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ON THE COUCH



Michelle Goff

Feed a fever blister, starve a cold sore

I have a cold sore the size of Mount St. Helens on my lower lip. That's not an exaggeration, either. I know the sight of my barnacle offends folks because as soon as they see it, they avert their eyes out of politeness and fear.

I'm sure they feel it would be rude to stare, but most likely they're also afraid staring directly into it will produce serious repercussions. Like perhaps they'll be turned into stone or develop a cold sore of their own.

This barnacle has made me so self-conscious I find it necessary to begin conversations by noting, "Yes, I realize I'm sporting a volcano on my face."

You know, just in case anybody might think I'm oblivious to the oozing blister that's taken up residence on my lip. Of course, I've encountered nice folks who have attempted to reassure me by noting, "I didn't notice."

They almost convinced me until my sister saw me. After she wrinkled her nose and asked, "How long have you had that fever blister?" I could no longer deny the truth. It's hideous.

In fact, when my chin and neck began to hurt, I started worrying it might be more than a cold sore. That's when I consulted the Internet and read about the stages of cold sores. That's when I learned that "depending on the severity," some cold sores affect your lymph nodes.

My cold sore must rank high on the severity scale because my chin and neck hurt for days.

At this point, you might be wondering what medications I used to battle the barnacle. That would be nothing because I decided to let nature run its course.

In the past, I've applied topical creams and such to cold sores. Instead of curing my painful barnacles, they left me with shiny painful barnacles.

I also decided against following the advice of my niece, Valerie, who douses cold sores with all sorts of household products not meant for human consumption.

For the time being,

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Honeybees, coal miners and Tammy's Kentucky Pie

Friends Drift Inn



By JOYCE PINSON

My grandparents were beekeepers, depending on honeybees to pollinate our commercial orchards. I still remember biting into warm, freshly harvested honey comb releasing sweet syrup that flooded my mouth with a river of joy and wonderment.

Grandpa would laugh as I reached with sticky fingers for another hunk of the liquid gold.

Both literally and figuratively, Tammy Horn looks at the world through the veil of a beekeeper. Her vision is revolutionary; her perspective is transformative. She does not see the mountains of Appalachia as a barrier to progress but rather as a cradle nurturing our future. In honeybees there is hope.

Not everyone understands my obsession with honey; but Tammy does. An eloquent and passionate speaker, the Harlan County native was schooled as an English



Photo for the News-Express by Joyce Pinson

Perry Amos shares his knowledge of honeybees at an Arbor Day field demonstration held at Premier Elkhorn near Shelby Valley.

professor. She taught at Eastern Kentucky University. But coming back to the mountains to help her ailing grandfather with his honeybees changed her life.

Horn, the director of Coal Country Beeworks, and her

See HONEYBEES, Page 3C



Photo for the News-Express by Joyce Pinson

Queen bees are in high demand commercially. Coal Country Beeworks hopes to breed a superior strain of "Kentucky Queens." The queens are shipped in these boxes.



Photo for the News-Express by Jerry Boggs

Tammy Horn, director of Coal Country Beeworks, watches over her bee and honey demonstration at the Kentucky Proud Incredible Food Show in Lexington.

National Trails Day slated at Breaks Park

SPECIAL TO THE NEWS-EXPRESS

Breaks Park is celebrating the American Hiking Society's 20th Annual National Trails Day with special hiking, biking and educational events throughout the day on Saturday, June 2.

Beginning at 8 a.m. Saturday, National Trails Day events kick off with the "Early Bird Hike." Participants will have the opportunity to learn about and seek out the bird species that call Breaks Park home.

The hike begins early, as mornings are when birds are most active and vocal. Those interested in participating are encouraged to bring binoculars. Participants will meet in the Stateline Overlook parking lot.

At 9 a.m., join author and geologist Tony Scales as he signs copies of his book about the geological and cultural history of the Breaks area. The book signing will take place in the Rhododendron Lodge.

At 10:30 a.m., there will be a bike ride along the Mountain Bike Trail. The ride will begin at the Mountain Bike Trail Head, located adjacent to the Deer Trail, near the horse stable. Participants need only to bring their bike, drinking water, and energy!

A guided hike on the Geological Trail is set for 1:30 p.m. Scales will



Submitted photo

Author and Geologist Tony Scales explains the natural forces that took place millions of years ago to create the tremendous rock formations that can be found on the Geological Trail at Breaks Park. Scales will be leading a similar hike on June 2 at Breaks Park as part of the National Trails Day activities planned.

explain the formation of the "Grand Canyon of the South" through the interesting geological features seen on this trail.

Participants will meet at the Stateline Overlook Parking Lot, and

will begin on the Ridge Trail, traveling to the Geological Trail, and ending back at the parking lot. The hike is about a mile in length and is considered moderate. Participants age 12 and under must be accompanied by an

adult, and all who plan on hiking need to wear appropriate closed-toed footwear.

At 3:30, a nature hike is also

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A little queen



Submitted photo

Three-month-old Summer Isabella Gibson of Pikeville competed in the Eastern Kentucky Region's Queen of the Commonwealth Preliminary in Salyersville, May 20, where she won Overall Viewers Choice. She will now advance to state where, due to her winning, her entry fee is waived. In the state pageant, she will compete in Formal Wear Outfit of Choice, Most Photogenic and Casual Wear. The Queen of the Commonwealth Organization is a nationwide community-service oriented pageant network that is open to every state. Summer's next pageant will be held in Norton, Va., where she will be competing in the Third Annual Miss and Mr. Liberty Pageant. She is the daughter of Bianca Denise Burgy-VanHoose and Christopher Dale Gibson Jr.

BSCTC offering workshops for area high school students

SPECIAL TO THE NEWS-EXPRESS

PRESTONSBURG — Big Sandy Community & Technical College is providing skills review workshops — College Success Initiative — in math, reading and writing for area high school students who want to prepare for the June 9 ACT or for the COMPASS exam that will be given on June 16 as part of the

CSI project.

Workshops will be held at all locations, June 2, 9 and 16.

Locations: Prestonsburg campus, Magoffin Building, Room 219; Pikeville campus, Room N215; Mayo campus, Building C, Room 200.

The workshops are free with materials provided. For more information contact Susan Chafin at 889-4840 or send e-mail to susan.chafin@kctcs.edu.

BREAKS

Continued From Page 1C

planned. This hike will begin at the Visitor Center. Participants will learn about the many different species of plants and animals that can be found inside the park, ranging from insects to black bears.

Since 1993, National Trails Day has inspired thousands of people to enjoy trails on the same day nationwide, taking part in hikes, bike and horse rides, trail maintenance, pad-

dle trips and other activities.

For more information about these or other activities at Breaks Park, call (276) 865-4413 Ext. 260.

Breaks Interstate Park is located on the Kentucky/Virginia border and is accessed by KY 80. Commissioned by the U.S. Congress in 1954, it encompasses more than 4,600 acres and is one of only two interstate parks in the United States. For more information about the park, visit www.BreaksPark.com.

Community calendar

Please send "Community Calendar" announcements to Nancy Goss P.O. Box 802, Pikeville, KY 41502, or ngoss@news-expressky.com.

May 30, June 2:

— Church Yard Sale; Voice of Victory Revivals, Shelbiana, located next to HOPE Warehouse; 8:30 a.m.-?; everything must go!

May 30-June 8:

— Footlights Theatre Workshop; held at Destination Community Church; 9 a.m. to 3:30 p.m. (except Memorial Day); sponsored by Jenny Wiley Theatre; for aspiring young actors ages 8 to 16; for more information call 886-9274 or go to www.jwtheatre.com. May 30-September 14:

— Blood Drive; donors (18 and over) will be eligible to win a 2012 Toyota RAV4; also, everyone who donates from today through June 1, is eligible to win one of two \$500 gas cards; Pikeville Blood Center is located at 472 S. Mayo Dr.; (606) 432-4979; open Tues., Wed. Thurs. from 10 to 7; Friday, 8-4; Saturday, 8-noon.

June 1:

— International Dinner; 6-8 p.m. at East Ky. Expo Center; \$25 per person (children 6-12 \$12.50, under 5, free); sample cuisine from around the world; hosted by Rotary Club of Pikeville.

June 1-16:

— Pikeville Independent Schools Comprehensive District Improvement Plan; available for public review at district's Central Office, 148 Second Street; plans for PES and PHS also available for review; also available on the district Web site, www.pikeville.k12.ky.us/; for more information, contact Sherry Tackett at 432-8161.

June 2:

— Cantrell Family Reunion; family and friends of Earl and Ivory Hay Cantrell; Breaks Interstate Park, Shelter No. 8; 11:00 a.m.

— HUGE Yard Sale; Pikeville Senior Citizens Center, Bank Street; 9 a.m. to 3 p.m.

— Exclusive Baseball Collection Showing; 11 a.m. to 6 p.m., First Baptist Church, Fifth & Vernon Sts., Ironton, Ohio; collection of John Carpenter, world's largest private sports memorabilia collection; photo collection of Babe Ruth never before seen; sponsored by Lawrence County Historical Society.

— 14th Annual Car, Truck & Motorcycle Show; downtown Williamson; registration - 9 a.m. to noon (\$15); concessions; door prizes; proceeds go to Tug Valley Shrine Club; call Benny Sawyer at (304-475-3556 or Grant Preece at (304) 235-0320 for more information.

June 3:

— Memorial Service; 11 a.m.; Energyville FWB Church; featuring singing by The Howard Family; dinner following service; everyone welcome!

June 3-7:

— "Adventures On Promise Island" Vacation Bible School; Coal Run Church of Christ; 6:30 to 8:30 p.m.; for ages two-through adult; everyone invited!

HONEYBEES

Continued From Page 1C

partner, Perry Amos, are establishing bee yards in unexpected places. On remote surface mines in Kentucky's Appalachia, coal miners and beekeepers are working in partnership to create a honeybee corridor; an incubator to replenish bee populations and a living laboratory to improve bee genetics. Could a new strain of honeybees bred here in Appalachia save the world?

One in three honeybee hives fail every year. Agricultural pesticides, a loss of woodland habitat and Colony Collapse Disorder are but a few of the factors contributing to bee population decline. Without pollinators, crop production fails. When crops fail, we do not eat.

It is that simple. It is that scary. Horn is determined to change the course of food history. Her partnership with the local coal mines gives her strength in numbers.

Tammy's plan is straightforward and brilliant. Tuck honeybee hives deep in the mountains where agricultural pesticides are rarely used. Find locations where mines are willing to reclaim with native vegetation like sourwood, redbuds, dogwoods, locust and basswood, locally-called linn. Plant native flowers in the grassy areas — bee favorites like yarrow and black-eyed susans. Feed the bees! Build the colonies' health and population!

Perry Amos has lived the life of a "bee cowboy"; beekeepers responsible for pro-

viding bees to commercial agriculture producers. Bee wranglers might start in Florida with the strawberry season, move to Carolina for the melon season, and finish in Georgia with peach season, transporting hundreds of hives by tractor-trailer. Amos understands the stress bees endure.

Strong queen bees are needed to keep the hives active and intact. Horn believes Appalachia can produce superior queen bees, helping grow the nation's economy as well as our own.

Consider this, commercial beekeepers pay up to \$500 for new queens. Under proper management, one hive could produce up to four to six queens annually. Have you thought about beekeeping?

Horn is keen on beekeeping as a means to bolster Appalachia's earning potential. She has written two books, "Bees in America: How the Honey Bee Shaped a Nation" and "Beeconomy: What Women and Bees Can Teach Us About Local Trade and the Global Market," both available through the University of Kentucky Press.

She speaks frequently to groups across the country. Through her presentations, Horn often focuses on a woman's point of view. She suggests specific beekeeping equipment as well as using smaller supers, making the unwieldy size and weight of honey-filled hives easier to manage.

Tammy is no stranger to the kitchen. Perry tells me she can cook. I am really not sure. What I do know is that they both like Charlie's bis-

cuts dripping with butter and the rich woody Coal Country Beeworks honey produced on our local mine sites.

You should see them eat! When we are hanging out, our conversation often turns to recipes. Did you know honey can be substituted for sugar? The rule of thumb is in recipes calling for up to half-a-cup of sugar honey can be replaced at the same measure. For larger portions, remember that one cup of honey contains about a quarter cup of water. If other liquids are called for in the recipe, reduce those measures by one quarter of a cup to account for the honey's moisture content.

One of Tammy's favorite recipes is Chocolate Walnut Honey Pie. We call it "Kentucky Pie" because it is similar to a trademarked tart marketed by Kern's Bakery in Louisville.

Tammy's variation produces a dessert that is lighter in texture and color to the commercial product. I think you will like it.

Tammy's Kentucky Pie
Ingredients: 1 9-inch pie crust, unbaked; 3/4 cup honey; 1/3 cup butter (unsalted, organic preferred); 3 medium eggs (organic preferred); 1 tablespoon Kentucky bourbon (you could substitute vanilla); 1 cup black walnuts; 1/2 cup semi-sweet chocolate chips.

Method: Preheat oven to 375. Combine honey, butter, eggs, and bourbon in a large mixing bowl. Beat at medium speed until well mixed.

Stir in walnuts and chocolate chips.

Pour into crust. Cover

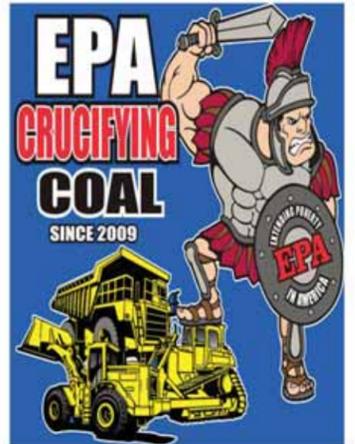
Sheriff's Ranch Applications Are Available At The Sheriff's Office

It's Camp Time!

Applications for the Boys and Girls Sheriff Camp are now available at the Sheriff's Office in the Tax Division. Ages for the campers are from 8 to 11 years. The dates for the camp are: **Boys June 10 – June 15 and Girls June 17 – June 22.**

If you would like to attend the camp you may come by the Sheriff's Office and pick up an application Monday-Friday or telephone our office at 432-6295 or 432-6212.

June 7, 2012
ALERT!
Show Your Support for
Kentucky Coal!
Save the Date:
Thursday, June 7



EPA ISSUES NOTICE OF PUBLIC HEARINGS REGARDING 36 EPA OBJECTIONS TO DRAFT KPDES PERMITS FOR DISCHARGES ASSOCIATED WITH COAL MINING

The United States Environmental Protection Agency (EPA) will conduct public hearings in **Pikeville on June 7** regarding EPA objections to 36 individual KPDES permits that would authorize water discharges from new or expanded surface coal mining activities in eastern Kentucky. The EPA objections have prevented the issuance of all individual Clean Water Act permits for new or expanded surface coal mining activities in eastern Kentucky for more than 2 years. *The economic effect of the EPA objections has been significant in that the 19 most recent objections alone are estimated to have cost Kentucky 3,800 coal-related jobs and more than \$123,000,000 in coal severance taxes. The Kentucky Coal Association, the Commonwealth of Kentucky and the City of Pikeville have challenged the legal validity of the EPA guidance giving rise to the permit objections in litigation pending in Washington, D.C.*

The upcoming hearings (which were requested approximately 1 ½ years ago) provide interested parties an opportunity for input on the EPA objections, their legal basis and their economic impact. Testimony can be submitted in written form or by oral presentation (limited to 2 minutes per speaker). Upon conclusion of the hearings, EPA can confirm, modify or withdraw its objections and the Kentucky Energy and Environment Cabinet will be afforded an opportunity to revise the permits to conform to EPA's final decision.

JUNE 7 – EAST KENTUCKY EXPOSITION CENTER

• Two hearings at 126 Main Street, Pikeville, KY 41501
(1) 12 noon to 4:00 p.m.
(2) 7:00 p.m. to 11:00 p.m.

What you can do to show your support:

Everyone Attend, Register to Speak, (if you want to make a comment) or just be there!!!

We encourage everyone to sign up in advance to speak. It's imperative that we show our support for an Industry that has done so much for Kentucky and America.

Register here: <http://www.kycoalminehearings.com/registration.cfm>

FREE.....FOOD AND ENTERTAINMENT FROM 4:30 P.M. UNTIL 6:30 P.M. IN THE CITY PARK



Coal Operators & Associates

