

Families and friends

Can't sleep so I watch CBS Round Up in the wee hours

By ROSE BALLARD

Hello everyone
Once again it is torture time. I'm getting so I hate to sit down at this computer as it has gotten so it does what it wants to, not what it should.
If I ever feel like it, I need to do a good cleaning, by starting way back and get rid of a lot of things that are keeping it.

If I could afford a new computer I would be out shopping.
When I can't sleep in the wee hours, of the morning at 2:08 a.m. I watch CBS Round Up.
One morning this week it previewed about a famous writer, who started writing many years ago. This woman would write while in the bathroom on toilet tissue,

as words would come flowing so fast.

Southern Ohio

This woman pursued her writing, and is now a famous writer.
When I get something I need to do taking care of, I intend to pursue this particular subject what I can find out.

PUBLIC NOTICES

NOTICES	NOTICES	NOTICES	NOTICES
NOTICE Commonwealth of Kentucky Letcher District Court Case #25-P-128 In re: the estate of: JAMES M. WRIGHT deceased NOTICE Pursuant to KRS 424.340, notice is hereby given that Bonnie Wright was on the 11 day of June, 2025 appointed Executrix of the deceased, late of Letcher County, and all persons having claims against said estate shall present same, verified, according to law, to said Executrix at her present address, 12986 Highway 7 North, Deane, KY 41812, not later than the 11 day of December, 2025. Mike Watts, Clerk By: Melissa Claar Deputy Clerk (6-18-1p)	NOTICE Commonwealth of Kentucky Letcher District Court Case #25-P-133 In re: the estate of: JACK SHERMAN PAUL ROGERS deceased NOTICE Pursuant to KRS 424.340, notice is hereby given that Gloria Ann Yates Rogers was on the 11 day of June, 2025 appointed Administratrix of the deceased, late of this Letcher County, and all persons having claims against said estate shall present same, verified, according to law, to said Administratrix at her present address, 65 Boney Banks Cemetery Rd., Whitesburg, KY 41858, not later than the 11 day of December, 2025. Mike Watts, Clerk By: Melissa Claar Deputy Clerk	NOTICE Notice is hereby given that James R. Tanner Hesterberg has been appointed warning order attorney in Letcher Circuit case no. 21-CI-00168 to notify the following parties of the pending litigation: Black Energy, Inc.; Benton Mining Contractors, Inc.; Cumberland River Coal Company; Lone Mountain Processing, Inc.; and Blackjewel, LLC. Failure to file a timely response with the court could result in adverse legal action, including default judgment. Please contact Hesterberg Law Firm for more information: (606) 313-1133 or email Tanner@HesterbergLaw.com. (6-18-1b) NOTICE Intention to engage in an alcoholic beverage business Hometown Convenience, LLC, PO Box 430 Whitesburg, KY	41858, hereby declares intention(s) to apply for a Retail Beer License NQ Retail Malt Beverage Package license(s) no later than September 15, 2025. The business to be licensed will be located at 1766 Hwy 119 N, Ermine, KY 41815 doing business as Ermine Double Kwik #1072. The (Owners); Principal Officers and Directors; Limited Partners; or Members) are as follows: Owners: Partner, Ina M Matthews of 250 Bearfoot Trail, Whitesburg, KY 41858, Partner, Donna J. Childers of 114 Country Knoll Lane, Nicholasville, KY 40656. Any person, associate, corporation, or body politic may protest the granting of the licenses by writing to Department of Alcoholic Beverages Control, 500 Mero Street 2NE, Frankfort, Kentucky 40601-8400, within thirty (30) days of the date of this legal publication. (6-18-1b)

ACCEPTING PROPOSALS

The Letcher County Public Library District is accepting proposals from Design-Build contractors for the replacement of windows & exterior aluminum doors on the front elevation of the Harry M. Caudill Memorial Library located at 220 Main St., Whitesburg, KY 41858. Contractors shall provide proof of insurance and provide Performance & Payment bonds for 100% of contract amount. Sealed proposals shall be submitted no later than June 12, 2025 @ 2:00 p.m. Contractors shall mail proposals to Letcher County Public Library, PO Box 905, Whitesburg, KY 41858 or hand delivery to 220 Main St., Whitesburg, KY. contact Alita Vogel, Director, for information at 606-633-7547. The Letcher Co. Public Library District has the right to accept or reject any or all proposals.

PUBLIC NOTICE

Pursuant to 405 KAR 8:010, Section 16(5), the following is a summary of permitting decisions made by the Department for Natural Resources, Division of Mine Permits with respect to applications to conduct surface coal mining and reclamation operations in Letcher County.

CHEYENNE RESOURCES INC
8678045 MA 7 5/28/2025

**ADMINISTRATIVE OFFICE OF THE COURTS
INVITATION TO LEASE**

The Administrative Office of the Courts desires to lease approximately 2,000-2,500 square feet of office space for Drug Court/ Court Designated Worker/ and Pretrial Services Office. Office must be located within 1-3 blocks preferred, and/or near the Letcher County Courthouse. Space should be available for occupancy on or before July 1, 2025.

Responses must be in writing and submitted in a sealed envelope with PR # 8541 clearly marked on the front. Please send responses to Ellen M. Rich, Facilities Division, Administrative Office of the Courts, 1001 Vandelay Drive, Frankfort, KY 40601-9320. (FAX responses will not be accepted.) Each proposal should include the type, location, and availability date of the property. Also furnish an exterior photo, and floor plan showing the interior layout of the existing building to include walls, doors, windows, and columns. Proposals must be submitted on an AOC-FAC-12 Lease Proposal form, which may be downloaded from the Kentucky Court of Justice website at: <https://kycourts.gov/AOC/Finance-and-Administration/Pages/Real-Property.aspx>.

All proposals must be received before 1:00 PM EST, Wednesday, July 2, 2025. All bids received will be opened and publicly read at the AOC offices at that time in Conference Room A.

A representative of the AOC will make an appointment to inspect all proposed lease space that meets the requirements stated above. A determination will not be made until a visual inspection of all proposed properties has been made. Property must be approved by the Department of Housing, Buildings, and Construction, Division of Building Codes Enforcement, and must meet OSHA and the Americans with Disabilities Act specifications, as well as existing applicable building codes. For additional information, contact Ellen M. Rich at (270) 384-0854 ext. 10149.

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Classified Advertising

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LUXURIOUS STUDIO AND 1-BEDROOM — Apartments for lease in the Mountain Heart Center Complex in Whitesburg across from the hospital. Just minutes away from downtown, the walking track and shopping. Features: Central heat and air. Complete kitchen with dishwasher. Washer and dryer in each apartment. Large windows with custom window treatments. Spacious closets. Sprinkler system. Plush carpet and ceramic tile. Secure apartment. Convenient parking. 606-633-5522, ext. 111.

2.85 ACRES FOR LEASE — OR SALE. One-year lease required. US 119, east of County Garage at Mayking Loop. Suitable for gardening, horses/live-stock. 859-333-2758.

FOR RENT

FOR RENT — 1-, 2-, AND 3-bedroom apartments beside Croucher Service Center. For more information call 606-633-9930, 8 a.m. to 4 p.m., Monday thru Friday. References required. (3-23-ufnb)

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2-BEDROOM APT FOR RENT — At Isom. \$650/month, first/last and deposit due up front. No smoking, no pets. Must be drug-free. Reference required. 606-633-4110. (7-3-ufnb)

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DENTAL INSURANCE — Call Physicians Mutual Insurance Co. for details. Not just a discount plan, real coverage for 350 procedures. 877-231-9398, or <http://www.dental50plus.com/mtn>. Ad# 6118. (4-5-ufn)

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LAND FOR SALE NEAR WISE, VA — 14 acres with 474 feet of highway frontage, 10 minutes from Wise. Public water and electric on property. Lots of hardwood timber. Excellent house/mobile home site. Call 276-328-6660. Priced at \$44,900.

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Read & Respond To Mountain Eagle Ads!

Oh, the memories this segment brought back to me. In 1989 I was going through a particularly hard time. One morning as I was supposed to be cleaning house for someone, I found a small pad of paper. The thoughts were coming through as if I was pouring water through a colander.
This continued for days, then weeks. I literally thought I had completely lost my mind.
I would be at work at JC Penney Outlet, get a paper towel or scrap paper, anything to write on. Since I was going through a lot of verbal abuse and mental stress, my words were very painful.
I wouldn't share with anyone what was going on in my personal life.
As time went on, I started

writing very pretty things, like caring thoughts, some things funny, things that could make you cry, plus a lot of religious poems that turned into beautiful songs.
In boxes, containers, notebooks upstairs, I would say I have at least 25,000 handwritten items.
I finally shared with a very special friend and my oldest daughter, Kay Gray.
I was encouraged to share with others, and was giving advice I should try to have poems published.
In the meantime, my husband overheard my conversations.
I wrote Jack a personal poem, describing how I felt when I first met him, our first date.
Jack snurled his nose, informing me that I guess

I thought I could write. I replied no, I didn't think, I knew I could write. Mean-time, Jack kept eavesdropping, hearing me talk about having a book published.
In 1990 I had a self-published book 'The Beauty of a Rose.' More next time about this subject.
Hello Jim Haynes, it seems I skipped you last month.
Hello Mike and Marcia Caudill, just in case I don't make it down for Carcas-sonne square dance. Maybe I will see you before winter.
Hello Nina Craft, I hope you are doing alright. Hello Buddy, Bernice, Chuck, Mike, and Blake Grubb. Happy Birthday, Bernice Grubb.
Until next time.
Rose Ballard, 9110 Lawrenceburg Rd., Harrison, OH 45030.

Traveling with children this summer

By NANETTE BANKS
CEA for Family & Consumer Sciences

Traveling with children is different from traveling alone or with other adults. Here are a few tips to help you prepare for fun trips with your children.
Before you go:

Talk about the trip. Start with a conversation about where you're going, why, who you'll see, and what you hope to experience. Explain how you'll travel — car, plane or train — to help build excitement and ease anxiety.

Identify potential challenges. Prepare your children for differences in routines or environments. If you're traveling during hot weather or hiking through nature, discuss safety concerns like drinking water, staying on the trail, and avoiding unfamiliar plants. The goal is to build awareness, not anxiety.

Set behavior expectations. Remind children how to behave in different settings: visiting grandparents, eating in restaurants, or sitting next to a sibling. Simple reminders like, "We keep our hands to ourselves," or "We don't ask for candy at the store," work for all ages. Even adults use this — like telling yourself you're not going to buy anything not on your list. Speaking expectations out loud helps build self-control.
Get kids involved in packing. Let kids help create a short, simple packing list. It teaches organization and builds excitement. Be patient — they'll need help.

Entertainment options. Travel is a great time to connect. Start with conversation, then move to games: travel bingo, coloring books, 20 questions, cards, karaoke. Screens are fine, but books, puzzles and word searches are great alternatives.

Plan for delays. Travel with kids typically takes longer. Add 30 to 45 minutes for every 3 hours on the road. Plan pit stops so kids can move, snack and use the bathroom. While this can add time to your travels, it makes for happier travelers.

During your trip:
Stick to routines. Try to maintain regular meal, nap and bedtime schedules. It may take creativity, but it is worth the effort.

Let kids take the lead. Invite your children to make decisions: "Which trail should we take?" or "What do you want to see first?"

Bible trivia

By WILSON CASEY

1. Is the book of Proverbs (KJV) in the Old or New Testament or neither?

2. Where did Jesus ride a colt as people strewed branches along His path? Derbe, Jericho, Jerusalem, Joppa

3. Who promised God if He gave her a baby boy no razor would ever touch his head? Rachel, Hannah, Lois, Jezebel

4. What was the river that the Israelites crossed when they entered Canaan? Pison, River of Fire, Jordan, Tigris

5. From 1 Kings 20, which city's walls fell on 27,000 men? Jericho, Samaria, Sodom, Aphek

6. Who sold his birthright to his brother? Cain, Esau, Judas, Isaiah

ANSWERS: 1) Old, 2) Jerusalem, 3) Hannah, 4) Jordan, 5) Aphek, 6) Esau

Find expanded trivia online with Wilson Casey at www.patreon.com/triviaguy. FREE TRIAL!

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This builds confidence and keeps them engaged.
Safety. Carry a few basics — water, snacks, flashlight and a small first-aid kit.
Expect meltdowns. They happen, no matter how prepared you are. Expecting a few tough moments helps you stay calm and respond

with patience.
After your trip:
Reflect together. Ask your family: What did you love most? Least? What are you glad we did? What would you do again? What will you remember most? These moments build connection and help shape future trips.



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