

Music to be offered during market

STAFF REPORT

WURTLAND The Greenup County Extension Office/Greenup County Farmers Market Pavilion and the McConnell House will offer free musical entertainment this weekend, starting today with a performance at 7 p.m. by the Tri-State Wind Ensemble under the direction of Mr. Bradley Coleman, band director at Greenup County High School. Music will continue at 1 p.m. Saturday, when the ninth annual Singin’ Gatherin’ Old-Time Music Day gets under way on the side porch of the McConnell House. “I couldn’t be prouder of these two events that represent the wide variety of talent and skill our people have,” Anne Stephens, Greenup



Kentucky Memories

County Extension agent for the fine arts, said. “Live music is always a special experience, and these two offerings will be outstanding, each in their own way.” Stephens said attendees

are encouraged to bring their own seating. The Tri-State Wind Ensemble comprises more than 60 volunteer musicians from all walks of life in the Tri-State. Coleman, founder and

director of the Tri-State Wind Ensemble, in addition to directing groups in the Greenup County School System. The group’s performance will include patriotic music and the symphonic suite from “Star Wars Episode 1: The Phantom Menace.” The Singin’ Gatherin’ traces its roots to The American Folk Song Festival, begun in the 1950s by author Jean Thomas and fiddler Blind Bill Day. The schedule of performances: 1 p.m. — Opening ceremony (Stephens will sing “My Old Kentucky Home” with Kentucky Memories; David Keeton will play the historic bugle on loan from the Highlands Museum); Kentucky Memories Old-Time String Band, featuring Fiddle Tunes

by Michael Garvin and Roger Cooper, Master Kentucky Fiddler. 2 p.m. — “The Story of Jean Thomas the Traipsin’ Woman” by Floye Cooke. 2:45 p.m. — Special guest artists Kendra Ward and Bob Bence, nationally known musicians sharing hammer dulcimer, guitar and vocals. 4 p.m. — Jim Curley, Appalachian dulcimer champion who also plays saw. 4:45 p.m. — Blue Vine/Janet Thompson and Michael Garvin, traditional guitar, fiddle, dulcimer and vocals. 5:30 p.m. — Joe Litteral and Matt Scofield, blues guitar and vocals. 6:15 p.m. — The Willis Twins, two Greenup women playing guitar and mandolin and singing with their dad on banjo.

KING

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commonly known that Social Security enrolls Americans in Medicare and that Medicare is not involved in this process. Once your enrollment in Medicare is finalized on the Social Security website, then you will want to view your Benefit Verification Letter. At that time, you can verify your Medicare Part A and B starting dates with your new Medicare number and enroll in whatever Medicare health and prescription drug plans you would choose. Whether you pick a Medicare Supplement with a stand-alone Part D prescription drug plan or a Medicare Advantage HMO/PPO plan with prescription drug coverage, find a plan that best fits your medical and financial needs. Good luck, Devon, with enrolling in Medicare the correct way!! Remember with Medicare it’s what you don’t know that WILL hurt you!

TONI KING is an author and columnist on Medicare and health insurance issues. She has spent nearly 30 years as a top sales leader in the field. If you have a Medicare question, email info@tonisays.com or call 832-519-8664. The “Medicare Survival Guide Advanced” edition and her new “Confused about Medicare” video series are available at www.tonisays.com.

These five tips can help nervousness

LEXINGTON

No matter how old you are, talking to a doctor or nurse can be stressful. Whether it’s for a routine wellness visit or in the event of illness or injury, many people feel nervous, anxious, or unsure of what to say. But it’s important to communicate with your healthcare team.



TESS SMITH-THOMAS

The more you tell them, the more they understand and can help. Some strategies can help you better communicate with your providers, even at a young age.

Here are a few tips you can try at your next visit or you can use to support your child in navigating communicating with providers:

- Start small.** If talking to doctors feels overwhelming, you don’t have to jump into a long conversation right away. Start small. Try making eye contact, giving a simple “hello,” or answering yes/no questions. As you get more comfortable, you can work your way up to asking questions or sharing more about how you’re feeling.
- Take notes and practice.** When we’re nervous, it’s easy to forget

what we wanted to say. Writing down your questions or concerns before your appointment can help you stay on track. You might also find it helpful to practice what you want to say with a trusted family member or friend. Younger kids might practice conversations while engaging in medical play, taking turns acting like the doctor and patient. Rehearsing can help you feel more prepared and avoid the feeling of frustration when you leave your appointment and realize there was more you wanted to say.

Bring a support person. Having a trusted family member or friend with you can be a big help. Having someone there that makes you feel safe can help you feel more comfortable. They can also remind you of things you wanted to ask, support you if you get overwhelmed, or even speak up for you if you’re not ready to talk. Younger kids can come up with a signal or “code word” to let their caregiver know when they need a break or want them to take the lead.

Take deep breaths. Before your appointment, take a few minutes to focus on your breathing. This can slow down your heart rate and help your body feel more relaxed. Inhale slowly,

take a brief pause, and then exhale slowly. Repeat this a few times to help calm your nerves. You can teach younger kids to take deep breaths too. You can ask them to pretend to smell flowers and then blow out candles.

Bring coping items. Comfort items can make a big difference during medical visits. Things like stress balls, fidget toys, or for younger kids a favorite stuffed animal can help you feel more at ease. Even clicking a ballpoint pen or fidgeting with a ring on your finger can provide a much-needed distraction, especially while you are waiting at the office. These items give your hands something to do and can make you feel safer and more in control.

These tips can help you take small steps toward feeling more comfortable and being an advocate for yourself on your healthcare journey. However, it’s okay to ask for help and if your level of distress is interfering with your ability to seek care or you want more support, a mental health professional can help address your specific concerns. Being open with your healthcare team can help you get the best care possible.

TESS SMITH-THOMAS, Ph.D., is a pediatric psychologist at Kentucky Children’s Hospital.

NEWS IN BRIEF

Ro-Na redo groundbreaking

IRONTON The Friends of Ironton will host a groundbreaking for the Ro-Na Theater at 10 a.m. today at the theater at 310 S. Third St. The groundbreaking marks the beginning of construction for a \$2.7 million revitalization of the historic theater. The project was awarded as part of a \$152 million Wonderful Waterfronts Initiative Round 1 award announced by Gov. Mike DeWine in 2024. The Friends of Ironton will host state dignitaries, including Governor’s Office of Appalachia Director John Carey as well as local elected officials, key community representatives who supported the project and the Ironton-Lawrence Community Action Organization, the acting project administrator for the Wonderful Waterfronts Round 1 initiative.

BCC bridge winners named

ASHLAND Bellefonte Country Club bridge winners this week are: first — Judy Fields; second — Juanita Ditty; third — Jacque Brownstead; fourth — Kathy Setterman.

No Kings rally Saturday

MOREHEAD A No Kings rally will be from noon to 2 p.m. Saturday. The nonviolent, locally organized event will be one of 1800 demonstrations happening nationwide in protest of the Trump/Musk administration procedures and cuts in

Medicaid, Medicare, SNAP, Americorps, Pell grants and other programs. Featured speakers will include Willie Carver (2022 Kentucky Teacher of the Year, writer, LGBTQ+ activist) and Dr. Dick Wittberg (epidemiologist now involved with peer recovery programs utilizing Americorps). Music will be presented by local band D.O.O.M.

Cicada Fest this weekend

HUNTINGTON In celebration of the return of the periodical cicadas to the Tri-State, Cicada Books & Coffee will have Cicada Fest, with free art and science activities, themed food and beverages, cicada books and art.

Cicada Fest will be from noon to 4 p.m. today through Sunday at the book store. The store is at 604 14th St. West. Visit cicadabooks.com or call (681) 378-3463.

More GSA scholars named

LOUISVILLE Three Rowan County students have been

named to the 2025 Kentucky Governor’s School for the Arts. They are: • Adrianna Allen, musical theater. • Barrett Freidhof, musical theater. • Asa Stamper, drama. The 2025 class will include 512 students from 72 different counties and will be held at the University of Kentucky over two, three-week consecutive sessions

throughout the summer. Session One will be June 8-28 and Session Two will be July 6-26.

Office to be closed Thursday

CATLETTSBURG The Boyd County Extension office will be closed Thursday in observance of Juneteenth, reopening at 8 a.m. Friday. Staff reports

PUBLIC NOTICE

PUBLIC NOTICE ADVERTISEMENT FOR BIDS

Sealed bids for **Interior Renovations at Dev. 86-001 & 002** will be received by the Housing Authority of Lawrence County, 101 Gene Wilson Blvd., Suite 200, Louisa, Kentucky 41230 on **Tuesday, July 8, 2025, at 11:00 a.m.** and then will be publicly opened and read aloud. Prior to the opening of the envelope, the names of all contractors listed shall be read aloud and incorporated into the bid.

The plans, specifications, and other contract documents may be examined at the following locations:

Cauthen & Associates, LLC
9047 Executive Park Dr., Suite 221
Knoxville, Tennessee 37923

Dodge Data & Analytics
Construct Connect
Builders Exchange of Kentucky
Lynn Imaging, Lexington, Kentucky
Contractors Association of West Virginia

Prospective bidders may obtain copies of the Contract Documents from Raylon Harness, Cauthen & Associates, LLC, 9047 Executive Park Dr., Suite 221, Knoxville, TN 37923. A deposit of \$200.00 is required for one set of Contract Documents. All bid deposit checks or drafts shall be made payable to Cauthen & Associates, LLC. Requirements for bid deposit refunds can be found in the expanded Advertisement for Bids bound within the Project Manual.

All bidders must be licensed Contractors as required by 815 KAR 8:010 of the Kentucky Administrative Regulations and as required by the local municipality. All bidders shall provide evidence of a license in the appropriate classification before a bid can be considered. Reference is made to the Instructions to Bidders for Contracts contained in the Project Manual for further bidding information.

The right is reserved to reject any or all bids or to waive any informalities in the bidding. No bidder may withdraw his bid within 60 days after the actual date of the opening thereof.

Walk Through and Prebid Conference
At **11:00 a.m. on Tuesday, June 24, 2025**, a prebid conference will be held by the Housing Authority of Lawrence County, 101 Gene Wilson Blvd., Suite 200, Louisa, Kentucky, for the purpose of answering questions bidders may have and to consider any suggestions they may wish to make concerning the project. Immediately following the prebid conference, a walk-through of the project(s) will be held by the Owner. Although not mandatory, all contractors are recommended to attend this walk-through and prebid conference.

HOUSING AUTHORITY OF LAWRENCE COUNTY

By: Cindy Bowen, Executive Director
Published: June 6 & 13, 3025

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