Patient praises PMC for ‘saving my life’

By MELINDA GOODSON
For The Medical Leader

Coman Gibson, 74, of Letcher County, was admitted to Pikeville Medical Center (PMC) on Feb. 6, after being referred for a foot issue.

“He got to where he couldn’t walk,” said Gibson’s son, Coman Ray Gibson. “We took him to several places, but nowhere could figure it out, so they recommended PMC. We brought him here and found that he had a blocked artery in his leg.”

Before the PMC heart team could proceed with treatment on Coman’s leg issue, they wanted to ensure his heart was strong enough.

“When they checked his heart, they found it was in bad shape,” added Coman Ray. “He had an infection on his heart valve, so they began to focus on his heart. They performed open heart surgery, did a bypass, and once they figured out his heart, his leg had gotten worse. They had to amputate his leg from above his knee.”

During Coman’s stay, he was a patient in many PMC departments including our Heart Institute, intensive care unit, an inpatient unit and our Inpatient Rehabilitation (IPR) hospital.

When asked how the PMC staff treated Coman and his family, Coman Ray replied, “We can’t go wrong bragging on any of them.” Both, Coman and Coman Ray, stated PMC saved Coman’s life.

“They don’t know if the heart caused the infection or the leg, but if they hadn’t done the operation, he would have died,” said Coman Ray.

“They saved my life,” Coman added.

There was one unit in particular that Coman wanted to praise.

“They (IPR) bend over backwards to help me,” he said. “If you need anything, they’re right there for you. My stay here (IPR hospital) has been great and I wouldn’t want to be anywhere else; everything is good around this place.”

During Coman’s IPR stay, PMC Occupational Therapist Rachelle Glass cared for him and commented on his condition when he was admitted to the unit in late February.

“On Coman’s first day in IPR, he had to be totally assisted with all functional skills including dressing, bathing and feeding himself due to weakness, bilateral hand incoordination, decreased arm strength and

If you need anything, they’re right there for you. My stay here (IPR hospital) has been great and I wouldn’t want to be anywhere else; everything is good around this place.”

— COMAN GIBSON
Occupational Therapy patient

“Teachers rally in city park

PIKECountyStrong: Pike County school teachers and supporters rallied in the Pikeville City Park on April 3. Pike County educators have been among more than 10,000 statewide to rally on the capitol steps in Frankfort over pension benefits.

Ten things you need to know about your new Medicare card

Medicare is mailing new Medicare cards starting now.

Here are 10 things to know about your new Medicare card:

Mailing takes time: Your card may arrive at a different time than your friend’s or neighbor’s.

Destroy your old Medicare card: Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away.

Guard your card: Only give your new Medicare number to doctors, pharmacists, other health care providers, your insurer, or people you trust to work with Medicare on your behalf.

Your Medicare Number is unique: Your card has a new number instead of your Social Security number. This new number is unique to you.

Keep your new card with you: Carry your new card and show it to
FRANKFORT — Efforts to reform the state’s public pension systems have taken a winding road and faced uncertain prospects at times since the issue came to the forefront of public discussion last year.

But after making changes based on input received from stakeholders throughout the General Assembly’s 2018 session, public pension legislation reached the end of its legislative journey this week as lawmakers approved a bill on the issue and delivered it to the governor’s office to be signed into law.

One notable change to the legislation in recent days was removing a provision that would have reduced the cost-of-living adjustment for retired teachers.

The previous proposal would have reduced that adjustment from 1.5 percent to 1 percent, but there’s no such reduction in the plan lawmakers ultimately approved.

The goal is to stabilize pension systems that face more than $40 billion in unfunded liabilities.

More funding is one part of the plan, according to the proposed state budget that both chambers have approved but, as of this writing, have not come to a final agreement on.

Changes proposed by the pension reform legislation, Senate Bill 151, are aimed at shoring up the system in a number of ways, such as by placing future teachers in a hybrid “cash balance” plan rather than a traditional benefits plan and by limiting the impact of accrued sick leave on retirement benefit calculations.

While much of the focus at week’s end was on the movement of the pension legislation, a number of other bills also received final approval and were sent to the governor this week, including measures on the following topics:

Prescription medicines. Senate Bill 6 would require a pharmacist to provide information about the safe disposal of certain prescription medicines, such as opioids and amphetamines.

Terrorism. Senate Bill 57 would allow a person injured by an act of terrorism to file a claim for damages against the terrorist in state court.

Police cameras. House Bill 373 would exempt some police body camera footage from being publicly released.

It would exempt the footage from being released when it shows the interior of private homes, medical facilities, women’s shelters and jails or shows a dead body, evidence of sexual assault, nude bodies and children.

State’s public pension systems tops legislative news

Abortion. Abortion. House Bill 454 would prohibit a certain type of abortion procedure, known as a D & E, if a woman is more than 11 weeks pregnant. The legislation does not ban other types of abortion procedures.

Legislators adjusted their 2018 legislative calendar in order to convene the Senate and House on Monday, April 2, with hopes that a state budget agreement will have been reached between the chambers at that time. A legislative recess is scheduled to begin on April 3, with lawmakers returning to the Capitol to adjourn the session by April 14.

Citizens who want to share feedback on the issues confronting our state can do so by calling the General Assembly’s toll-free message line at 1-800-372-7181.

The Medical Leader does not endorse political candidates or legislation.
Brantley Cooper Tackett, son of Kayla and James Tackett, born March 29; weight: 8 lbs., 5 oz.

Dallas Dean May, son of Rebecca Scott and Jerry May, born March 28; weight: 6 lbs., 10 oz.

Kainon James Sincell, son of Paige Dotson and James Sincell, born March 28; weight: 7 lbs., 14 oz.

Cash Montgomery McKinney, son of Kayla and Joshua McKinney, born March 28; weight: 7 lbs., 1 oz.

Noah Asher Huff, son of Makenzie Tackett, born March 28; weight: 5 lbs., 15 oz.

Dawson Maverick Mullins, son of Madelyn Hamilton and Gage Michael Mullins, born March 28; weight: 6 lbs., 9 oz.

Amelia Rose York, daughter of Amanda and Ben York, born March 27; weight: 8 lbs., 10 oz.

Hayden Boone Sammons, son of Andrea and Brian Sammons, born March 27; weight: 7 lbs., 5.7 oz.

Adalie Cate Adkins, daughter of Amber and Colby Adkins, born March 27; weight: 6 lbs., 7.3 oz.

Coen Wilson Smith, son of Stephanie and Adam Smith, born March 27; weight: 8 lbs., 9.1 oz.

Easton Douglas Greene, son of Desiree and Kyle Greene, born March 26; weight: 7 lbs., 12 oz.

Harper Rae Maynard, daughter of Alisha and Raymond Maynard, born March 25; weight: 8 lbs., 7 oz.

Ian Michael Caudill, son of Tiffany and Michael Caudill, born March 25; weight: 8 lbs., 7 oz.

Barrett Kade Justice, son of Kristaa and Barry Justice, born March 24; weight: 8 lbs., 7 oz.

Lincoln Jett Collins, son of Kristin and Gage Collins, born March 24; weight: 6 lbs., 1 oz.

Benjamin Zade Saylor, son of Bethanie and Daniel Saylor, born March 23; weight: 4 lbs., 1 oz.

Elydia Darlene Bland, daughter of Kailyn Asbury and John Bland IV, born March 23; weight: 7 lbs., 8 oz.

Oakley Jordyn Coleman, daughter of Destiny Smith and Ricky Coleman, born March 23; weight: 6 lbs., 2 oz.

Kyndall Grae Stalker, daughter of Lauren Newsome and Michael Stalker, born March 22; weight: 7 lbs., 1 oz.


Lucas Blake Mills, son of Melissa and Michael Mills, born March 22; weight: 7 lbs., 8 oz.

Jasmine Fay Ann Miller, daughter of Leanna Blackburn and Malachi Miller, born March 22; weight: 6 lbs., 13 oz.

Brynlee Addison Fields, daughter of Shana Hamilton and Kevin Fields, born March 20; weight: 6 lbs., 4 oz.
Some things should have public input and scrutiny

Chris Harris
State Representative

In a telling twist, the legislation was not introduced as a standalone bill – the deadline to do that was more than a month ago – but was instead inserted into another that dealt with, of all things, sewage. It’s a fitting metaphor.

The bill’s supporters argue that nothing in the legislation is new, that its elements had been in prior proposals and widely debated. Something this complicated, however, has many moving parts, and how they interact depends on what is and is not included.

The supporters say these reforms are necessary because that is the only way they would grant relief to our school and local governments, which are on track to pay $5,000 in death benefits in retirement and classified school employees (such as secretaries and school bus drivers) hired since the start of 2014. That group of retirees hired since 2014.

There is not enough space to list every concern I have about this bill, but that motivated me to be the best I could be at getting your stories out there.

While this may be the end of The Medical Leader, I am glad I inspired people to pick up a newspaper or check out the website.

A special thanks to all those who called, text and emailed me during my time here. I am humbled and thankful.

It was refreshing to meet such an inspired writer and photographer, and it was really the relationship that we built that has made a career like this exciting. We became the closest friends and that is something I will always appreciate. Your talent level is unmatched.

Last, but certainly not the least, to you our readers. It’s people like you that motivated me to be the best I could be at getting your stories out there.

This new law ends the inviolable contact for new teachers, which means that, for those affected, their benefit structure can be changed at any time by the General Assembly. Indeed, that is exactly what is happening to the state and local government and classified school employers hired since 2014.

This legislation does not take away any of the 1.5 percent cost-of-living allowance that retired teachers receive each year. There had been serious discussion about removing or reducing those COLAs, which mimic raises received by those on Social Security, some-
Floyd County teachers plan rally at MAC

PRESTONSBURG — Floyd County teachers are planning an information rally at the Mountain Arts Center on April 10.

All teachers, parents, students, public employees and community members are encouraged to attend. Legislators will speak as well as others affected by SB 151, HB 200 and SB 366.

The event begins at 5:30 p.m. The purpose is to educate the community on how this affects schools, students, teachers, voters and taxpayers.

HARRIS / FROM 4

while working and never should have been threatened with losing them, but this at least gives these retirees more certainty.

On the other hand, schools will now face additional costs, because they will have to contribute two percent of pay toward the retirements of teachers hired in 2019 and beyond. This will have to contribute two percent of pay toward the retirements of teachers who will be working and never should have been threatened with losing them.

PRAISES / FROM 1

poor trunk control,” she said. “He was unable to sit on the edge of the mat in the gym without falling to the side or falling backwards. In bed, he could not roll side-to-side and was on a physical therapy, this was a big contribution to his amazing progress.

“Coman is one of the hardest working, self-driven individuals we have had the pleasure to work with,” she said. “I PR gives people their life back.”

Coman also wanted to add that his wife of 54 years, Mary, has helped him through this medical scare.

On Monday this week, the General Assembly returned for one day to consider the budget and a revenue bill last week that will make it much tougher, if not impossible, for those with black lung to get their medical costs covered after a set amount of time. This is a travesty, especially given recent reports indicating this debilitating disease is unfortunately on the rise. I cannot understand how anyone could be for hurting our region has been so well-represented in marches at the Capitol in recent days. On a different but unrelated matter, I was deeply upset that the General Assembly approved a workers comp bill last week that will make it much tougher, if not impossible, for those with black lung to get their medical costs covered after a set amount of time. This is a travesty, especially given recent reports indicating this debilitating disease is unfortunately on the rise.

On the other hand, schools will now face additional costs, because they will have to contribute two percent of pay toward the retirements of teachers hired in 2019 and beyond. This will have to contribute two percent of pay toward the retirements of teachers who will be working and never should have been threatened with losing them.

I was proud that our area had the first public forum back last fall on possible retirement reforms, and that
Opal Smith Layne, 89, of Pikeville, passed away April 2. Funeral, April 5. Burial, Smith and Layne Cemetery.

Hatfield Memorial Chapel
Judy C. James, 68, of Borderland, passed away April 2. Funeral, April 5. Canada Freewill Baptist Church, Canada. Burial, Mountain View Memory Gardens, Maher, W.Va.

Hall and Jones Funeral Home
Verna Johnson, 84, of Virgie, passed away March 27. Graveside services, March 31, United Memorial Garden, Dalton, Ga.

Patricia Ann Johnson, 71, of Virgie, passed away March 27. Funeral, March 31, Speight Church of Christ, Byrd, Amil Little Memorial Cemetery, Long Fork.

Hall Funeral Home
Roger Lee Shepherd, 72, of Pineville, passed away March 26. Graveside services, March 31, United Memorial Garden.

Anna Colleen Ruffett, 77, of Hippo, passed away April 1. Funeral, April 4. Burial, East Gate Memorial Gardens, Eastern.


Lois Eugene “Gene” Frasure, 87, of Langley, passed away March 29. He was a U.S. Air Force veteran, having served during the Korean War.

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We are at the end
"There is a time for everything, and a season for every under the heavens." (Ecc 3:1)

...many things with and column began more than 700 years ago. Since then, it has grown to be over 3,500 column inches in length (about the length of a football field).

The Chaplain’s Corner has been a place where we could remember of days gone by and lessons learned.

It was a place where we could share our great epiphanies and hope it would strike a chord within you.

Your Pikeville Medical Center chaplains have found God’s experice in what others would describe as mundane, in a garden; under a truck; mowing the lawn; writing a letter; working in the fields or countless other everyday places and situations.

We have considered some of life’s great “rituals of passage” such as getting your driver’s license, graduation, marriage, birth, death and everything in-between. Story telling can be a risky business, particularly when the stories are personal.

We have risked telling those stories to inspire and move us to a deeper more thoughtful relationship with God. We have enjoyed exploring our faith and hope you have found joy in the readings. We will miss this chance to explore our faith with you.

I must thank Teddy Paynter for his help over the years. The Medical Leader staff has made concessions, included photographs and stretched the limits more than a few times.

For everything, there is a beginning and there is an end...and we are at the end for this column.

Thanks for the journey. May you continue to explore the divine in your everyday world and then share it with others. God bless and keep you both now and forever.

Amy Johnson, M.D.
Bariatric Surgeon

Reclaim Your Life

April 17 at 6 p.m.

Top of the Tower Restaurant
Dining Room 2
911 Bypass Road, Pikeville

Join Dr. Amy Johnson for a free Weight Loss Surgery Seminar
Medical Leader to cease operations April 6

PIKEVILLE — Pikeville Medical Center (PMC), announces that the Medical Leader, a weekly newspaper published by the hospital, will cease operations on April 6, 2018.

Established in 1999, the Medical Leader has evolved from its original 10-page tabloid into a vibrant and effective award-winning paper, providing readers with positive hospital and community news. The Medical Leader is being given new life. "Every aspect of our message." A new website expected to launch in early April is just one of the many pieces of PMC’s digital presence that is being given new life. "Every aspect of your experience should leave you sure we are being effective and strategic with our message."

With placing more emphasis on digital and social media PMC hopes to better connect with patients, their families and the region. "Shifting our focus will allow us to continue to build a trusted relationship on a digital platform where it’s easier to connect directly with those we help and the region we serve," said Blackburn.

Published by the hospital, will cease operations April 6

Medical Leader to cease operations April 6

192 years of service

Medical Leader 1999-2018

June 1, 1999:
• Pikeville Medical Center publishes first edition of the Medical Leader as monthly 10-page, tabloid-sized newspaper covering hospital and community news. Staff work out of Pikeville Medical Center to write, edit and publish the paper.

2002:
• Medical Leader begins publishing bi-weekly.

2003:
• Medical Leader earns first place award for publications in the Kentucky Society for Healthcare Public Relations and Marketing.
• Medical Leader begins publishing weekly, adding more community news from Pike County and expanding into a broadsheet newspaper form.

2004:
• Medical Leader wins two editorial awards from the Kentucky Press Association.

2005:
• Medical Leader expands into Floyd County.
• Medical Leader wins six editorial awards from the Kentucky Press Association.

2006:
• Medical Leader staff move offices from the hospital to Shelby Valley.
• Medical Leader expands into Letcher County.
• Medical Leader begins offering full color on every page and begins publishing a sports page.
• Medical Leader wins one editorial and nine advertising awards from the Kentucky Press Association.

2007:
• Medical Leader moves to the former Walter P. Watters building, located at 116 Main Street, Pikeville, between the U.S. District Courthouse and the East Kentucky Exposition Center.
• Medical Leader significantly expands its coverage of local sports and community news.
• Medical Leader wins eight advertising awards from the Kentucky Press Association.

2008:
• Medical Leader expands its coverage area to Mingo County in southern West Virginia.
• Medical Leader launches its own website, http://medicalleader.org.
• Medical Leader wins 14 editorial and 15 advertising awards from the Kentucky Press Association. It also wins first place in General Excellence for advertising.

2009:
• Medical Leader wins 10 editorial and 29 awards from the Kentucky Press Association. It also earns second place for General Excellence in advertising.

2010:
• Medical Leader launches its Facebook page and Twitter account.

2011:
• Medical Leader wins 14 editorial and 26 advertising awards from the Kentucky Press Association. It also earns third place in General Excellence for editorial and second place in General Excellence for advertising.

2012:
• Medical Leader wins 16 editorial and 38 advertising awards from the Kentucky Press Association. It also earns third place in general excellence for editorial and first place in General Excellence for advertising.

2013:
• Medical Leader establishes its "Homepage," a weekly page set aside specifically to highlight opinions, business news, health news and school news.
• Medical Leader wins 25 editorial and 40 advertising awards from the Kentucky Press Association. It also earns second place in general excellence for both editorial and advertising.

2014:
• Medical Leader launches its new compact-size paper, which is easier to hold and read.

"The Medical Leader and its staff have been a voice for the region for more than 18 years," said PMC CEO Donovan Blackburn. "But PMC is at an important turning point in our marketing strategy, and with our brand as a whole. We are evaluating every expense, including marketing, to make sure we are being effective and strategic with our message."
**RECORD-BREAKING YEAR**

**Medical Leader captures 26 KPA awards**

By JESSICA BOWANS

The Medical Leader’s advertising staff had a record-breaking year, earning 26 awards, including a second-place win in General Excellence during the Kentucky Press Association’s 2017 Winter Convention held in Lexington on Jan. 24.

**AWARD-WINNING STAFF:** The Medical Leader staff captured an award, including a second-place win in General Excellence during the Kentucky Press Association’s 2017 Winter Convention held in Lexington on Jan. 24. Featured in the photo from left to right are Sales Representative Danny Coleman, Manager Ellen Blackburn, Staff Writer and Photo Editor Heather Thompson, Advertising Manager Robert Bell, Layout/Graphic Designer Lisa Blackburn and Sales Representative Danny Coleman.

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Together, staff writers on this important issue were recognized for their hard work and dedication. The Medical Leader’s advertising staff is proud of their accomplishments and the efforts they put into their work each day, as well as the support they received from their readers. They are dedicated to providing quality content and exceptional service.

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Madhava Pally, M.D.
Cardiologist

Specializing in the diagnosis and treatment of cardiovascular disease

Dr. Pally joins General Cardiologist Dr. Pally

Hartsock Orthodontics proudly announces the addition of Jacob L. Sword, DMD, MDS. Dr. Sword recently completed his orthodontic specialty training at the University of Tennessee Department of Orthodontics in Memphis where he served as chief resident of the department.

Dr. Jacob Sword was born and raised in Pikeville, Kentucky, and is the son of Jim and Tammy Jo (Justice) Sword. He is a graduate of Pikeville High School and Georgetown College, and received his dental degree with honors from the University of Kentucky College of Dentistry.

Dr. Sword feels patients will continue to enjoy the highest quality orthodontic care in eastern Kentucky as he teams up with Dr. Tom Hartsock. “Orthodontics has given me the opportunity to develop lasting relationships with people by helping them with their quality of life.”

Dr. Hartsock is confident the addition of Dr. Sword to the practice will enable Hartsock Orthodontics to better serve their patients. “This is not my retirement. Rather, it is an indication that I want to continue to provide the best quality orthodontic treatment to all our current and new patients for the future.”

Hartsock Orthodontics recommends that an orthodontist examine a child’s teeth by the time he or she is 7 years old. They have also noticed an increasing number of adults interested in orthodontic treatment. “People are living longer, and they are interested in keeping their smile looking great well into adulthood. We are here to help you with that.”

Dr. Sword considers Dr. Hartsock to be a mentor and major influence on his career choice. “He taught me that orthodontics can be an extremely rewarding way to be a part of a community.” Dr. Sword is married to Kaityn Sword, and they have two daughters, Ellie and Sydney, ages 20 months and 2 months.

Hartsock Orthodontics offers traditional braces and Invisalign treatment to all ages (adults and children) and is located at 161 College Street in Pikeville. A free consultation can be scheduled online at hartsockorthodontics.com or by phone at (606) 432-3603.

PMC welcomes general cardiologist Dr. Pally

By CAROL CASEBOLT
For The Medical Leader

Pikeville Medical Center (PMC) proudly announces the addition of Madhava T. Pally, M.D., General Cardiologist. Dr. Pally received his Bachelor of Medicine degree from Gandhi Medical College in Hyderabad, India. He is board certified by the American Board of Internal Medicine, the Board of Cardiovascular Disease, the Board of Nuclear Cardiology, the Board of Critical Care Medicine and the National Board of Echocardiography.

He has served as Chief of Medical Staff at Lehigh Regional Medical Center in Lehigh Acres, FL and East Pasco Medical Center in Zephyrhills, FL and he was the Chief of Medicine at East Pasco Medical Center. Dr. Pally specializes in the diagnosis and treatment of cardiovascular disease.

“I have always been fascinated with the heart,” said Dr. Pally. “I have always wanted to work with hearts, which is my passion.” He says he will model his practice after his mentor, Dr. Hill, who made a life-long impression on Dr. Pally. “He was great. He taught me a great deal about medicine but I also learned how to interact with patients and develop my bedside manner,” said Dr. Pally.

Dr. Pally says his patients can expect an office environment that will be welcoming and comfortable from the time they step in until they leave. “I want my patients to be comfortable and free to express their concerns,” said Dr. Pally. He said part of his move to Pikeville was a desire to live in a small town. He lived in Florida for several years and says he is happy to move to an area with cooler temperatures.

Dr. Pally said, “Pikeville is very welcoming. The hospital is well-organized, I like the administration and the doctors are very cordial.”

He says he enjoys spending his free time reading, fishing and traveling. Dr. Pally joins General Cardiologists, Pramesh Dhakal, M.D. and Rodney Handshoe, M.D.; Interventional Cardiologist Muhammad Ahmad, M.D.; Electrophysiologists Michael Antimisiaris, M.D. and Chase Reynolds, M.D. in the PMC Heart and Vascular Institute. He will be practicing in the Pikeville Medical Center Specialty Clinic in Grundy, VA.

To schedule an appointment call 276-935-1640 or visit www.pikevillehospital.org.
Youth fitness, age a zone. Some time to think for yourself to get into own this week. Sometimes you need Pisces, don’t be afraid to go off on your best.

This point to scale back on your workload, course. In black and white will help you set your week and draw out a plan. Seeing things goals, you have to hunker down this

CAPRICORN - Dec 22/Jan 20

boundaries. But at this juncture in time, outside the lines and break all sorts of Sagittarius, you are tempted to color suffering help, not trying to pry.

Reassure them that you are just of- willingness to offer an opinion as intru-

SCORPIO - Oct 24/Nov 22

sive. This is why others will come to you when they need advice in the days ahead. Be proud of the way you are able to re-

LIBRA - Sept 23/Oct 23

tus quo for the next few days and things will progress in the way that you expect.

Virgo, your week starts out on solid foot-

LEO - Jul 23/Aug 23

able to tackle quite a number of subjects friends this week is a breeze, Leo. You are

Communication between you and close

GEMINI - May 22/Jun 21

able. All you need to do is maintain the sta-

TAURUS - Apr 21/May 21

smoothly when something unexpected problem at work, but in this case, it might be best to let others draw their own con-

ARIES - Mar 21/Apr 20

Aries, things may seem to be going am-\n
Mo\n
derately.

CAPRICORN - Dec 22/Jan 20

Capricorn, if you are serious about your goals, you have to hunker down this week and draw out a plan. Seeing things in black and white will help you set your course.

AQUARIUS - Jan 21/Feb 18

Aquarius, although it may seem foolish at this point to scale back on your workload, doing so will enable you to focus more intently on specific details and do your best.

PISCES - Feb 19/Mar 20

Pisces, don’t be afraid to go off on your own this week. Sometimes you need some time to think for yourself to get into a zone.

THE IMPORTANCE OF SCREENING FOR COLON CANCER

A presentation by Blessing Nollah, M.D., Medical Director, Leonard Lawson Cancer Center

Thursday, April 12 at 5:30 p.m.
Leonard Lawson Cancer Center Lobby

PIKEVILLE MEDICAL LEADERSHIP CONFERENCE

172 South Mayo Trail • Pikeville, KY
606-218-2212

424 Bob Amos Drive. Y member pricing available. 606-433-9622.

• Every Monday and Wednesday: 5:30-6:30 p.m.: Youth fitness, age 5-14. Y members $20 per month; program participants $35 per month, Pikeville Area Family YMCA, 424 Bob Amos Drive. 606-433-9622.

• Every Tuesday and Thursday: 6-8 p.m.: Open gym volleyball, ages 14 up, Pikeville Area Family YMCA, 42 Bob Amos Drive. 606-433-9622.

• Monday-Friday: 7:30 a.m.-6 p.m.: Childcare and Learning Center, Pikeville Area Family YMCA, age 6 weeks-5 years.

• Make-A-Wish" is in urgent need of Wish-Granting Volunteers in eastern Kentucky. Contact Volunteer Manager Tiffany Herron at 877-206-9474 or e-mail tiffanyh@makeawishky.org or visit http://makeawishky.org.

• Kidney Disease Education Classes. Learn about your kidney health and treatment options. One hour classes at no cost to you. Call Brandi Davis, Kidney Smart educator at 606-616-8627.

• April 7; 10 a.m.: Noon: Free grant writing workshop. Eastern Kentucky Exposition Center, presented by the city of Pikeville. Contact Emily Fields at emily.fields@pikeville.ky.gov.

• April 11; 9:30 a.m.-2:30 p.m.: Refresh your driving skills with the AARP Smart Driver Course. Pike County Extension Office, 148 Trouver Dr., Pikeville. $15 for AARP members and $20 for non-members. Call 606-432-2534 to register.

• April 14; 11 a.m.: Annual Run with Courage 2018 race, Pikeville City Park. Proceeds benefit Judi’s Place for Kids. 606-437-7447.

• April 14; 10 a.m.: Spring 3v3 Hoops Challenge, ages 18-up, Pikeville Area Family YMCA, 424 Bob Amos Drive. Sixteen players per team limit. Registration is $35 per team. 606-433-9622.

• April 17; 10 a.m.: Paintball Tournament, 15-up, all male and female, and co-ed teams welcome. Pikeville Area Family YMCA, 424 Bob Amos Drive. Registration is $45 per person. 606-433-9622.

• April 19-21; Hillbilly Days 2018, downtown Pikeville.

• April 21; 7 p.m.: Brantley Gilbert, Eastern Kentucky Expo Center. Tickets on sale at ticketmaster.com, Appalachian Wireless Box Office and 606-444-5500.

• April 23-May 4; Mullins School Kindergarten pre-registration and new student pre-registration for 2018-19 school year. 606-432-2733 for more details.

• April 26; Noon-6 p.m.: Blood drive, Whitesburg Walmart, 305 Whitesburg Plaza. 800-775-2522.

• May 12; 6 a.m.-2 p.m.: Open Bass Tournament, Dewey Lake, Stratton Branch Ramp. Registration $50 per boat (2 person) or $10 per boat (Big Fish Pot, optional). 606-433-9622.

• May 3-27: High School Musical, Artists Collaborative Theatre, Elkhorn City. For details and season tickets call 606-754-4228.

• May 27; 1 p.m.: Fourth-annual Thacker Memorial Ride for Life, proceeds will be donated to Shriners Hospital, through Hillbilly Christmas in July. Ride begins at Annie E. Young Cemetery, Shellbina. Food and entertainment will follow at Mine Lake in Pikeville.

• June 21-July 15: Send Me No Flowers, Artists Collaborative Theatre, Elkhorn City. For details and season tickets call 606-754-4228.

• First Tuesday; 7 p.m.: Monthly meeting, Disabled American Veterans, Chapter 134 Pikeville, Coal Run Community Center. Call 606-794-6287.

• Every Tuesday; Noon: Free quilting classes, taught by Bridgette Hylton, Belfry Public Library. Bring your fabric and sewing notions. Sewing machines provided. 606-353-9622.

• Every Friday; 6 p.m.-8 p.m.: Dodgeball tournaments, ages 14-up, Pikeville Area Family YMCA, 424 Bob Amos Drive. 606-433-9622.

• First Saturday; 10 a.m.-6 p.m.: Pikeville Medical Center’s After Breast Cancer Support Group meets, Leonard Lawson Cancer Center. 606-218-4682.

• Second Monday, every month; 6 p.m.: Pikeville Medical Center’s Men’s Prostate Cancer Support Group meets, Leonard Lawson Cancer Center. 606-218-4682.

• Third Tuesday; every month; 6 p.m.: Pikeville Medical Center’s Men’s Prostate Cancer Support Group meets, Leonard Lawson Cancer Center. 606-218-4682.

• Last Monday, every month; 4:30 p.m.: Pikeville Medical Center’s Diabetes Education Support Group meets, Top of the Tower Restaurant, May Tower. 11th Floor Dining Room #3. 606-218-3513

• Every Saturday; 10 a.m.-6 p.m.: Paintball games, by reservations, age 10-up, Pikeville Area Family YMCA, 424 Bob Amos Drive. Y member pricing available. 606-433-9622.

• Every Sunday; 2-6 p.m.: Paintball games, by reservations, age 10-up, Pikeville Area Family YMCA.

• Every Thursday; 4:30 p.m.: Grief Support Group meeting, Appalachian Hospice Care, 1520 KY Route 1428, Hager Hill, or 1414 North Mayo Trail, Pikeville.

• Thursday, every week; 6 p.m.: Pikeville Medical Center’s Man to Man Prostate Cancer Support Group meets, Leonard Lawson Cancer Center. 606-218-4682.

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• First Saturday; 10 a.m.: United Mine Workers of America Local 1440 meets, Union Hall, Matewan, W.Va.

• Every Thursday; 10 a.m.-12:30 p.m.: Floyd County 4-H meets, Floyd County Public Library. 606-886-2981
**Justice earns Coach of the Year honors**

**By TEDDY PAYNTER**

PIKEVILLE — Elisha Justice guided the Lady Cats to the All-A region tournament and semifinal-round berth in the 15th Region Tournament. She was honored by being named the Medical Leader’s Player of the Year.

She is joined by other seniors, including Betsy Layne’s Grant Orsborn (13.2 ppg.), Johnson Central’s Cameron Worrix (12.1 ppg.) and Johnson Central’s Cameron Worrix (12.1 ppg.) rounds out the second team. Other seniors include Prestonsburg’s Elijah Raglin (13.6 ppg.) and Paintsville’s Cameron Worrix (13.2 ppg.).

Belfry senior Isiah Roblee averaged 22.3 ppg. Jeremy Dillon, Sr., Mingo Central, 20.1 ppg. is also named the Medical Leader’s Player of the Year.

**Boys’ All-Area Team**

**Coach of the Year:** Wyatt Battaile

**FIRST TEAM**

Wyatt Battaile, Sr., Pikeville, 24.1 ppg. (Capt.)

Jeremy Dillon, Sr., Mingo Central, 20.1 ppg.

Isiah Roblee, Sr., Belfry, 22.3 ppg.

J.B. Tackett, Sr., Floyd Central, 18.5 ppg.

Connor Roberts, Jr., Pikeville, 13.8 ppg.

Jacob Rice, Jr., Johnson Central, 17.3 ppg.

Mason Moore, Fr., Paintsville, 17.4 ppg.

Christian Mounts, Sr., Pike Central, 19.8 ppg.

Cody Potter, So., Shelby Valley, 16.3 ppg.

Tyler May, Sr., Tug Valley, 19.5 ppg.

Blake Burke, Sr., Shelby Valley, 15.8 ppg. (Capt.)

Isiah May, Fr., Johnson Central, 15.2 ppg.

Brady Conn, Jr., Floyd Central, 14.4 ppg.

Gregory Kincer, Jr., Letcher Central, 14.4 ppg.

Seth Williams, So., Paintsville, 16.7 ppg.

Trey Francis, Sr., Phelps, 17 ppg.

L.J. Missick, Sr., Pike Central, 16.2 ppg.

Mason Layne, Sr., Tug Valley, 16.1 ppg.

Drew Hatfield, So., Mingo Central.

Gabe Ferrel, Jr., Johnson Central, 11.5 ppg.

**SECOND TEAM**

Grant Orsborn, Jr., Betsy Layne, 13.3 ppg.

Dallon Wellman, Jr., East Ridge, 12.1 ppg.

Phil Cornett, Sr., Second, 12.4 ppg.

Jonathan Blankenship, Sr., Tug Valley, 11.2 ppg.

Devon Varney, Sr., Belfry, 14.5 ppg.

Christian Mounted, Sr., Paintsville, 13.5 ppg.

Elijah Raglin, Sr., Letcher Central, 13.6 ppg.

Cameron Worrix, Jr., Shelby Valley, 10.6 ppg.

**THIRD TEAM**

East Ridge sophomore Dallon Wellman, Jr., East Ridge, 12.1 ppg.

Pikeville’s Islisha Justice edged out Paintsville’s Landon Stone for Coach of the Year. Landon Stone guided the Panthers back to the Sweet 16 for the second straight season.
UPIKE BASEBALL ROUNDUP

By TEDDY PAYNTER

PIKEVILLE — University of Pikeville collected 21 hits and cruised to a 13-3 win over Shawnee State to earn a doubleheader split with Shawnee State and a series win at Johnnie LeMaster Field on March 23.

In the opener, Jay Vincent had a pair of doubles, scored and drove in two runs as the Bears finished the day 17-12. Nelson Muniz had two hits, scored twice and knocked in a pair of runs and knocked home another.

Veterans Memorial Field on March 22.

In the nightcap, the Bears managed just five hits in an 11-4 loss. Jake Hamilton suffered the loss.

Dalton Dabley was the winner.

In the nightcap, the Bears managed just five hits in an 11-4 loss. Jake Hamilton suffered the loss.

Alec Barba and Alverado each sing-

UPIKE SOFTBALL ROUNDUP

By TEDDY PAYNTER

PUKEVILLE — University of Pikeville pounded out 15 hits, including five extra base knocks in a 13-3 win over Shawnee State in the opening game of a three-game series at Johnnie LeMaster Field on March 22.

Designated hitter Jay Vincent had two hits, scored twice and drove in three runs as the Bears moved to 16-11. Jorge Perez had two hits, including a double, scored three times and drove in a pair of runs while Luke Lubiniecki collected three hits, including a double, scored and batted in two. Travis Haen singled twice, scored and added a pair of RBI.

Bruce Bell was the winning pitcher.

UPIKE----------------------------------------13

Shawnee St--------------------------------------3

UPIKE BASEBALL ROUNDUP

Bears lose doubleheader after late lead slips away

By TEDDY PAYNTER

CAMPBELLSVILLE — University of Pikeville saw a late lead slip away as Campbellsville rallied for an 11-4 loss. Jake Hamilton suffered the loss.

Alec Barba and Alverado each sin-

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606-218-2205
PIKEVILLE — The University of Pikeville is pleased to announce the appointment of Michael Phillips, Ph.D., who will direct and manage the new marching and concert band programs.

A native of upstate New York, Phillips has 26 years of teaching experience in Alabama, Georgia, Florida and New York, as well as management experience in the music industry. He received a bachelor’s degree from the Crane School of Music, State University of New York at Potsdam, a master’s degree from the University of Illinois at Champaign-Urbana, and a Ph.D. from the University of Florida.

The University of Pikeville’s Board of Trustees voted to approve the marching and concert band programs last October and began the search for a finalist.

“We are thrilled to welcome Dr. Phillips to the UPIKE family. His background, expertise and passion for music and band are exactly what UPIKE was looking for as we launch our band programs,” said Provost Dr. Lori Worth.

Phillips has directed and performed in multiple musical pit orchestras and been a guest conductor of multiple honor wind band, youth orchestra and jazz ensembles.

He has served on the executive board of the New York State Band Directors Association and the staff of the International Bands of America Tour in Europe, managed the University of Florida Wind Symphony’s performance to Carnegie Hall and was on the University of Florida marching band instructional staff that performed at the 2012 Summer Olympics in London, England.

Phillips and his wife, Jessica, have a son, Aiden. They currently enjoy exploring with their rescue dog, Captain.

―Submitted for publication by Laura Damron, director of public relations.

BRINGING AWARENESS: Good Shepherd Community Nursing Center staff and residents participated in bringing awareness to Autism during the week of March 26-April 2 in Phelps. The purpose was to put a spotlight on the hurdles that people with autism and others living with autism face every day.

PIKEVILLE — The Breaks: Centuries of Struggle, narrated by Mike Rowe of Deadliest Catch and Dirty Jobs, draws Reed, looks at the past, present and future of Breaks Canyon — known as “The Grand Canyon of the South.” The program airs Monday, April 9 at 9/8 p.m. on KET and Tuesday, April 10 at 10/9 p.m. on KET2.

In the 19th century, the area became coveted by settlers, moonshiners, railroad and lumberjacks. Yet as resource exploitation grew, a citizen-led preservation movement emerged.

While detailing the area’s history, the film captures the natural beauty of the canyon’s Breaks Interstate Park. Spinning the Virginia-Kentucky border, it is one of only two interstate parks in the country.

Archival photos and aerial images blend to detail the evolution of the Russell Fork River, which carved the canyon.

Interviews with those involved in the park’s 1954 creation offer a personalized view of the history of the area, while current park superintendent Austin Bradley gives voice to the Breaks Canyon of today.

The Breaks: Centuries of Struggle is an independent production, produced by Andrew Reed and Friends of Breaks Park.

The film is directed by Andrew Reed and Curtis Mullins. Mike Rowe is executive producer. More information about the film is available online at thebreaksfilm.com.

KET is Kentucky’s largest classroom, where learning comes to life for more than one million people each week via television, online and mobile.

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Robert Ball Jr., M.D. • Dimitrios Danikas, M.D., FACS

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