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Carter County Times

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CARTER COUNTY, KENTUCKY

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Next phase in school construction

New plan calls for CTC to be completed by 2028-29

By Charles Romans
Carter County Times

Carter County Schools Superintendent Dr. Jennifer Fraley said that Carter County Schools are dedicated to doing what is best for all of its students. The rocky start of the 2026 school year, with challenges in the form of both sickness and extremely inclement weather, hasn't dimmed their determination to make this year

a great year for students, but it has required judicious use of the allotted snow days and NTI days, she said.

"It's a question of making the best decisions possible," Fraley said.

"This is usually a window where we get in some really good instruction time," Fraley explained. "But since they haven't been with us, it is a little worrisome."

Although there seems to be a warming trend on the horizon, there is still concern about roads that are icy and an additional potential snowfall before the temperatures begin to rise, Fraley said.

See **SCHOOL** on A-3



While site preparation for the new high school has proven to be more expensive than anticipated, a new phased construction plan could keep date-dependent funds from being clawed back. (submitted photo)

Student's best friend

Carter County Schools to receive new K9 companion

By Charles Romans
Carter County Times

Carter County School District is about to have a new best friend. That friend will add four furry legs to the school police department, and will help keep all the students throughout Carter County Schools safe. The newest recruit's name is Mabel, but the cute Labrador pup will be participating in training before

she begins work, School Police Chief RD Porter said.

"She will be a non-biting police canine," Porter said. "She will be certified in narcotics, THC, vapes, and firearms. And she will be present at all the schools once she completes training. Her handler (Officer Matt Salley) is assigned to East Carter High School. But she will be utilized at all Carter County Schools."

Porter said that having an officer of Mabel's talents had been one of his long-term goals.

"But we felt that there was a greater need to staff the schools with officers," Porter said.

See **K9** on A-8



Mabel (submitted photo)

Paths of history

By Charles Romans
Carter County Times

The path has existed for 12,500 years, Max Hammond said.

Hammond, the Executive Director of Warrior's Path, elaborated. "It was, and is, a path that once stretched from Mobile, Alabama to the Great Lakes."

The trail passes through a considerable amount of the state of Kentucky, Hammond said, from Cumberland Gap to the Ohio River at South Portsmouth.

"The path is so old that it wasn't made by the buffalo, but by the megafauna," Hammond explained. "The ground sloths, the mammoths, and the mast-

See **PATH** on A-6



Olive Hill is one of the first towns named a Warriors Path Community. Trail Town Executive Director Jessie Oney accepted the designation from Warriors Path Executive Director Max Hammond. (submitted photo)

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.

- Treyver Pauley, 19, of Ashland, arrested by Carter County Sheriff, for failure to appear on a citation for a misdemeanor, arrested and booked January 28.
- Jesse McDaniel, 32, of Ashland, arrested by Boyd County Jail, on charges of theft by unlawful taking or disposition of items valued between \$1,000 and \$10,000, first degree criminal mischief, and falsely reporting an incident to law enforcement, arrested and booked January 28.
- Scotty Skaggs, 57, of Olive Hill, arrested by Carter County Jail, for failure to appear on

- a citation for a misdemeanor, arrested and booked January 28.
- Teresa Clay, 20, of Webbville, arrested by Carter County Sheriff, charges unavailable, arrested and booked January 30.
- William Hurst, 48, of Greenup, arrested by Boyd County Jail, executing a warrant for a federal agency, and on charges of theft by failure to make required dispensation of property valued between \$1,000 and \$10,000, and four counts of failure to appear on a citation for a misdemeanor, arrested and booked January 30.
- Jarrod Adams, 46, of Jeremiah, arrested by Olive Hill PD, on a probation violation for a felony offense, and a charge of contempt of court, arrested and booked January 30.
- Russell White, 56, of Grayson, arrested by Carter County Sher-

iff, for non-payment of court costs, fees, or fines, arrested and booked January 31.

- William Branham, 25, of Olive Hill, arrested by Carter County Sheriff, on a charge of fourth degree assault with minor injury, arrested and booked February 1.
- Samantha Parker, 24, of Olive Hill, arrested by Carter County Sheriff, on a charge of fourth degree assault with minor injury, arrested and booked February 1.
- Travis Blevins, 41, of Grayson, arrested by Grayson PD, on a charge of fourth degree assault (domestic violence) with no visible injury, arrested and booked February 1.
- Levi Eldridge, 28, of Grayson, arrested by Grayson PD, for failure to appear on a citation for a misdemeanor, arrested and booked February 1.
- Clayton Puckett, 56, of Olive

See **ARRESTS** on A-3



This Week's Obituaries

Charlotte Ann "Sis" Paynter Kiser, 76

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LIFESTYLE



When meat is optional: A high-protein pantry dinner

You don't have to serve meat at every meal for it to be healthy, filling or high in protein. Lentils, rice and other plant-based proteins have fed generations of families around the world for millennia, quietly and affordably. When you understand how to combine them, they create meals that are satisfying, flexible and surprisingly substantial.

TVP, or textured vegetable protein, isn't new or exotic. It's been used for decades as an inexpensive way to stretch ground meat or replace it entirely. Made from defatted soy flour, it's similar in texture to ground meat once rehydrated. It's shelf-stable, high in protein, neutral in flavor and absorbs whatever seasonings you give it. For budget-conscious

cooks, it's a useful ingredient that adds substance without adding much cost.

If you've ever eaten canned or frozen chili, burritos or meatballs, there's a good chance you've already eaten it. You can find TVP in the bulk section of the grocery store, sometimes labeled textured soy protein. If not, check near dry soup mixes or ask an employee.

WARM SPICE LENTIL RICE BOWLS

Yield: 6 to 8 servings
Total Time: 40 mins.

These warm spice lentil rice bowls use TVP to boost protein while keeping costs low. Cooked in broth with onion and warm spices, it creates a hearty base that can be served as-is or customized with vegetables, sauces or toppings depending on what you have on hand. Each serving contains about 18 grams of protein.

6 cups water, divided
1/4 teaspoon salt
1 cup brown lentils
1 tablespoon olive oil
1 medium onion, thinly sliced
1/2 teaspoon white or brown sugar
1 teaspoon coconut aminos, optional

1 cup long-grain white rice
1 cup textured vegetable protein (TVP)
2 tablespoons dried parsley flakes
1 tablespoon vegetable or chicken bouillon granules
2 teaspoons curry powder
1 teaspoon ground cumin
Black pepper to taste

Topping ideas: plain yogurt, sauteed greens, roasted carrot or sweet potato, pickled onions, green onions, fresh herbs, cucumber, or sliced lemon or lime.

Bring 3 cups of water and 1/4 teaspoon salt to a boil in a large saucepan. Add the lentils and reduce heat to low, simmer uncovered for 10 minutes.

Meanwhile, warm the olive oil in a skillet over medium-low heat. Add the onion and cook slowly, stirring occasionally, allowing it to soften and caramelize, about 10 minutes. After the first 5 minutes, add the sugar and, if using, the coconut aminos to deepen the flavor.

Once the onions are golden and fragrant, add the rice and stir to coat the grains in the flavorful oil. Cook for 1-2 minutes, then transfer the onions and rice to the saucepan.

Add the remaining 3 cups water, TVP, parsley, bouillon, curry powder and cumin. Stir



customizable bowl of lentils, rice and warm spices makes an easy, high-protein pantry dinner. (Photo Credit: www.JasonCoblentz.com)

to combine. Bring to a vigorous boil, then remove from heat, cover and let stand undisturbed for 20 minutes.

Fluff with a fork, season with black pepper and serve.

Think of this as a grain-bowl style meal and let everyone customize their own bowl. Try topping it with chopped fresh herbs for brightness, roasted veggies bring sweetness, garlicky greens for depth and a dollop of yogurt, tahini or another simple sauce. A spoonful of something pickled or spicy adds contrast and keeps the dish lively from bite to bite.

Knowing how to prepare satisfying meals without relying on meat is a useful skill, especially when food prices feel unre-

dictable. Dishes like this are about flexibility, resilience and feeding yourself well with what's affordable and available. That kind of confidence in the kitchen is always worth having.

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](https://www.facebook.com/DivasOnADimeDotCom). Email Patti at divapatti@divasonadime.com

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Ask Daryl: Your Professional Organizer Children and their toys

Children between the ages of 3 and 8 are in the highest range of children who play with toys. That means that for six years you can expect to have to find a place to put them all. We're talking birthdays, holidays, and "just because" that will bring toys into your home to live. While we know that these events will bring joy and entertainment to our kids, it is a fact that every toy they receive will ultimately have a limited life span until the next new one comes along, making it nearly impossible to store all the new ones plus the ones they have lost interest in.

So, what do we do with all those toys? Here are some suggestions that may help you rethink how you will keep your kiddies happy while reducing the

clutter.

- When a new toy enters your home, find one that hasn't been used for a while and donate it. Most children pay more attention to the new ones and not the old and probably would not even be aware if one was replaced.
- Items like books, or toys that you know will be rediscovered — or any you aren't sure about — should be kept on hand until age takes over or they become a childhood memory.
- Toy boxes are nice because they hold a lot, however, they do nothing for making toys easy to find. They usually end up lost in a vast blend of color without much definition. Shelves, on the other hand, are ideal for displaying what kids own and it makes it easier for you to determine



Daryl Ashley
Guest Columnist
Confusion Solution

how long something has been used.

- For those small pieces like army men, cars, and marbles; these are best put into small clear containers by their type. Easy storage and easy to put away.
- Rotating toys is another great way to keep things fresh, reducing the clutter and creating a new look for old toys. Store several toys in a container and put them away for a couple of months. Then exchange them for what is on display for a brand new look and a change in play opportunities.

Your kids deserve to have fun with their toys, but it's easy to let the mass get out of control. Small changes can make a big difference and give new life to those gifts that will keep on coming.

It's as simple as that! Send your questions and comments to me at info@confusionsolution.com

Joyful Noise

By Pastor Naomi Mitchell
for Carter County Times

God has always been and still is in the details about everything from the first day of creation to now. During my Bible studies this past couple of weeks, I have been reading in Exodus and Leviticus.

In Exodus 24:12, And the Lord said unto Moses,

"Come up to me in the mount, and be there: and I will give thee tables of stone, and a law and commandments which I have written; that thou mayest teach them."

Moses obeyed God's voice to "come up" and be in His presences. The glory of the Lord was like a devouring fire upon that mountain.

In the book of Exodus, God gave Moses the Ten Commandments for the people. Moses was on that mountain for forty days and forty nights as God gave him great and intricately detailed commandments.

The Ten Commandments still govern our lives today including loving your neighbor!

A commandment is an authoritative directive or instruction from God intended for obedience rather than just a harsh order.

See JOYFUL NOISE on A-4

Strength for Life

Building a strong heart in a small town

February is American Heart Month, and in a rural community like ours, heart health is more than a headline—it's personal. I see it every day as a personal trainer: particularly in women/mothers, juggling work, family, and other obligations, often putting their own health last. The good news is that the habits that protect your heart don't require fancy equipment or a big-city gym. They require consistency, smart guidance, and a plan that fits real life.

The good news is that the habits that protect your heart don't require fancy equipment or a big-city gym. They require consistency, smart guidance, and a plan that fits real life.

What the American Heart Association Recommends—In Plain Terms

The American Heart Association (AHA) recommends simple, evidence-based guidelines for physical activity. So does the ACSM (American College of Sports Medicine). For most adults, the goal is at least 150 minutes per week of moderate-intensity aerobic activity (walking at a pace where you can talk but not sing), or 75 minutes of vigorous activity (think jogging or cycling hard), or a combination of both. In addition, the AHA and ACSM recommend muscle-strengthening (resistance) activities at least two days per week, targeting all major muscle groups.

These levels are associated with lower blood pressure, improved cholesterol profiles, better blood sugar control, and reduced risk of heart attack and stroke. Practically speaking, that's

about 20–30 minutes a day, most days of the week, plus two short strength sessions. It's achievable—and it works.

Why Resistance Training Matters as Much as Cardio

Cardio often gets all the credit for heart health, but resistance training is not optional—it's essential. From a clinical standpoint, strength training improves insulin sensitivity, reduces visceral (belly) fat, and increases lean muscle mass, raising your resting metabolic rate. More muscle means your body manages glucose and lipids more effectively, even at rest, this is the golden ticket to longevity.

From a heart perspective, resistance training has been shown to lower blood pressure and improve cholesterol ratios when performed correctly. It also protects joints, improves balance, and reduces injury risk, which is crucial for staying active long-term. In other words, cardio keeps the heart pumping today; strength training helps keep you active for life.

In a small town, I often hear, "I get plenty of work outside." Physical labor absolutely counts—but it's not the same as a structured, progressive program. Intentional resistance training ensures balanced muscle development and appropriate loading, which is what drives the metabolic and cardiovascular benefits we're after for optimal health and longevity.

Local Resources and How I Can Help

One advantage of a close-knit community is access. Walking trails, state parks, well maintained sidewalks and local gyms all provide opportunities to move more. At Deborde Fitness and Sports Conditioning, my focus is on individualized programs that blend cardiovascular conditioning and resistance training in a way that's safe, sustainable, and tailored to your health history.

Because of my clinical background, I work frequently with individuals managing hypertension, hyperlipidemia, hyperglycemia, and other metabolic disorders. For qualifying medical conditions, HSA/FSA funds may be used for supervised fitness and training services when appropriate documentation is in place. This can make professional guidance more accessible and remove a financial barrier to getting started.

I don't believe in one-size-fits-all fitness. Your plan should reflect your schedule, your resources, and your goals, whether that's lowering blood pressure, improving stamina, or simply keeping up with kids or grandkids.

The Takeaway for February

Heart health isn't built in a month, but February is a great time to start. Move more, lift with intention, and don't underestimate the power of small, consistent steps.

Contact us at news@cartercountytimes.com



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Extension Notes

carter.ca.uky.edu

Gardens: Plan now for a successful 2026 harvest

January may feel like the heart of winter, but it's the perfect time to start planning your garden for the year ahead. Thoughtful preparation now sets the stage for a productive and enjoyable growing season. Whether you're a first-time gardener or a seasoned pro, taking time to plan during these colder months will help you maximize your space, save time and ensure a bountiful harvest.

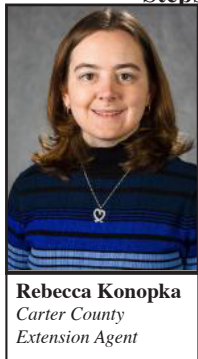
Why plan in winter?

Planning early allows you to choose the best site, select varieties suited for Kentucky and organize your planting schedule. When properly managed, a well-designed garden can easily supplement your family's diet with fresh produce. By mapping out your garden now, you'll be ready to hit the ground running when spring

arrives.

Steps to get started

- Set realistic goals. Decide on a garden size or type you can maintain based on your available space and time. If you are new to gardening, you may want to start with a few containers or raised beds. Overplanting often leads to frustration when weeds and pests take over. A manageable plot will keep gardening fun and rewarding.
- Choose the right location. Select a site with full sun for at least six hours a day, good drainage and easy access to water. Avoid low spots where frost settles or areas that stay soggy after rain. If your soil is heavy clay or sandy, plan to amend it with organic matter for better structure and fertility. Some communities offer garden spaces for lease when more ideal sun, soil and access to exper-



Rebecca Konopka
Carter County
Extension Agent

tise are needed.

- Sketch your garden layout. Once you know where your garden will be, begin by drawing a scale model of your space. Consider plant height and sunlight needs — tall crops like corn and tomatoes should go on the north or west side so they don't shade smaller plants. Perennials such as asparagus and rhubarb should be grouped along one edge since they'll return year after year.
- Select crops your family loves. Garden planning can be interactive and educational. If this is a family project, involve kids by having them cut out pictures of their favorite vegetables from a seed catalog and paste them onto the garden sketch. This ensures your effort pays off in meals everyone will appreciate. It also builds excitement and teaches valuable lessons about food and nature.

See GARDEN on A-3

Arrests from A-1

Hill, arrested by Carter County Sheriff, on a charge of fourth degree assault (dating violence) with minor injury, second degree strangulation (domestic violence related),

and second degree terroristic threatening – while engaging in substantial conduct to prepare for or carry out the act, arrested and booked February 2. 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.

Dangers of winter weather

By Charles Romans
Carter County Times

Winter brings with it a list of challenges. Some are inconvenient, such as shorter days and a drop in temperatures. Other challenges can be quite dangerous to people and animals, especially if the dangers are not easily recognizable. Among those dangers are windchill, hypothermia, and frostbite.

Living in a more or less temperate zone that isn't known for brutal winters, residents of our region might not easily recognize the signs and symptoms of these dangers, especially if we spend a great deal of time outdoors. We might realize that the wind is blowing harder or that the temperature has dropped, but we might not truly be aware of how drastic those changes are.

Windchill is a danger when cold wind touches exposed skin. It is based

upon the rate at which the body loses heat as a result of high wind and low temperature. And given that most people who are out in the elements are exerting themselves, they might not even realize that the rate of heat loss has dramatically increased. But windchill causes the temperature of the skin to drop, and can lead to frostbite quicker than we might think.

Windchill is calculated starting when the temperature is 50 degrees or below, and the speed of wind is 3 mph or greater. The National Weather Service has a calculator for windchill and related risks on their website. The risk of frostbite begins when windchill is rated at -15 degrees or lower, which can cause exposed skin to freeze in 30 minutes. At -32 degrees, that freezing can occur in just 10 minutes.

To combat windchill, it is recommended multiple layers of loose-fitting

clothing be worn. These layers should be lightweight and warm to trap air, keeping the body's warmth close to the skin. All skin should be covered, including ears, nose, fingers, and toes because extremities are more susceptible to frostbite. Anyone who needs to be out in excessive windchill should also take great care to stay dry because wet clothing causes faster heat loss.

Also, overuse of alcohol or caffeine is not recommended. Both of these, but especially alcohol, can give a person a false sense of warmth. We might feel warm, but the skin still reacts to windchill – and frostbite – regardless of what we might consciously be experiencing.

If the body loses heat faster than it can produce it, the result can be hypothermia. Hypothermia is when the core temperature of the human body drops below 95 degrees. This is

brought on by exposure to cold or wet clothes in cold temperatures, and will require immediate medical attention. The symptoms range from shivering to confusion, and eventually unconsciousness. Hypothermia sufferers are typically treated by a process of slow warming.

Hypothermia can be caused by exposure to cold temperatures or cold water, poorly heated indoor environments in the case of older individuals, or a lack of the body's ability to regulate its temperature.

Mild symptoms include shivering, cold hands and feet, slurred speech, and confusion. Moderate symptoms include a cessation of shivering, drowsiness, and loss of coordination. Severe symptoms include unconsciousness, weak pulse, and slow shallow breathing. These are not a complete list of symptoms,

See WEATHER on A-6

School from A-1

“We are going to keep an eye on it, but we really need to get our kids back in the building to make sure they are doing okay,” she said. “As soon as we can safely do that.”

The commitment to making the best decision also applies to the new consolidated high school in Carter County, which will begin the next phase of construction in March of 2026. Dr. Fraley said that the initial phase, which began before she took over as superintendent in the latter part of 2025, was land purchase and site preparation. The next step in the phased construction will involve the school board taking bids on the construction of the Career and Technical Center portion of the new school. The new school, when completed, will consolidate students from East and West Carter High Schools, bringing enhanced opportunities to the school system.

Despite suggestions to the contrary, Dr. Fraley said that the school wasn't in any danger of losing funding that had been initially sent down for the

new school.

“That's because we have really regrouped, and by going ahead with a phased approach we are going to go ahead with at least the Career and Tech Center, the cafeteria, and the office complex,” Fraley said. “There will also be a few of the classrooms, and we are going to build back to a firewall. That is what we have the funds to do right now.”

Fraley said that the term firewall is part of the safety features of the new school. There will be storm shelters to keep the students safe in emergencies, and the firewall is a wall designed to impede the spread of a fire beyond a certain section.

“Those (firewalls) are just natural breaks in a building process,” Fraley said. “So, it just makes sense to stop at that point with this phase. Then we can continue from that point.”

“That will go to bid in March,” Dr. Fraley said. “And by going to bid in March, that ensures that we will be able to award a bid, get started on construction,

and we can spend those funds out that have an expiration date. So, we are not going to lose any funds.”

The loss of those date-dependent funds was a concern voiced by some community members. Fraley also said that the current Kentucky Legislative Session might even yield additional funds.

“We are waiting to see about that,” Fraley said. “But it is still early in that session.”

“We hope we get some support from the legislature, but we are doing everything we can with the funds we have.”

Possible avenues of funding, she said, could include additional funding through things like bonding, the legislature, or good stewardship of existing funds.

Dr. Fraley said that one issue that proved challenging was that the development of the site for the new school proved more costly than initially projected.

“There were a lot of funds spent on that site that could have been used

toward the building itself,” Fraley said.

When finished it will be a beautiful site that is located in the geographical center of the county, she said, but it has proved challenging.

Regardless of the challenges, Dr. Fraley said that Carter County Schools will keep moving forward with the project. Currently there is no fixed completion date for the entire school, but Fraley said that students from both East and West Carter High Schools will be able to take advantage of the state of the art Career and Technical Center by the 2028-29 school year.

“And there could be more developments before the Career and Technical Center is complete that allows us to continue with the school build,” Fraley said. “Then it might be possible to continue on with another phase of the construction. But right now, we are focusing on opening the Career and Technical Center by 2028-29.”

Contact the writer at charles@cartercountytimes.com

Garden from A-2

5. Plan for succession planting. To keep your garden productive all season, plan to replace harvested crops with new plantings. This technique, called “succession planting,” helps you make the most of your space.

For more expert guidance, explore the “Growing Your Own” series from the University of Kentucky's Plant Eat Move Extension program. This collection of resources includes the popular GARDEN Calendar, which

offers month-by-month tips, planting schedules and fun family activities. Beginner growing guides are also available for many popular vegetables and herbs. These are excellent resources for planning, planting and harvesting throughout the year.

Gardening is more than growing food — it's about creating memories, learning patience, and enjoying the satisfaction of eating what you've nurtured. Start planning today and make this year's garden your best yet!

For more information on starting or planning a garden, contact your local Carter County Extension office. The “Growing Your Own” garden publications can be found at <https://www.planeatmove.com/get-moving/growing-your-own-garden/>. 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:**
- Pesticide Safety & Private Applicator Training – February 6th from 1:00-4:00 PM or February 9th from 5:30-8:30 PM; Call 474-6686
 - Extension District Board – February 10th @ 10:00 AM
 - Berry Plant Orders Due – February 10th

CALENDAR

- **2/5: Carter County Library Board @ 6 p.m.** | Carter County Public Library - Grayson
- **2/6: Sit & Sew @ 9 a.m.** | Carter County Extension Education Center | For more info or to RSVP call 474-6686
- **2/6: Shoppes on the Hill @ 11 a.m. - 4 p.m.** | 110 Comet Dr, Olive Hill
- **2/6: Pesticide Safety & Private Applicator Training @ 1 pm.** | Carter County Extension Office
- **2/7: Shoppes on the Hill @ 11 a.m. - 4 p.m.** | 110 Comet Dr, Olive Hill/**28 Olive Hill Book Club @ 5:30 p.m.** | Carter County Public Library - Olive Hill
- **2/9: Quilts for Veterans Sew Days @ 9 a.m.** | Carter County Extension Education Center | For questions call 606-474-6686
- **2/9: Open Art Studio @ 10 a.m.** | Grayson Gallery & Art Center
- **2/9: Game Night @ 5 p.m.** | Carter County Public Library - Olive Hill
- **2/9: Pesticide Safety & Private Applicator Training @ 5:30 pm.** | Carter County Extension Office
- **2/9: Carter County Fiscal Court @ 6 p.m.** | Carter County Courthouse
- **2/10: Berry Plant Orders Due** | Carter County Extension Office | Call 474-6686 for more info
- **2/10: Extension District Board Meeting @ 10 a.m.** | Carter County Extension Office
- **2/10: Grayson Area Chamber of Commerce meeting @ 12 p.m.** | Location TBD
- **2/10: Building Club @ 4 p.m.** | Carter County Public Library, Olive Hill
- **2/10: Grayson City Council @ 5:30 p.m.** | Grayson City Hall

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

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606-286-8788



Pet of the Week

Buddy is a male mixed breed, believed to be around three-years-old. He's a very friendly boy, good with other dogs, and is already neutered and up to date on shots. Buddy also has a free adoption to an approved home. Stop by the Carter County Animal Shelter and meet him 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

Throughout the months of February and March the Grayson Police Department will be conducting safety check points throughout roadways within the city limits, at pre-approved locations.

Equip your business for success.

 Commercial Bank of Grayson
cbgrayson.com



Joyful Noise from A-2

It represents God's guidance for moral conduct, covenant, faithfulness, and righteous living, aimed at the wellbeing and blessing of the people.

Going to the New Testament we read the Great Commandments of Jesus (Matthew 22). Love God: Love the Lord your God with all your heart, soul, and mind. Love Others: Love your neighbor as yourself. God's commands

for humanity, primarily found in the Bible, focus on loving God and others, moral living, and spiritual devotion. Key mandates include the Ten Commandments (e.g., no other gods, no murder, honor parents) and Jesus' commands to love your neighbor, forgive others, make disciples, and live with thankfulness. Forgive others: Release grudges, as you have been forgiven. Serve others:

Lead through service and humility. Deny self: Take up your cross daily and follow Jesus. Make disciples: Spread the gospel to all nations. Live thankfully: Do everything without complaining or arguing. Walk humbly: Do justly, love mercy, and walk humbly with God. General spiritual commands: Pray continuously: Maintain a consistent prayer life. Gather together: Do not

neglect meeting with other believers. Be born again: Experience spiritual rebirth. Watchfulness: Stay alert and ready for Christ's return.

The Ten Commandments and the commands Jesus gave are not mere restrictions but are often better understood as "guides for life" showing "the path" to follow as often highlighted in Psalm 119. God expects obedience

to come from the heart, not just external legalistic compliance. Keeping the commandments of God leads to blessings and security in Him. Joshua 1:9 says, "have I not commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed; for the Lord thy God is with thee withersoever thou goest."

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.

Kentucky has approved 5 medical marijuana cultivators and 7 dispensaries

By Melissa Patrick
Kentucky Health News

Kentucky has now approved five medical marijuana cultivators, two safety compliance facilities and seven dispensaries that are either open or preparing to open, Gov. Andy Beshear announced Jan.

29. He said nine licensees are undergoing inspection.

"Folks suffering from serious medical conditions like PTSD, cancer, multiple sclerosis and more now have a safe alternative that can deliver relief," Beshear said at the news conference.

Most recently, Blue

Sage Cannabis Dispensary opened to the public in Nicholasville on Jan. 29, nuEra Cannabis opened in Frankfort on Jan. 30 and Kentucky Alternative Care opened in Louisville on Jan. 31. The Courier Journal reported that Kentucky Alternative Care is the state's sixth dispensary to

open.

Also open are Speak-easy Dispensary in Lexington, Green Releaf Dispensary in Pulaski County and The Post Dispensary in Beaver Dam.

"These openings mark an important step toward building a functional, patient-centered medical can-

nabis system in Kentucky," Rachel Roberts, executive director of Kentucky Cannabis Industry Alliance, said in a news release. "Each new dispensary brings improved access, choice and geographic coverage for patients across the state."

So far, more than

18,000 Kentuckians have been approved for medical cannabis cards. Over 510 practitioners are registered to issue certifications, and they have already issued more than 28,000 electronic certifications, according to Beshear.

Another year, another attempt to push Ky's Juul settlement dollars to prevention, cessation

By Sarah Ladd
Kentucky Lantern

Millions of dollars flowing into Kentucky from an e-cigarette company settlement go straight to the state's General Fund, mixing with public taxes and other revenue.

Republicans in both the House and Senate are trying again this year to redirect that money — and settlement dollars from any future, related litigation — into smoking and vaping prevention and cessation efforts, which they say is a more appropriate place for the funds.

Two bills — House Bill 187 and Senate Bill 74 — propose that Kentucky establish a vaping settlement trust fund, administered by the attorney general, for the purpose of funneling all money received through litigation or other measures from Juul toward tobacco-cessation efforts. Both bills have been assigned to committees but haven't yet had hearings.

More than two dozen organizations — including the Kentucky Hospital Association, UK Markey Cancer Center, UofL Health Brown Cancer Center and the Kentucky Nurses Association — backed the effort in a recent advocacy letter. Attorney General Russell Coleman's office did not respond to a Lantern email asking if he supports the bills. Click here to read the advocacy letter from health organizations.

Juul, an e-cigarette company, has to pay Kentucky more than \$14 million following a lawsuit over marketing practices aimed at youth. Those payments started in 2022. Juul's next payment to Kentucky — about \$2 million, gross — is due Dec. 31.

A final payment of more than \$6 million is due by

Dec. 31, 2027. Juul has the option to split that final payment into smaller installments over the course of several years, through 2031. The net amount that could go to cessation is about \$6 million.

Sen. Craig Richardson, R-Hopkinsville, who is carrying the legislation in the Senate, said the impact of that investment would be "tremendous."

"We're already at a massive health care crisis in this country. We're at a massive health care crisis in this state," Richardson said. "To me, this is a simple way to make sure that money doesn't just fall into the General Fund, but is used for the intended purpose."

"Concerning smoking rates

More than 8,000 minors try cigarettes for the first time each year, according to The Campaign for Tobacco-Free Kids. About 5% of high school students smoke, while nearly 20% use e-cigarettes, according to that organization's data. Smoking also kills nearly 9,000 Kentuckians every year and costs the state billions in health care costs.

Smoking rates among youth are "very concerning," said Rep. Robert Duvall, R-Bowling Green, sponsor of the House bill. By spending more on prevention and cessation, he said, Kentucky could lower the cost burden on the health care system and improve workforce participation at the same time.

Griffin Nemeth, a youth tobacco prevention advocate, said allocating the funds toward prevention and cessation is a "no-brainer."

"I think it's less of a question of why we're asking for allocation now, and more a question of why there hasn't been one already," he told the Lantern. "These funds are urgently

needed to support youth prevention and cessation, specifically, and I think our legislature, especially with the recent wins that we've had in past years, is in a better place than ever to show some bipartisan support for the issue."

One of those wins, for example, is a 2025 law that gave the Kentucky Department of Alcoholic Beverage Control inspection and enforcement powers over retailers who sell tobacco and vape products and established a framework for fining businesses and clerks who sell to underage Kentuckians.

"The youth nicotine use crisis is not disappearing anytime soon," Nemeth said. "While we have had strong measures put in place to protect kids from these products at the point of sale, it's time for that funding piece to catch up as well."

The health care cost Smoking costs Kentucky \$6.3 billion every year in lost productivity and puts a \$634 million dent in Medicaid, according to The Campaign for Tobacco-Free Kids, which also reports that about 37% of cancer deaths each year are from smoking.

"We see the cost of health care increasing exponentially," Duvall said. "We're on a path that is not good when it comes to the cost of health care, so we've got to make every effort to reduce the cost of health care long term, and that starts with prevention."

Richardson, whose wife is an oncology pharmacist, said anything to do with preventing cancer is "near and dear" for him.

He also wants to create a framework that protects his daughter from vaping.

"I hope my daughter grows up to be ... mature and forward thinking and preserving of herself and staying away from the temptations and that pressure," he said. "It does hit close to home. It is personal, and sometimes I hate to make legislation about something so personal, because getting your emotions wrapped up in legislation could sometimes lead to even greater disappointment. But there are some things worth fighting for, and I think this is a good one."

Neither Richardson nor Duvall expects a fight in passing this legislation, with both expressing widespread support from their colleagues. Lawmakers have proposed this legislation for three years, with advocates saying the biggest barrier to passage was the session clock.

"I don't anticipate this being some kind of fight, knock-down, drag out. The thing that worries me the most is we're in a budget year, and there's so many competing issues, I just don't want this to get lost in the shuffle," Richardson said. "But I do not anticipate there being any negativity or major opposition to the bill. I just worry that it might be a timing issue."

During the 60-day legislative session, which adjourns on April 15, the legislature's priority is to pass a two-year state budget, which will originate from the House. Leaders have said this budget may be the most difficult they've drafted as they navigate recent federal

changes.

"This is obviously a challenging budget year, just because of the uncertainty with the One Big Beautiful Bill, and the Medicaid contributions that Kentucky is going to have to have," Duvall said.

The One Big Beautiful Bill Act will cut federal

Medicaid spending over 10 years by \$880 billion. Congress approved the measure last summer.

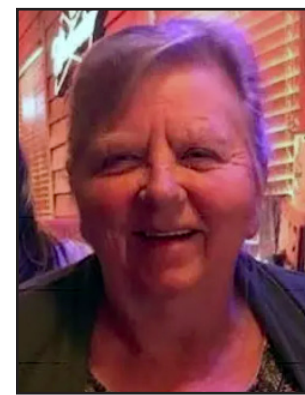
More than 1 in 3 Kentuckians depend on Medicaid to pay for their health care.

Still, despite that "uncertainty," Duvall said, the

See JUUL on A-6

OBITUARY

Charlotte Ann "Sis" Paynter Kiser 1949 – 2026



Les Kiser, Brian Kiser all of Olive Hill, Kentucky; one daughter, Renna Kiser of Olive Hill, Kentucky; 14 grandchildren; 25 great-grandchildren; three brothers, Roger (Rhonda) Paynter, Donnie Paynter, Rick (Sheila) Paynter all of Olive Hill, Kentucky; one sister, Regina Griggs of Olive Hill, Kentucky, along with many other family and friends who will sadly miss her.

Charlotte Ann "Sis" Paynter Kiser, age 76, of Olive Hill, Kentucky, passed away Monday, January 26, 2026, at her residence.

She was born Monday, October 24, 1949, in Carter County, Kentucky, a daughter of the late Gerald and Avis Wilburn Paynter.

Charlotte was a Christian, loving wife, mother and grandmother. She loved gathering with her family, especially holidays. She was always ready for a trip to Smokey Mountains.

In addition to her parents, she was preceded in death by one son, Matthew Wayne Kiser and one grandson, Deegan Beane.

Charlotte is survived by her loving husband of 60 years, Spencer Kiser; three sons, Dale (Penny) Kiser,

Funeral services will be held at 1 p.m., Wednesday, February 4, 2026, at Globe Funeral Chapel, 17277 West US Hwy 60, Olive Hill, Kentucky, with Brother Buris Leadingham and Brother Mark Cox officiating. Burial will follow in Kiser Cemetery in Carter County, Kentucky.

Friends may visit after 11 a.m., Wednesday, February 4, 2026, until the service hour at Globe Funeral Chapel.

Tyler Kiser, Travis Kiser, Isaiah Kiser, Dale Kiser, Les Kiser, Dylan Kiser, Adam Marsh and Austin Marsh will serve as pallbearers.

Globe Funeral Chapel is honored to serve the family of Charlotte Ann "Sis" Paynter Kiser.

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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.

AS WE SEE IT

Missing the forest for the trees

Last week our social media drew some incendiary comments related to a guest editorial – so much so that I had to ban a person for inflammatory remarks, delete material that would have gotten us flagged by the social media provider, and then shut down comments.

Most folks focused on the intro, which while it definitely showed the bias of the author towards the President, was functionally a literary device to refocus attention on the actions taking place in the capital annex room in Frankfort.

Was it an effective lede? It depends. It definitely got some attention; including mine, which is why I chose to reprint it in our publication.

But I will admit that I was naïve in my hope that folks would look past that introduction – and whatever emotions it triggered in them because it dared criticize the President – and to the meat of the article.

I didn't agree with another major premise of the article, that people aged 18 to 20 can't be responsible enough to qualify for a concealed carry permit. I have known plenty of folks under the age of 20 who have been well-trained, and who I would trust to carry a gun, either openly or concealed. By the same token, I can think of plenty of men in their 50s and older who I wouldn't trust to handle a weapon in the same deer woods with me, and that doesn't require any of the extra steps and verification that a concealed carry permit requires.

But, again, that wasn't the point of the article that captured my attention. That wasn't what I found important. It was, like the lede, a way for the author to advance the narrative towards the real issue – the fast-tracking of bills with no time for those voting to even read and digest them, much less discuss and debate.

Because here's the thing, even if you support your party and whatever they want to do, and you implicitly trust your elected representatives to always do what's in your best interests, there will come a time when your party is not in power. Election cycles are like pendulums; they inevitably swing back in the opposite direction. And the precedents set when one party is power can absolutely be wielded in the same way when the opposition is back in control of the legislature. Especially if they also control the executive.

And, sometimes, you might not agree with what your party is advocating. I know, it sounds crazy to some folks in this polarized, all-or-nothing, my-party-right-or-wrong environment we find ourselves in these days, at least until we step away from social media and actually talk in person. But sometimes it's true. People are more complicated than party platforms.

Speaking of social media, the recent feedback also points out a couple of other issues inherent in the platform that I've written about before; people reading no further than a headline before making up their mind and commenting, and folks taking attempting to shift attention and increase division rather than allowing discussion on the topic at hand.

In this instance, I think there are valid arguments that could be made in favor of sometimes fast-tracking bills, and in generally allowing more time for consideration and debate – arguments that could and should resonate with reasonable people no matter which direction they lean politically.

In the best case scenario we could have a polite conversation about the types of emergencies that would validate fast-tracking a bill, and when it's better to take our time to consider and debate a bill before putting it forward for passage – which I think most of us would agree is most instances. (Unless we just want to be contrary, or have an ulterior motive for wanting to push a piece of legislation through.)

If this had been my piece – and maybe I should have written my own piece based on this editorial instead of running it as a guest piece – I wouldn't have introduced it the way the author did. I wouldn't have started with a criticism of global policy that derailed the discussion before it could even get started. I probably would have started with something like the point she reached about halfway through the story, "In the committee meeting, it took 10 minutes for HB 312 to be presented, discussed, voted on, and passed. No citizens spoke against HB 312. How could they? Even those of us who know enough to get alerts ... do not have enough time to read a bill, prepare a statement, get off work, and drive to Frankfort before it is too late. This is the very definition of fast-tracking. And it is undemocratic."

See TREES on A-6

Carter County Times

Members of the Editorial Board

Nicole Wells, publisher

Jeremy Wells, editor Keith Kappes, columnist



Are high school sports following the mistakes of college sports?

As a former high school basketball player in Kentucky, I cannot imagine how I would have reacted to losing a game in double overtime to a team with a newly-eligible player scoring nearly 50 points against us.

That happened to my grandson recently and it made me upset that the regular season is nearly over and somehow what we might call a "ringer" is declared eligible and defeats our school almost singlehandedly.

Parents and other supporters of our squad gathered on the court after the game to console our disappointed young men. I overheard phrases like "hold backs," "COVID kids," and "medical red shirts" as those unhappy folks tried to understand or explain what had happened.

In that gathering, I also heard people grumbling about the growing number of student-athletes who still live in our 16th Region school districts but are playing for different schools in other counties.

In my day, persuading or enticing an athlete to change schools was called recruiting or tampering but it was rarely exposed at the high school level. However, I understand that parents of "elite" high school athletes are welcoming, even encouraging, that behavior

in today's environment.

Pity those hometown players who get to their last two years of high school and lose their starting positions or worse, their places on the squad, to new players who suddenly appear.

I do not know the details of the athlete transfer policies of the Kentucky High School Athletic Association (KHSAA) but it concerns me that our high schools may be falling into the same swamp as the NCAA.

A combination of the transfer portal and six-figure NIL payments each season to gifted athletes has made NCAA colleges and universities into nothing more than farm teams for the NFL, NBA, NHL, and other professional leagues.

For example, a school like UK with wonderful athletic support from its Big Blue Nation is rumored to be unable to compete with the player compensation rates of other SEC football institutions.

Sadly, I can barely remember those days when colleges competed on the court, on the field or another venue, but not at the pay window.

Keith Kappes can be reached at keithkappes@gmail.com



Keith Kappes
Columnist
Carter County Times

It's ok to say "enough is enough"

I want to tell you it's ok to change your mind. That you're allowed to say, "this isn't what I signed up for," and mean it. No one will shame you; instead, you'll be welcomed with open arms, and there will be zero judgment. You're allowed to look at your phone, disgusted, wondering how this is all happening. You're also allowed to tell everyone you know, and not agree with those in your home, your church, or your community.

Donald Trump wasn't a good president in his first run, and now? He's a horror show. Every lie he told to get people to not vote for Kamala Harris is coming home to roost. This isn't a pro-Harris opinion, either. Neither of them should have been on the ballot. Neither Democrats nor Republicans have our best interests in mind, and by shoveling us this elephant crap, they are doing nothing but saying, "here, doggy, take your political slop." But clarification aside, it's bad.

Groceries are still obscene. Minimum wage is still too low. Insurance is worthless; it's a paycheck drain that still costs us money. The job market is awful, and every day, people realize that companies are trying to automate them out of a job. We invaded Venezuela for oil, two middle fingers up. We're beefing with Iran. There was no DOGE money, there was no tariff money, and the tariffs continue to hurt American workers and jobs.

Now we're being asked to entertain a proposal to buy Greenland — a territory clearly not for sale and a deal rejected emphatically by Denmark and Green-

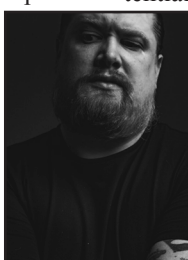
land's own leaders — with estimates putting the potential price tag around \$700 billion. That's more than

half of the U.S. defense budget for a deal most Americans don't want, and the other nations involved flatly reject. With that same money, we could underwrite universal childcare — where today the average annual cost per child tops \$13,000 — and still have tens of billions left over to attack homelessness, estimated at around \$20-\$30 billion to meaningfully reduce or end it. A \$700 billion check could overhaul healthcare access, bolster education, and repair infrastructure — tangible investments in people's lives that dwarf the abstract value of an Arctic land grab.

The entire argument about immigration is rooted in the fear of the other; immigrants are a convenient political boogeyman. The reason that suits harp on it so much is that it gives them leverage in doing something. You could round up every hard-working immigrant, put them in the system, tax them heavily, and all sins are forgiven. But people in cop cars look cool on camera. Sending ICE agents out to restaurants and to naturalization court isn't doing the job; it's creating chaos.

We've never been more divided. We all yearn for this pre-Internet version of our lives; we also have apologists who cannot believe Donald Trump, a television host with multiple failed businesses, isn't the guy he pretends to be. The newest Epstein file drop is disgusting, and yet, there is no moral outrage. The

See ENOUGH on A-6



Robert Dean
Guest Columnist
Carter County Times

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.

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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.

Juul from A-4

Juul fund proposal is “a pretty small ask in terms of the big picture.”

“I think the momentum is good. I think the feedback is positive,” Richardson said. “It’s just: Things are very busy up here, and we’ve got to be aggressive in getting it moved early.”

A ‘vital step’
Doug Hogan, the government relations director in Kentucky for the American Cancer Society Cancer Action Network, said one of the most effective prevention approaches involves peer-to-peer advocacy.

“Many times, a youngster starts using these products because he or she thinks that it’s cool and it’s the ‘in’ thing to do,” Hogan said. “If we can get to those kids and give them the facts and the truth, and they hear it from someone who looks like them, is about the same age as them, then they’re much more likely to say, ‘Oh, okay, I hadn’t thought of that. I didn’t know there were negative health consequences.’”

With the funds from Juul going toward programs that offer such peer-to-peer education, Hogan said, Kentucky could reach “tens of thousands of additional Kentucky students each year.”

“The Juul settlement was reached because Juul intentionally preyed upon the youth,” Hogan said. “And this legislation really is an important and vital step in ensuring that those settlement dollars are actually used for their intended purpose, which is youth prevention.”

National report gives Kentucky failing grades
Kentucky is failing to adequately prevent smok-

ing and protect people from secondhand smoke, according to a national report released Wednesday.

The 2026 State of Tobacco Control report, released Wednesday from the American Lung Association, gives Kentucky mostly failing grades when it comes to funding prevention programs, the strength of the state’s smokefree workplace laws and more.

“From this report, you can take away that our policy initiatives in Kentucky are desperately in need of some improvement and update,” said Shannon Baker, the director of advocacy at the American Lung Association in Kentucky.

Kentucky received the following grades in the annual report:

Funding for State Tobacco Prevention Programs — F. Kentucky spends about \$2 million on tobacco prevention, which the Lung Association reports is about 10% less than what it should, based on Centers for Disease Control and Prevention recommendations. Baker said the General Assembly needs to double this investment.

Level of State Tobacco Taxes — F. Kentucky’s tax rate for a 20-pack of cigarettes is \$1.10, which Baker would like to see increase by \$1-2. In doing so, she said the state could deter youth from ever starting to smoke. “There is evidence that suggests that particularly youths are price sensitive,” she said. In 2011, when the tax rate was 60 cents a pack, about 30% of Kentucky adults smoked. The Kentucky legislature increased the tax to \$1.10 in 2018 and smoking rates fell to around 17% in 2022.

Strength of Smokefree Workplace Laws — F. Kentucky does not have a statewide law prohibiting smoking in public places and workplaces, Baker said. Her organization wants to see such a law that would also ensure “there is no indoor smoking allowed and no exposure to secondhand smoke.” Even when one cannot smell smoke, she said, they may still be breathing toxins and carcinogens, which can cause cancer and other health problems.

Coverage and Access to Services to Quit Tobacco — C. Kentucky’s best grade in this report reflects the fact that the state’s Medicaid program provides access to all quit medications approved by the Food and Drug Administration for people who choose to quit tobacco products. The report cites “minimal barriers” to accessing that help.

Ending the Sale of All Flavored Tobacco Products — F. Baker said “fruity and candy flavors” in some vaping products are “not intended for adults.” Youth, she said, are “lured” and “enticed” by these products.

The Quit Line
In April 2025, the federal government eliminated the Office on Smoking and Health, which “put Kentucky in direct jeopardy of losing \$1.6 million of federal funds to support tobacco prevention and cessation,” Baker said. The money was reinstated, but the office remains effectively shuttered, she said.

During a rollercoaster of cuts and reinstated funds last year, Kentucky’s cessation efforts faced an “unpredictable” future,

she said, adding that “on-again, off-again” funding makes effective planning difficult. It “has jeopardized the state’s ability to consistently do the work that needs to be done to keep kids from ever initiating use and to help support both kids and adults who are prepared to quit.”

At most risk is the state’s Quit Line, which, a Cabinet for Health and Family Services spokeswoman said, received 1,783 enrollees in 2025.

Because of federal uncertainty, Baker said, the Kentucky General Assembly should up its state-level investments in prevention.

“Even a modest increase of \$2 million in each year of the biennial budget is so important to sustaining the work of the program in a state where ... our smoking rate is among the very worst in the nation, and our youth use of these nicotine products has outpaced the national rate,” she said.

In 2022, 17% of adult Kentuckians smoked, significantly higher than the national rate of 11%. The rate of new lung cancer cases, too, is higher than the national average — 84.1 per 100,000 people in Kentucky compared with nearly 52.8 per 100,000 nationally.

For free resources on quitting tobacco, visit Quit Now Kentucky, call 1-800-QUIT-NOW, or visit the American Cancer Society’s cessation program, Empowered to Quit.

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Love’s Travel Stops & Country Stores, Inc., with a mailing address of 10601 N. Pennsylvania Avenue, Oklahoma City, Oklahoma 73120, hereby declares its intention to apply for an NQ Malt Beverage Package license no later than February 6, 2026. The business to be licensed will be located at 750 Carol Malone Blvd., Grayson, Kentucky 41143. Love’s Travel Stops & Country Stores, Inc. is an Oklahoma corporation authorized to do business in the Commonwealth of Kentucky. The primary owner of Love’s Travel Stops & Country Stores, Inc. is LOVE FAMILY HOLDING, LLC, 10601 N. Pennsylvania Avenue, Oklahoma City, Oklahoma 73120. The primary officers of the applicant and its owner are Shane Wharton, President of Applicant and Manager of LOVE FAMILY HOLDING, LLC, 10601 N. Pennsylvania Avenue, Oklahoma City, Oklahoma 73120, and Spencer Haines, EVP/CFO of Applicant and Manager of LOVE FAMILY HOLDING, LLC, 10601 N. Pennsylvania Avenue, Oklahoma City, Oklahoma 73120. Any person, association, corporation, or body politic may protest the approval of the license by writing the Department of Alcoholic Beverage Control, 500 Mero Street 2NE33, Frankfort, Kentucky 40601, within (30) days of the date of legal publication.

REQUEST FOR PROPOSALS
The FIVCO Area Development District is accepting proposals for a Boardroom Audio/Visual Renovation at its office in Grayson, Kentucky. Proposals must be received by 10:00 a.m. EST on Friday, March 6, 2026. The full Request for Proposals is available at <https://fivco.org/about-fivco/request-for-proposal/> or by contacting Lance Hanshaw at lance@fivco.org.

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Enough from A-5

Right wanted transparency, got it, and now refuses to believe their leader is culpable. These files came from his appointed government. They’re real. He believes you’re spineless for challenging him about his behavior.

All of it is tiring. It’s ok to say you’ve had enough. I don’t care if you vote Republican, despite my

distaste for either party, but you’ve gotta have a long look in the mirror and realize this dude is bad for us and is only making things worse. Look, just walk away. The coalition of exhausted and annoyed won’t judge you. We’ll celebrate you.

Contact us at news@cartercountytimes.com

Trees from A-5

I wish the author hadn’t “buried the lede” this way. And I have to take responsibility for running it without at least prefacing it with an editor’s note – something that, given the limited content that posts to social media with a share, could have avoided some of the knee-jerk reactions from folks who didn’t bother to read the full article. Or those who, like the author, couldn’t set their biases aside long enough to

make a point that wouldn’t immediately alienate folks who might otherwise agree with what’s a really simple premise – that we shouldn’t pass a law before we’ve taken the time to understand it.

And that’s something that, despite all the controversy and headache, I still believe.

Contact the writer at editor@cartercountytimes.com

Weather from A-3

and the best course of action if you suspect that you or someone you know might have hypothermia is to seek medical attention. Immediate steps that can be taken are to move

to a warm and dry shelter, remove any wet clothing and cover in warm blankets, and drink warm non-alcoholic liquids. The use of heating pads or hot baths are not recommend-

ed because the warming should be slow.

Contact the writer at charles@cartercountytimes.com

Path from A-1

odons made the path. It was used by the Paleo-Americans, the first people in what we now call North America. It was used as a hunting path,” Hammond continued. “But it was also used as a path of commerce that tied all the diverse people and tribes together.”

It was once believed that Kentucky was unpopulated when settlers found it, but evidence found along the Warrior’s Path disproves that notion, Hammond said.

“Kentucky was heavily populated about 1,000 years ago,” he said. “The population declined when diseases entered the area, but as recent as 1758 there was a large (native) village at South Portsmouth. It consisted of Shawnee, Mingo, Delaware, Lenape, and other tribes that traded first with the Spanish, then the French, and then with the English.”

Hammond said that as many as 1,500 Native Americans lived at the settlement in what would later become South Portsmouth.

“We know they lived there because we know the names of the people,” Hammond said. “It was a large trading hub right there on the banks of the Ohio River.”

At that point you could walk across the river into Ohio and up the Scioto River Valley to the Great Lakes, Hammond said.

“There was a large riffle there that wasn’t any more than knee high at that time. And there was even a large village around Grayson at that time,” he pointed out,

tying the region together along the ancient route.

Hammond has been involved and has researched the history of the Warrior’s Path for years, and currently he is the Executive of the Warrior’s Path of Kentucky. “We cross over 20 counties in Kentucky,” Hammond said. “We tie a lot of Kentucky’s original Trail Towns together, and we hope to obtain the designation as a National Historic Trail, and a National Historic Bike Route.”

“When we do that, the Warrior’s Path will once again become a path of commerce,” Hammond said. “And it will tie many of these isolated mountain towns together that are currently suffering from economic depression.”

Hammond said that appreciation of the past can be used to improve the future by stimulating the economies of the towns along the Warrior’s Path.

Travel along the Warrior’s Path is no longer a rustic path, Hammond said, because much of the ancient path has been paved over during the passage of time.

“Modern engineers can be a lot like the woolly mammoth and take the path of least resistance,” Hammond explained. “The National Bike Trail will be a paved trail, and the National Historic Trail will be paved for the most part. So, everyone will be able to enjoy this trail, and the concept is that by tying these towns together they will be able to drive from town to town and see what

treasures each town has to offer,” Hammond said. “And the towns can build up their own infrastructures to reach the Path.”

Trail Town Olive Hill, for instance, will have horseback riding, hiking, and bicycle trails, Hammond pointed out. And these things will be able to take advantage of the city’s proximity to the Warrior’s Path. From there people would be able to drive to Jackson County, for instance, and take advantage of what is available there. By tying all the small communities together, Hammond said that there will always be new adventures for visitors to experience every day.

Points of interest such as restaurants and other local businesses will be highlighted on the warriorspath.org website, Hammond said. This will allow travelers to plan their days to fullest effect.

“We are designating Warrior’s Path Communities along the Path,” Hammond said. “Those communities will display a sign stating that they have been selected and approved as a Warrior’s Path Community.”

“It really is an economic driver that also celebrates the true Appalachian history,” Hammond added. “12,500 years of history; perhaps more. And it’s made for everyone to enjoy whether you are rich or poor.”

Contact the writer at charles@cartercountytimes.com

Kentucky Dept of Agriculture Livestock and Grain Market Report

Market trends are not available as most stockyards were closed this week due to inclement weather.

Week ending 1/31/26

Courtesy of <https://www.kyagr.com/>

	This Week	Prior Week	Last Year
Steers (M&L 1-2)			
350-400 lbs	560.00	512.10	362.16
400-450 lbs	500.00	492.61	359.52
450-500 lbs	470.00	461.16	346.91
500-550 lbs		437.72	327.62
550-600 lbs	425.00	417.19	310.92
600-650 lbs		390.67	295.23
650-700 lbs		376.55	280.98
700-750 lbs		354.93	268.57
750-800 lbs		344.83	262.81
800-850 lbs		333.16	251.37
850-900 lbs	237.50	326.65	252.85
Heifers (M&L 1-2)			
300-350 lbs	346.83	444.53	324.80
350-400 lbs	450.00	442.26	324.19
400-450 lbs	429.77	428.74	313.12
450-500 lbs	385.00	402.88	300.93
500-550 lbs	400.00	381.01	280.06
550-600 lbs		368.94	274.89
600-650 lbs		340.23	261.21
650-700 lbs		331.76	254.71
700-750 lbs		315.17	232.05
750-800 lbs		304.61	230.72

	Average	High	Low
Slaughter Cows			
Breakers	159.00-169.00	175.00-194.00	159.00
Boners	154.00-170.00	170.00-212.00	140.00-154.00
Lean	127.00-155.00	140.00-183.00	110.00-139.00
Slaughter Bulls			
Yield Grade 1&2	175.00-195.00	196.00-210.00	155.00-174.00

Jan 22, 2026 Bowling Green, KY
SLAUGHTER GOATS: 65
Kids-Selection 1 54 lbs 390.00; . **Selection 2** 45 lbs 325.00; 52 lbs 365.00; 69 lbs 292.50; 75 lbs 312.50. **Selection 2-3** 54 lbs 355.00; 65 lbs 300.00.
SLAUGHTER SHEEP: 484
Hair Breeds-Choice & Prime 1-2 55 lbs 380.00; 67-68 lbs 367.50-370.00; 73-76 lbs 362.50-365.00; 86-88 lbs 325.00-355.00; 110.00. **Choice 2** 52-57 lbs 355.00-365.00; 66 lbs 357.50; 73 lbs 340.00; 88 lbs 292.50.
Wooled-Choice and Prime 1-2 120 lbs 232.50; 148 lbs 212.50.

	This Week	Prior Week	Last Year
GRAINS			
Corn	4.09-4.64	4.07-4.57	4.67-5.12
Soybeans	10.03-11.15	9.94-11.06	9.57-10.68
Red Winter Wheat	4.58-5.56	4.53-5.46	4.61-5.79

Amber Waves



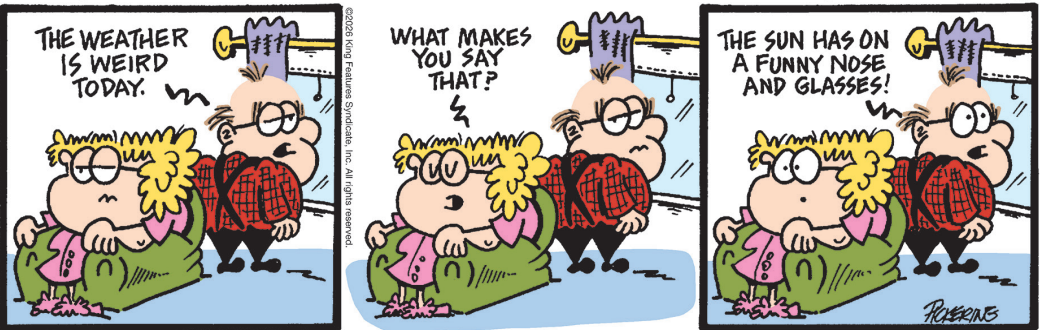
by Dave T. Phipps

Out on a Limb



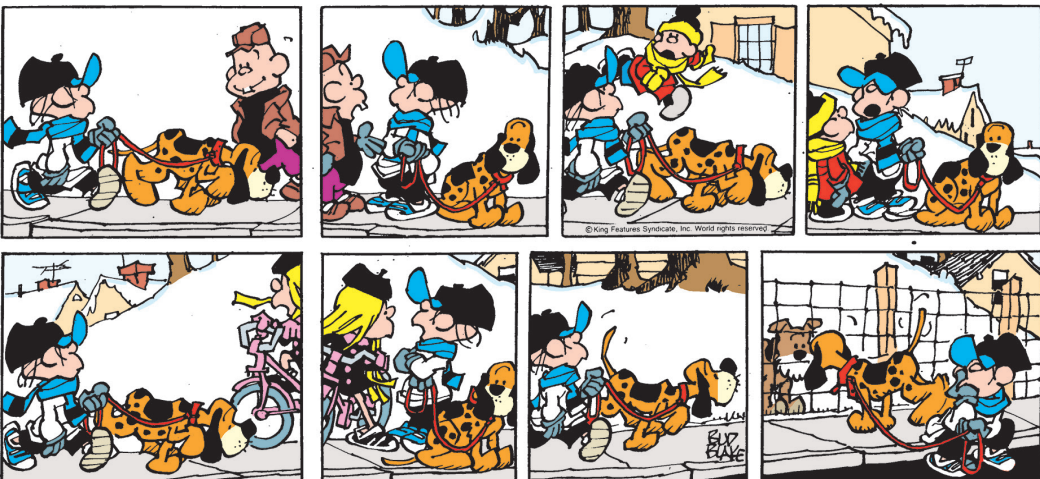
by Gary Kopervas

The Spats



by Jeff Pickering

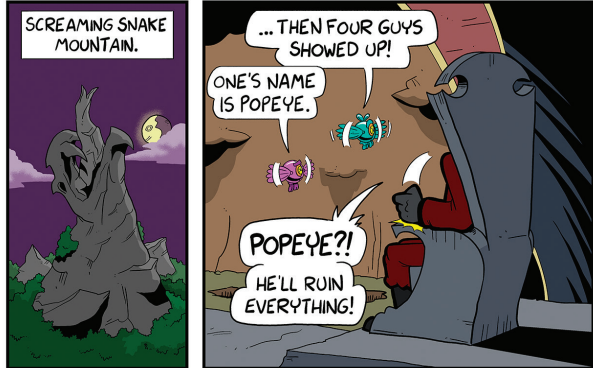
TIGER



by BUD BLAKE

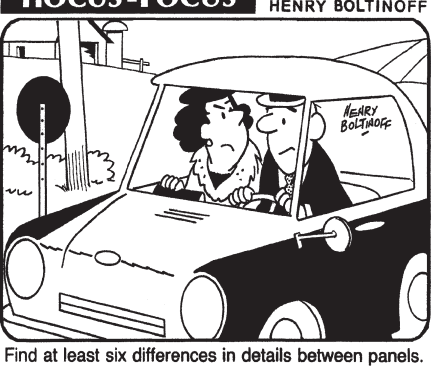
OLIVE & POPEYE

By Randy Millholland



HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



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: K equals L

V T T F A V X L Y E H I K G V X T O
E B T V P A K B G H E B L K L O X T
I E V C G S Y T L B , L Y L V F T H K L O T F
" C V A S T ' P B G G P I G O B . "

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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!

Plan **DANAGE**

Cache **RHOAD**

Glow **LEGAM**

Brisk **DRAIP**

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. Young female horse | ___ I ___ | Foolishness | ___ O ___ |
| 2. Restaurant server | ___ I ___ | Mr. Mitty or Cronkite | ___ L ___ |
| 3. Serena Williams' tool | ___ A ___ | Spaceship | ___ O ___ |
| 4. Sluggish creature | S ___ | Fabric | C ___ |
| 5. Code inventor | ___ R ___ | Mickey or Minnie | ___ U ___ |
| 6. Alternate route | ___ T ___ | Wolf down | ___ V ___ |
| 7. Boxer Sonny | ___ O ___ | Eavesdrop | ___ E ___ |
| 8. Groucho's quiet kin | ___ O ___ | Angelic instruments | ___ S ___ |
| 9. Deep red gem | ___ T ___ | Harvest | ___ R ___ |
| 10. Alf or ET | ___ I ___ | Steve or Woody | ___ L ___ |

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.

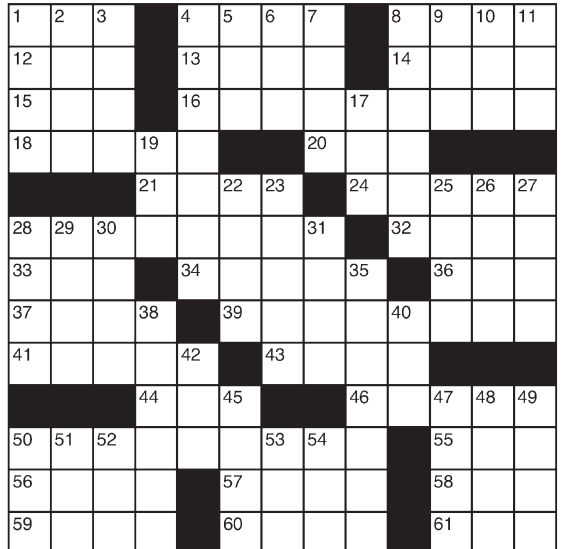
	-	÷	=	1				
+	+	+						
	-	×	=	16				
+	÷	-						
	-	+	=	11				
=	=	=						
16	1	1						
1	2	3	4	5	6	7	8	9

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King Crossword

ACROSS

- 1 Table support
- 4 Mosque leader
- 8 Island near Java
- 12 Terre Haute sch.
- 13 Terse denial
- 14 Poetic tributes
- 15 Ecol. watchdog
- 16 Faints
- 18 Word list, for short
- 20 Japanese pond carp
- 21 Sty chow
- 24 Rebuffs
- 28 Review in detail
- 32 Pesky insect
- 33 Friendly leader?
- 34 Albacore and yellowfin
- 36 Playwright Levin
- 37 Finn's floater
- 39 Revamp
- 41 Vampire, by nature
- 43 Nobelist Walesa
- 44 Bar bill
- 46 Savory taste
- 50 Begin anew, as on January 1
- 55 — Angeles
- 56 California valley



- 57 Egyptian river
- 58 Book-spine abbr.
- 59 Afternoon affairs
- 60 Darkens
- 61 Oklahoma city
- 5 Curly's brother
- 6 Devoured
- 7 Moo juice
- 8 Fan disapproval
- 9 Pt. of speech
- 10 Author Harper
- 11 Leb. neighbor
- 17 "Mayday!"
- 19 Bat wood
- 22 Egg
- 23 Prison-related
- 25 Rice or Auburn (Abbr.)
- 26 Naked
- 27 Rating unit
- 28 Basil or thyme
- 29 Smoothie
- 30 Cushy
- 31 Yard tool
- 35 Locks down
- 38 Block-dropping video game
- 40 Resistance unit
- 42 Scoundrel
- 45 Connection
- 47 Edison's middle name
- 48 Disposition
- 49 Actress Fisher
- 50 Retired jet
- 51 Dead heat
- 52 "I — Rock"
- 53 Half of XIV
- 54 Shade tree

DOWN

- 1 Schreiber of "Ray Donovan"
- 2 Hockey legend Phil, to fans
- 3 Avocado dip, for short
- 4 Rorschach pattern

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Weekly SUDOKU

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

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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FiveSpot™

Cut the cards

T	R	I	C	K

A single round of play in bridge

Instant

Outline

Look inappropriately

Type of beam

Car buyer enticements

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. See more at www.sproutspuzzle.com 02625

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

Solution time: 24 mins.

King Crossword — Answers

Trivia test

by Fifi Rodriguez

- GAMES: What color is Sonic the Hedgehog in the video game?
- GEOGRAPHY: What is the former name of the U.S. Virgin Islands?
- MOVIES: What are the colors of the striped sweater Freddy Krueger wears in "A Nightmare on Elm Street"?
- MEDICAL TERMS: What is a more common name for pneumothorax?
- HISTORY: By which name is Martha Jane Canary more commonly known?
- TELEVISION: What is Hawkeye Pierce's real first name in the "M*A*S*H" series?
- ANIMAL KINGDOM: What is a group of larks called?
- AD SLOGANS: Which car company uses the ad slogan "Driven by passion"?
- MYTHOLOGY: What is the head of the Egyptian god of death, Anubis?
- GENERAL KNOWLEDGE: What is the currency of Japan?

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LADDER

Today's Word

1. Agenda; 2. Hoard; 3. Gleam; 4. Rapid

SCRAMBLERS

FiveSpot™ solution

D E A L
R A S E
E T A R
E T R A
C E I C
E T R I
C K

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

Answer

Weekly SUDOKU

"Knives too short."

Needing a much longer hunk of meat, a man declared intent to cut a large

answer

- Cryptoquip
- Blue
 - The Danish West Indies
 - Red and green
 - Collapsed lung
 - Calamity Jane, a sharpshooter in Western history
 - Benjamin
 - An exaltation
 - Fiat Automobiles
 - A jacked
 - The yen

Go Figure!

16	=	1		
7	-	5	+	9
	+		÷	
6	-	4	×	8
	+		+	
3	-	1	÷	2

- Donna M. Pettman
- Filly, Folly
 - Water, Walker
 - Rocket, Rocket
 - Stitch, Cloth
 - Morse, Mouse
 - Delour, Devour
 - Litton, Listen
 - Harp, Harps
 - Garnet, Garner
 - Allen, Alien

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The KRS, he said, states that every school has to be staffed with an armed officer, pending funding, and he wanted to adhere to those guidelines. But he said he had discussed his goals with his officers, including wanting a police canine.

"Matt is an avid dog lover," Porter said of Officer Salley. "He works with dogs all the time; waterfowl hunting and stuff like that."

Salley, Porter said, had made contact with a woman who had an animal that was related to one of Salley's own dogs. That line of dogs included many that were therapy dogs and

police canines, Porter said.

"So, Matt obtained this dog (Mabel) then called me and said he wasn't going to train it to hunt."

Salley told Porter that he and his wife had talked about it and decided that if Porter would send the dog to school, he could use it as a police canine.

"We began looking for grants at that point," Porter said. "Then I got a call from Sheana Barker at Smithfield. She asked me if I had any upcoming projects that I needed funding for, because they had some funding available for first responders, education, and veterans."

Porter said that he sent

Barker his 'wish list,' and she indicated that she would be interested in the school's need for a canine.

The end result was that Porter reached out to Custom Canines in Gainesville, Georgia, to determine how much Mabel's training would cost. The company, which is nationally recognized and specializes in school police dog training, gave Porter a price. Porter in turn told Barker that anything Smithfield could donate would be appreciated. Barker, with a little assistance from Smithfield's corporate office, was able to donate enough to pay for the

future canine officer's training. Porter said that due to the generous donation, the school's police department only needed to pay for Mabel's harness, the canine cage for the vehicle, and other equipment.

Mabel will leave in February for her 8 to 10 weeks of training, and then Officer Salley will go for two weeks of handler training. It should all be completed sometime in April, Porter said, and Mabel should be on the job before the end of the school year.

"Some departments buy an animal that is already trained," Porter said. "But

that can cost up to around \$50,000. Depending upon how the dog is trained and how many things it is trained to do, it could range anywhere from \$15,000 up to that \$50,000."

Porter said he wanted to reiterate that Officer Mabel will only be trained to sniff out substances and alert her handler, and is a non-biting dog.

"And Matt has already had her in the schools quite a bit getting her used to the kids and the all the commotion," Porter said. "Everything from bells to fire alarms. And she's ready to go. Matt said whenever he gets ready for

work, she's up and ready to go too."

"I think she is going to be good for the schools," Porter said. "If she sniffs out one firearm or finds narcotics, it improves everyone's safety."

Porter said the Carter County Schools Police Department would also welcome any donations toward Officer Mabel's veterinarian care and food.

Contact the writer at charles@cartercountytimes.com

UPS retires fleet of MD-11 aircraft involved in deadly Kentucky crash

By Dylan Lovan
Associated Press

LOUISVILLE (AP) — UPS announced Tuesday that it has retired its fleet of McDonnell Douglas MD-11 cargo planes just months after one crashed during takeoff, causing 15 deaths in Louisville.

CEO Carol Tome said during a fourth-quarter earnings call that UPS decided to "accelerate our plans and retire all MD-11 aircraft in our fleet."

The Nov. 4 Louisville crash killed the plane's three-person crew and 12 others on the ground just outside the Muhammad Ali International Airport. The plane's left engine had fallen off the wing, and the plane was able to climb only about 30 feet (9 meters) before crashing.

The Federal Aviation Administration grounded all MD-11s after the crash. An agency statement Tuesday said the FAA continues to review "all the facts and circumstances" in

deciding whether MD-11s would be allowed to fly again.

FedEx and Florida-based Western Global Airlines also had their fleets of MD-11s grounded by the FAA in November. FedEx officials said in December that they expect to return their MD-11 fleet to service by the company's fourth quarter, which ends May 31.

A call left to Western Global's headquarters was not returned on Tuesday. MD-11s made up about

9% of the UPS fleet, and the company incurred an after-tax charge of \$137 million in writing them off, Tome said Tuesday.

Tome said the company would be receiving 18 new Boeing 767s in the next 15 months to rebuild. She said during the peak holiday season, UPS had to bring in aircraft from other parts of the world, increase ground transportation volume and lease additional planes.

"I am incredibly proud of our team at Worldport

and how they responded to this accident," Tome said. "And I would like to thank the Louisville community as well as our business and industry partners for their outpouring of support."

The National Transportation Safety Board said investigators found cracks in some of the parts that held the engine to the wing of the UPS plane. Those cracks hadn't been caught in regular maintenance. The last inspection on those key engine mount parts

was 2021.

The crash had a devastating impact in Louisville, striking and causing smaller explosions at a nearby Kentucky Petroleum Recycling plant and hitting an auto salvage yard, Grade A Auto Parts, where many of the victims were visiting or working.

Newborn calf struggling in deep freeze brought indoors to curl up on couch

By Dylan Lovan
Associated Press

LOUISVILLE (AP) — A Kentucky family battling extreme cold temperatures on their farm over the weekend opened their home to a newborn calf that was struggling in the deep freeze.

Hours later, the calf, fed and fluffed, took a spot on

the couch with the Sorrell family's two children. Their mom, Macey Sorrell, snapped some photos and later posted them to social media, and the cuteness did not go unnoticed.

The calf was born outdoors in single digit temperatures on Saturday. Macey Sorrell said her husband, Tanner, went outside to check on the pregnant mother and found

the calf, suffering in the cold.

"She was just frozen. Her umbilical cord looked like a popsicle," Macey Sorrell said Thursday from her home in Mount Sterling, Kentucky. "It was just frozen."

After losing a calf last winter to frostbite, the family moved quickly to bring the baby inside to clean her off and warm

her up.

"When we brought her in, she had ice on her. The afterbirth was still on her, I had to wipe all that off," Sorrell said. "I took out the blow dryer and warmed her up, and got her all fluffed out."

Soon the calf was lying on the couch, cuddling with her young children.

"They crawled up next to her like it was just the

most normal thing," she said. Her 3-year-old son, Gregory, decided to name the calf Sally, a character from his favorite movie, "Cars."

The family keeps about three dozen cows on their land and are used to bringing farm animals indoors from time to time. Sally was reunited with her mother the next morning, and is doing well, Sorrell

said.

Sorrell said she almost didn't share the photos on social media, because it was nothing new to the family to bring an animal indoors when necessary. Several commented on the cuteness of the photos.

"It's just part of what you do," she said.

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