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Staying on target

BY ELAINE BELCHER
ANE EVERYDAY LIVING

Fifty high school students gathered at the University of Pikeville Archery Practice Field on Saturday to attend the first UPIke Archery Camp.

UPIke Archery Coach Shane Hurt, assistant coach Ellie Yocum and 16 volunteers oversaw the camp, offering one-on-one training for the archers ranging from fourth graders who have never shot a bow before to elite-level seniors in high

school.

"There is no way we could have anticipated this kind of response," said Yocum. "We have people coming in from all over the state including London, Cynthiaana and out-of-state from Tennessee and Virginia to practice with us today. It is very gratifying to see this kind of response."

USA Archery, the national governing body for the Olympic sport of archery, which also helps offer the

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News-Express photos by Elaine Belche

The University of Pikeville Archery Team hosted an Archery Camp Saturday, drawing students from as far away as Tennessee and Virginia, as well as from London, Wolfe County and more. The UPIke team finished third in the inaugural Mid-South Conference Championship during the 2017-2018 season.



News-Express photos by Elaine Belche

Participants rotated through three target areas to explore four categories of archery — compound, Olympic recurve, basic and bow-hunting.

The birthday boy

My great nephew, Peyton (aka Pey, PeyBoy, the world's most adorable baby, the most adorable baby boy in the history of babies and boys) turned one year old last week.

You might think those are a lot of aliases for a baby to maintain, but he actually has more. His parents, my niece Valerie and her husband Brad, call him Bub. I do not use that particular moniker when addressing him, but I have referred to him as Bubaroo. Pey's older sister, Aubree, (aka Bree, the world's most adorable pre-schooler) has also been known to call him Bubaroo. Of course, it's much cuter when she says it. Then again, everything is much cuter when done by Bree and Pey.

Much to the delight of their loyal subjects and fans, the siblings are obsessed with each other. Bree will not let him sleep during the day and answers with an emphatic "No!" when someone asks if her "brudder" can spend the night away from her. As for Pey, he can't keep his eyes off his "sisher." When she's behind him, he contorts his body so he can keep track of her movements.

Pey is at that age where he tries to imitate others. He blows raspberries



On the Couch

MICHELLE GOFF

and, if you can catch him in the right mood, he might even wave back at you. Then again, he's usually in a good mood. He's a happy baby who smiles and laughs frequently. Friends and acquaintances of his parents have even described him as the sweetest baby in the history of babies.

E GOFF He does become slightly temperamental on occasion, usually when he's sleepy or hungry. At those times, he screams until he's fed or until he falls asleep. But who among us hasn't screamed ourselves to sleep or yelled until someone brought us a bottle of milk? I did it just the other day. Yet, even when he's throwing a fit of hissy, all it takes is a kiss or hug from Bree to calm him down.

Pey's dramatic responses to food, however, make it difficult to determine if he actually likes what he's eating. Whilst frowning and furrowing his brows, he nonetheless continues accepting offers of "bite-bites." For the most part, if he doesn't spit out the food, his parents decide he likes it.

Just as we did with his sister, my family and I can spend hours staring at

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From crunching numbers to helping people

A NEWS-EXPRESS
STAFF REPORT

Appalachian Regional Healthcare (ARH) Scholars have a deep, long lasting passion for the medical field, even if sometimes it's realized a bit later in life. Maranda Maynard's family consists of a long line of medical professionals, and she says she always kind of knew she would end up in that field as well. Her grandmother retired from ARH in 1990 where she worked as a surgical technician.

"I was absolutely elated when I heard the news," said Maynard, a University of Pikeville nursing student. "That is a huge weight off my shoulders, and a huge burden lifted."

Maynard was one of the 11 finalists chosen among 72 ARH Scholars applicants. As an ARH Scholar, she will receive a financial reward of \$5,000



Maranda Maynard

toward tuition and living expenses while pursuing her nursing degree.

"I think it runs in the family because my grandmother was a surgical technician for years," said Maynard. "My mother is a circulating registered nurse in the OR and so I think it was almost inevitable. I shied away from it to try to do my own thing, but I didn't like the corporate cubicle world."

Before entering nursing school, Maynard earned her bachelor's degree in Accounting and worked for Community Trust Bank in

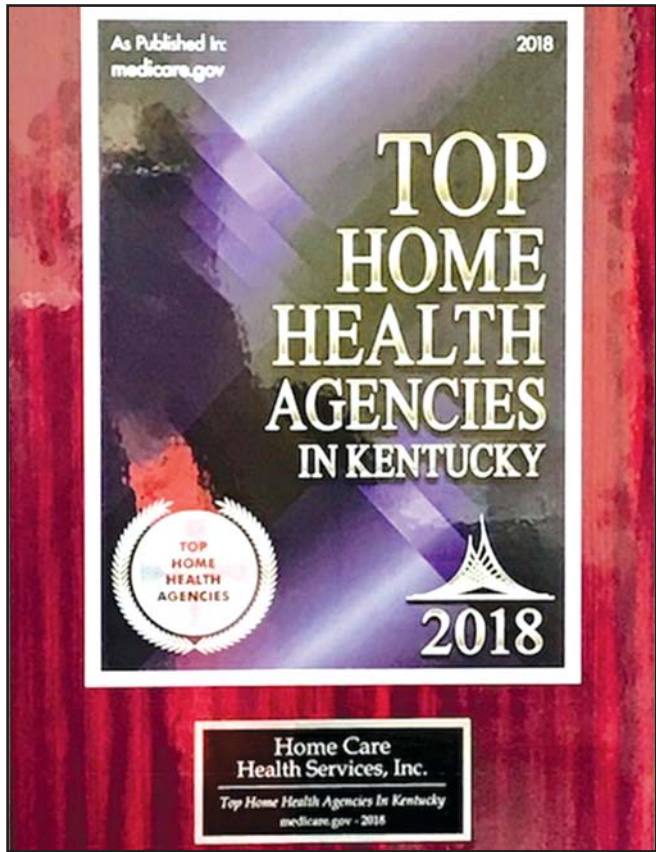
the internal audit department for a little over a year before deciding to take a different path.

"I was 17 when I graduated high school and it's hard to decide what you wanna do for the rest of your life," she said. "That's when I was like, 'Well what else am I going to do?' I love math, because no matter what country you're in or language you speak, math is math. It's always going to come out the same. So I was like, 'I like math so I'll do accounting because I'm good with numbers,' I didn't job shadow first ... I guess I just wanted to take the easier path instead of thinking about what I really wanted to do long term."

Maynard will graduate with her associate's degree in nursing in May of 2019 and she plans on attending the University of Pikeville

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Medicare names Home Care Health Services “Top Home Health in Kentucky”



Home Care Health Services, a Pike County home health care agency, has been nationally recognized by Medicare as a “Top Home Health Agency” in the state of Kentucky. Home Care Health Services personnel pictured are Dalton Hatfield, Angie Clevinger, Rhonda Mullins, Kristin Kiser, Toni Stiles, Brandon McGuire, Eddie Stanley, Sharon Branham, Vicki Rowe, Chasity Shepherd, Hollie Hawkins and Adam Adkins.

Submitted photo



News-Express photo by Elaine Belcher

Archery Camp is a chance for interested students to learn more about the sport and about scholarships for collegiate archery available.

TARGET

Continued From Page 10A

sport to many collegiate programs, recently named Hurt as its State Coordinator for Kentucky. In that role, Hurt will coordinate the efforts of Kentucky’s collegiate, junior Olympic development and National Archery in the Schools programs, helping to ensure the talent in the state has the chance to compete on the national and global stage.

“I am proud to represent USA Archery as the Kentucky State Coordinator,” said Hurt. “Getting this highly sought-after position is a terrific opportunity. I am both honored and humbled to be part of the Nation-

al Governing Body for the Olympic sport of archery and excited to watch its growth in our state. Strengthening archery will not only help our program, but help collegiate archery as a whole,” he said. “The exposure and resources this opportunity will offer me will be invaluable. I look forward to the future of this program and look forward to seeing archers from the Bluegrass State representing the United States on the Olympic stage.”

Archery is growing in popularity, and Hurt sees it as a way for kids in the area to strive for a college education.

“All these kids want to go to college, and with a declining coal economy, it’s

getting harder and harder to save money for it,” said Hurt. “Not everyone plays football, and archery is a good way for everyone to have a shot at a college education.”

“I truly believe that Kentucky, and this area in general, can grow Olympic talent,” said Hurt, heading into his second season at the helm of UPike’s team in 2018-19 season after finishing third in the inaugural Mid-South Conference Championship. “Each time we hold events like this camp, we get more kids interested in learning more about the sport and applying to collegiate archery programs. There is something about this area that draws talent and we want to encourage that.”

HELPING

Continued From Page 10A

to earn her Bachelor of Science in Nursing. Eventually she plans to earn her CRNA license and become a Nurse Anesthetist.

ARH is proud to support further education in the ARH communities and offer an opportunity these students may not other-

wise receive.

“The competition was very intense,” explained Christopher Johnson, System Director of Employee and Labor Relations at ARH. “We are pleased to offer these awards in an effort to encourage individuals to pursue higher education.”

Maynard is excited to focus on making a difference in her community through a career she is

truly passionate about.

“It’s been a long road to get here, but I think I’m finally where I’m supposed to be with nursing,” she said. “When I worked in internal audit, I couldn’t handle sitting in front of the computer for eight hours a day ... we didn’t get to work with customers or anything and I remember asking myself every day, ‘What difference am I making in someone’s

life and in the world?’ When I decided to do nursing it just kind of checked all of my boxes. I’m up on my feet, I’m hands on, there’s that human interaction, and I’m in the position to make someone’s day better emotionally, physically, spiritually — just holistically.”

Maynard is extremely thankful for the opportunity to be an ARH Scholar and she is excited to finally work in a field where she feels she can make a difference every single day.

“(ARH Scholars has) made a world of difference for me,” she said.

“My stress level has been lessened significantly just knowing that I have a little bit of help for this final year of school. It takes my worry away from how I’m going to afford this so I can just focus on my studies and being the best student I can be.”

GOFF

Continued From Page 10A

Pey, watching videos of Pey, or passing him around. A couple weeks ago, he made my year by reaching for me. That’s right. He leaned forward and held out his chubby

by little arms for me.

At first, I tried to analyze the reason he reached for me. After all, I wasn’t wearing a Bree mask or holding food and/or a chew toy. But as I sat there and held him, occasionally kissing the light blond hair on his perfectly-round head, I

quit thinking so much and simply enjoyed my moment with the most adorable baby boy in the history of babies and boys.

Michelle Goff writes a column for the News-Express and can be reached at gmgoft@yahoo.com.



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