

Department

from A-5

times the decade average. Scientists credit years of habitat restoration, including the removal of barriers and the restoration of natural waterways. Coho have

even returned to streams where they hadn't been seen for 10 to 20 years. This is what happens when people take care of the land rather than use it as a

talking point. Midterms are coming up, folks. You've got these things to keep in mind, as well as data centers and Flock cameras.

Contact us at or send submissions to news@cartercountytimes.com Visit the author on Substack at [What's Annoying Robert Dean Today?](#)

Tech

from A-5

I honestly believe most folks, given the option, will choose to do what is in the best interest of their friends, neighbors, and the communities and environment we all share. All we need is for our elected officials to take this idea and run with it. We

aren't talking about a ton of money. We're talking about a series of fireproof containers, some education, raising awareness, and finding someone who will work with the counties to accept our technology wastes. Because technology

isn't going anywhere. We're going to continue to need batteries, and devices, and we're going to need to do something with them when they reach the end of their life span. Whether that something is tossing them over the hillside, or taking them to

be recycled and disposed of properly, could be as simple as a metal bin at you closest fire department. Contact the writer at editor@cartercountytimes.com

Dermatology

from A-3

vides treatment for a range of common dermatologic concerns, including mild to moderate acne, seborrheic dermatitis, eczema, psoriasis, warts and pre-cancerous spots. The clinic also offers cryotherapy using liquid nitrogen for unwanted benign skin growths, including skin tags, seborrheic keratoses, warts and sebaceous hyperplasias. Biopsies can also be performed for concerning moles or other spots that may require further evaluation. For patients who need additional specialty care, Sparks said Hot Spot Derm is designed to work alongside, not replace, traditional dermatology practices. "I tell everyone, I am not there to replace their dermatologist, I am there as a support. There are conditions that cannot wait. For example, squamous cell carcinoma is a fast growing form of skin cancer with potential to spread, the quicker you obtain a biopsy and have a confirmation of diagnosis, the quicker we can get you into a surgeon for complete removal. Waiting months for a biopsy can make a significant difference in the patient's treatment plan and outcome. To me, that's a big deal," Sparks says. Patients who require more extensive treatment or specialty evaluation are referred to appropriate dermatology providers or surgeons. Sparks said she may also refer patients when a

concern involves a particularly difficult location or when a condition requires treatment outside the scope of Hot Spot Derm. The clinic operates on a self-pay model and does not bill insurance for its office visits and procedures. Sparks said the model allows her to offer straightforward pricing, with a price list available to patients before services are performed. For example, office visits are \$150 for new patients and \$115 for follow-up visits. Procedure pricing includes skin tag removal beginning at \$100 for up to five tags and cryotherapy beginning at \$75 for one to five lesions. Biopsy services begin at \$115. Biopsy specimens are sent to a dermatopathology company in Knoxville, which offers both insurance billing and cash-pay options and bills patients directly. Sparks said affordability was an important consideration when developing her pricing structure. "I worked on the price list extensively. Of course it is a business that requires profit to keep the doors open, but it was so important for me to make sure procedures were affordable to patients," she says. Hot Spot Derm also accepts walk-in patients and, when medically appropriate, can perform procedures during the same visit rather than requiring patients to return for a separate appointment.

"Being able to evaluate the patient and perform necessary procedures on the same day is a great benefit to the patient," she says. "Biopsy results are usually received in 5-7 days, and prompt treatment or next step referral can be made immediately, expediting the process. It's also easier on the patient, they don't have to come in for another appointment if all can be done the same day." For Sparks, however, creating a different kind of medical practice was about more than convenience. She said she wanted a healthcare environment where patients had time to ask questions, receive education and feel genuinely cared for. That philosophy was part of the reason Sparks chose to establish Hot Spot Derm as an independent clinic. "I love getting to spend time with my patients," she said. "I love patient education. I never want them to leave feeling like they were just a number or like they were just pushed through. I want them to be able to ask questions and feel comfortable doing so. Sometimes they may really have a spot that needs checked, and sometimes they just need someone to listen. That additional time allows for both." Hot Spot Derm is located inside 4:10 Direct Care. Sparks said the practice grew out of conversations with her friend at 4:10 Direct Care, who frequently



Kellie Sparks (submitted photo)

contacted her with dermatology questions regarding patients. For Sparks, the decision to open the clinic also represented a personal shift in how she wanted to balance her career and family. "I'm a Christian, a wife and a momma. I needed something that gave me room to be all of those things AND a provider. God worked it out perfectly,

so I wanted to create a faith based clinic, that feels like home, that is welcoming, and everyone knows they are loved, while also getting great healthcare. That has been most important to me." As the first summer for Hot Spot Derm comes to a close, Sparks said she is grateful for the opportunity to build a practice centered around both patient care and her own family.

"When I look back at why I started Hot Spot Derm, I absolutely feel like it is accomplishing what I intended," she said. "I have been blessed to meet new wonderful patients, share the love of Jesus, and have been connected with so many Christian, business minded women. Hot Spot Derm is God's clinic, I'm thankful to be His set of work hands."

Burr

from A-5

So it's worth the occasional hard questions. Does this still solve the problem it was created for? If we were starting from nothing today, would we choose to do it this way? Sometimes the answer is yes. Sometimes it's no. And sometimes, if we're honest, the answer is: nobody actually remembers. That answer shouldn't put us on the defensive. It should make us curious

about what got lost along the way. Here's the catch, though. Changing an old way requires something that keeping it doesn't. Risk. And most people, including me, will go to great lengths to avoid that. The familiar is comfortable precisely because it's predictable. Changing means admitting you might get it wrong, in front of everyone who did it the old way

before you. That's not just uncomfortable. It's lonely. It's scary. So we cling to the familiar the way a kid clutches a blanket in the dark. We do things the same way even when they've stopped working, just so it doesn't get worse. Just to avoid the unknown. Some traditions are great, while others aren't. The problem is distinguishing between the two.

Sometimes we're preserving genuine wisdom. Sometimes we're just trapped in someone else's decision. Some of what we've inherited is worth keeping. Some of it isn't. The hard part is distinguishing between the two, trying to determine whether you're preserving something wise or just carrying out someone else's forgotten decision. Real honor

means understanding why something started, not just that it did, and then deciding whether it still merits continuing. The people of South Queensferry will probably never recover the meaning of the Burryman. That's a loss, but a harmless one. Not every tradition is that innocent. It's not disrespectful to step back and ask: What are we actually preserving

here? Why do we do it this way? And if the only answer is "because we've always done it," if you're defending something you can't explain, maybe you're not honoring anything at all. Maybe you're just covered in burrs, waiting for someone to tell you it's all right to take them off.

Reps. Massie, Burlison introduce the "Flock-Off Act" to defund surveillance state cameras

WASHINGTON, D.C.- Rep. Thomas Massie (R-KY) announces the introduction of H.R. 10221, the Flock-Off Act. The legislation responds to Americans' concerns

about the growing surveillance state by prohibiting the use of federal funds to purchase, install, maintain, operate, or upgrade automated license plate readers (ALPRs) and biometric

surveillance cameras. Rep. Eric Burlison (R-MO) is co-leading the legislation. "The federal government shouldn't provide 'security' grants to cities and police departments

that have gone beyond the pale and turned their communities into a version of 1984," said Rep. Thomas Massie. "The Flock-Off Act withholds federal money from municipalities and

police departments that deploy Flock cameras to surveil law-abiding citizens. Federal taxpayers should not be forced to fund the surveillance state." "Technology may

change, but our constitutional rights do not," said Congressman Eric Burlison. "The Fourth Amendment protects Americans from unrea-

See FLOCK on A-8



The East Carter team took home the 6th grade Mike Flannery Bowl championship last month with a 30-6 win over Greenup County. (Submitted photo)



Khyler Holderbaum, Harrison Holderbaum, Hannah Holderbaum, Henry Holderbaum, Stacey Buckler and Adam Buckler were joined by the Olive Hill community last Friday for a ribbon cutting at their new establishment, The Roast on Railroad Coffeehouse. (submitted photo)