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CARTER COUNTY, KENTUCKY

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Mayoral candidates debate in Olive Hill race

Chamber sponsors forum to inform voters

By Charles Romans

Carter County Times

The Olive Hill Chamber of Commerce sponsored a debate between candidates for mayor of Olive Hill last Thursday, October 15. The debate took place in the old Olive Hill High School gym, on the campus of the Olive Hill Center for Arts and Heritage. Questions were submitted prior to the debate by local citizens and students from West Carter Middle School, with candidates having no advance knowledge of the questions. Each candidate

was given approximately three minutes to answer each question. Following each candidate's answer, the opposing candidate was given time for a brief rebuttal.

The candidates for the mayoral race are current Olive Hill Mayor Jerry Callihan and challenger Eric Rayburn, who currently holds a position on the Olive Hill City Council. The debate began with each candidate introducing themselves to the local residents who filled the gymnasium of the old high school, beginning with Mayor Jerry Callihan.

"I am basically running to finish what we started," Callihan told the crowd. "Everyone says that we haven't done anything,

MAYOR on A-4



Mayor Jerry Callihan (left) and his challenger, Councilman Eric Rayburn (right). (Photo by Charles Romans, Carter County Times)

City council recognizes local student

Holds first reading of ordinance to limit Flock cameras

By Charles Romans

Carter County Times

Grayson City Council began their regular meeting last week by recognizing the city's new intern, Abigail Sexton.

"Abigail Sexton is a senior at East Carter High School," Mayor Troy Combs said as he introduced her to the council. "She is the new intern for the Administration Department for the City of Grayson. Abigail is

also a 2026 Governor's Scholar and spent the summer at Center College. She plans to attend Morehead State University and major in accounting."

Aundra Shearer, the Marketing Internship Education Coordinator for East Carter High School, was Sexton's supervisor and spoke to the council about the program.

"We have our internship program at East Carter High School, and every year students who are juniors or seniors and are industry certified can join the program," Shearer said.

Other requirements are that the students must be good students and in good standing academically.

"Abigail is industry certified,"

See COUNCIL on A-3



East Carter High School student Abigail Sexton is recognized by city council for taking part in the school's intern program. (Photo by Charles Romans, Carter County Times)

Fiscal court discusses mutual aid

County also plans salt purchases and discusses roads

By Charles Romans

Carter County Times

The Carter County Fiscal Court held their regular meeting last Monday, October 12, and the first item on the agenda was the salt agreement with the state of Kentucky.

"It will allow us to piggyback off the state," judge executive Brandon Burton told the court. "That way we can buy fifty ton of salt, then buy fifty more as we need it."

Burton said that he believed the county had used 300 tons of salt last year over the course of

several bad weather events.

In other business the court discussed mutual aid agreements. Mutual aid agreements are formal legal covenants between agencies, local governments, or organizations to share personnel, equipment, facilities, and supplies during emergencies or routine operations.

As explained at FEMA.gov, "Mutual aid agreements and assistance agreements are agreements between agencies, organizations, and jurisdictions that provide a mechanism to quickly obtain emergency assistance in the form of personnel, equipment, materials, and other associated services. The primary objective is to facilitate rapid, short-term deployment of emergency support prior to, during, and after an incident. A signed agreement does not obligate the provision or

receipt of aid, but rather provides a tool for use should the incident dictate a need."

City and county governments regularly sign such agreements to ensure that all parties are covered in case of emergency. The Carter County Fiscal Court voted to approve a modified fiscal year 2025 EMA contract, an Emergency Management Mutual Aid Assistance Agreement, and approved Resolution 455 for Mutual Aid and Assistance Agreement.

The court also appointed Shirley Kerra to the Carter County Extension Board beginning on January 1, 2027, with the term being for three years. Johnnda Adkins was also appointed to the Carter County Extension Board, with the term also beginning in January of 2027 and lasting for three years.

See AID on A-3

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.

- Thomas Boggs, 54, of Grayson, arrested by Kentucky State Police, on a charge of violating a Kentucky Emergency Protective Order/Domestic Violence Order, arrested and booked October 12.
- Gary Morgan, 65, of Hitchins, arresting agency not listed, for non-payment of court costs, fees, or fines, arrested and booked October 12.
- Caressa Smith, 40, of Olive Hill, arresting agency not listed, on charges of driving on a DUI

- suspended license, failure to surrender a revoked operator's license, and possessing a license when privileges are revoked, arrested and booked October 12.
- Tyler Pate, 23, of Nicholasville, arrested by Kentucky State Police, on charges of contempt of court – libel/slander – resistance to order, and non-payment of court costs, fees, or fines, arrested and booked October 13.
- Kevin Llewellyn, 36, of Olive Hill, arrested by Olive Hill PD, for failure to appear, arrested and booked October 13.
- Amber Lester, 44, of Grayson, arrested by Carter County Sheriff, for failure to appear, arrested and booked October 14.
- Brandie Whisman, 36, of Grayson, arrested by Grayson

- PD, on charges of operating a motor vehicle under the influence of a controlled substance, driving on a DUI suspended license, no registration receipt, failure to produce an insurance card, and failure to wear seat belts, arrested and booked October 15.
- Tiffany Gambill, 39, of Grayson, arrested by Grayson PD, on a charge of theft by unlawful taking or disposition, arrested and booked October 15.
- James Rucker, 63, of Olive Hill, arrested by Carter County Circuit Court, on a hold for drug court, arrested and booked October 15.
- Darryl Gidron, 59, of Ashland, arrested by Greenup County Sheriff, on a probation violation for a felony offense, arrested and booked October 15.

See ARRESTS on A-3

ISSN 2692-420X

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This Week's Obituaries

Donald Ray Lester, 81

Martha Sue Steele Mauk, 77

Nannie Louise Frazier Stephens, 89

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LIFESTYLE



Humble ingredients, showstopping lasagna

Some recipes get dinner on the table. Others make you want to stand beside the table and announce, "I made this!" This butternut squash lasagna is shamelessly the second one.

It's simply roasted squash, garlic, sausage, ricotta and browned butter bechamel. Humble ingredients; technique makes them shine. Roasting concentrates the squash and garlic's sweetness; browning the butter gives the sauce rich, nutty flavor.

Choose Italian sausage, sweet or hot, or a favorite breakfast sausage. Sage, maple or apple varieties fit beautifully here, too. For a vegetarian version, skip the sausage and keep the onion-ricotta filling.

ROASTED BUTTERNUT SQUASH LASAGNA WITH BROWNED BUTTER

- BECHAMEL**
- Yield: 8 servings
Total Time: 2 hours, including resting
- Squash filling:**
- 1 butternut squash (3 to 4 pounds), halved
 - 3 tablespoons olive oil, divided
 - 4-6 garlic cloves, peeled
 - 1/4 teaspoon ground nutmeg
 - 1/2 teaspoon salt
 - 1/4 teaspoon black pepper
 - 1 egg
 - 1 tablespoon milk or cream
- Sausage-ricotta filling:**
- 1 pound Italian or breakfast sausage
 - 1 large onion, thinly sliced
 - Pinch of sugar
 - 1/2 teaspoon black pepper
 - 1 (15-ounce) container ricotta
- Bechamel:**
- 1/4 cup butter
 - 1/4 cup all-purpose flour
 - 2 cups milk, warmed
 - 1/2 cup grated Parmesan
 - 1/2 cup shredded mozzarella
 - 1/4 teaspoon ground nutmeg
 - 1/2 teaspoon dried thyme, sage or a combination
 - 1/4 teaspoon salt, plus more to taste
- Assembly:**
- 12 regular lasagna noodles
 - 2 1/2 cups shredded mozzarella
 - 1/2 cup grated Parmesan
 - Butter or cooking spray for greasing

1. Roast the squash and garlic. Heat oven to 400 F. Line a baking sheet with parchment. Scoop seeds from squash, rub cut sides with 2 tablespoons oil and place cut side down. Wrap garlic and remaining oil in a foil packet; place alongside squash. Roast about 45 minutes, until squash is tender and garlic is soft. Let cool enough to handle. Reduce oven to 350 F.
2. Prepare the sausage filling. While squash roasts, brown sausage in a skillet over medium-high heat, breaking into crumbles. Add onion, sugar and pepper; reduce heat to medium-low. Cook, stirring occasionally, until sausage is cooked through and onion is soft and golden. Add a little oil if needed. Remove from heat; stir in ricotta.
3. Make the bechamel. Melt butter in a saucepan over medium heat, swirling frequently until golden brown and nutty-smelling. Whisk in flour; cook 2 minutes. Gradually whisk in warm milk. Cook, whisking, until thick enough to coat a spoon. Remove from heat; stir in cheeses, nutmeg, herbs and salt. Mash roasted garlic into a paste and stir into sauce. Taste and adjust seasoning.
4. Prepare noodles and squash filling. Boil noodles in salted water until pliable, about 5



Roasted butternut squash, sausage and browned butter bechamel bring autumn comfort to every cheesy layer. (Photo Credit: www.JasonCoblentz.com)

minutes. Drain; lay separately on a lightly oiled baking sheet. Scoop cooled squash flesh into a bowl; mash with nutmeg, salt and pepper. Beat egg with cream; stir into squash.

5. Assemble. Grease a 9x13 baking dish. Combine assembly cheeses; reserve 1 cup for topping. Spread a thin layer of bechamel in dish. Add three noodles, one-third each of squash and sausage filling, a thin layer of bechamel and one-third of the remaining cheese mixture. Repeat twice. Top with the last three noodles, remaining bechamel and reserved cheese.

6. Bake. Cover with foil, tented above cheese. Bake 30 minutes. Uncover; bake another 10 to 15 minutes, until bubbling and golden. Rest 20 minutes

before slicing.

Yes, this takes time, but most of the preparation happens while the squash roasts. Save it for an afternoon when you can enjoy the process. The reward is a bubbling pan of autumn comfort, and every right to say, "I made this and it is divine."

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

Autumn peace

I love this time of year. The air is so fresh, and the colors and smells that come from the season's change are so comforting. It's also as good a time as spring when it comes to getting our homes in order or maintaining what we have already accomplished.

While you are preparing for the upcoming holidays reorganize as you begin to decorate, or think about



Daryl Ashley
Guest Columnist
Confusion Solution

what foods you are going to make, or what gifts you plan to buy. When you pull out those decorations, put the items they will replace in containers to avoid overcrowding and freely allow the decorations to fully express the meaning of this time of year. When you are planning your menus, organize your pantry or cupboards to allow for more space and easy access to what

you will need. When you are shopping for gifts think about creating a holiday budget so your expenses will be within reason and when you are wrapping those gifts, use what you already have before you buy more.

There is so much to do, but if you organize as you go you will celebrate having the wisdom to be free from disorder.

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

Joyful Noise

A promise

By Pastor Naomi Mitchell
for Carter County Times

Zephaniah 3:17 is a promise of God's close, joyful presence with His people after judgement. The verse says, "The Lord your God is among you, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he

will exult over you with loud singing." It describes God not as distant, but as dwelling right in the midst of His people to protect, deliver, and comfort them.

You do not have to keep performing for a love God has already chosen to give. Zephaniah 3:17 does not describe a distant God. He is in your midst, mighty to save, rejoicing over you

and resting in His love. Let your heart become quiet where His love has already settled.

God is with you in the silence. Some roads you walk alone, no friends, no family, no partner, just you and God. Some battles are fought in silence, no applause, no spotlight, just you and God. Some storms hit hard, no shelter, no shortcuts, just you and God. Sometime, God places you where He's all you have because He knows

See JOYFUL NOISE on A-4



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

Extension Notes
carter.ca.uky.edu

AGRICULTURE & NATURAL RESOURCES

Fall is the time to check forages for prussic acid risk

As temperatures fall, livestock producers should pay close attention to forages that can cause prussic acid poisoning. Sorghum, sudangrass, sorghum-sudan hybrids, Johnson-grass and wild cherry contain compounds that may release cyanide when plants are damaged by frost, drought or other stress. The toxin can interfere with an animal's ability to use oxygen and may cause death quickly.

The risk of prussic acid poisoning is highest in the fall because the first frosts and freezes can make these



Rebecca Konopka
Carter County
Extension Agent

plants especially dangerous. Young shoots and regrowth also may contain higher toxin levels. Remove ruminants from pastures containing high-risk plants when frost is expected, and don't allow animals to graze those fields at night when a frost is likely.

Testing removes the guesswork from grazing decisions. Before turning livestock into a questionable field, contact your county Extension office. Local extension offices are equipped with Cyanide Field Test kits that can help to assess risk levels.

Because toxin levels can vary across a field and change after frost or new growth, follow the sampling instructions carefully and discuss whether additional testing is needed before grazing or feeding the forage.

While waiting for results, keep livestock away from suspect forage. After a light, non-killing frost, wait about two weeks before grazing. Following a killing frost, wait until the plant material is completely dry and brown—generally at least 48 to 72 hours. Do not graze wilted plants or young tillers. For hay, allow the forage to dry thoroughly before baling. If the crop is

See FORAGES on A-3



Johnsongrass in a hayfield (Submitted photo)

Kentucky Dept of Agriculture Livestock and Grain Market Report

Feeder cattle markets were generally stronger throughout the week, demand was good to very good across most auction markets. Feeder steers sold 2.00 to 8.00 higher with some sharply higher. Heifers were more mixed, trading steady to 5.00 higher, with some heavier-weight classes selling 4.00 to 6.00 lower. Buyers best interest was for long-weaned, high quality cattle. Slaughter cows were mixed with most markets trending 2.00 to 6.00 lower with early week sales showing 2.00 to 3.00 higher. Slaughter bulls sold mixed showing mostly steady to 4.00 lower with instances up to 4.00 higher. Demand was mostly moderate.

Week ending 10/17/26

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

Steers (M&L 1-2)	This Week	Prior Week	Last Year
350-400 lbs	487.24	486.03	428.00
400-450 lbs	453.35	453.88	429.40
450-500 lbs	434.58	425.63	418.93
500-550 lbs	398.57	383.04	399.19
550-600 lbs	377.53	372.35	389.08
600-650 lbs	356.25	356.12	378.24
650-700 lbs	344.96	342.32	367.72
700-750 lbs	336.62	334.24	354.92
750-800 lbs	332.26	335.42	348.42
800-850 lbs	326.94	322.88	331.49
850-900 lbs	313.56	315.47	336.03
Heifers (M&L 1-2)			
300-350 lbs	419.50	424.45	402.43
350-400 lbs	402.77	407.58	399.00
400-450 lbs	383.09	386.43	384.58
450-500 lbs	366.49	366.42	380.48
500-550 lbs	347.81	348.00	361.82
550-600 lbs	331.02	334.98	354.50
600-650 lbs	318.42	323.99	336.90
650-700 lbs	310.99	315.71	328.69
700-750 lbs	300.25	295.28	316.50
750-800 lbs	306.86	288.89	312.33

Slaughter Cows	Average	High	Low
Breakers	114.00-145.00	136.00-169.00	115.00-132.50
Boners	110.00-146.00	134.00-230.00	104.00-135.00
Lean	90.00-143.00	121.00-151.00	87.00-128.00
Slaughter Bulls	Average	High	Low
Yield Grade 1&2	110.00-199.00	185.00-210.00	147.00-179.00

Oct 08, 2026		Bowling Green, KY	
SLAUGHTER GOATS: 156			
Kids-Selection 1		53 lbs 465.00; 75 lbs 322.50.	
Selection 2		51 lbs 385.00; 66 lbs 340.00; 85 lbs 265.00.	
Selection 2-3		45 lbs 350.00; 54 lbs 315.00; 80 lbs 285.00.	
SLAUGHTER SHEEP: 523			
Hair Breeds-Choice & Prime 1-2		55-56 lbs 405.00-420.00; 65-67 lbs 355.00-370.00; 75-76 lbs 307.50-325.00; 85-86 lbs 287.50-297.50; 112 lbs 247.50.	
Choice 2		50-57 lbs 400.00-402.50; 67 lbs 355.00; 74 lbs 325.00; 88 lbs 292.50.	
Wooled-Choice & Prime 1-2		137 lbs 245.00.	

GRAINS	This Week	Prior Week	Last Year
Corn	3.99-5.08	4.05-5.33	3.83-4.43
Soybeans	11.61-12.99	11.81-13.16	9.17-10.35
Red Winter Wheat	5.56-6.73	5.96-7.04	4.49-4.69

Mayor from A-1

but the town was clean before tourism.”

“I thank God for tourism since it started.” Callihan continued, acknowledging tourism’s impact on helping to beautify the city through various projects, including flowers and Christmas lights.

“But we have worked hard to make changes,” Callihan stressed of the city’s efforts. “People don’t know what has gone on behind the scenes. We have a new water plant, and we have a new intake being built now with two new pumps.”

He also listed several other projects that had begun earlier and would continue into 2028 and said when the current planned improvements were made that the city’s issue with water loss would be virtually eliminated.

“Things have changed,” Callihan said. “And all I’m asking for is the opportunity to finish it.”

Callihan’s opponent, however, painted a picture of a city that has struggled to meet basic municipal requirements and citizen expectations.

“I want to share my vision of how we can move Olive Hill forward faster,” Rayburn told the assembled residents, before thanking them for attending. “First we need to start with accountability and efficiency. The audits must be completed on time.”

“Currently, we are working on the 2023 audits,” he pointed out. “Timely audits are essential for financial transparency, responsible management, and maintaining the ability to pursue grant money.”

“We also need a better workforce system,” Rayburn said. “Whether it’s a water leak, pothole, or maintenance issue, I want a system that prioritizes and schedules repairs and keeps you informed on when your concern will be addressed. We need clear organizational structure, so employees know who they report to and their work responsibilities.”

Rayburn also acknowledged that the city had invested ten million dollars in a new water plant, but said he was concerned that the water system continues to experience a seventy percent water loss. Rayburn also addressed

flood prevention and the need to ensure that every city dollar spent had a meaningful return.

The first of the submitted questions asked of the candidates was, “What would you say to residents who think Olive Hill has been neglected or overlooked for years?”

Mayor Callihan responded to the question first.

“I don’t see that we are overlooked,” Callihan responded. “Not by me or the people who work for me. But yes, by the county as a whole,” he said.

“And we do have a good workforce system,” Callihan rebutted Rayburns opening statement. “But as far as overlooked, yes, we are. We are the ‘baby brother.’ Everyone goes to Grayson. We just need to work harder and try harder.”

“We have to take responsibility ourselves,” Rayburn said in answer to the question of being overlooked. “There are less people here, and less money here. But people drive through Olive Hill to go to Grayson or Morehead. So, we have to bring opportunities here, whether that is more jobs or more restaurants.”

Rayburn said in his opinion, more restaurants will foster growth.

“And if you bring more things here that people can’t get from Amazon or Walmart,” he said, “that keeps that money local.”

Both candidates were then asked what their plans were for both bringing in new businesses and retaining businesses that currently operate in the city. Callihan answered the question by stating that the city needed to continue building their infrastructure. Callihan said that certain things had been let go in the city for a long time such as the sewer, but his administration has been working to repair issues that he inherited from previous administrations.

“As for keeping business, we do what’s right,” Callihan said. “We help them out every way we can.”

Rayburn also said that infrastructure, specifically sewage, was a problem that Olive Hill has had for a long time. He said he believed that if these issues were remedied it would be both easier to attract new businesses and to keep existing businesses. He also said there were

several empty buildings in the downtown area that would be able to house new businesses if the infrastructure supported them.

“There is opportunity to get new people here,” Rayburn said. “We just need to get the right people involved and we’ve got to get people that are invested here currently to stop slowing progress.”

Both candidates were then asked how they would address the city’s water loss. Callihan replied by saying the only way to remedy the issue was by replacing the current lines.

“There is only one way to do it,” Callihan said. “And that’s re-lay the lines. When we get that completed, our water loss will be gone. No one has ‘no water loss.’”

He pointed out that included in water loss was the fire department using water or a customer hitting a line. But he said he believes when the current lines are replaced there will be no unnecessary loss of water.

Rayburn said there are always other options to remedy issues, and though he did not say he was against new water lines he did say there are other potential fixes for the issue of water loss. He also questioned if fixing the current issues with water loss might have been a better investment for the city than the ten-million-dollar investment in the new water plant.

Throughout the question-and-answer style debate both candidates agreed on key points such as infrastructure, attracting and retaining businesses, and supporting local government agencies while maintaining the best quality of life for Olive Hill citizens. There were stark disagreements, however, in the methods by which those goals could be achieved. Callihan favored a stay the course approach and listed the city’s recent accomplishments. Rayburn, on the other hand, categorically questioned those achievements and stated he is in favor of an entirely new way of proceeding to achieve new and existing goals.

The entire debate is available to stream on the Olive Hill Chamber of Commerce Facebook page.

Contact the writer at charles@cartercountytimes.com

Joyful Noise from A-2

that’s when you’ll truly seek and trust Him. God didn’t bring you this far to abandon you. He’s carried you through the hardest parts before; He won’t let go of you now.

You don’t have to have all the answers, you just keep trusting step by step. You have made it this far and you will continue to make it with the Lord walking by your side.

Remind yourself that in every storm He is already there. No matter what you are facing, believe that God’s grace is sufficient to carry you through every challenge. Do not lose faith, for God will reach out His hand when you need Him the most. He loves you and will lead you out of the darkness into a new dawn of hope. God will carry you through every storm in your life and give you strength.

Pray this prayer.

Heavenly Father, when my mind is restless and my heart keeps searching for reassurance, quiet me in the love You have already given. Remind me that You are not distant from me; You are mighty in my midst, able to save, steady, and restore. Help me stop striving to earn what Your grace has freely offered and let the joy You take in Your children become a place of rest for my soul. In Jesus’ name I pray.

Amen! So be it!

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OBITUARY

Nannie Louise Frazier Stephens 1937 – 2026



Nannie Louise Frazier Stephens, 89, third born of John Paris and Dora Walker Frazier, arrived June 14, 1937, Bruin, KY. Died, Tuesday morning, October 13, 2026.

In addition to her parents she was preceded in death by brother, Bill (Joann) Houck Frazier; sister, Mary Marzella Hanshaw; son-in-law, Daniel Kevin Rogers; and brothers-in-law, Charles “Dink” Heaberlin and Richard M. Jones

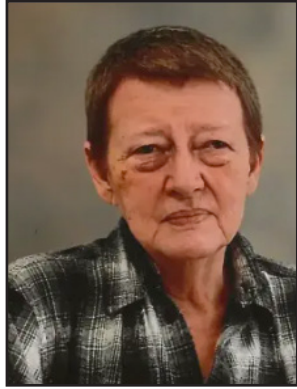
A devoted member of

the Churches of God most of her adult life; a strict observer of the weekly sabbath and annual holidays. An early riser to start her chores as an excellent housekeeper. Enjoyed planting and maintaining her flower displays. Loved expressing her Frazier wit.

She is survived by her husband of 71 years, Richard Wayne Stephens; daughter Michelle Rogers; son Rick (Cosetta) Stephens; grandson, Daniel Rogers; granddaughter, Gloria Sue (Wyatt) Sivils; Great-granddaughter, Kate Sivils; sister, Dixie Heaberlin; brother-in-law, Bob Hanshaw and several nephews and nieces.

As preplanned there will be no services. Interment will be at Kentucky Veterans Cemetery Northeast. Ferrell-Chambers Funeral Home, Huntington, WV are entrusted with arrangements.

Martha Sue Steele Mauk 1948 – 2026



Martha Sue Steele Mauk, age 77, of Grayson, Kentucky, passed away Wednesday, October 14, 2026, at her residence, surrounded by her loving family.

She was born Monday, December 13, 1948, in Carter County, Kentucky, a daughter of the late Earl Steel Jr. and Colleen Dickerson Steele.

In addition to her parents, she was preceded in death by one son, Randy Allen Mauk; two grandsons, Matthew Craft, Heith Baier; one great grandson, Kalob Baier; two brothers, Ricky Allen Steele, John Ray Steele; three sisters, Beverly Blevins, Phoebe Wilburn and Karen Duty.

Martha enjoyed sewing, cooking, working in her flower garden, and enjoyed spending time with her family, especially her grandchildren.

She is survived by her loving husband of 60 years, Larry Eugene Mauk; one son, Dennis Eugene (Penny) Mauk of Campton, Kentucky; two daughters, Kimberly (Randall) Baier, Donna (Eric) Baier, both of Grayson, Kentucky; 8 grandchildren; 14 great-grandchildren; one sister, Betty (Danny) Oney of Blaine, Kentucky, along with many other family and friends that will sadly miss her.

Funeral services were held at 12 noon, Saturday, October 17, 2026, at Grayson Funeral Home and Cremation Services, 49 McCoy Road, Grayson, Kentucky, with Brother Bobby Bond officiating. Burial followed in Nelson-Carroll Cemetery, in Grahn, Kentucky.

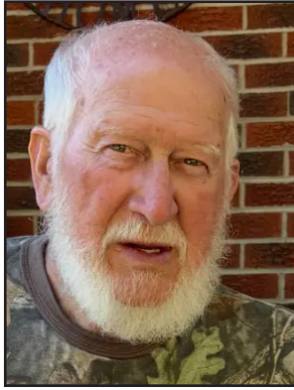
Friends visited from 7 p.m. to 9 p.m., Friday, October 16, 2026, and after 9 a.m., Saturday, October 17, 2026, until the service hour at the funeral home.

Travis Baier, Craig Baier, Cameron Baier, Nathaniel Baier, Eric Fyffe and Dennis Mauk served as pallbearers.

Special thanks to Home Health and Hospice.

Grayson Funeral Home is honored to serve the family of Martha Sue Steele Mauk.

Donald Ray Lester 1945 – 2026



Donald Ray Lester, age 81, of Olive Hill, Kentucky, passed away Sunday, October 11, 2026, at his residence.

He was born Monday, October 1, 1945, in Lawrence County, Kentucky, a son of the late Proctor Vincent and Minnie Easter Skaggs Lester.

He enjoyed driving old trucks, fishing, going out to eat and spending time with his family.

In addition to his parents, he was preceded in death by two brothers, Ishmael Lester, Joe Lester and one sister, Ilene Ackers.

He is survived by his loving wife, Peggy Ann O’Neal; two sons, Donald Ray Lester Jr. of Jeffersonville, Indiana, Michael Vincent Lester of Olive Hill, Kentucky; four grandchildren; six great-grandchildren; one brother, Ronald Lester of Blaine, Kentucky, one sister, Pauline Wheeler of Blaine, Kentucky, along with many other family and friends who will sadly miss him.

At Donald’s request, there will be no service at this time.

Globe Funeral Chapel in Olive Hill, Kentucky is honored to serve the family of Donald Ray Lester.

Grayson Optical

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(606) 474-5126

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.

Guest Editorial

When it comes to Medicaid cuts in Kentucky, it's always Groundhog Day

By Jason Bailey
Kentucky Lantern

Over the next few years, Kentucky is facing the largest Medicaid cuts in the program’s history. Starting in January, the federal One Big Beautiful Bill Act will take Medicaid coverage away from many thousands of Kentuckians. Separately, state Medicaid cuts will go into effect in July unless the 2027 General Assembly restores funding to the program. And in January 2028, the OBBBA will begin lowering Medicaid payments to providers with reductions that will deepen over the following decade.

If allowed to occur, these perilous cuts will worsen Kentuckians’ health and well-being, increase burdensome medical debt, and cost providers and jobs including by putting 35 rural hospitals at risk of closure.

The cuts are the latest in a long series of threats. Medicaid has faced danger ever since the Affordable Care Act (ACA) expanded the program in 2010 and became a political punching bag. But here’s the thing: time after time, in the face of organized public opposition, decision makers have halted major Medicaid rollbacks before the pain to communities began.

That tells us a lot about what’s at stake. And it shows why Kentuckians should urge federal and state lawmakers to stop harmful cuts yet again.

The push to cut Medicaid and repeal the ACA began as soon as the law passed. Republicans were unified in their opposition and rode the Tea Party wave in the 2010 midterms catalyzed in part by opposition to so-called Obamacare. Opponents demonized the ACA and capitalized on all it didn’t do to fix an ailing American health care system, while obscuring the good it did.

However, then-Governor Steve Beshear expanded Medicaid under the ACA in 2013, citing an obscure state law and acting right after the General Assembly had adjourned for the year. By the time the legislature reconvened, thousands of people were already gaining coverage and getting healthcare. Republicans controlled the state Senate and could have picked a fight over blocking Medicaid expansion and refusing the federal funds. But knowing that would be devastating to constituents and providers, they stood aside.

Nevertheless, rhetorical opposition to Obamacare continued throughout the 2010s — with the U.S. House voting over 50 times to overturn it — until Republicans took control of the Congress and the presidency with Donald Trump’s election in 2016. But even with a unified government, their effort to repeal the ACA failed with then-dying Senator John McCain’s famous “thumbs down” vote on the floor of the Senate. Though Republican leaders expressed disappointment at the loss, some no doubt felt relieved when tens of millions of Americans did not lose their health care.

Back in Kentucky, the legislature kept Medicaid expansion even after Republicans took full control of the legislature in 2016. Then-governor Matt Bevin attempted to establish paperwork requirements like are now in law from the OBBBA but lost in court and then in his re-election bid, in part due to his unpopular positions on health care, education and public employees.

The legislature also tried to put in place similar barriers to Medicaid enrollment through four different bills in 2019, 2020, 2022, and 2025. All of them failed to pass or were largely stripped of their harmful measures after concerted opposition campaigns led by health advocates.

But after Trump was elected a second time with Republican majorities in Congress, lawmakers passed the OBBBA and its major cuts to Medicaid in 2025. Yet fearing backlash, the law was designed so the pain didn’t go into effect immediately. It pushed the paperwork barriers until after this year’s midterm elections and set the payment cuts to start a year later and grow gradually over time.

Most recently, the Kentucky General Assembly passed a budget in April that underfunded Medicaid by hundreds of millions of dollars compared to the executive branch forecast of costs. That forced Governor Beshear to put in place Medicaid payment cuts this summer. After an outcry from constituents and providers, he reversed course and made extraordinary appropriations to Medicaid that are likely outside his legal au-

See MEDICAID on A-8

Carter County Times

Members of the Editorial Board

Nicole Wells, publisher

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Pride and porcelain

My home county was never affluent by any stretch of the imagination. When I was in high school, over a quarter of our people lived below the poverty line, and that figure climbed past a third among kids under eighteen. In 2001, the federal government officially added us to the coverage area of the Appalachian Regional Commission. I never considered us truly part of Appalachia, nor do many people. Whenever anyone questioned our inclusion, I always told them that what we lacked in mountains, we more than made up for in poverty.

Change comes slowly to Metcalfe County. The population has barely budged over the decades, and today we have just two hundred more souls than we did a century ago. That is why any shift in the landscape turns into a major event. When McDonald's opened in Edmonton back in 1999, the high school marching band showed up in full uniform to play for the ribbon-cutting.

August of 1994, the start of my junior year, brought a big milestone. For the first time in thirty-six years, the county had a brand-new high school building. It threw all of us for a loop. After two years of navigating the quirks and crowded halls of the old facility, we upperclassmen suddenly felt like lost freshmen.

The first week was chaotic, but once we sorted out

the parking and figured out the floor plan, we settled in. Even so, the newness was almost overwhelming. The waxed floors gleamed like mirrors. The hallways smelled of fresh paint. Lockers actually worked without you having to bang on them. There was something different in the air, and we all felt it.

That feeling lasted all of two weeks. That’s how long it took before a couple of boys whose necks ran decidedly scarlet decided to rip a porcelain urinal clean off the restroom wall. Two weeks into a thirty-six-year upgrade, we had already proved why we couldn’t have nice things.

The senselessness of it bothered me then, and looking back across thirty years, it bothers me even more now. Teenage boys will do foolish things, sure. But where was the common decency? Where was the gratitude for having a place that was clean and working properly? Where was the pride?

Pride is a tricky word. On one hand, we are taught in church that it is a spiritual hazard, the root “deadly” sin sitting atop the other six. C.S. Lewis called it the vice that breeds every other vice. Theologians trace the fall in the Garden of Eden right back to it. Even folks who've never opened a Bible know the abridged warning from Proverbs that pride goes before a fall.

On the other hand, Aristotle called pride the crown of the virtues. We spend years teaching our children

See PRIDE on A-6



Tommy Druen
Guest Columnist
Carter County Times

Hard to swallow realities

I've got a ritual when I get that paycheck on the 15th: Dinner. This week, I had my kids. So those two gremlins, me, and their stepmom went to Shake Shack. It being payday, I figured, let's do something nicer than McDonald's, something different than the local joints we usually support. I had an intense craving for the cheese fries; because whatever cheese concoction they use over there, they're doing the Lord's work.

We ordered: one Chicken Shack, one cheeseburger with ketchup only, one Double SmokeShack, and one Black Truffle Burger. One chocolate shake, one Reese's Peanut Butter Cup shake, and two cookies and cream shakes. One order of fries, two orders of cheese fries, and one order of bacon cheese fries.

The total? \$101. One hundred dollars on burgers, fries, and shakes. Yes, I went big. That's the point of a payday treat.

My jaw hit the floor. I could have taken everyone to grab steaks. Instead, as my hungry family looked at me, as it poured outside, I slid my card in the machine, knowing that if I said, "let's go somewhere else," I would be killed on the spot.

These prices are unsustainable. At the grocery store, it's grim: According to the Bureau of Labor Statistics, the average price of lean ground beef reached



Robert Dean
Guest Columnist
Carter County Times

\$8.46 per pound in September 2026, while prices overall climbed 5.4% over the previous year.

Shake Shack isn't immune. During its second-quarter earnings call, the company said beef costs were up in the mid-teens compared with the previous year. Add labor, rent, and keeping the lights on, and the insane price of their hamburger makes more sense. But understanding why something costs more doesn't make it any easier to swallow.

The conversation is bigger than cheese fries. With the midterms approaching, affordability isn't an abstract economic debate happening in Washington. It's dinner, the grocery receipt, and the money left in your checking account at the end of the week. I do this math constantly.

I'm gonna leave this here like a cat leaving a bird on your doorstep: do some footwork into who you're going to vote for this midterm season. Ask hard questions about how a candidate's agenda affects all of us. Gas prices suck. Rent? We're all paying way too much. Inflation reached 3.7% in September.

Here's one worth asking about. The war with Iran, a war that 59% of Americans said was the wrong decision when surveyed in March, sent fuel prices through the roof. By October, 65% disapproved of Trump's handling of the conflict, according to Pew Research Center.

See REALITIES on A-6

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.

So last week, to bring those prices down, Washington struck a deal to supply more than 300,000 tons of Russian diesel to American and global markets, temporarily easing sanctions. Think about that. We're supporting Ukraine in its fight against Russia, while making it easier for Russia to sell fuel because of an energy crisis worsened by a war the United States started.

Russia isn't neutral in the Iran conflict. Moscow has a strategic partnership with Tehran, and U.S. intelligence has indicated Russia provided military assistance to Iran. We're helping Ukraine fight Russia, fighting Iran,

which Russia supports, and now opening the door to Russian diesel bringing Moscow hundreds of millions in revenue. Analysts say the additional supply is unlikely to make much difference at the pump. Make it make sense.

Washington keeps making tone-deaf deals to protect its own interests while the rest of us are watching Dollar Tree meal videos, trying to figure out how to stretch twenty bucks. Most people can't afford a \$101 Shake Shack dinner. Truth is, I couldn't afford it, either.

Meanwhile, the Pentagon estimated \$43.6 billion in costs from the war in Iran through September

3, including operations, ammo, and equipment replacement, according to Bloomberg Government. The AP reports that Moody's Analytics economist Mark Zandi estimates the war has cost the average American household \$2,000 in higher costs.

For perspective, \$43.6 billion is more than the federal government spent on school meals and other child nutrition programs in an entire year. It's also roughly 43% of annual SNAP spending.

When you vote, look past the color of the candidate's party line. Ask what they're doing for working-class people. How can you help me avoid spend-

ing the equivalent of my phone bill on dinner? How can you put working-class people back to work? We've got plenty of money for war, but somehow never enough for medication or a doctor's visit.

Being a good parent feels like a cost-benefit analysis. It's exhausting.

At prices like that, I don't know how many more payday dinners I've got left with those two gremlins.

Contact us at or send submissions to news@cartercountytimes.com. Visit the author on Substack at What's Annoying Robert Dean Today?

Opioid abatement grant applications now open

FRANKFORT – Attorney General Russell Coleman announced today the Kentucky Opioid Abatement Advisory Commission is accepting grant applications. General Coleman encourages Kentucky organizations working in prevention, treatment and recovery to apply to partner with the Commission

in this lifesaving work.

The Commission is accepting applications in the following areas:

- Prevention
- Treatment/Recovery

Interested organizations can find more information and the grant applications on the Commission's website.

"We have been at the

epicenter of the drug crisis for years," said Attorney General Coleman.

"Through the work of the Commission to invest in life changing programs across our Commonwealth, Kentucky is now at the heart of the recovery. I encourage any organization from the Purchase to the Mountains to apply."

"The work of the Opioid Abatement Commission continues to change the trajectory of our Commonwealth," said Commission Director Chris Evans.

"We're looking for leaders and organizations who will come alongside us to continue to bring hope to those in need."

In 2026, the Commis-

CLASSIFIEDS

PUBLIC NOTICES

**NOTICE OF INTENTION TO MINE
NONCOAL MINERALS**

Pursuant to Application Number 022-9415
Amendment #1

In accordance with 405 KRS 350.055, notice is hereby given that Buffalo Valley resources, LLC, 10694 State Highway 2, Olive Hill, Kentucky 41164 intends to apply for an amendment to a non-coal surface limestone mining permit. The amendment will add 4.00 acres of surface disturbance making a total area of 58.78 acres located 1.62 miles southwest of Carter in Carter County Kentucky.

The proposed operation is approximately 0.41 miles south of the junction with KY Route 396 and Kentucky 2 and located southeast of Buffalo Creek. The Latitude is 38 degrees 24 minutes 52 seconds. The longitude is 83 degrees 08 minutes 54 seconds.

The proposed operation is located on the Wesleyville U.S.G.S. 7 ½ minute quadrangle map. The operation will use the area and quarry method of mining. The surface is owned by K & L Enterprises LLC.

The application will be on file for public inspection at the Department for Natural Resources Frankfort Office, 300 Sower Boulevard, 2nd floor, Frankfort, KY 40601. Written comments, objections or request for a permit conference must be filed with the Director, Division of Mine Reclamation and Enforcement, 300 Sower Boulevard, 2nd floor, Frankfort, KY 40601, within 15 days of the date of this advertisement and briefly summarize the issues to be raised at the conference.

Looking to buy, sell or trade?

Having a yard sale?

Looking to hire or trying to find work?

**Post it in the
CLASSIFIEDS!**

Contact advertise@cartercountytimes.com

PUBLIC NOTICE

Yummy Grayson, Inc. DBA Yummy Express hereby declares its intention(s) to apply for an NQ2 Alcohol license no later than October 7th, 2026. The licensed premises will be located at 522 E Main ST, Grayson, Kentucky, 41143. The owner and president is Jian Zheng, 352 Township Road 1533, Proctorville, OH, 45669. Muyong Chen, 195 Henry ST Apt 20, New York, NY, 10002. Any person, association, corporation, or body politic may protest the granting of the license(s) by writing to the Department of Alcoholic Beverage Control, 500 Mero Street 2NE33, Frankfort, Kentucky, 40601, within thirty (30) days of the date of legal publication.

sion awarded nearly \$34 million to more than 100 organizations committed to stomping out the drug epidemic. Since its creation by the General Assembly in 2021, the Commission

has invested more than \$100 million in Kentucky communities.

Applications for the 2027 grants will close at 6PM ET on Thursday, December 17.

knows, there's a difference between having a plan on paper and making it work on the ground.

Our schools need a steady supply of food at prices they can afford. Our farmers need to know there's going to be a dependable market before they invest the time and money it takes to raise a product. And somewhere in between, we've got to have the processing, storage and transportation needed to get that food from the farm to the schoolhouse.

The Department of Agriculture is working to bring schools and producers together and identify more Kentucky products that can be purchased locally.

I believe there's a real opportunity here. If we can help Kentucky farmers sell more of what they raise right here at home, that's good for agriculture, good for our local economies and good for the children sitting down to eat in our schools.

Taking care of the land

that takes care of us

Around here, we understand the value of a good piece of ground and a dependable water source. You don't have to tell a farmer how important it is to take care of the land. For many families, that land has been passed down through generations, and they hope to leave it in better shape for the next.

In September, the Tobacco Settlement Agreement Fund Oversight Committee heard about the continued demand for conservation assistance across Kentucky.

Officials reported that the state's soil and water cost-share program received 707 applications requesting approximately \$8.57 million for fiscal year 2026. Of those, 306 applications were approved, totaling about \$3.76 million.

These aren't just numbers on a spreadsheet. We're talking about improvements such as live-stock watering systems, erosion control and manure management. Those are the

kinds of investments that can make a real difference in a farming operation while also protecting our creeks, streams and surrounding property.

Our local conservation districts do good work helping farmers understand these programs and find the assistance available to them.

But with more folks seeking help than there is money to go around, we've got to be thoughtful about how these dollars are spent. I want to make sure we're putting resources where they'll do the most good and help keep our family farms productive for years to come.

Keeping the lights on and costs down

Whether you're running a household, operating a farm or trying to keep the doors open at a small business, you know what a difference the electric bill can make.

And as Kentucky looks to attract new employers and grow existing businesses, dependable and affordable electricity is

going to be more important than ever.

At September's Natural Resources and Energy Committee meeting, researchers from the University of Kentucky discussed how battery storage technology could help manage changes in electricity demand and short service interruptions.

They also made clear that batteries alone won't replace the need for adequate power generation and transmission.

We heard about the possibility of producing more electricity at existing dams and using batteries alongside hydropower to make additional electricity available when demand is high. There are opportunities worth looking at, but there are also costs and lengthy federal approval processes to consider.

Eastern Kentucky has a long and proud history of helping power this country. Generations have worked hard in the energy industry, and we understand better than most that dependable energy doesn't just happen.

As we look at new technologies and growing demand, I believe we've got to keep our feet on the ground and ask some common-sense questions.

Can folks count on the power being there when they need it? Do we have the infrastructure to support it? And, perhaps most importantly, who's going to pay for it?

Those are the questions I'll keep asking as we work through these issues in Frankfort.

Standing behind the families who step up

One thing I've always appreciated about the people of northeastern Kentucky is that when somebody needs help, family and neighbors are usually the first to step forward.

We see that every day with grandparents, aunts, uncles and other relatives who open their homes to children when circumstances make it difficult for their parents to care for them.

That kind of love and responsibility deserves our

respect, but we also need to recognize that it isn't always easy.

During September's Families and Children Committee meeting, we discussed the challenges these caregivers face, particularly when it comes to getting a little relief from the day-to-day responsibilities of raising a child.

Respite care provides a temporary break for caregivers while ensuring children remain in a safe and appropriate setting.

We heard from an advocate who explained that relatives caring for children outside the foster care system don't always have access to the same support available to foster families. She encouraged lawmakers to look at ways to close that gap.

Committee members also raised questions about provider screening and training. No decisions were made to expand the program or provide additional funding, but it's a conversation worth continuing.

We also heard about the difficulties families can

to build self-esteem. We urge our neighbors to take pride in their craft and their communities. Even Ecclesiastes reminds us that there is nothing better for a person than to find joy in his labor.

Trying to reconcile those two ideas can feel contradictory, but that's the nature of humanity, full of tensions that don't resolve neatly. It's the same reason parents will lunge for the

remote at the first hint of nudity on television, then turn around and walk those same kids through an art museum, pointing out the beauty in Botticelli or Titian without a second thought. Context changes everything. So does intent.

I think Aristotle had the right instinct all along. Pride, like most things in a person's character, isn't good or bad on its own. It's the extremes that get

you in trouble. Too much curdles into arrogance, isolation, broken relationships. Too little leaves a person with no sense of worth, willing to accept neglect and mistreatment they don't deserve.

Part of the trouble is that the word itself lumps everything under one umbrella. We have specific words for bad pride, such as hubris, conceit, and haughtiness. We have fine

words for good pride, such as dignity, honor, and self-respect. But in everyday conversation, though, we mash them all together under the singular word of pride. It is a lot like sitting in the doctor's office hearing your cholesterol numbers and trying to remember which kind helps your heart and which kind clogs your pipes.

The healthy kind, though, is worth defending.

It fuels honest competition and lifts up whole communities. There's real virtue in taking pride in your school, your hometown, your state, provided it never curdles into smugness. The goal is quiet confidence, not loud cockiness, though the line between them is thinner than we like to admit.

The French author Georges Bernanos captured that delicate line when he wrote, "It is a fine

thing to rise above pride, but you must have pride in order to do so."

Or, to put it in plainer terms, have enough pride in who you are not to tear the urinals off the wall, literally or figuratively.



On October 15, the West Carter Comets boys soccer team traveled to Bath County for their first game of regional play and sealed a 4-2 win to advance to the next round. (Submitted photos)

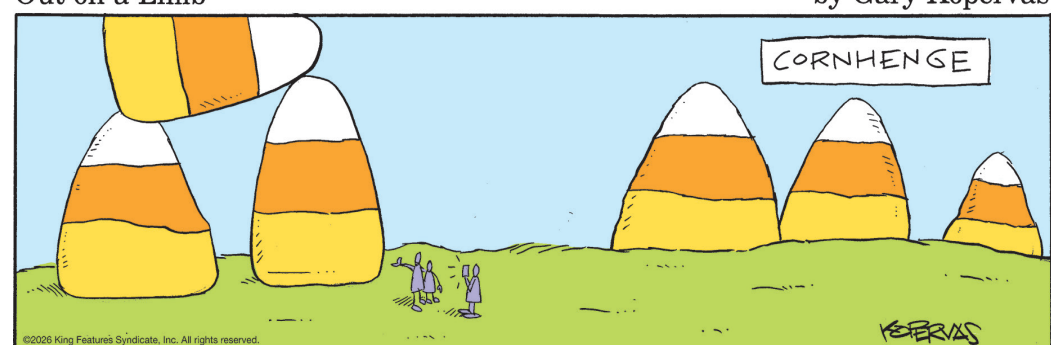
Amber Waves

by Dave T. Phipps



Out on a Limb

by Gary Kopervas



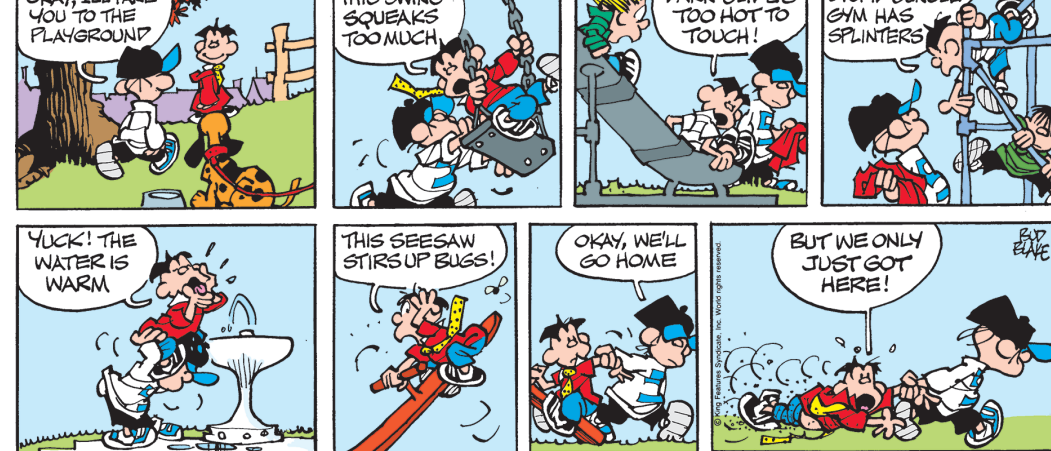
The Spats

by Jeff Pickering



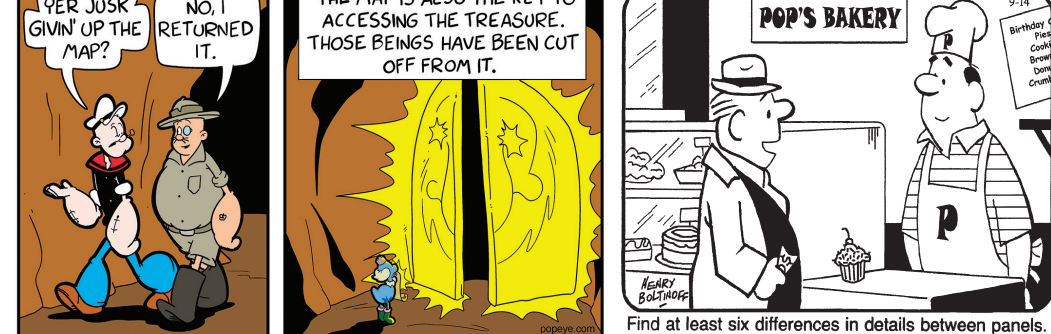
TIGER

by BUD BLAKE



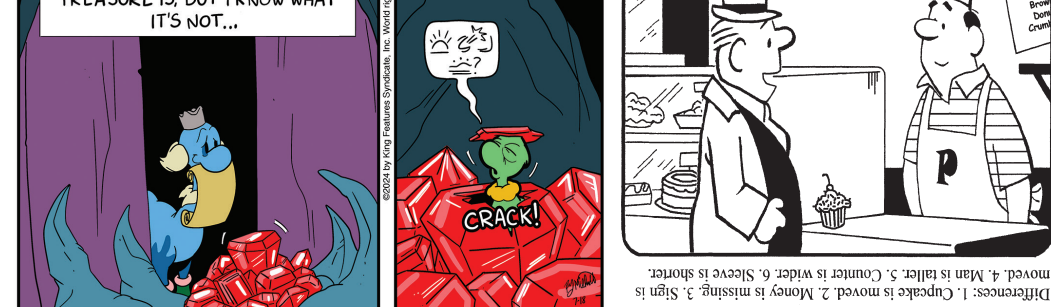
OLIVE & POPEYE

By Randy Milholland



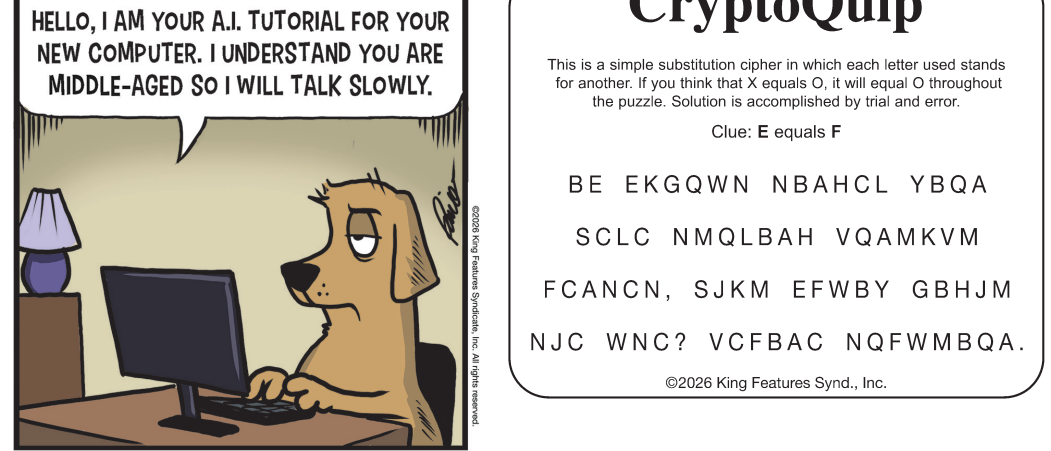
HOCUS-FOCUS

BY HENRY BOLTINOFF



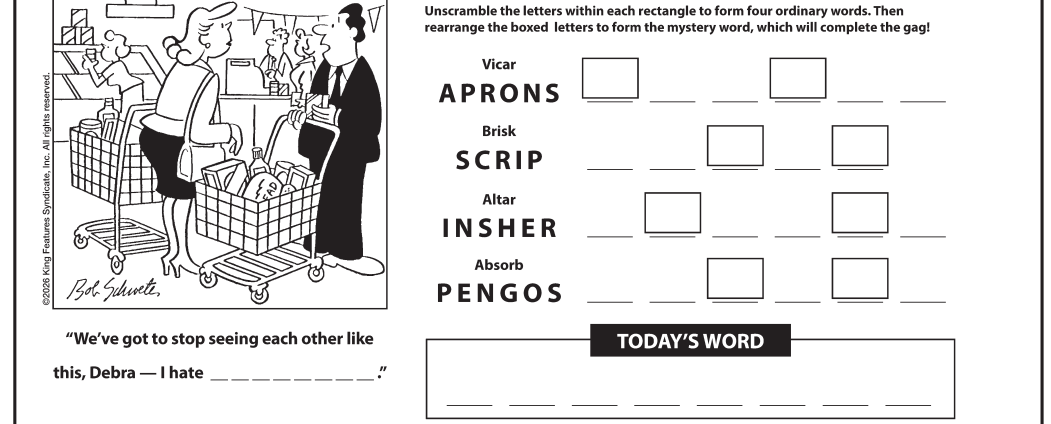
Just Like Cats & Dogs

by Dave T. Phipps



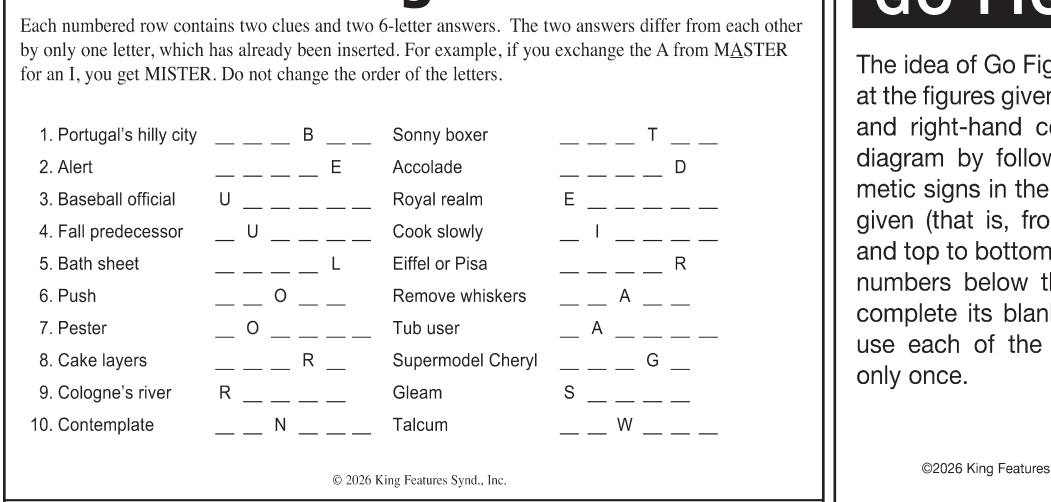
SCRAMBLERS

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!



Even Exchange

by Donna Pettman



King Crossword

ACROSS

1 Off-white

5 "Star Trek II" villain

9 Yoga pad

12 Lopsided win

13 — the Great (kid-lit detective)

14 Yucatan "Bravo!"

15 Lead singer of Matchbox Twenty

17 Present location?

18 Most devious

19 Den fixture

21 ICU worker

22 No-frills

24 Big cheese

27 Warm-up run

28 Kitten calls

31 — Jima

32 Noshed

33 Slangy denial

34 Arrears

36 Roast VIPs

37 Hereditary unit

38 Jazz legend

40 Concerning

41 Prefix with violet

43 Social blunders

47 Egg — yung

48 Workplace invitations

51 Sharing word

52 Sciences' partner

53 Coup d'—

54 Messy room

55 Diner dish

56 D.C. baseball team

7 — premium

8 Tree houses

9 Frenzied gathering

10 Lotion additive

11 Libretto

16 QVC alternative

20 Energy

22 Foul up

23 Ice and Bronze

24 Auction action

25 Have bills

26 Pitiful tale

27 Magazine for docs

29 Pallid

30 That ship

35 Pitch

37 Lincoln Center's David — Hall

39 Indian prince

40 U.K. fliers

41 Sci-fi vehicles

42 LummoX

43 "Gee whiz!"

44 Greek salad cheese

45 Part of Q.E.D.

46 Swift jets

49 — pro nobis

50 "Dynamite" band

DOWN

1 Blunders

2 "Neato!"

3 July birthstone

4 Says

5 Shoelace snarl

6 Deli choice

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Weekly SUDOKU

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

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™

Voice ID?

S O U N D

Healthy

Nose

Extended family members

Visit frequently

Group prayer or invocation

Soccer or tennis contest

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.sproutsudoku.com

02662



King Crossword

Solution time: 25 mins.

Answers

Answers

1. Off-white

5. "Star Trek II" villain

9. Yoga pad

12. Lopsided win

13. — the Great (kid-lit detective)

14. Yucatan "Bravo!"

15. Lead singer of Matchbox Twenty

17. Present location?

18. Most devious

19. Den fixture

21. ICU worker

22. No-frills

24. Big cheese

27. Warm-up run

28. Kitten calls

31. — Jima

32. Noshed

33. Slangy denial

34. Arrears

36. Roast VIPs

37. Hereditary unit

38. Jazz legend

40. Concerning

41. Prefix with violet

43. Social blunders

47. Egg — yung

48. Workplace invitations

51. Sharing word

52. Sciences' partner

53. Coup d'—

54. Messy room

55. Diner dish

56. D.C. baseball team

7. — premium

8. Tree houses

9. Frenzied gathering

10. Lotion additive

11. Libretto

16. QVC alternative

20. Energy

22. Foul up

23. Ice and Bronze

24. Auction action

25. Have bills

26. Pitiful tale

27. Magazine for docs

29. Pallid

30. That ship

35. Pitch

37. Lincoln Center's David — Hall

39. Indian prince

40. U.K. fliers

41. Sci-fi vehicles

42. LummoX

43. "Gee whiz!"

44. Greek salad cheese

45. Part of Q.E.D.

46. Swift jets

49. — pro nobis

50. "Dynamite" band

Trivia test

by Fifi Rodriguez

- BUSINESS: Which company produced the Frisbee?
- GEOGRAPHY: What is the capital of Ethiopia?
- LITERATURE: What was American poet Wallace Stevens' job aside from writing poetry?
- HISTORY: The first atomic submarine was built in which decade?
- MEDICINE: What is the medical name for low blood sugar?
- MOVIES: In what year was the terrorist-threat movie "Black Sunday" released?
- U.S. PRESIDENTS: Which U.S. president's image was featured on a dollar coin in 1971?
- INVENTIONS: When was the transistor invented?
- U.S. STATES: What is Wyoming's official nickname?
- MEASUREMENTS: How many hectares are in 1 square kilometer?

SHOPPING

Today's Word

3. Shrine; 4. Sponge

Solution

SCRAMBLERS

H	C	T	A	M
T	N	A	H	C
T	N	U	A	H
S	T	N	A	V
T	U	O	N	S
D	N	O	U	S

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

Weekly SUDOKU

Answer

she user? Celine solution.

Cryptoquip

If famous singer Dion were storing contact lenses, what fluid might she use? Celine solution.

- Wham-O
- Addis Ababa
- Insurance executive
- 1950s
- Hypoglycemia
- 1977
- Dwight D. Eisenhower
- 1947, Bell Laboratories
- The Equality State
- 10, 100

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.

Diagram for Go Figure!

1 2 3 4 5 6 7 8 9

66	=	9	=	6
8	+	1	+	4
2	+	6	×	7
5	+	3	×	9

- Libson, Libson
- Shore, Shore
- Bother, Bother
- Empire, Empire
- Summer, Summer
- Towel, Towel
10. Powder, Powder

4:10 Direct Care celebrates two years, looks toward expanded patient care in third year

GRAYSON — Two years after opening its doors, 4:10 Direct Care, also known as Moore Wellness Clinic, is preparing to enter its third year with a growing patient base, expanded services, and a continued commitment to providing a different kind of primary care experience.

Owned by nurse practitioner Nikki Moore, 4:10 Direct Care was initially envisioned as a telehealth-based practice offering consultations and IV hydration. That vision evolved into a direct primary care clinic after Moore recognized an opportunity to provide patients and families with more time, accessibility, and personalized attention.

“I was originally going to do mostly telehealth consultations for people getting tired of hearing everything is normal when they go to their doctor but knowing something is off,” Moore said. “But I kept getting this feeling/ message from God that I needed to do primary care for those that are tired of the mainstream care.”

Moore, who has been a nurse for twenty years and began her career as a nurse practitioner shortly before the COVID-19 pandemic, said her experiences in traditional healthcare helped shape the model she wanted to create.

In conventional insurance-based practices, Moore said providers can be expected to see a high volume of patients in short appointment windows, making it difficult to address every concern and build meaningful relationships with patients.

That experience ultimately led Moore toward a

direct primary care model designed to remove many of the limitations associated with the traditional insurance-driven system.

4:10 Direct Care does not accept insurance for its primary care services.

Instead, patients pay a monthly membership fee that provides access to primary care with extended appointment times and direct communication with Moore.

Patients can still use insurance for services outside the clinic, including certain imaging and laboratory services.

For Moore, the model is about more than simply changing how patients pay for healthcare. It allows her to spend more time getting to know the people she serves and helping them participate in decisions about their own care.

“If you get more time with a patient and you’re able to listen to them and truly understand their concerns, you get to actually know more about them and their family and more about what truly makes them light up and smile or makes them completely stressed or overwhelmed. Then you get the ability to help them move through those times of life better,” Moore said.

Moore also incorporates integrative and functional approaches when appropriate, combining conventional medicine with lifestyle education and other approaches aimed at addressing underlying factors that may contribute to a patient’s health concerns.

She said education and honest conversations are central to that process.

“I’m not afraid to tell my patients that I don’t

know something and I’m not afraid to tell them that I may have to ask some other people or read some more evidence-based research,” Moore said.

She says the response from the community over the past two years has exceeded her expectations.

“I have been really shocked at the demand in our area of people that are wanting a different approach to their healthcare and people that are wanting longer appointment times, more personalized care, more involvement being allowed to ask questions and make those decisions for their own care with guidance from a provider,” she said.

As 4:10 Direct Care prepares to enter its third year, the practice is also expanding its network of services.

Moore has established a relationship with Cardiovascular Imaging Services to provide patients with affordable cash-pay options for a variety of imaging needs, including payment plans and radiologist fees included in the imaging cost.

The clinic will also host HerScan on Nov. 20 for breast ultrasound screenings.

She says the November schedule is currently full, but a waitlist is available through HerScan for those interested in being notified of cancellations or helping demonstrate local demand for future screening events.

In addition, Hot Spot Derm, a separate nurse practitioner-led dermatology practice operated by Kellie Sparks, is now located inside 4:10 Direct Care.



submitted photo

Hot Spot Derm provides specialty dermatology care for concerns including suspicious skin spots, skin tags, warts, acne, eczema, psoriasis and seborrheic dermatitis.

4:10 Direct Care will celebrate the beginning of its third year with an open clinic and open house from 9 a.m. to 3 p.m. Nov. 7. Moore and Sparks will be available to introduce their services, welcome guests and showcase the clinic. Local vendors will also participate, with additional vendors expected to join the event.

Looking ahead, Moore says her primary goals include growing the clinic’s direct primary care membership and increasing awareness of its IV hydration services. She says that growth would allow her to eventually bring a medical assistant or nurse onto the team to help with scheduling, patient communication, and other administrative responsibilities.

For now, Moore continues to handle nearly every aspect of the business herself.

“Right now I’m doing all of those things plus office management, being the janitor, being the maintenance person, being the nurse, the provider, the secretary, everything,” Moore said.

She also said she’s very thankful for her husband, family, and close friends, all of whom have contributed their time and energy to helping her make her business a success.

Ultimately, she hopes the next year will bring more people an under-

standing of what direct primary care can offer and give patients another option for receiving personalized care.

“I think we’re moving to a world where people want more time with their providers, people want less involvement from insurance companies putting red tape all around everything they try to do,” Moore said.

Moore said she remains committed to creating the kind of healthcare experience she believes patients deserve: one built around time, communication, education and a genuine relationship between provider and patient.

4:10 Direct Care is located at 535 E Main Street in Grayson and can be contacted via call/text at (606) 314-0053.

Medicaid from A-5

thority. Legislators chose not to sue, standing aside yet again and averting the pain that would result.

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back from the brink.

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