgers of Vanceburg, Kentucky; two daughters, Bonita Kennedy of Hopkinsville, Kentucky, Angie Kelley of Grayson, Kentucky; 8 grandchildren, David Kennedy, Jennifer (Doug) Peck, Eric (Tori) Kennedy, Nicholas (Heather) Rodgers, Thomas Rodgers (Paige Fryman), Jeanette Fannin, Matthew Kelley and Allison Kelley (Jordan Bowen); 13 great-grandchildren; 3 great-great-grandchildren; one sister, Mary Francis Steward of Mansfield, Ohio, along with many other family and friends who will sadly miss her.

Funeral services were held 1 p.m., Saturday, March 8, 2025, at Globe Funeral Chapel, 17277 West US Hwy 60, Olive Hill, Kentucky, with Sister Anita Wells Cooper officiating. Burial followed in the Bethel Cemetery, in Carter County, Kentucky.

Friends visited after 11:30 a.m., Saturday, March 8, 2025, until the service hour at Globe Funeral Chapel.

Globe Funeral Chapel in Olive Hill, Kentucky is honored to serve the family of Elizabeth Johanna Rodgers.

Mary Alice Clark 1946 – 2025



Mary Alice Wilson Clark, age 78, of Olive Hill, Kentucky, passed away Friday, March 7, 2025.

She was born Saturday, May 11, 1946, in Carter County, Kentucky, a daughter of the late Woodrow and Hazel Crank Wilson.

Mary enjoyed sewing, quilting, taking care of her pets and spending

time with her family and friends.

In addition to her parents, she was preceded in death by three brothers, Dewey Wilson, Harlan Wilson and Kenneth Wilson

Mary is survived by her loving husband, Wayne Clark; one brother and sister-in-law, Larry Floyd and Wendy Wilson, along with many other family and friends who will sadly miss her.

Graveside services were held 1 p.m., Monday, March 10, 2025, at Wilson Cemetery in Grayson, Kentucky, with Brother Marcus McCleese officiating.

Globe Funeral Chapel in Olive Hill, Kentucky is honored to serve the family of Mary Alice Wilson Clark.

Harold Denver LeMaster 1937 – 2025

Harold Denver LeMaster, 87, of Milton Florida passed away peacefully Tuesday, February 4, 2025.

Harold was born February 25, 1937 in Grayson, KY a son of the late Denver and Charlotte Kitchen LeMaster. In addition to his parents, Harold was preceded in death by his beloved wife, Martha Lynn LeMaster; a daughter, Lori Lynn Sammons; a brother, John LeMaster; and a sister, Stella Johnson.

Harold retired as a Boilermaker with the Local 667 after 30 years. Harold enjoyed visiting his farm in Leon and working the land.

Harold is survived by two sons, Harold Edward James of New Orleans and

Wylie Kieth LeMaster of Mansfield, OH; a stepson, Randy (Barb) Seagraves of Grayson; seven grandchildren, Margaret, Elizabeth, Nikki, Harold, Wylie, Rhonda and Eddie; eight great-grandchildren; several nieces, nephews and extended family who all mourn his passing.

Graveside services were 12 noon Wednesday, March 5, 2025 at the East Carter County Memory Gardens with Bro. Delmar Rogers officiating. Malone Funeral Home in Grayson has been entrusted with local arrangements. Condolences may be sent to the family at www.malonefuneralhome.com

Adline Tomlin Beard 1969 – 2025



Adline Tomlin Beard, age 56, of Glouster, Ohio, passed away Friday, March 7, 2025, at her residence.

She was born Saturday, February 11, 1969, in Lansing, Michigan, a daughter of Irene Niner Tomlin of Olive Hill, Kentucky and the late Richard Tomlin.

She enjoyed riding motorcycles, listening to music, spending time outdoors, fishing, getting up early and spending time with her family, whom she loved.

In addition to her father, she was preceded in death by three brothers, Noah Bob Tolmin, Richard Tomlin Jr. and Charles Tomlin.

Adline is survived by her loving husband of

18 years, Arnold Beard; three daughters, Antone (Casey Holdcraft) Duncan, Rachael (Josh Hyden) Jackson both of Georgetown, Kentucky, Harlee Beard of Glouster, Ohio; 6 grandchildren, Havyn Holdcraft, Delanie Holdcraft, Ryden Barkhurst, Ariel Hyden, Jocolby Hyden, Tawnee Hyden; three brothers, Pete Tomlin of Nelsonville, Ohio, George (Patricia) Tomlin of Olive Hill, Kentucky, Jeffery Tomlin of Glouster, Ohio; three sisters, Connie (Ellis) Gollihue of Willard, Kentucky, Stella Caudill, Elizabeth Tomlin Putman of Nelsonville, Ohio, along with many other family and friends who will sadly miss her.

Funeral services will be held 2 p.m., Wednesday, March 12, 2025, at Globe Funeral Chapel, 17277 West US Hwy 60, Olive Hill, Kentucky, with Brother Jason Lewis officiating. Burial will follow in Tomlin Cemetery.

Friends may visit after 12 noon, Wednesday, March 12, 2025 at Globe Funeral Chapel until time of service.

If you are 65+ years old or if you are 100% disabled

Stop by the PVA office in the old courthouse or give us a call at 606-474-5663 to see if you qualify for the **Homestead Exemption**. This exemption is a discount for older or disabled taxpayers on the home in which they reside.

Leslie Kiser-Roseberry, Carter County PVA
300 W Main St, Suite 214, Grayson, KY 41143

www.carterpva.com

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OPINION

EDITORIALS | LETTERS | COLUMNS | COMMENTARY

First Amendment: Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.

Letter to the Editor

Kentucky's children pay for federal cuts

By Dr. Rhonda Caldwell
Chief Executive Officer
KY Association of School Administrators

From the vast western plains to the rolling hills of eastern Kentucky, we are united by our core values: a strong work ethic, a commitment to our neighbors, and the resilience to build a brighter future for the next generation. However, we face a shared challenge—the rising cost of living that burdens our communities.

We can overcome these obstacles, but first, we must unite against the threats to our most vulnerable children from Washington, D.C. The new administration aims to dismantle the U.S. Department of Education, jeopardizing the over \$1 billion in federal grants Kentucky receives annually. Cuts to this funding would have devastating consequences for our students, especially the \$182 million allocated for special education, which supports services for students with disabilities and provides preschool access for our youngest learners.

An even greater threat looms over Title I federal funds, crucial for aiding economically disadvantaged children in low-income areas. In July 2023, the House Appropriations Committee voted to cut Title I funding by 25%, risking a \$100 million impact statewide and significant staff reductions in vital teaching positions. The committee also proposed eliminating Title III funding, which helps students who speak English as a second language.

Kentucky recently made strides in raising teacher pay, fostering an environment where qualified educators can thrive. However, proposed cuts of \$42 million from Title IIA funding would undermine this progress, harming both current teachers and the new teacher pipeline.

Medicaid also faces drastic cuts, with the House Energy and Commerce Committee tasked with reducing \$880 billion—primarily from this program, which funds health care for low-income children, seniors, and student health services.

Over the past two years, Kentucky's parents, teachers, community members, business leaders, and the General Assembly have rallied to invest in public education. Now, the potential loss of federal education and Medicaid funding puts all our hard work at risk.

I urge all Kentuckians to contact their Congressional leader today to oppose these critical funding cuts. Our students should not bear the burden of these decisions.

Editor's Note: The Carter County Times fully and wholeheartedly supports the efforts of the Kentucky Association of School Administrators and opposes any federal actions that would cut funding for the United States Department of Education or its various programs.

Students in the impoverished Appalachian communities of eastern Kentucky are already at an economic disadvantage compared to the more affluent school systems of the central and western parts of the state and the rest of the nation. Their schools are operating with fewer funds and fewer resources. These programs help put them on a more even footing with their peers across the state and give communities like Carter County the ability to have some of the top performing schools in the state.

However, if federal funding is cut, these gains will be difficult, if not impossible, to maintain.

But setting performance and academics aside – no child should be forced to start or finish their school day without a full belly, which our school breakfast and lunch programs help provide. No student should miss school due to illness that goes untreated (or get their classmates sick) because of cuts to Medicaid.

Taking care of our kids and their needs is more than our responsibility, it's basic human decency.

There are plenty of places to trim the fat, cut the budget, and help put our nation, and our state, on a more stable economic footing.

Our children's future is not the place to do so.

– Carter County Times Editor, Jeremy D. Wells

Carter County Times

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Nicole Wells, publisher

Jeremy Wells, editor Keith Kappes, columnist



"SO, ANY IDEAS ON WHERE WE COULD CUT GOVERNMENT SPENDING?"

Union busting could make airline travel more dangerous than before

Call it bad luck or more craziness from Washington, but I'm really nervous about flying to Utah for a funeral late this week.

My personal angst is based on the fact that the U. S. Department of Homeland Security announced Friday that it is ending its collective bargaining agreement with the tens of thousands of frontline employees at the Transportation Security Administration (TSA).

Yep, that's exactly what the federal bureaucrats are saying and doing in one of the most dangerous times in recent history. The folks who screen airport passengers and luggage for weapons, explosives and other hazards, now will be distracted by a fight with Uncle Sam to preserve their union.

DHS officials say the existing unionized workplace allows poor performing employees to stay on the job making it more difficult "to safeguard our transportation systems and keep Americans safe".

TSA workers are represented by the American Federation of Government Employees. About 47,000 TSA workers are losing their collective bargaining rights.

Work stoppages and other issues are sure to arise as the union tries to preserve its right to exist at a time when its screeners see an average of 2.5 million



Keith Kappes
Columnist
Carter County Times

passengers a day.

The White House's Office of Personnel Management recently demanded an accounting of time spent by federal employees in the last fiscal year on union matters such as contract negotiations and dispute resolutions.

In announcing its action against the union, TSA managers said they found nearly 200 employees were working on union matters full-time while collecting a government salary. The union challenged that claim, noting that federal law allows union members to devote part of their work time to union matters.

In a tactic often used in union busting, the TSA management said it immediately would stop collecting union dues through payroll deduction.

On a personal basis, I don't want those TSA screeners worrying about pay or medical insurance or job protection. I want them sharply focused on keeping all of us safe from the idiots of the world.

Keith Kappes can be reached at
keithkappes@gmail.com

It's not the size of the dog in the fight ...

Libraries have always felt like a second home for me. Perhaps that's because, unlike most kids, I spent an inordinate amount of time in one. It wasn't just that I loved reading—though that is certainly true. No, my time there came courtesy of my mother, who was our school librarian. As a result, after-school hours and long summer days often found me among the burgeoning shelves.

When you're in elementary and middle school, confined to a library that, until seventh grade, lacked even a television, you find ways to occupy yourself. I read books, magazines, and newspapers. I listened to records—yes, actual vinyl. I constructed elaborate paperclip chains (for which I should probably issue a belated apology to my mother). And though it has been a while, I suspect I could still load a filmstrip projector with reasonable skill.

Spending that much time among the easy fiction books for the youngest of readers caused me to form some opinions. Among those are: 1) Dr. Seuss's books, while enjoyable, are wildly overrated. 2) Bernard Wiseman, with his Morris and Boris series, deserves far more recognition than he has ever received. And 3) If you want to achieve success as a children's author, your best bet is to follow the well-worn formula that assures kids they can make a difference—no matter how small they are.

Now, I fully expect my inbox to be flooded with impassioned defenses of Dr. Seuss, but the third point is where I'd like to focus. I consider myself a

pragmatist—though some who know me well might argue I'm more of a cynic. And I've always had my doubts about the ubiquitous "one person can change the world" mantra. Sure, history provides examples, but they are exceptions, not norms. At some point, I've wondered whether this message fosters unrealistic expectations, leading to inevitable disappointment. We may end up with doctors who save countless lives, but consider it a personal failure that they didn't cure cancer.

Recently, however, my skepticism about the power of the small was put to rest in dramatic fashion. And no, it wasn't some Greta Thunberg-esque figure who changed my perspective. It was something much smaller—infinitiesimally so. In fact, if my calculations are correct, roughly 2,000 of them could fit on the period at the end of this sentence. That's right—I'm talking about the influenza virus.

I would love to say that I admired its potency from a safe distance, but unfortunately, I became an unwilling host. And while I had no desire to play the role of Petri dish, the virus had other plans. The result? A level of misery I had not experienced in at least two decades. I'll spare you the more vivid details, but suffice it to say, my bed and bathroom saw far more of me than I ever intended.

The first day, I was awake for maybe a couple of hours. The second wasn't much better. By day three, I felt just well enough to Google "appropriate songs

See FIGHT on A-8

Policies

General

Advertisers should check their ad the first time it runs. The Times shall not be liable for any typographical errors or for failure to publish an ad or errors in publication except to the extent of the cost of the ad for the first insertion. Adjustment for errors is limited to the portion of the ad wherein the error occurred. The Times reserves the right to reject any advertisement and submitted editorial copy, and reserves the right to edit any copy submitted for publication. Corrections will be made at the discretion of the editor.

Circulation

A one-year in-county subscription costs \$26.00 plus tax. Due to additional mailing fees, any subscriptions mailed out of county will cost \$52.00 plus tax.

Letters & Opinion

The Times welcomes all letters to the editor.

Letters should be limited to 300 words or less. Letters should focus on issues that affect the community as a whole, and not personal or business disputes.

Letters must include a verifiable address, along with the phone number and signature of the writer. Letters submitted via e-mail need only include a phone number in lieu of a signature.

Letters, columns and cartoons do not necessarily reflect the views of the Times or EK Newsgroup, LLC.

General interest guest columns are welcome. For details email editor@cartercountytimes.com.

Deadlines

The deadline for news copy and letters to the editor is noon on Monday prior to publication. The deadline for display and classified advertising is 5 p.m. on Monday prior to publication.

Legislative from A-4

fits. Instead of supporting teachers, it adds stress and financial risk for those planning their retirement. Despite my no vote, the measure passed 31-7.

Senate Bill 257, the Kentucky DOGE bill, seeks to create the Office of Government Efficiency within the Auditor of Public Accounts to review state agencies for cost-effectiveness and performance. It also reorganizes the Auditor's Office by adding new divisions for audits, financial management, and citizen services. Despite some concerns, I believe Auditor Allison Ball has done a good job, and given her support, I voted in favor of the bill, which passed 32-6.

Several other measures received broad or unanimous support due to their positive impact on Kentucky's economy, education system, and public safety. Some of the bills I supported during the sixth

legislative week include:

- SB 1: Establishes the Kentucky Film Office to attract film production in the state.
- SB 3: Updates Kentucky's NIL (Name, Image, and Likeness) laws for student-athletes.
- SB 68: Revises academic standards to better prepare students for success.
- SB 181: Sets clear guidelines for communication between school employees and students.
- SB 38: Authorizes the use of school bus cameras to catch drivers illegally passing buses.
- SB 117: Creates incentives for city police officers to receive advanced training.
- SB 130: Expands fraud protections including gift card scams under Kentucky's statutes.
- SB 144: Allows firearms used in homicides to be destroyed rather than resold.
- SB 218: Enhances

financial transparency requirements for local governments.

- SB 93: Expands insurance coverage for children's hearing aids.
- SB 190: Updates regulations on charitable gaming.

Each Senate measure approved now moves to the House for further debate. For an in-depth review of the bills passed thus far, I encourage you to visit the legislative record online by visiting the Legislative Record at LEGISLATURE.KY.GOV. There, you can also review the progress of other legislation and delve into all the bills filed this session.

Time is moving quickly in this 30-day session, and with only a handful of legislative days remaining before the veto recess, we are reaching a critical phase. The Senate has spent the bulk of this session advancing its priorities, and soon we will

begin reviewing a hefty amount of bills sent from the House. This period is pivotal, as both chambers must align on key issues, negotiate differences, and determine which measures ultimately make it across the finish line.

I encourage you to stay engaged in the legislative process—your voice matters. Whether you're advocating for your community, your profession, or an issue close to your heart, your input helps shape the decisions that impact us all. Please reach out to share your thoughts and perspectives. I can be contacted by email at SD18@cm.kylegislature.gov or through the General Assembly Message Line at 1-800-372-7181. Kentuckians with hearing loss can use Kentucky Relay by dialing 711

Job Fair from A-1

young people are looking to begin their career soon, and this gives businesses an opportunity to attract young talent.

"If you are looking for a job, I recommend bringing a resume with you," Nelson said. "And more than one copy because in the past we have had interviews done right on the spot."

"The great thing about our job fair is that it is absolutely free to participate for our chamber members," Nelson added. "We will provide the tables, chairs and electricity if needed, and you provide a couple of staff and applica-

tions. And don't forget to dress up your booth with a Spring theme for a chance to win a \$100 Shop Local Gift Card."

"We have a special for new businesses that want to join the chamber," Nelson continued. "It's \$100 for the first year, then adjusts the following years based on income and number of employees."

Nelson also said that a business doesn't have to be headquartered in Grayson to join the chamber, and that even if that business is centered elsewhere there are definite benefits to membership. If a non-member business

wants to participate in the job fair, then they are welcome to do so, for a fee of \$100. Some businesses might choose that second option as a means to look into what other businesses offer and also scout the available pool of potential employees.

"We still have several spots open for you to participate," Nelson said. "You can give me a call at 606-474-4401, or go to the link at <https://www.graysonchamber.com/fall-job-fair-career-expo/>."

Nelson said the Chamber of Commerce is always open to new members, and is dedicated to providing

both new and existing members with the tools and strategies to help them succeed.

"We usually have between 15 and 20 businesses participate," Nelson said. "And those businesses are everything from banking to healthcare and food service. So, there is a little bit of everything represented."

The next job fair is scheduled for the fall, Nelson said, probably around the month of September.

Contact the writer at charles@cartercountytimes.com

Food Pantry from A-1

food pantry will also be having a special giveaway the weekend before the Tuesday grand opening, Wilburn said. On Saturday, March 15, they will be having a special giveaway for women.

Wilburn said the Christian Appalachian Project recently donated a lot of items that women often need, such as makeup, deodorant, and hair products.

"So, we're going to do a lady's day giveaway on March 15, and then we will open the store on March 18," she said. "And we are still doing our monthly food giveaways, so families are still welcome to shop on those giveaway days."

The older individuals they served were finding it difficult to stand in line during those giveaways,

Wilburn said. This was one of the reasons for the move to open a pantry that offered something more akin to a traditional shopping experience.

"A lot of them were using canes and some of them were using walkers," she said. "And it was hard for them to stand in line. But we built a real nice handicap ramp to the store, and are hoping that will make it easier for our seniors."

Older people coming to the food pantry don't need to be concerned about missing available products simply because they are not standing or moving through the line, Wilburn said.

"The same stuff that we have in the pickup line is in the store," she said.

Wilburn was quick to offer praise for other

churches that have jumped in to help. The Mormon Church in Olive Hill, she said, is buying coolers for the store which will allow them to store things like orange juice, yogurt, and milk for their customers. That church is also giving Daily Bread \$1,700 to purchase groceries that will be added to their giveaways and the store. There was also an anonymous donation of \$5,000 which is a major help to the pantry.

"The community has been so good," Wilburn said. "They help bag up the food and stock the food for the giveaway. We just couldn't do it without the community support."

The sense of community has been a blessing as well, she said.

"It's good to see so many different

organizations come together. It has truly been a blessing. All the different churches, like the Methodist Church and England Hill Church that comes from Catlettsburg. It's been such a blessing to get to know those people," Wilburn said. "And you see the similarities, not the differences, when we all work together. We all just want to feed hungry people."

Wilburn said that she is also very grateful to the people from Genysis Rehab who have helped her immensely with cleaning and painting.

"They have just been so good to help us," she said. "They have unloaded trucks and helped with the giveaway. They have just been amazing."

The Daily Bread Food Pantry is a good

Opioid from A-3

thoughts involved. As we grow older and the part of the brain we control develops, we learn to interpret stimulus by their effects such as cold, tired, and hungry, or warm, rested, and sated. But the body is still ahead of our interpretive brain and has already sent messages that affect that interpretation.

When the external chemicals we call drugs are introduced into the body they disrupt the stream of messages to and from the nerves and other chemical messengers the body uses to operate, changing some of the body's messengers and blocking other messengers entirely. Different drugs affect different messengers, but every drug has an effect, whether it is aspirin or oxycodone. Again, we only consciously experience the effect and not the process as it is happening. But understanding that process can help us understand how the effect

happens.

When a person experiences pain, the body instantly reacts. Specialized nerve cells activate chemical messengers and send a message to the spinal cord and then to the thalamus and other areas of the brain. At that point the brain determines whether to increase or decrease pain; it can release natural painkillers (endorphins) or neurotransmitters that increase pain and/or hormones that stimulate the autoimmune system. This is a generalized example of the response, but the body reacts in this manner to protect and maintain itself.

When certain drugs called opioids (after opioid receptors present in the body) are introduced into the human body, they hijack the body so to speak. The normal function of the brain is disrupted, and it is no longer the brain that determines the response – and opioid drugs continue this process regardless of

whether or not there is any pain signal that requires a response.

Pain response is a normal function of the body, and when the brain releases endorphins (the natural painkiller) they have a calming effect and can also give us a sense of euphoria, or a sense of well-being and happiness. This is part of the brain's reward system, which further impacts our conscious thoughts, and is a mechanism that helps us move through and beyond the pain we are experiencing. In the doses the body itself measures this is normally beneficial. But when an external chemical agent such as an opioid takes control of the reward system the results can be catastrophic.

Opioids not only block pain messages, but they also force the body to release another chemical agent known as dopamine, which the body releases normally in response to pleasurable activities. So,

the opioid itself becomes the source of pleasure on a biological level and leads to addiction as many individuals seek to maintain that level of pleasure. And given that extended use of opioids leads to the body attempting to build a resistance to the foreign chemicals, more of those chemicals are needed to achieve the desired result. Unfortunately, this need

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**COMMONWEALTH OF KENTUCKY
CARTER CIRCUIT COURT
CASE NO. 22-CI-00383**

NEW REZ LLC D/B/A SHELLPOINT MORTGAGE SERVICING PLAINTIFF

VS. **NOTICE OF SALE**

RACHEL PARSONS, A/K/A RACHEL STEPHENS; CACH LLC OF COLORADO; MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC. AS NOMINEE FOR EVOLVE BANK & TRUST; UNKNOWN HEIRS, DEVISEES AND LEGATEES OF EDDIE PARSONS; UNKNOWN SPOUSE OF CIERRA PARSONS; UNKNOWN SPOUSE OF DESTINY PARSONS; UNKNOWN SPOUSE OF EDDIE PARSONS; UNKNOWN SPOUSE OF RACHEL PARSONS; UNKNOWN SPOUSES OF UNKNOWN HEIRS, DEVISEES AND LEGATEES OF EDDIE PARSONS; JUSTIN DAVIS; SAMANTHA DAVIS, INDIVIDUALLY AND AS EXECUTRIX OF THE ESTATE OF EDDIE PARSONS; C. P., A MINOR; DESTINY PARSONS DEFENDANTS

Pursuant to the Judgment and Order of Sale in the Carter Circuit Court, entered on January 8, 2025, I shall offer for sale the property described herein at public auction on the Courthouse steps of the old Carter County Courthouse, 300 West Main Street in Grayson, Kentucky, on the **26th day of March, 2025 at or near the hour of 1:05 p.m.**, to the highest bidder on the following terms:

The aforementioned real estate shall be sold as a whole. The real estate shall be sold on a credit of thirty (30) days, with the privilege of the purchaser to pay for bid in cash in full, and if not paid in full then the purchaser shall make a cash down payment of at least ten percent (10%) of the purchase price to cover the costs of the judicial sale; and the purchaser shall execute a bond for the remainder of the purchase price, with good surety thereon, to be approved by the Master Commissioner of this Court, and bearing interest at the rate of 6.125% per annum from the date of the sale, until paid; additionally, a lien shall be retained upon the real estate to be sold herein, to secure the payment of the balance of the purchase price within thirty (30) days of the date of sale upon which execution may be levied by the Master Commissioner of this Court.

Description of the Property: 807 Kibbey Street, Grayson, KY 41143. (For Legal Description see LSOT: Deed Book 146, Page 791, Carter County Clerk's Office.)

Map/Parcel ID Number: 104-20-05-022.

NOTE: Only delinquent ad valorem taxes shall be paid from the sale proceeds. The Purchaser shall be responsible for payment of the taxes for the current year and thereafter.

Honorable John P. Thompson
Master Commissioner
Carter County, Kentucky

**COMMONWEALTH OF KENTUCKY
CARTER CIRCUIT COURT
CASE NO. 24-CI-00223**

FEDERATION OF APPALACHIAN HOUSING ENTERPRISES, INC. PLAINTIFF

VS. **NOTICE OF SALE**

UNKNOWN HEIR(S) OF SHIRLEY THOMPSON; UNKNOWN SPOUSE OF SHIRLEY THOMPSON; UNKNOWN OCCUPANT(S) OF 190 JONES MEMORIAL DRIVE; CONSTANCE MARIE BOGGS; UNKNOWN SPOUSE OF CONSTANCE MARIE BOGGS; CITY OF OLIVE HILL, KENTUCKY; CARTER COUNTY, KENTUCKY DEFENDANTS

Pursuant to the Judgment and Order of Sale in the Carter Circuit Court, entered on February 4, 2025, I shall offer for sale the property described herein at public auction on the Courthouse steps of the old Carter County Courthouse, 300 West Main Street in Grayson, Kentucky, on the **26th day of March, 2025 at or near the hour of 1:00 p.m.**, to the highest bidder on the following terms:

The aforementioned real estate shall be sold as a whole. The real estate shall be sold on a credit of thirty (30) days, with the privilege of the purchaser to pay for bid in cash in full, and if not paid in full then the purchaser shall make a cash down payment of at least ten percent (10%) of the purchase price to cover the costs of the judicial sale; and the purchaser shall execute a bond for the remainder of the purchase price, with good surety thereon, to be approved by the Master Commissioner of this Court, and bearing interest at the rate of 6.125% per annum from the date of the sale, until paid; additionally, a lien shall be retained upon the real estate to be sold herein, to secure the payment of the balance of the purchase price within thirty (30) days of the date of sale upon which execution may be levied by the Master Commissioner of this Court.

Description of the Property: 190 Jones Memorial Drive, Olive Hill, KY. (For Legal Description see LSOT: Deed Book 230, Page 760, Carter County Clerk's Office.)

Map/Parcel ID Number: 043-20-06-013.08.

NOTE: Only delinquent ad valorem taxes shall be paid from the sale proceeds. The Purchaser shall be responsible for payment of the taxes for the current year and thereafter.

Honorable John P. Thompson
Master Commissioner
Carter County, Kentucky

Looking to buy, sell or trade?
Having a yard sale?
Looking to hire or find work?

Post it in the CLASSIFIEDS!

Contact advertise@cartercountytimes.com

WANTED

Local Surveyor. Wanting old plats, maps and drawings to scan. Looking for plats, maps and drawings of the Town of Grayson Kentucky, Shivel Addition and Eastern Kentucky Railroad. Please contact Donald L. Cooke P.E., L.S. at 606-474-9285 or e-mail me at donaldpels@windstream.net.

example of what can be accomplished when everyone works together toward a common goal, Wilburn said. And working together, she added, makes

the community better one family at a time.

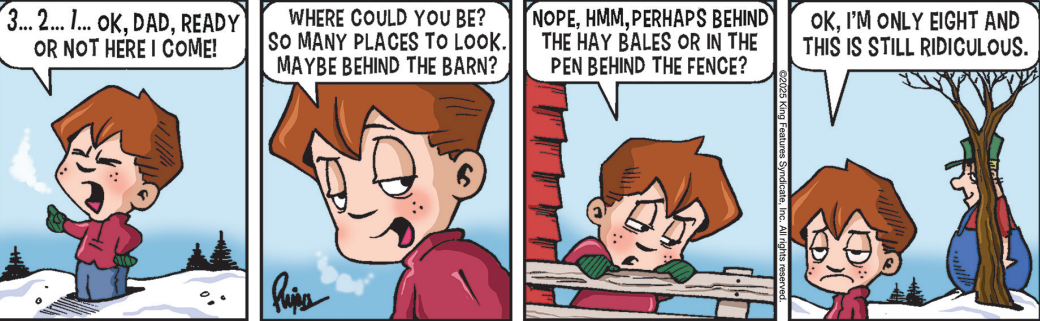
Contact the writer at charles@cartercountytimes.com

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Amber Waves

by Dave T. Phipps



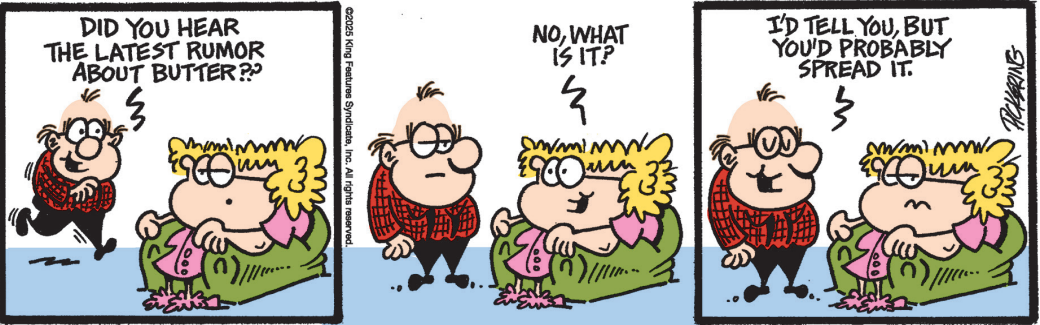
Out on a Limb

by Gary Kopervas



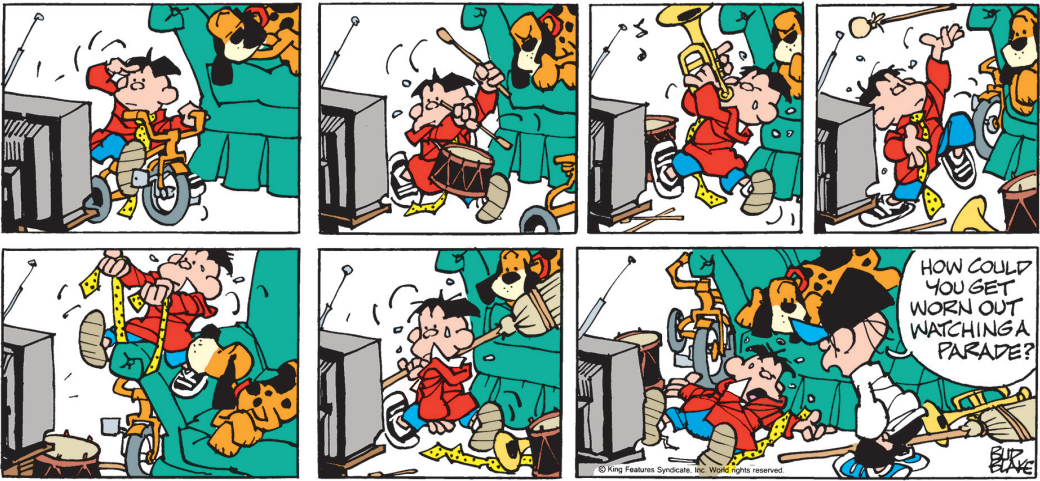
The Spats

by Jeff Pickering



TIGER

by BUD BLAKE



OLIVE

By Emi Burdge



HOCUS-FOCUS

BY HENRY BOLTINOFF



Just Like Cats & Dogs

by Dave T. Phipps



CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

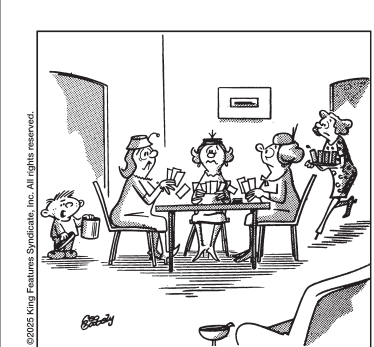
Clue: A equals D

G Y N Y J V E Y F V J S V J Q U S Q L P O S N
U V K J K C Q I O - E C V R V A , Z V C N V A
J Q Z V P I E N V K A Q G K T K F V :
T K G N K I L K J R V C .

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SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!



Comply

PATAD

Achieve

TATIAN

Climb

LACES

Brave

RUENED

TODAY'S WORD

Even Exchange

by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|------------------------|---|--------------------|---|
| 1. Arthurian wizard | E | Hemingway's fish | A |
| 2. Finicky | C | Little finger | N |
| 3. From Paris | F | Ditch | T |
| 4. Frighten | C | Gawk | T |
| 5. Alternate route | T | Eat greedily | V |
| 6. Late for school | D | Linger | R |
| 7. Geese, collectively | A | Chortle | I |
| 8. Bale string | E | Identical siblings | S |
| 9. Accountant's book | E | Hotel guest | O |
| 10. Sheriff's party | S | Composure | I |
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GO FIGURE!

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	+		-		=	2		
+		+		+				
	+		x		=	52		
x		+		x				
	+		÷		=	1		
=		=		=				
21		8		69				
1	2	3	4	5	6	7	8	9

DIFFICULTY: ★★
★ Moderate ★★ Difficult
★★★ GO FIGURE!

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Go Figure!

21	=	8	+	2	+	3
60	=	x	+	x	+	x
1	=	4	x	7	x	52
9	+	6	+	+	+	
1	+	8	-	8	=	2

ANSWERS

Even Exchange

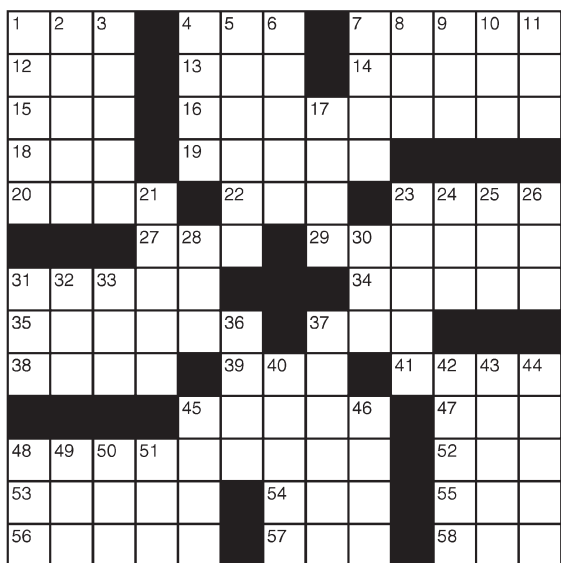
ANSWERS

1. Merlin, Marlin	6. Tandy, Tamy
2. Picky, Picky	7. Gaggle, Gaggles
3. French, French	8. Twine, Twims
4. Scare, Scare	9. Ledger, Lodge
5. Delour, Devour	10. Fosse, Foise

King Crossword

ACROSS

- 1 Solo of "Star Wars"
- 4 Dandy guy
- 7 Sir's counterpart
- 12 Coach
- 13 Parseghian
- 14 Mountain crest
- 15 Roulette bet
- 16 "Absolutely not!"
- 18 Genetic letters
- 19 Long journeys
- 20 Informal pronoun
- 22 JFK's predecessor
- 23 Slightly wet
- 27 Id counterpart
- 29 Small burger
- 31 Majestic
- 34 Paris school
- 35 Diocese part
- 37 Iota
- 38 Tennis score
- 39 Author Umberto
- 41 Slightly open
- 45 Stand-in
- 47 Japanese sash
- 48 "Absolutely not!"
- 52 Egg quaff
- 53 Love, Italian-style



- 54 Indian lentil dish
 - 55 Citric beverage
 - 56 Already
 - 57 Magic, on scoreboards
 - 58 French salt
 - 9 "Lion" actor Patel
 - 10 Chowd down
 - 11 Sea, to Henri
 - 17 Stretches (out)
 - 21 Bolshevik leader
 - 23 Formal decrees
 - 24 Fuss
 - 25 Singer Torme
 - 26 Season opener?
 - 28 Dept. store inventory
 - 30 Luau souvenir
 - 31 Transcript no.
 - 32 "Awesome!"
 - 33 "Entourage" role
 - 36 Olympian queen
 - 37 Freight train unit
 - 40 Homebuyer's option
 - 42 Singer Nick
 - 43 Home
 - 44 Star in Orion's foot
 - 45 "Close one!"
 - 46 Holler
 - 48 "Terrif!"
 - 49 Author Tan
 - 50 Heavy weight
 - 51 --Magnon
- © 2025 King Features Synd., Inc.

Weekly SUDOKU

4	8	5	7					
7		2	6			3		
	5							1
	8		1	3		9		
			2	9				
				5	2			
	9	1				7		
3	9	5				6		
4			6			3		

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆◆◆

- ◆ Moderate
 - ◆◆ Challenging
 - ◆◆◆ HOO BOY!
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Five Spot™

P	E	A	R	L	Oyster gem
					Remove clutter
					Sticker
					Military academy undergrad
					Referenced
					A hole in the ground

Solve each row by replacing one letter from the answer above or below and scrambling to make a new word. When complete, the top and bottom words will have no letters in common.

FiveSpot is a trademark of Michael McLinden 02502

Answers

Solution time: 26 mins.

S	E	L		O	R	L		W	O	N		B
A	D	E		H	E	D		A	M	O		A
F	A	T		C	H	A		N	O			N
P	R	O		X				P				O
A	J	A		C	O			A	D	I		N
P	A	R		I	S	H		B	I	T		
G	R	A		N	D			E	C	O		L
V	A	L		L	D	E		D	A	M		P
R	N	A		T	R	E		K	S			
R	E	D		N	E	V		E	R	E		V
A	R	A		O	V	A		A	R	E		T
H	A	N		F	O	P		M	A	D		A

Trivia test

- by Fifi Rodriguez
- TELEVISION: Which 1960s sitcom was about a TV comedy writer, his job and his family?
 - AD SLOGANS: Which candy slogan urges consumers to "Taste the rainbow"?
 - COMICS: Which superhero gets his power from a ring?
 - GEOGRAPHY: Which country has the most islands?
 - MEASUREMENTS: How many cups are in a pint?
 - MOVIES: Which scary 1980 movie contained the phrase "red rum" and what does it mean?
 - ANATOMY: What is the outermost layer of human skin called?
 - U.S. PRESIDENTS: Who was the first president to ride in a car to his inauguration?
 - HISTORY: When did India gain its independence from Great Britain?
 - CHILDREN'S LITERATURE: Who lives at 32 Windsor Gardens?

- © 2025 King Features Synd., Inc.
- "The Dick Van Dyke Show"
 - Skittles
 - The Green Lantern
 - Sweden
 - Two
 - "The Shining." It's the word "murder" spelled backward
 - Epidemics
 - Warren Harding (1921)
 - Paddington Bear and the Brown Family
 - 32 Windsor Gardens

SCRAMBLERS

1. Adapt 2. Attain; solution

3. Scale; 4. Endure

Today's Word

TARANTULA

Five Spot™

ANSWERS

H	C	I	D
D	E	I	C
T	A	D	C
L	C	A	L
A	R	E	A
R	L	A	R

Weekly SUDOKU

ANSWERS

4	5	7	8	2	6	1	3	9
8	3	1	9	5	7	4	6	2
6	2	9	1	3	4	8	7	5
1	9	3	7	6	5	2	4	8
5	7	4	2	8	9	6	1	3
2	8	6	4	1	3	5	9	7
9	6	5	3	4	2	7	8	1
7	1	2	6	9	8	3	5	4
3	4	8	5	7	1	9	2	6

King Crossword

ANSWERS

Future superhero who might wear a long-sleeved, belted robe instead of a cape: **Iron Man**

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Kindergarten from A-1

That process included micro-blading eyebrows, and Kinder said that she stayed busy during the tax refund season when people had more disposable income. Though the rest of the year was less busy, she enjoyed being able to set her own schedule and work around spending time with her children.

During the post tax season, when business slowed, Kinder returned to school to get her KMA Certification (Kentucky Medication Aid) and ultimately returned to work at the nursing home, but was again forced to juggle conflicts with work schedule and time she needed to be with her children. Fortunately for Kinder there was a salon in Ashland that had seen her work and wanted

to hire her. In spite of the ‘feast or famine’ cycle of that type of work, she decided to try to make that work once again.

“While I was working there, they came up with the idea for me to do ‘tiny tattoos,’” Kinder said.

Tiny tattoos, she explained, are typically the small tattoos people get on their fingers and take about fifteen minutes to tattoo.

“Where I had experience with the microblading, I sort of had experience doing it,” Kinder said.

She was already knowledgeable with skin depth and needle sizes, so this was something she eased into quite well.

“I started doing it, and I fell in love,” Kinder said.

Describing herself as the kid who always needed

to get the temporary tattoos every time she went shopping, it was inevitable that she enjoyed the new process so much.

“I have always loved tattoos,” she said. “I think they are beautiful.”

While working at the Ashland salon, Kinder completely immersed herself in all things regarding the tattoo industry. However, she consistently ran into roadblocks in the male dominated field, and found it virtually impossible to find someone to help her learn more. Fortunately, though, she made the acquaintance of another female tattoo artist, Leah Kelly, a tattoo artist with a shop in Kermit, West Virginia, and Kinder was able to learn a lot from her.

“She has taught me

everything,” Kinder said. “And she is the lady that does my personal tattoos.”

After all of her struggles to become a tattoo artist – from male artists not wanting to train her to even some suppliers refusing to sell to her because she was female – Kinder is now thriving. She has gone from being so discouraged that at one point she entertained the idea of quitting to now thriving at her location at 130 South Hord Street in Grayson. In fact, she stays so busy that her mentor and now friend Leah Kelly tattoos in Kinder’s shop a few days each week.

Kinder’s Shop, Silver Spur Tattoo, has a western feel and is very family friendly.

“I don’t want to be one

of those businesses you are afraid to bring your kids into,” Kinder said.

She makes sure that everything is family friendly, with videos for children to watch while their parents are getting tattoos or piercings.

Silver Spur offers a broad range of tattoo and piercing possibilities, and also periodically has ‘flash sales’ of pre-designed smaller tattoos that can be applied in 25 or 30 minutes. Every needle Kinder uses is a single use needle that is never reused, but disposed of in a container that is then picked up by a company that specializes in that sort of disposal. All equipment is also sanitized between clients to ensure that every client has a clean, comfortable

experience. “I think Grayson needed a place like this,” Kinder said. “A place you can feel comfortable bringing your family into that’s comfortable and friendly.”

Kinder said that not everyone will like tattoos and that is perfectly okay. But when you come into her shop, the main thing is that when you leave you’ll be happy with the service and glad you came in.

You can contact Silver Spur Tattoos at (606)249-5231 or find them on Facebook at <https://www.facebook.com/silverspur-tattoos>.

Contact the writer at charles@cartercountytimes.com

Safe harbor 14th annual Cornerstone Awards to be held March 27

Safe Harbor of Northeast Kentucky will hold its 14th annual Cornerstone Awards and 1,000 Women (and Men) fundraising campaign luncheon on Thursday, March 27th, noon, at Bellefonte Country Club. This year’s hostess for the event will be Dr. Candy Boykin, board member at Safe Harbor.

The domestic violence shelter and outreach facility will present its annual Cornerstone Awards during the luncheon, said Ann Perkins, Safe Harbor executive director. The awards honor individuals who have been instrumental in the organization’s growth during the past 40 years and this year we will honor Steve Gilmore, Jesse & Tina Hunt, the

Kentucky Bar Foundation, Lori Mansbach Moore, and the Pallottine Foundation. These individuals or companies will be honored for their dedication and service to help the families at Safe Harbor.

Safe Harbor serves domestic violence victims across the FIVCO area of Boyd, Greenup, Carter, Elliott, and Lawrence

counties. Over the past few years, Safe Harbor has consistently housed more than double the number of women and children compared to previous years. During the past 40 years, Safe Harbor has provided a safe-haven for more than 20,000 women, children, and men.

The 1,000 Women (and Men) Campaign asks res-

idents to make a financial pledge to help continue vital services, such as expanded substance abuse education and care for residents and enhanced children’s programs and counseling. Funds also will assist with continued renovation work across Safe Harbor’s campus. Pledges may be in the form of a one-time gift or may be

spread out over a period of years, Mrs. Perkins said.

For more information about the fundraising campaign or luncheon, contact Linda Day at (606) 329-9304 or email lday@safeharbor.org. You also may mail your pledge or contribution to Safe Harbor at P.O. Box 2163, Ashland, Ky. 41105.

EKU Medical Laboratory Science: Cultivating careers, one sample at a time

RICHMOND — Students Cheyanne Scherder and Isabel Alguera put on their lab coats and gloves and head into Eastern Kentucky University’s (EKU) state-of-the-art Medical Laboratory Science (MLS) lab in the Disney Building. Here, they apply what they’ve learned in the classroom, examining blood samples under a microscope and looking for any abnormalities to make diagnoses. EKU’s MLS program, accredited by the NAACLS (National Accrediting Agency for Clinical Laboratory Science), equips students with the skills and expertise needed to thrive in the rapidly growing healthcare field.

“Our medical laboratory science program plays a vital role in training future healthcare professionals who will contribute to the well-being of our communities,” said EKU President David McFaddin. “With 72% of our healthcare majors employed in Kentucky, EKU graduates are ready to meet workforce demands and make a lasting impact in the field.”

According to the U.S. Bureau of Labor Statistics, the demand for medical/clinical laboratory scientists/technologists is expected to grow. An aging

population and increasingly common prenatal testing has led to a greater need for laboratory procedures that can diagnose medical and genetic conditions. Similarly, the Bureau of Health Workforce of the U.S. Health Resources and Services Administration projects a substantial increase in demand for medical or clinical laboratory scientists by 2030.

For many students, the opportunity to gain hands-on experience in laboratory settings is a major draw to the program. EKU’s MLS program teaches students key skills like specimen collection, analysis and test result reporting, all while utilizing technology and equipment that can be found in hospital labs. With a focus on laboratory techniques, diagnostic testing and quality control, the program prepares students for careers in independent clinical laboratory work with minimal patient contact.

Scherder, MLS major from Carrollton, Kentucky, chose EKU’s program not only for its strong reputation in healthcare education but also for the sense of community it fosters. MLS appealed to Scherder because of its behind-the-scenes work in providing comprehensive patient

care.

“EKU is a community. That attracted me the most,” Scherder said. “The hands-on lab work has been one of my favorite parts of the program. We’re not just learning theory—we’re actually practicing the techniques we’ll use in the field.”

Scherder added, “Our professors always keep the students engaged with activities like socials, potlucks and interactive lab sessions. They want you to succeed.” Through the program, she has had the opportunity to tutor other students and assist in setting up labs, including the anatomy and physiology lab—valuable experiences that enhance her education and prepare her for the workforce.

Alguera, MLS major from Georgetown, Kentucky, likes the wide range of career possibilities that come with an MLS degree.

“There are so many opportunities this degree can get you,” Alguera said. “I want to start off in the hospital to gain experience and eventually, I’d love to manage my own lab.”

MLS graduates work in healthcare facilities, biomedical companies, public health and the armed forces. Some graduates have pursued careers as

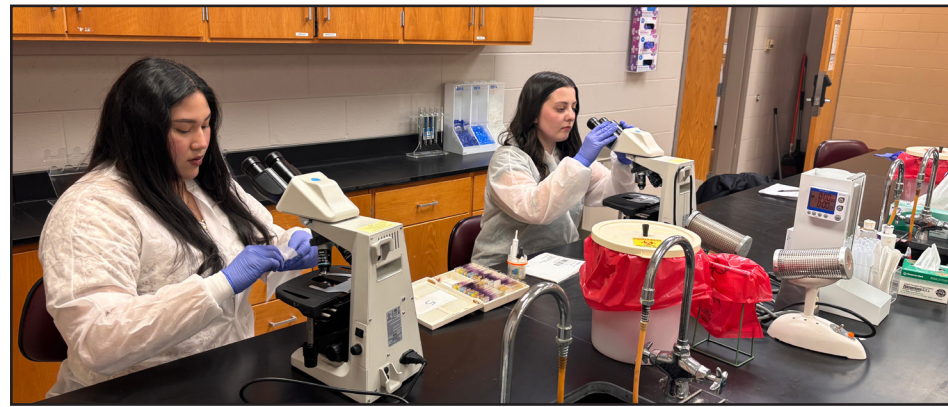
travel clinical scientists, allowing them to work in various locations across the country.

EKU has a robust portfolio of health-related programs, including MLS, premed/biomedical sciences, psychology, nutrition, nursing, occupational therapy and emergency medical care. Further expanding a commitment to healthcare education, EKU is exploring the possibility

of offering a Doctor of Osteopathic Medicine (D.O.) degree. A College of Osteopathic Medicine would help address the healthcare shortages in Kentucky, particularly in rural and underserved areas by preparing more physicians to provide patient-centered care.

EKU’s MLS program has opened doors to both professional and personal growth for students like

Scherder and Alguera. For students passionate about science and healthcare, EKU’s MLS program offers a unique and rewarding pathway to a career in healthcare. With a strong focus on hands-on learning and a growing demand for skilled professionals, graduates of the program are well-prepared to enter a field that is essential to modern healthcare.



Fight from A-5

for funerals.” It took over a week before I was fever-free and cleared to return to work, and another full week beyond that before my appetite even began to reappear. Days blurred together, and even now, three weeks removed from my microscopic ambush, I’m still digging out from the backlog of tasks that accumulated.

In my post-illness research, I learned two facts from the Centers for Disease Control and the World Health Organization. First, the influenza virus

measures approximately 100 nanometers in size. For perspective, there are 100,000 nanometers in a single centimeter. Second, and more astonishingly, it takes only one influenza virus to make a person sick. If ever there was definitive proof that size is no indicator of effectiveness, this is it.

Mark Twain once quipped, “It’s not the size of the dog in the fight, it’s the size of the fight in the dog.” It’s a profound quote, and one I’m now convinced he said after

having the flu.

Emerging from my battle, I’ve developed a deep-seated loathing—yet grudging respect—for my submicroscopic adversary. But I also walked away with two lingering thoughts. First, I wonder how well a children’s book about a virus would be received. And second, for the vast majority of people, getting the flu vaccine should be a no-brainer. Next year, you can bet I’ll be first in line.

TOGETHER WE CAN HELP

OPEN DONATION FOR FLOOD DISASTER RELIEF

Scan the QR-Code below to be taken to an Amazon wish list with items needed. Items that are not on the wish list can also be purchased and sent through the wish list directly to Flood Relief Centers in that area.

Perry County **Floyd County** **Pike County**

DONATE NOW