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# Carter County Times

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CARTER COUNTY, KENTUCKY

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## Surprising catch of the day

### Fisherman alerts authorities of car in Grayson Lake

By Charles Romans  
*Carter County Times*

What started as a relaxing day on the lake turned into something more on Saturday (February 28) when a local fisherman picked up more than a potential school of fish with his depth finder equipment. The equipment identified a submerged object that, the Grayson Fire Department reported, “was consistent with a submerged vehicle beneath the water’s

surface.” After the report came in, the Grayson Fire Department and Grayson Fire Dive Rescue were dispatched to the Bruin Boat Ramp at Grayson Lake at approximately 9:11 am.

The response was initially treated as a rescue operation, with an incident command being set up and the situation being quickly assessed. Environmental conditions were evaluated, water depth was determined, operational hazards were assessed, and access points were established. Rescue teams followed every safety protocol in their response.

Rescue and recovery divers

See CAR on A-4



Divers prepare to enter the frigid waters of Grayson Lake to investigate a submerged vehicle. (Submitted photo)

### Martin to the mountains

#### West Carter kicker signs with Pikeville

By Brayleigh Boggs  
*Carter County Times*

Wyatt Martin’s path to becoming one of the most decorated specialists in West Carter football history started in his front yard at age seven.

“My dad,” Martin said when asked what first made him want to become a kicker. “He started me at age seven.”

Martin, a senior at West Carter High School, signed to continue his football career at the University of Pikeville. He

leaves West Carter holding the school records for most career points by a kicker and the longest field goal in a career.

Kicking runs in the family. Martin’s father was a college kicker at West Virginia State University and later pursued a career in law enforcement. Martin plans to follow a similar path. He will major in criminal justice at Pikeville and hopes to join the Kentucky State Police.

“I want to go down the state police path, like my dad did,” Martin said.

But that’s the future. When looking back at his time on the field, Martin said, one moment stands above the rest. On senior night, Martin drilled a 32-yard

See MARTIN on A-4

### Improving creative endeavors

#### Non-profit builds regional maker hub

By Charles Romans  
*Carter County Times*

Amanda Lewis has a vision of bringing together creative people from across the region while preserving our regional folk traditions. Lewis started the non-profit Trillium Project with the express purpose of making it easier for these creative individuals to create. Lewis is building what she calls a “Creative Campus,” or a Maker and Workforce Hub for

the tri-state area. The goal is to bring together artists, craftsmen, and the keepers of Appalachian traditions and help them do what they do best.

The Trillium Project is designed to help, among others, creators who want paid opportunities to teach their crafts to those who wish to learn them. Lewis wants to give creators access to makers markets and exhibitions, provide a shared fabrication infrastructure, and encourage apprenticeship partnerships and opportunities. And in the process Trillium hopes to foster expanded tourism visibility and small business growth support for creative businesses.

“We’re specifically calling for makers in Boyd, Carter, and Greenup Counties, so we can map a regional maker ecosystem and better understand what support local makers actually need to make a living on their craft,” Lewis said of her goals and how she hopes to impact the region.

“I founded an arts and culture nonprofit in Southern Ohio in 2020,” Lewis continued. “And our primary focus has been creative place making projects that give local artists paid opportunities to do their crafts and stay here and make a living doing it. We have been doing

See MAKER HUB on A-3



(Photo by Brayleigh Boggs, Carter County Times)

### Weekly arrests report

The following individuals were arrested and booked into the Carter County Detention Center over the past week. This list includes local arrests only. It does not include federal inmates being housed at or transported through the detention center.

- Douglas Claxon, 35, of Olive Hill, arrested by Grayson PD, on charges of failure to appear on a citation for a misdemeanor, trafficking in narcotics (carfentanil or fentanyl derivatives), first degree possession of a controlled substance (drug unspecified), and possession of drug paraphernalia, arrested and booked February 23.
- Derek May, 35, of Grayson, arrested by Grayson PD, on charges of one headlight, no or expired registration plates, operating a motor vehicle on a suspended or revoked operator’s license, failure to maintain required insurance, trafficking

in narcotics (carfentanil or fentanyl derivatives), possession of drug paraphernalia, and first degree possession of a controlled substance (drug unspecified), arrested and booked February 23.

- Richard Carver, 35, of Olive Hill, arrested by Carter County Sheriff, on three counts of failure to appear on a citation for a misdemeanor, arrested and booked February 24.
- Jonathan Young, 36, of Web-ville, arrested by Kentucky State Police, on charges of failure to appear on a citation for a misdemeanor, and first degree bail jumping, arrested and booked February 25.
- Kaitlynn Riddle, 24, of Burkesville, arrested by Carter County Sheriff, on two counts of probation violation (for a felony offense), arrested and booked February 25.
- Tyler Leadingham, 28, of Olive

Hill, arrested by Carter County Sheriff, for two counts of non-payment of court costs, fees, or fines, arrested and booked February 25.

- Theresa Decker, 58, of Olive Hill, arrested by Kentucky State Police, on charges of reckless driving, inadequate silencer (muffler), operating a motor vehicle under the influence of a controlled substance, failure to wear seat belts, no or expired registration receipt, and failure to produce an insurance card, arrested and booked February 25.
- Christin Walker, 32, of Olive Hill, arrested by Carter County Sheriff, on charges of fourth degree assault – domestic violence (with minor injury), and endangering the welfare of a minor, arrested and booked February 25.
- Danny Withrow, 39, of Olive Hill, arrested by Kentucky State Police, on charges of operating a motor vehicle under the

See ARRESTS on A-3



#### This Week’s Obituaries

Clifton Ray Isaacs, 86

Esther Tackett Zornes, 84

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# LIFESTYLE



## Don't waste a single bite: How one chicken becomes many meals

A roast chicken in the refrigerator is more than leftovers. It's opportunity. Whether store-bought or roasted at home, that single bird can become the foundation for several meals with very little effort. Instead of serving it all at once, think of it as an ingredient to use gradually over several days.

Start by removing every remaining morsel of meat from the bones once the first meal is finished. Store it in a covered container in the refrigerator, along with any pan juices to keep it moist.

Cooked chicken is the most versatile ingredient to have on hand. It can be added to salads,

folded into wraps, stirred into rice or pasta, or combined with vegetables for a quick skillet meal. Because it's already cooked, these meals come together in minutes.

After the meat is gone, don't toss those bones! They're so valuable. We're going to use them to make a rich broth.

Homemade chicken broth is rich in minerals, collagen and gelatin extracted naturally from the bones, creating a nourishing, easy-to-digest liquid gold that supports hydration and joint health, without additives or excess sodium.

This broth can be used for soups, to make grains or sauces, and it freezes beautifully. One of the most enjoyable ways to use it is the avgolemono soup that follows, where this simple broth becomes something truly amazing.

### CHICKEN BONE BROTH

Yield: 3 quarts  
Total Time: 2 to 8 hours, 5 minutes

Bones from one or more chickens

1 cup each celery and carrots,

roughly chopped

3 cloves garlic, smashed

1 onion, quartered with skin

1 tablespoon apple cider vinegar

Salt and pepper

Place all ingredients in a stock pot and cover with 12 cups water. Bring to a boil, then reduce to a bare simmer for 2 to 8 hours. Strain, reserving the broth. Season with salt and pepper. Refrigerate up to 1 week or freeze up to 3 months.

Traditionally, avgolemono begins with a whole chicken and homemade broth, a process Greek yiayias have perfected over generations. The finished soup is silky and velvety, thickened with eggs and lemon rather than cream.

Now, I don't want to step on anybody's yiayia's toes, but this weeknight version uses some handy shortcuts: prepared broth, leftover chicken and cooked rice. When these are on hand, avgolemono comes together in about 25 minutes, giving new life to yesterday's chicken. The result is light yet satisfying, especially welcome as we edge lethargically, almost imperceptibly, toward spring.

### AVGOLEMONO SOUP (GREEK LEMON CHICKEN SOUP)

Yield: 4 servings  
Total Time: 25 minutes

2 tablespoons olive oil

1 medium yellow onion, finely diced

1 cup celery, finely chopped

Salt and pepper, to taste

2 garlic cloves, finely



This classic Greek lemon chicken soup turns simple broth and leftovers into a silky, delicious meal. (Photo Credit: www.JasonCoblentz.com)

chopped  
6 cups low-sodium chicken broth  
2 bay leaves  
2 to 3 cups cooked chicken, shredded  
2 cups cooked rice  
2 large eggs  
1/2 cup lemon juice  
Lemon zest (optional)  
Fresh parsley and lemon slices (optional)

Heat olive oil in a large pot over medium heat. Add onion and celery, season with salt and pepper, and saute 3 to 5 minutes until softened. Add garlic and cook 1 minute.

Add broth, bay leaves, chicken and rice. Bring to a gentle simmer and cook 10 minutes.

In a bowl, whisk eggs and lemon juice and zest. Very slowly, whisk in one ladle of hot broth, then another to temper the eggs. Stir the tempered mixture into the soup and remove from heat immediately. Taste, adjust seasoning, and serve hot.

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Lifestyle expert Patti Diamond is the penny-pinching, party-planning, recipe developer and content creator of the website *Divas On A Dime -- Where Frugal, Meets Fabulous!* Visit Patti at [www.divasonadime.com](http://www.divasonadime.com) and join the conversation on Facebook at *DivasOnADimeDotCom*. Email Patti at [divapatti@divasonadime.com](mailto:divapatti@divasonadime.com)

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## Joyful Noise

# When to shut up

By Pastor Naomi Mitchell for *Carter County Times*

Growing up we heard the old saying, "sticks and stones may break my bones, but words will never hurt me." Well, we all know that is a lie. Words are powerful and can hurt longer than a broken bone.

Have you ever wished you hadn't said certain things? Have you said something that made you feel like you had put your foot in your mouth? Something you said really hurt someone's feelings? Maybe you told something about someone that destroyed a good friendship? You assumed something when you didn't know all the facts? We wished we could eat our words when this happens, but once they are out there, they can't be taken back. Proverbs 21:23 says, "Whoso keepeth his mouth and his tongue, keepeth his soul from trouble."

Scripture tells us a lot about our "mouth" that life and death are in the power of the tongue. We make the choice to say things we know we shouldn't and wouldn't want someone

to say about us. Gossip is cheap and not becoming on a mature Christian or anyone for that matter.

Here are some scriptures to look up in the Bible that basically tells us what we need to pay attention to when it comes to keeping our mouth shut.

Keeping your mouth shut: In the heat of anger – Proverbs 14:17. When you don't have all the facts – Proverbs 18:13. When you haven't verified the story – Deuteronomy 17:6. If your words will offend a weaker brother – 1 Corinthians 8:12. If your words will be a poor reflection of the Lord to your family or friends, neighbors and co-workers – 1 Peter 2:21-23. When you are tempted to make light of holy things – Ecclesiastes 9:2. When you are tempted to joke about sin – Proverbs 14:9. If you would be ashamed of your words later – Proverbs 8:8. If your words would convey a wrong impression – Proverbs 17:27. If the issue is none of your business – Proverbs 14:10. When you are tempted to tell an outright lie – Proverbs 4:24. If your words will

damage someone's reputation – Proverbs 16:27. If your words would destroy a friendship – Proverbs 16:28. When you are feeling critical – James 3:9. If you can't speak without yelling – Proverbs 25:28. When it is time to listen – Proverbs 13:1. If you may have to eat your words later – Proverbs 18:21. If you have already said it more than one time then it becomes nagging – Proverbs 19:13. When you are tempted to flatter a wicked person – Proverbs 24:24. When you are supposed to be working instead of talking – Proverbs 14:23.

Practice and pray Psalms 19:14, "Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer." Think before you speak! Will the words you speak be acceptable to the Lord? Amen! So be it!

JOYFUL House of Prayer, 2519 Quicksand Road, (P.O. Box 856), Jackson, Kentucky 41339. Send Comments/Prayer Requests: [Pastornaomi4god@gmail.com](mailto:Pastornaomi4god@gmail.com). FB: *JoyfulHoprayer*. Services: 10am Sunday and Joyful Kids Class at 10:30am, 6:30pm Thursdays. Radio Broadcast: WJSN 97.3 FM & WEKG 81.0 AM Sundays 1-2pm.

## Ask Daryl: Your Professional Organizer

# It's about time

We intend on clearing out a closet or organizing our kitchen and then we put it off. Why? Simply because we have too many other things that need to be taken care of and an absence of time.

It isn't laziness or lack of desire, it's that it isn't a part of our priorities. So, how do we accomplish those tasks while juggling our other responsibilities? Here are some tips that will help give you permission to adjust your routine.

1. Make a list of what you have to do on a daily basis and a separate list of the things you would

like to do to bring order to your living space and to your routine.

2. Really delve deep to determine the time you spend on each of your daily activities, and then determine the time you can spend on new tasks. Make sure you include time for yourself.

This is extremely important to avoid burn-out.

3. Then place the list of things you would like to organize in order by project. Estimate the time it might take to work on those projects.

4. Compare the time you spend on your daily activities with the time it would take you to ac-



Daryl Ashley  
Guest Columnist  
Confusion Solution

complish one other goal.

5. Incorporate one new task into your normal routine. Keep in mind that things may change, which is to be expected. So, don't put too much into your schedule, just in case. Then when things do change, you can pick up where you left off on another day.

Being organized starts with planning which, in turn, becomes part of your routine and once accomplished will eventually fall off your schedule. Getting started is the hardest part and making a list will bring to light how you are really investing your time. Allow a few minutes to make a list.

It's as simple as that!  
Send your questions and comments to me at [info@confusionsolution.com](mailto:info@confusionsolution.com)

## Strength for Life

# Maximizing nutrition

March is National Nutrition Month, making it a great time to clear up some common confusion around food, nutrients, and what "eating healthy" actually means.

With constant headlines about protein, carbs, fats, and supplements, nutrition can feel overwhelming. The goal isn't perfection – it's understanding the basics well enough to make balanced, realistic choices that support long-term health.

Macronutrients vs. Micronutrients: What's the Difference?

Nutrients fall into two main categories: Macronutrients are nutrients the body needs in larger amounts: Protein Carbohydrates Fats

These provide energy, support muscle and tissue, regulate hormones, and fuel daily activity.

Micronutrients are vitamins and minerals needed in smaller amounts, but they are just as critical. They support: Immune function Bone health Energy production

Heart and brain health Micronutrients come primarily from fruits, vegetables, whole grains, and a variety of whole foods.

Why Protein Gets So Much Attention

Protein has become one of the most talked-about nutrients — and for good reason.

Protein: Supports muscle maintenance and repair Helps regulate blood sugar Aids in satiety and appetite control Plays a role in immune and enzyme function Protein is made up of amino acids, the building blocks of the body. Amino acids are involved in: Muscle repair and growth Hormone and enzyme production Tissue repair and recovery

Getting enough protein means consistent intake spread throughout the day, not excessive consumption, from sources like lean meats, fish, eggs, dairy, beans, and legumes.

The Importance of Healthy Fats — Especially for Women

Fats often get misunderstood, but they are

essential — particularly for hormone balance, which is especially important for women.

Healthy fats help: Regulate estrogen and progesterone Support brain health Aid in vitamin absorption Promote heart health

Sources such as nuts, seeds, avocados, olive oil, and fatty fish provide the types of fats that support overall wellness. Chronically low-fat diets can negatively impact hormone health, energy levels, and recovery.

Carbohydrates: Not the Enemy Carbohydrates are the body's preferred energy source. The key is choosing quality carbohydrates, such as: Fruits Vegetables Whole grains Beans and legumes

These foods provide fiber, vitamins, minerals, and steady energy — not just calories.

What the New Food Pyramid Emphasizes:

Modern nutrition guidelines focus more on balance and variety: Half your plate from fruits and vegetables Adequate protein at each meal

See NUTRITION on A-6



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## Extension Notes

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AGRICULTURE & NATURAL RESOURCES

# Farmland sales and taxes

Generally, the sale of farmland triggers taxes in the year of the sale. Disregarding any depreciable items that are part of the sale, the tax treatment is long-term capital gains. That is assuming the property has been held at least one year. The capital gain is calculated based on the sale price minus the adjusted basis of the property. The adjusted basis is the amount paid for the land (or the value when inherited) minus any depreciation taken on improvements. Federal capital gains rates are currently 0%, 15%, or 20% depending on taxable income level. State and local taxes will also be owed on the gain depending on location.

the capital gain tax is use of a 1031 like-kind exchange. A 1031 like-kind exchange allows landowners selling their property to reinvest in replacement property that is similar in nature. There are specific rules associated with a like-kind exchange. First,

there is a 45-day window to identify the replacement property after the sale of the old property. Second, the new property must be acquired within 180 days of the sale. Third, a qualified intermediary must hold all the funds of the transaction. In other words, the landowner selling the old property cannot take possession of the money. Lastly, if the exchange of property includes related parties, then both parties

must hold their respective properties at least two years to avoid triggering tax consequences.

As part of the One Big Beautiful Bill Act (OBBBA) of 2025, there is an option to spread out the taxes owed as part of selling farmland. The new option is referred to as IRC Section 1062. It applies to any farmland sales after July 4, 2025. The election allows a landowner to pay the federal taxes owed in four equal annual installments instead of one year. The land must be in the United States. It must have been in farm use 10 years prior to the sale. In addition, the buyer must be actively engaged in farming. There will need to be a restrictive covenant that legally enforces the use of the land for farming purposes for 10 years. The

See FARM on A-3



Rebecca Konopka  
Carter County  
Extension Agent

**Arrests** from A-1

influence of a controlled substance, failure to wear seat belts, no or expired registration receipt, possessing a license when privileges are revoked, failure to surrender revoked operator's license, and driving on a DUI suspended license, arrested and booked February 26.

- David Walker, 58, of Flatwoods, arrested by Carter County Sheriff, on charges of fourth degree assault – domestic violence (with minor injury), endangering the welfare of a minor, and non-payment of court costs, fees, or fines, arrested and booked February 26.
- Zackary Wooten, 31, of West Portsmouth, OH, arrested by Carter County Sheriff, on charges of third degree criminal trespass, resisting arrest, and public intoxication on a controlled substance (excludes alcohol), arrested and booked February 26.
- Kim Kearns, 34, of Clearfield, arrested by Kentucky State Police, on a charge of failure to appear on a citation for a misdemeanor, arrested and booked February 26.
- Dezaray Webb, 28, of Mays Lick, arrested by Kentucky State Police, on two counts of probation violation for a felony offense, arrested and booked February 26.
- Austin Hensley, 24,

- of Garrett, arrested by Carter County Sheriff, on charges of operating a motor vehicle under the influence of a controlled substance, rear license not illuminated, inadequate silencer (muffler), operating a motor vehicle on a suspended or revoked operator's license, first degree trafficking in narcotics (less than 4 grams of cocaine), possession of drug paraphernalia, and possession of marijuana, arrested and booked February 27.
- Randy Lewis, 51, of Grayson, arrested by Kentucky State Police, on a probation violation for a technical violation, and charges of no or expired registration receipt, no or expired registration plates, improper registration plates, failure to produce an insurance card, operating a motor vehicle on a suspended or revoked operator's license, failure to wear seat belts, inadequate silencer (muffler), excessive window tinting, and failure to appear on a citation for a misdemeanor, arrested and booked February 27.
- Joshua Sparks, 38, of Clay City, arrested by Kentucky Department of Corrections, on a probation violation for a felony offense, arrested and booked February 27.
- Nathan Carver, 34, of

- Vanceburg, arrested by Carter County Circuit Court, on a hold for drug court, arrested and booked February 27.
- Davon Yancy, 26, of Toledo, OH, arrested by Carter County Sheriff, on charges of speeding 13 MPH over limit, failure to produce an insurance card, no or expired registration receipt, third degree trafficking in narcotics (20 dosage units, drug unspecified), trafficking in narcotics (carfentanil or fentanyl derivatives), arrested and booked February 27.
- Deangelo Mitchell, 27, of Eastpointe, MI, arrested by Carter County Sheriff, on charges of third degree trafficking in narcotics (more than 20 but less than 120 dosage units, drug unspecified), promoting contraband (fentanyl, carfentanil, or derivatives), and trafficking in narcotics (carfentanil or fentanyl derivatives), arrested and booked February 27.
- Charles Bryant, 38, of Grayson, arrested by Grayson PD, on two counts of contempt of court, arrested and booked February 28.
- Crystal Vanover, 48, of Grayson, arrested by Grayson PD, on charges of second degree disorderly conduct, resisting arrest, and alcohol intox-

- ication in a public place, arrested and booked February 28.
- Charles Lester, 48, of Grayson, arrested by Carter County Sheriff, for non-payment of court costs, fees, or fines, arrested and booked March 1.
- Mihai Nasui, 57, address unavailable, arrested by Kentucky State Policed, on charges of careless driving, and operating a motor vehicle under the influence of alcohol, arrested and booked March 2.
- Clayton Puckett, 56, of Olive Hill, arrested by Carter County Sheriff, on a charge of second degree arson, arrested and booked March 2.
- Daniel Till, 66, of Grayson, arrested by Carter County Sheriff, on a charge of first degree sexual abuse of a victim under 12 years of age, arrested and booked March 2.

All of the charges listed are arrest charges only, and do not indicate an indictment or a conviction for the charges in question. All subjects are considered innocent until proven guilty in a court of law.

Information is compiled from publicly available sources, but may not be comprehensive.

**Maker Hub** from A-1

that for the last six years, and now we are moving into the next phase of development.”

That next phase is a capital project, Lewis said. And as part of that project, she is trying to connect with all of the makers and creators in the area, not just in southern Ohio. Currently Lewis is located in Portsmouth, Ohio, but she said Trillium operates remotely rather than having a brick-and-mortar facility. The capital project will be headquartered in Portsmouth, she said, but her focus will be the entire region.

The campus Lewis is working on building is intended to be what she calls multi-disciplinary.

“It will have space for artists in the traditional sense like painters and print makers,” Lewis said. “But we are also looking at building out spaces for things like blacksmithing, stained glass making, and

basket weaving. We want to codesign a campus that's not just for the traditional workshops but also where we can train people locally in creative enterprise so they can, if they are so inclined, open creative businesses.”

One creative business Lewis used for an example was a business making and frames such as those for paintings and prints.

“We don't really have a business like that locally,” Lewis said. “If you want a picture framed then you have to go to a big store such as Hobby Lobby. But we want to be able to create pathways for individuals who might be interested in doing something like that and build small businesses around that.”

Lewis said the campus is going to serve as a regional revitalization model and will impact the entire region.

“We have partnerships

in multiple states,” she said.

West Virginia, Ohio, and Kentucky are all represented, Lewis said, and the hope is that by codeveloping workforce pathways with regional makers she will be able to begin supporting smaller rural communities.

Currently Trillium has half a dozen local partnerships, including FIVCO.

“They (FIVCO) are working with us and have agreed to guide us with the workforce pathways for individuals in Kentucky,” Lewis said.

Lewis also has partners in Portsmouth and the Scioto Visitors Bureau.

“We have also spoken with Shawnee State University about developing some micro credentialing programs,” Lewis said.

On the horizon for the Trillium Project is an event called A Gathering

of Appalachian Makers that will be held on March 24, 2026, at the Shawnee State University Kricker Innovation Hub, located at 221 Chillicothe Street in Portsmouth, Ohio, from 5 to 8 pm. Those wishing to attend are encouraged to RSVP by March 18.

“This is the first of several gatherings we are planning,” Lewis said.

She said the plan over the next nine months is to have numerous events in West Virginia and Kentucky. Creatives and makers are encouraged to visit their website, email the Trillium project, or even call 740-352-4498 to discover the possibilities available to makers and craftsmen.

More information on The Trillium Project can be found at [www.trillium-project.org/thehollow](http://www.trillium-project.org/thehollow).

Contact the writer at [charles@cartercountytimes.com](mailto:charles@cartercountytimes.com)

**Farm** from A-2

covenant would need to be attached to the tax return in the year of sale when the election is made. The first installment is due at the original due date of the tax return for the year of sales. The remainder is due with the following three tax returns. If any payments are missed the remaining tax becomes due immediately.

Lastly, there is a Kentucky tax credit available called the Kentucky Selling Farmer Tax Credit. It allows for an income tax credit of up to 5% of the sale price of qualifying agricultural assets, subject to annual and lifetime tax

credit caps. The sale must be to eligible buyers who will continue using the land for farming purposes. Sales involving immediate family members do not qualify for the credit. There are applications that must be filed from both the seller and the buyer to qualify for the credit. These can be found at the Kentucky Selling Farmer Tax Credit (KSFTC) Program website at <https://newkentuckyhome.ky.gov/entrepreneurship/KSFTC>.

If a landowner is considering selling their farm property, it is recommended they contact their tax

advisor and/or attorney before the sale takes place.

This article was written by Suzy Martin, KFBM Area Extension Specialist, for the University of Kentucky Department of Agricultural Economics newsletter published on January 28, 2026. Educational programs of the Cooperative Extension Service serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expres-

sions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.

**Upcoming Events:**

- Extension Council & District Board Meeting – March 10th @ 10:00 AM
- Honey Bee Education Day – March 12th from 9:00-2:00; Call 474-6686 to register.
- Farmer's Market Vendor Training & Annual Business Meeting – March 17th; Executive committee meets at 5:30 and vendor training starts at 6:30.

# CALENDAR

- **3/5: Carter County Library Board @ 6 p.m.** | Carter County Public Library - Grayson
- **3/6: Sit & Sew @ 9 a.m.** | Carter County Extension Education Center | For more info or to RSVP call 474-6686
- **3/9: Quilts for Veterans Sew Days @ 9 a.m.** | Carter County Extension Education Center | For questions call 474-6686
- **3/9: Open Art Studio @ 10 a.m.** | Grayson Gallery & Art Center
- **3/9: Game Night @ 5 p.m.** | Carter County Public Library - Olive Hill
- **3/9: Carter County Fiscal Court @ 6 p.m.** | Carter County Courthouse
- **3/10: Extension Council & District Board Meeting @ 10 a.m.** | Carter County Extension Office
- **3/10: Grayson Area Chamber of Commerce meeting @ 12 p.m.** | Location TBD
- **3/10: Building Club @ 4 p.m.** | Carter County Public Library, Olive Hill
- **3/10: Grayson City Council @ 5:30 p.m.** | Grayson City Hall
- **3/11: Girl Scouts meeting @ 5:30 p.m.** | Carter County Public Library - Grayson
- **3/12: Honey Bee Education Day @ 9 a.m.** | Carter County Extension Office
- **3/16: Quilts for Veterans Sew Days @ 9 a.m.** | Carter County Extension Education Center | For questions call 474-6686
- **3/16: Open Art Studio @ 10 a.m.** | Grayson Gallery & Art Center
- **3/16: Carter County EMS Board @ 4 p.m.** | Carter County EMS Station

**Have an event to add to the calendar?**  
Email info to [advertise@cartercountytimes.com](mailto:advertise@cartercountytimes.com)

**ONESTOP**  
**PARTS SOURCE**  
**OLIVE HILL AUTO PARTS**  
670 E Tom T Hall Blvd, Olive Hill  
606-286-8788



## Pet of the Week

Bub is a male boxer mix, around one-year-old. Bub is good with other dogs, neutered, and up to date on his vaccines. He also has a free adoption to an approved home. Stop by the Carter County Animal Shelter and meet him or call 475-9771 for more information.

Shelter hours are Monday through Friday 8 a.m. – 4 p.m. and Saturday by appointment.



### CITY OF GRAYSON

Throughout the months of February and March the Grayson Police Department will be conducting safety check points throughout roadways within the city limits, at pre-approved locations.

## Destroy your old documents the right way!

Join Us For  
**Community Shred Day**  
(Just Don't Tell Your Dog!)

Securely destroy old documents and paper files. Hard drive destruction available this year on-site.



Main Office  
208 E. Main Street, Grayson  
Saturday, April 18  
9:00am till 11:30am



## Car from A-1

were deployed on the scene in approximately 10-12 feet of water that offered near zero visibility. Though hampered by these conditions, divers conducted a controlled search and made contact with what was, in fact, a submerged vehicle. According to Grayson Fire Department, they conducted "...a methodical underwater assessment—including exterior sweep and compartment checks." After these efforts, the vehicle was determined to be unoccupied.

Carter County Sheriff Jeff May responded to the

call, saying the location was right off of the Bruin Ramp. May said that part of the area was in Carter County and part was in Elliot County, and he responded to determine exactly where the reported submerged vehicle was located and if it was in his jurisdiction. Upon arrival, May determined it was in fact in Elliot County, but he offered his assistance.

"I believe it had been there for several years," May said.

He credited the find to the new sonar equipment available to fishermen, because as the

Grayson Fire Department previously stated, visibility was near zero. He also acknowledged the various agencies that worked together to investigate the abandoned vehicle.

"Grayson's Dive Team, Fish and Wildlife, and the Kentucky State Police were all on the scene," May noted.

Fortunately, no human remains or any signs of human remains were discovered on the scene, May said. And the condition of the vehicle would seem to suggest that it had been intentionally abandoned, perhaps as part

of an illegal activity.

"All the windows were down," he said, "and the Vehicle Identification Number plate had been removed as well as the license plate."

May said there was no way to get to the vehicle to remove it from the lake, and authorities opted to leave it in place.

"One of the team pulled a part off the vehicle," May said. "And they thought that the vehicle could be a 1996 Chevy Cavalier."

Given the age of the vehicle and the estimated time of submersion, any ecological impact it might

have had has since been felt. Currently it isn't thought to pose any risk, hence one consideration in leaving it where it had submerged.

In a statement on their social media the Grayson Fire Department said, "Complex water operations demand precision, discipline, and seamless coordination. We extend our sincere appreciation to the agencies that assisted on and off scene."

The Fire Department also gave special thanks to Carter County Emergency Management for the use of their drone.

"This incident underscores the critical importance of maintaining highly trained public safety dive personnel and strong regional partnerships. Whether operating on land or beneath the water's surface, our mission remains constant: to protect life, preserve property, and serve our community with professionalism," the Grayson Fire Department stated.

Contact the writer at [charles@cartercountytimes.com](mailto:charles@cartercountytimes.com)

# Years of Farming Bluegrass Show welcomes Don Rigsby & the Fly By Knights

FLEMINGSBURG – Years of Farming is excited to welcome Don Rigsby & Fly By Knights to Years of Farming on Sunday, March 8, at 2 pm at Double S Entertainment, 150 Foster Street, Flemingsburg. The Mountain Music Ambassadors will open. This will be our 118th show! Tickets are \$20, available in advance or at the door. Children 12 and under accompanied by an adult are admitted free. Attendees will have the chance to win door-prizes provided by our sponsors including two tickets to the March 29 show featuring Danny Paisley and

Southern Grass.

Don Rigsby has been involved in bluegrass most of his life, learning to sing Ralph Stanley songs at the age of five. The very epitome of a bluegrass sideman, he has been a member of the Bluegrass Cardinals, Lonesome River Band, Longview, J.D. Crowe & The New South and is currently a member of Balsam Range and Southern Legacy besides his own band the Fly By Knights. As a solo artist and bandleader, he has seven albums to his credit and has appeared on countless projects as a session player and singer.

Rigsby was director at Kentucky Center for Traditional Music at MSU for several years. He has lived a musical life most only dream about with too many accolades to share so be sure to check out his bio online. Rigsby still lives in Isonville and more important to him than his career are his children Sarah and Andrew. The Fly By Knights also includes Caleb Daugherty on guitar and vocals, Caleb Smith on banjo and vocals and Tim Corbett on upright bass.

The Mountain Music Ambassadors is the flagship touring ensemble

See BLUEGRASS on A-6



(submitted photo)

## Martin from A-1

game-winning field goal against Rowan County.

"That was definitely my most memorable moment," he mentioned.

West Carter coach Daniel Barker said Martin's work ethic set him apart from the beginning.

"From the time we got Wyatt, he's always been so hardworking," Barker said. "He's always been very serious about kicking. Wyatt's the kind of kid you have to slow down, or he will kick all day, and I've always appreciated that about him."

Martin said his father has been the most influential person in his football journey.

"Definitely my dad," Martin said. "He started working with me at age seven in our front yard, just kicking footballs over top of a soccer net. Mainly my dad, but also Coach Barker, for always motivating me, stopping me when I was over-kicking."

His recruitment process began before his junior season. After a strong sophomore year, Martin posted his highlights on social media and quickly gained attention.

"Going into my junior year, I had a good sophomore season," he said. "I posted my highlights on Twitter, and had a coach reach out inviting me to a camp. After that, I was never off Twitter. I am so thankful for all the opportunities I

had during high school. A lot of high schools don't use kickers to their full potential, but I'm very grateful to be used the way I was."

When Pikeville extended an opportunity, Martin said the decision felt right.

"I was so excited," he said. "I love their facilities. It was everything I wanted that wasn't super far from home."

Barker said finding the right fit was important.

"When he started looking for places to play in college, we wanted to find a place that was not only a good school, but a good team fit," Barker said. "We think he can earn a spot at Upike and become a kicker, and we expect really great things out of him."

"Not many people in the last few years have gotten the opportunity to play," Martin said. "Not only that, but I am also the only kicker from West Carter ever to go play college football."

Coming from a small town, Martin said the recruiting process required persistence.

"It's hard to get recruited," he said.

But you can't let how hard something is deter you from pursuing it. That's the advice Martin would give other young athletes.

"Don't give up," he said. "When I moved here my eighth-grade year, I went to practice for a few

weeks and kicked some, and I wanted to quit within

three weeks. Now I realize if I did that, I wouldn't be

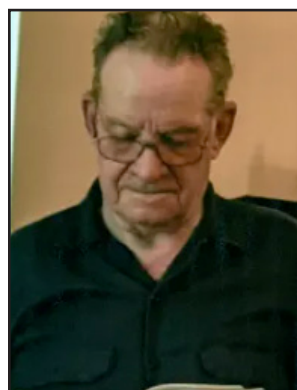
where I am now."

Contact the writer at

[news@cartercountytimes.com](mailto:news@cartercountytimes.com)

## OBITUARY

### Clifton Ray Isaacs 1939 – 2026



With heavy hearts, we announce the passing of Clifton Ray Isaacs. A beloved father, grandfather, great-grandfather, and friend. Clifton was a man of strong faith, quiet strength and deep devotion to his family.

He was born November 11, 1939, in Carter County, Kentucky, a son of the late Lee and Nixola Carroll Issacs.

In addition to his parents, he was preceded in death by his loving wife, Donna Coburn Issacs one son, Thomas "Tommy" Thompson and one sister, Nancy Stanley.

Clifton dedicated many years to Whayne Supply, where he faithfully worked until his retirement. It was his favorite job, and he took great pride in the work he did there. The friendship he built and the time he spent at Whayne Supply meant so much to him.

He found great joy in the outdoors. Clifton loved hunting and spending, peaceful time walking, appreciating the beauty of nature and simple blessings of life.

A devoted Christian, Clifton's faith guided him. He was a good provider a steady presence, and the kind of father who led by example. After the heart-breaking loss of his wife and later his oldest son, he carried his grief with

strength and continued to pour love into his remaining children, grandchildren and great-grandchildren.

His family was his greatest pride and joy. He loved them deeply and cherished every moment spent together. His legacy of faith, hard word and unconditional love will live on through each of them.

Though our hearts are broken, we find comfort in knowing he is reunited with his beloved wife and son. Clifton will be deeply missed forever loved and never forgotten.

He is survived by two sons, Wade (Angela) Thompson of Grayson, Kentucky, Lennie (Tina) Issacs of Ashland, Kentucky; one daughter, Justie (Mark) Kouns of Grayson, Kentucky; four brothers, Richard (Donna) Isaacs of Grayson, Kentucky, Carl Isaacs of Parkersburg, West Virginia, Phillip Isaacs, Walter Isaacs both of Phoenix, Arizona; two sisters, Glenna Shaffer, Peggy Bradley both of Grayson, Kentucky, along with many other family and friends who will sadly miss him

Funeral services were held 1 p.m., Monday, March 2, 2026, at Grayson Funeral Home and Cremation Services, 49 McCoy Road, Grayson, Kentucky will Brother Josh Marshall officiating. Burial following in East Carter Memory Gardens.

Friends visited after 11 a.m., Monday, March 2, 2026, until the service hour at Grayson Funeral Home.

Shane Blackburn, Cade Issacs, Luke Thompson, Corey Kouns, Caleb Kouns and Zachary Rogers served as pallbearers.

Grayson Funeral Home is honored to serve the family of Clifton Ray Isaacs.

### Esther Tackett Zornes 1941 – 2026



Esther Tackett Zornes, age 84, of Olive Hill, Kentucky, passed away Tuesday, February 17, 2026, in Mt. Sterling, Kentucky.

She was born Friday, August 15 1941, in Montgomery County, Kentucky, a daughter of the late Earl and Cladie Taylor Tackett.

She was a member of the United Church of God.

In addition to her parents, she was preceded in death by her husband, Richard Zornes; one daughter, Dora Mae Zornes; one brother, John Tackett and four sisters, Emogene Masters, Pauline

Stone, Geraldine Tackett, Wanda McKinney and one daughter-in-law, Peggy Zornes.

Esther is survived by two sons, Richard (Juanita) Zornes of Vanceburg, Kentucky; Henry (Dorothy) Zornes of Olive Hill, Kentucky; four grandchildren, Monica Zornes, Jessica (David) Bennett, Sarah Zornes, Jacob Zornes; four great-grandchildren, Zoey Bennett, Jaxson Bennett, Darcy Fisher, Evie Lager; four brothers, Elmer Tackett of Colorado, Earl Tackett of Georgia, Charles Tackett of Lexington, Kentucky, James Tackett of Winchester, Kentucky; one sister, Loretta Williams of Mt. Sterling, Kentucky, along with many other family and friends who will sadly miss her.

At the request of the family there will be no service at this time.

Globe Funeral Chapel is honored to serve the family of Esther Tackett Zornes.

## Carter County Times

[www.cartercountytimes.com](http://www.cartercountytimes.com)

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# MALONE

## FUNERAL HOME

325 Malone Ln.  
Grayson, KY 41143

(606) 474-5126

# OPINION

EDITORIALS | LETTERS | COLUMNS | COMMENTARY

**First Amendment:** Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.

## AS WE SEE IT

### Quiet complicity

Last week the Kentucky Association of School Administrators released a statement noting that they are “taking a clear and unequivocal stand: grooming and sexual abuse of students will not be tolerated in Kentucky’s public schools.”

Despite bold statements like this, however, as we look around at both local and national news it’s obvious that our society is not doing enough to protect this most vulnerable segment of our population. Or to hold those who take advantage of that vulnerability accountable for their actions.

It’s there in the Epstein Files.

It’s there in the coverage of the Greenup County aide who was released on bond only to victimize another minor.

And though some of those folks eventually go to jail and have their day in court, too many more slip through the cracks with nothing more than a lost job and a gap in their resume. They’re quietly let go and allowed to go about their lives. No accountability. No therapy or intervention. No justice.

And the media is often complicit.

We live in a litigious society. One where you can be sued for anything – even if you did nothing wrong. Even if you have the documentation to back up and verify the claims you make. It happened to the Carter County Times last year, when we were alerted that a plaintiff was attempting to serve us for coverage of allegations of sexual impropriety involving patients at a regional hospital. Everything we reported was backed up by documentation from the hospital and the medical board and, ultimately, our attorneys were able to get them to drop the suit against us because our coverage was accurate, and protected by state law.

But even the potential of such lawsuits can make editors and publishers, especially those at corporate owned papers, nervous. As an example, several years ago, when covering one of the most egregious and, frankly, insane cases of sexual grooming and assault I’ve ever read about, I received a quote from the Commonwealth’s attorney who agreed to accept an Alford plea from the defendant in the case. (An Alford plea allows a defendant to plead guilty while maintaining their innocence, but acknowledging that the evidence would likely lead to a conviction in a jury trial.) The quote from the attorney – which to this day I contend should have been the front page pull quote – was, “There are some things that are evil, and immoral, but aren’t technically illegal.” But instead of being placed in a box on the front page to tease the story, the quote was cut entirely by my editor, who was worried about any potential litigation.

It didn’t change the objective facts in the story. But it sure changed the tone. And though that story was released, because there was a court case and a verdict, there are other stories we hear about as news media that never see publication. Usually because of built in bureaucracy that – like the policies my editor was following – are designed to protect the institutions involved from a lawsuit. Policies that keep us from accessing documentation that would verify the stories we’ve heard.

As a hypothetical, imagine that someone who works with children in Carter County had an inappropriate relationship with a student. In this hypothetical situation the student in question is 18. Because of their age, no criminal charges are filed against the perpetrator. But because they have engaged in a serious breach of professional ethics they are let go by their employer. The newspaper hears about this story from a concerned parent, who wishes to remain anonymous, and we follow up. A contact within the school district confirms the story, also under anonymity, but is unable to verify the name of the individuals involved. The newspaper, though, now has the name of the alleged perpetrator, and confirmation that they were let go for the reasons indicated. We now go to the employer with the name, and questions about their dismissal. But, because dismissals are a personnel issue, the employer isn’t legally allowed to discuss them. The employee records are considered privileged information, and thus are protected from public scrutiny.

In this situation, the story dies. We can’t run a story based on nothing but rumor and hearsay. Even if we believe it, even if we’ve had it confirmed “off record” and anonymously, we need documentation to verify. That’s part of our ethical duty as responsible journalists. If we can’t back it up with documentation, we aren’t a news source, we’re a gossip rag.

But we’re also complicit. The newspaper. The employer. The society that allows these forms of legal obfuscation. Whenever we don’t allow coverage of a story, or leave out pertinent information, out of fear of litigation, we’re complicit.

And we all need to do better.

## Carter County Times

Members of the Editorial Board

Nicole Wells, publisher

Jeremy Wells, editor Keith Kappes, columnist



### Is the GOP trying another end run on public funds for private schools?

Like it or not, the ghosts of white supremacy are alive and well in the Commonwealth of Kentucky.

Two times the Republican supermajority in the Kentucky General Assembly passed laws to allow public funds to be used to help fund private schools and both times our courts threw the laws out as unconstitutional because our state constitution says public funds can only go to the “common” schools of the Commonwealth.

Then it was proposed as a constitutional amendment and Kentucky voters rejected it soundly in all 120 counties.

Perhaps acting on the advice and encouragement of the White House, the GOP leadership in the General Assembly embraced House Bill 1 to take advantage of a new federal tax-credit scholarship program. The legislation literally flew through both houses of the legislature and has been sent to the governor’s desk.

If Gov. Andy Beshear vetoes HB 1, the six Democrats left in the Senate and the 20 survivors in the House will look on helplessly as their GOP colleagues quickly override the veto.

HB 1 would make Kentucky eligible to participate in the qualified elementary and secondary education scholarship federal tax credit program established in

House Resolution 1, which passed the U.S. Congress last year.

The legislation grants Kentucky’s Secretary of State, pointedly not our Democratic governor, the authority to opt into the program on behalf of the state. Participants would receive a federal tax credit of up to \$1,700 for donations made to Kentucky scholarship granting organizations (SGOs).

The bill sponsor described the legislation as a dollar-for-dollar credit. In essence, a tax dollar owed to the feds would give taxpayers the choice of sending that dollar to Washington or to a “scholarship granting organization” here in Kentucky. It was claimed that no state funds would be involved in the programs.

Sen. Robin L. Webb, R-Grayson, explained her “yes” vote by saying she would monitor how any increased funding is used in the state to ensure the bill achieves its intended effect in improving education.

We hope she is successful, but we won’t be surprised if and when the authorized-but-yet-to-be-funded charter schools siphon off good students and state monies from our existing, underfunded public schools.



Keith Kappes  
Columnist  
Carter County Times

Keith Kappes can be reached at  
keithkappes@gmail.com

### The sin of waste and the right to repair

It’s been a long few days in a long year that’s only three months in. The mass shooting in Austin, the bombing of Iran, the endless argument about whose AI is going to save or destroy us. I want to tap dance on all of it with jokes about how Trump is an infected elephant stomach in a miraculous human body, but I’m not here for that this week.

I’m here to talk about waste.

My Irish grandmother used to say wasting is a sin. She grew up with nothing, so she meant it the way people mean things when they’ve had to. I think about that a lot. I think about it every time I finish a bottle of bodywash and pitch it in the trash, knowing that bottle will be in a landfill long after everyone I love is dead.

My girlfriend’s Converse are falling apart. She was about to throw them away when a tube of superglue would do the trick. Why is it always our first instinct to discard instead of repair? Maybe because that instinct has been engineered into us.

In 1932, real estate broker Bernard London wrote, “We must induce people to buy more and more.” Nearly a century later, the logic hasn’t changed. It’s just been lawyered up. When pressed on right-to-repair legislation, Apple has said that repairs are best left to trained technicians using genuine Apple parts. Safety. Reliability. Innovation. All very clean words that somehow always end with you buying another sealed box instead of fixing the one you already own.

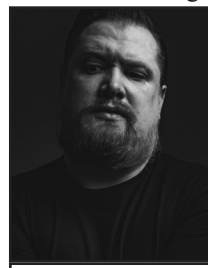
I have a guy named Dave who works on old analog equipment, record players, cigarette machines, jukeboxes. I own a 1954 Rockola I inherited and when it needs a tune-up, I have to haul the thing across town because Dave is in his seventies and doesn’t make house calls. He is, as far as I can tell, one of the last people in town who knows how to do what he does. When Dave’s gone, that knowledge goes with him. What happened to the culture of the working class repairman? We traded it for the culture of the upgrade.

This MacBook Pro I’m writing on costs \$3,500. It’s a 2019. Guess who’s getting a new battery instead of a new computer? I’m not replacing this machine until it’s as dead as John Dillinger.

Recycling at scale is largely a myth. We rarely turn old stuff into new stuff in any meaningful way. A significant portion of what Americans dutifully sort into blue bins ends up shipped to India, Africa, or China, because that’s how the economics of guilt work. Out of sight, out of conscience.

The food waste numbers are staggering. The USDA estimates 30 to 40 percent of the American food supply gets thrown away. Meanwhile fast food joints, grocery chains, and big box stores pitch perfectly edible food because liability lawyers said so, or because the date on the package turned, or because

See WASTE on A-6



Robert Dean  
Guest Columnist  
Carter County Times

## Policies

### General

Advertisers should check their ad the first time it runs. The Times shall not be liable for any typographical errors or for failure to publish an ad or errors in publication except to the extent of the cost of the ad for the first insertion. Adjustment for errors is limited to the portion of the ad wherein the error occurred. The Times reserves the right to reject any advertisement and submitted editorial copy, and reserves the right to edit any copy submitted for publication. Corrections will be made at the discretion of the editor.

### Circulation

A one-year in-county subscription costs \$26.00 plus tax. Due to additional mailing fees, any subscriptions mailed out of county will cost \$52.00 plus tax.

### Letters & Opinion

The Times welcomes all letters to the editor.

Letters should be limited to 300 words or less. Letters should focus on issues that affect the community as a whole, and not personal or business disputes.

Letters must include a verifiable address, along with the phone number and signature of the writer. Letters submitted via e-mail need only include a phone number in lieu of a signature.

Letters, columns and cartoons do not necessarily reflect the views of the Times or EK Newsgroup, LLC.

General interest guest columns are welcome. For details email editor@cartercountytimes.com.

### Deadlines

The deadline for news copy and letters to the editor is noon on Monday prior to publication. The deadline for display and classified advertising is 5 p.m. on Monday prior to publication.

**Waste** from A-5

the season changed and nobody wants last fall's lipstick shade. My grandmother would have called that a sin. She would have been correct.

We've constructed this

villainous economy that depends on disposal. The product isn't the thing you buy. The product is the need to keep buying, to keep consuming, to devour and line the pockets of

those who make at scale. And we've accepted it so completely that repair feels like eccentricity, like something only stubborn old men and broke college kids do.

Maybe we should all be a little more stubborn. Maybe we should pick up the superglue.

Contact us at news@cartercountytimes.com

**Bluegrass** from A-4

for the Kentucky Center for Traditional Music at Morehead State University, featuring students majoring in traditional music. The ensemble has entertained audiences across the United States and internationally, as far away as the People's Republic of China and Ireland. Other notable performances

include the historic Carter Family Fold, Industrial Strength Bluegrass Festival, IBMA's Wide Open Bluegrass Festival, the internationally syndicated Woodsongs Old Time Radio Hour and Song of the Mountains on PBS. Daxson Lewis and Ruth McLain Smith direct the group.

We hope you will join us at Years of Farming for an afternoon of awesome bluegrass music. It is a terrific opportunity to see this caliber of artists in our area. If you are not familiar with any of our bands, whether a feature band or an opening band, check their websites and/or YouTube for some of

their music and history and you will want to attend! Keep checking our website www.yearsoffarming.com for updates on our schedule. Tickets are available on our website or at the door. For more information contact Paula Hinton at (606) 748-0798 or paulahinton2000@yahoo.com.

**Nutrition** from A-2

- Healthy fats included daily
- Minimal processed foods, whole foods most of the time

No single food makes or breaks your health – patterns over time matter most.

Practical Ways to Build Balanced Meals

Simple strategies can make a big difference:

- Include a protein source at every meal

- Add color to your plate with fruits and vegetables
- Cook with healthy fats instead of avoiding fat altogether
- Limit heavily processed and fast foods
- Drink water instead of sugary or diet beverages

Small, consistent choices add up far more than short-term diets.

The Takeaway Nutrition doesn't need to be extreme or confusing.

Understanding macronutrients, micronutrients, and how they work together allows you to fuel your body properly – supporting energy, heart health, hormones, and overall wellness.

This month, focus on balance, not restriction, or the need to try every trendy "protein" product on the shelves or social media, and build habits that support your health for the long run.

About the Author

Tracy Deborde is an ACSM-Certified Personal Trainer with a bachelor's degree in health science. She specializes in sports conditioning, nutrition, women's fitness, and bodybuilding and physique coaching. Tracy helps individuals build sustainable, evidence-based strategies for long-term health and performance.

# SPORTS

## Lions hold off Comets' comeback effort

### Advance to 62nd District Championship

By Brayleigh Boggs  
Carter County Times

West Carter fought for every point in the first round of the 62nd District Tournament. But despite their efforts, the Elliott County Lions held on to their double-digit lead to secure their place in the championship game, defeating the Comets 63-46

Even with multiple comeback chances and three players in double digits, the offensive power of Elliott's Tyson Crabtree (00), Elijah Faulkner (5), Lake Adkins (21), and Ian Griffith (23) proved to be too much for the Comets to handle.

Senior Nate Hale (24) opened the game with a tone-setting layup under pressure. Elliott wasted no

time responding with a pair of their own from Ethan Copley (24). Hale (24) fired back, making it 4-2

Comets early into the first. The Lions clawed back with an and one from Ian Griffith (23). The comets



(Photo by Brayleigh Boggs, Carter County Times)

kept the offensive pressure heavy with free throws from Nate Webb (33). Elijah Faulkner (5) made his mark on the stat sheet with a long three and a layup, sending Elliott into a scoring frenzy. Coach Webb called a timeout to settle the Comets, who trailed 12-6.

Elliott's Faulkner (5) and Copley (24) added six to the scoreboard before the Comets fired back in the paint and on

the line. As the buzzer sounded, Elliott took the first quarter 18-9. Crabtree (00) worked the post and the board to steadily raise the Lions' lead. The senior brought home six points and three rebounds within 90 seconds of the second quarter. Cannan Arrowood (3) followed with his own basket, separating them by 15 points.

Wade Lawson (32) snagged a steal, and Nate Webb (33) finally saw some potential for the

Comets. Hale (24) pulled up for a long three, and the West team finally got the kick start they needed. With one minute remaining in the half, Elliott regained their spark with a triple by Arrowood (3) and a steal that locked in the halftime score at 32-18 Lions.

Hale (24) opened the second half strong, powering through pressure to get the Comets going early. Webb (33) kept the fire going with a three of

See COMETS on A-8

## Raiders fall short

### Cougars punch their ticket to the championship

By Brayleigh Boggs  
Carter County Times

It was a back-and-forth battle between East Carter and Morgan County for a spot in the 62nd District Championship game. The Cougars came out on top in a 74-70 win that kept every fan on the edge of their seats until the final buzzer.

A senior-led East Carter team fell short, but not without a fight. The loss ends the Raiders' season and sent Morgan County on to the 62nd District Championship Game on February 27, where they played Elliott County to defend their title.

East Carter's Thomas Burton (1) opened the scoring for the Raiders, but was quickly countered by a sneaky backdoor pass to Morgan's Asher Gamble (11). Eli Bradley (4) knocked down two free

throws to get the Cougars a steady 4-2 lead. Colton McGuire (12) wasted no time, hitting back-to-back three's and firing up the Raiders for their first lead of the night. Grant Menix (10) followed with a steal and an offensive foul, keeping the game in their control.

Morgan County's Aiden Barker (1) and Parker Trusty (2) combined for 4 points to cut their deficit to 2. Freshman Max Karle (11) responded with a contested three, but Morgan followed with their own set of points. McGuire (12) hit another three for

See RAIDERS on A-8



(Photo by Brayleigh Boggs, Carter County Times)

# CLASSIFIEDS

**PUBLIC NOTICES**

**LEGAL NOTICE**

**The Kentucky Transportation Cabinet**

In accordance with KRS 176.051, Kentucky's noxious weed law, the Kentucky Transportation Cabinet will control noxious weeds on state-owned right of way at the request of the adjoining property owner. The noxious weeds named in this law are Johnson grass (Sorghum halepense), Canada thistle (Cirsium arvense), Cutleaf Teasel (Dipsacus laciniatus) Nodding thistle (Carduus nutans), Common teasel (Dipsacus fullonum), Poison hemlock (Conium maculatum), Marehail (Conyza canadensis), Amur Honeysuckle (Lonicera maackii), Multiflora Rose (Rose multiflora) Japanese knotweed, (Polygonum cuspidatum), Spotted Knapweed (Centaurea stoebe) and Kudzu (Pueraria montana).

Persons who own property adjacent to state right of way and who are involved in eradication efforts on their property can submit a written application to the highway district office in their area. Contact information can be found at transportation.ky.gov/DistrictPages

**REQUEST FOR PROPOSALS**

The FIVCO Area Development District is accepting proposals for a Boardroom Audio/Visual Renovation at its office in Grayson, Kentucky. Proposals must be received by 10:00 a.m. EST on Friday, March 6, 2026. The full Request for Proposals is available at https://fivco.org/about-fivco/request-for-proposal/ or by contacting Lance Hanshaw at lance@fivco.org.

**ACCEPTING APPLICATIONS**

Olive Hill Housing Authority is now accepting applications for a position in the Maintenance Department. Applications can be obtained at the Housing Authority Office at 501 Tygart Street, Olive Hill, KY. Contact 606 286-4721 for additional information.

**PUBLIC NOTICE**

SAR NOOR Foods LLC, mailing address 19007 Long Grove Way, Louisville KY 40245, hereby declares intention to apply for a NQ MALT BEVERAGE LIQUOR license no later than MARCH 4, 2026. The business to be licensed will be located at 599 CAROL MALONE BLVD, Kentucky, 42104 doing business as SMART STOP CAFE. The members are as follows: Surinder Kaur of 19007 Long Grove Way, Louisville, KY 40245. Any person may protest the approval of the license by writing the Department of Alcoholic Beverage Control within thirty (30) days of the date of legal publication.

**PUBLIC NOTICE**

SAR NOOR Foods LLC, mailing address 19007 Long Grove Way, Louisville KY 40245, hereby declares intention to apply for a TO-BACCO, NICOTINE, OR VAPOR PRODUCT license no later than FEBRUARY 28, 2026. The business to be licensed will be located at 599 N CAROL MALONE BLVD, Kentucky, 42104 doing business as SMART STOP. The members are as follows: Surinder Kaur of 19007 Long Grove Way, Louisville, KY 40245. Any person may protest the approval of the license by writing the Department of Alcoholic Beverage Control within thirty (30) days of the date of legal publication.

**FOR SALE**

Downsizing sale. Mostly furniture. March 6 & 7 from 9 a.m. to 3 p.m. 404 East 3rd St, Grayson

## Kentucky Dept of Agriculture Livestock and Grain Market Report

Compared to last week, feeder steers were mixed throughout the week with reported trends ranging from 5.00 to 10.00 lower up to 5.00 to 10.00 higher with a few reporting a steady market for lighter steers. Heifers sold mostly 4.00 to 8.00 higher with a few exceptions reporting lower prices. Yearling were mostly 4.00 to 6.00 lower. Demand was good to very good for all feeders and yearlings with buyers showing best interest for long weaned and preconditioned offerings. Slaughter cows and bulls sold steady to 3.00 lower with moderate to good demand.

Week ending 2/28/26

Courtesy of https://www.kyagr.com/

Steers (M&L 1-2)	This Week	Prior Week	Last Year
350-400 lbs	558.30	562.94	360.53
400-450 lbs	519.71	526.43	354.23
450-500 lbs	502.30	502.77	341.48
500-550 lbs	481.52	469.38	317.42
550-600 lbs	452.02	446.79	309.74
600-650 lbs	420.15	423.93	291.25
650-700 lbs	398.61	396.56	275.94
700-750 lbs	375.08	370.84	262.14
750-800 lbs	354.04	361.21	257.65
800-850 lbs	344.26	347.27	248.94
850-900 lbs	339.78	333.28	244.41
Heifers (M&L 1-2)	This Week	Prior Week	Last Year
300-350 lbs	510.07	503.16	330.15
350-400 lbs	499.02	502.95	327.64
400-450 lbs	470.17	465.79	309.77
450-500 lbs	450.72	449.70	296.77
500-550 lbs	413.16	418.12	284.77
550-600 lbs	393.95	392.54	273.91
600-650 lbs	363.14	365.03	255.27
650-700 lbs	347.11	349.72	247.87
700-750 lbs	324.30	333.67	240.68
750-800 lbs	325.02	326.59	233.57

Slaughter Cows	Average	High	Low
Breakers	140.00-189.00	160.00-201.00	141.00-162.00
Boners	137.00-189.00	157.00-221.00	105.00-165.00
Lean	108.00-185.00	142.50-192.00	100.00-164.00
Slaughter Bulls	Average	High	Low
Yield Grade 1&2	174.00-208.00	200.00-228.00	147.00-186.00

Feb 26, 2026

Bowling Green, KY

**SLAUGHTER GOATS: 207**

Kids-Selection 1 56 lbs 490.00; 72 lbs 375.00. Selection 1-2 83 lbs 355.00. Selection 2 54 lbs 420.00; 67 lbs 400.00.

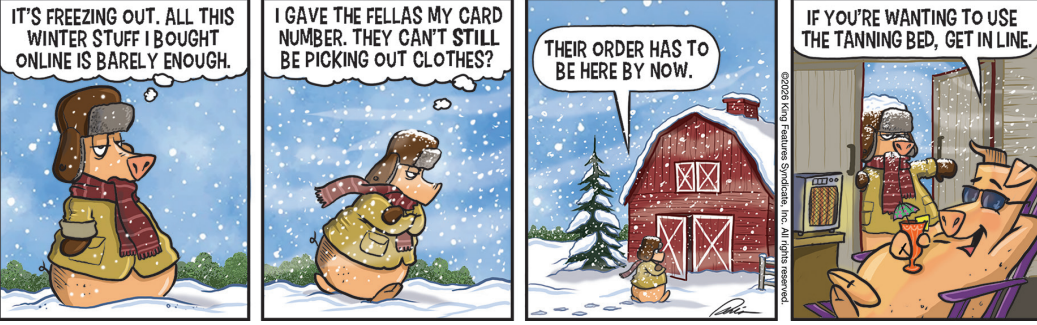
**SLAUGHTER SHEEP: 705**

Hair Breeds-Choice & Prime 1-2 54-56 lbs 407.50; 66 lbs 390.00-400.00; 75 lbs 375.00-390.00; 86-88 lbs 365.00-375.00; 105 lbs 275.00 105 lbs 275.00. Woolled-Choice and Prime 1-2 55 lbs 415.00; 75 lbs 502.50; 88 lbs 382.50; 93 lbs lbs 350.00; 115 lbs 265.00; 155 lbs 230.00. Choice 2 61 lbs 305.00.

GRAINS	This Week	Prior Week	Last Year
Corn	4.18-4.69	4.15-4.58	4.48-5.07
Soybeans	10.42-11.89	10.40-11.71	9.27-10.69
Red Winter Wheat	4.99-5.94	4.72-5.83	4.79-6.02

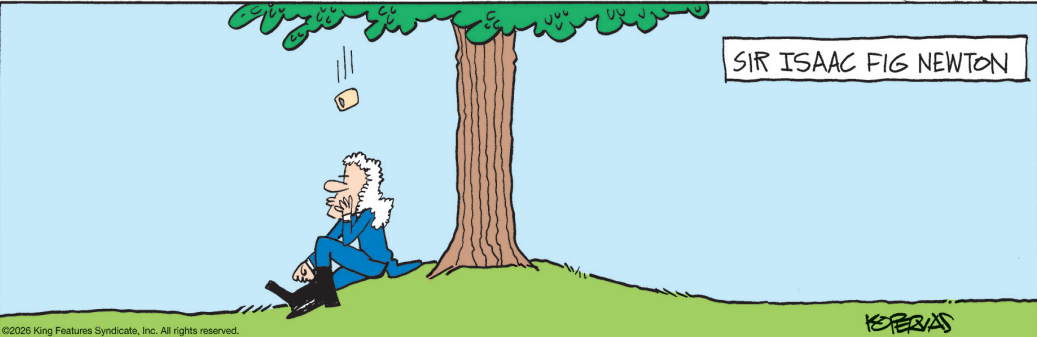
# Amber Waves

by Dave T. Phipps



## Out on a Limb

by Gary Kopervas



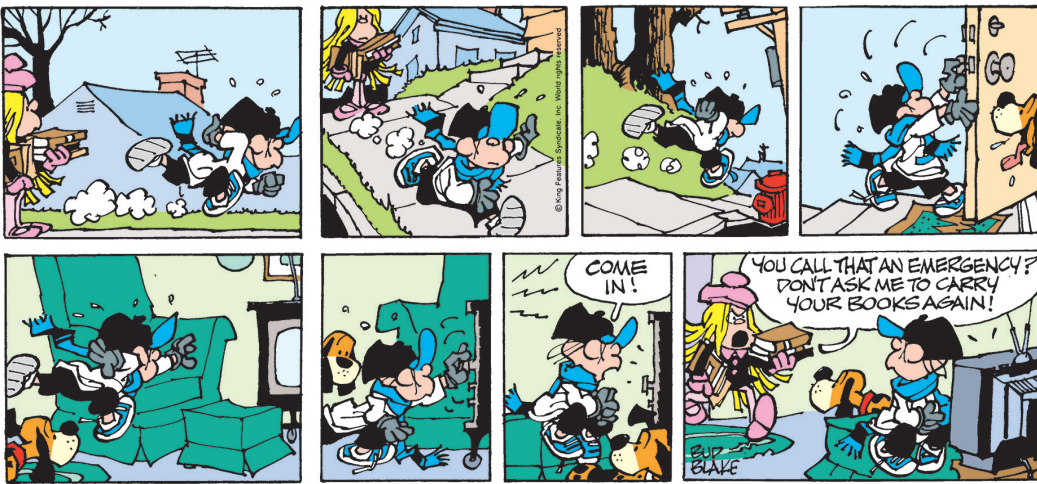
## The Spats

by Jeff Pickering



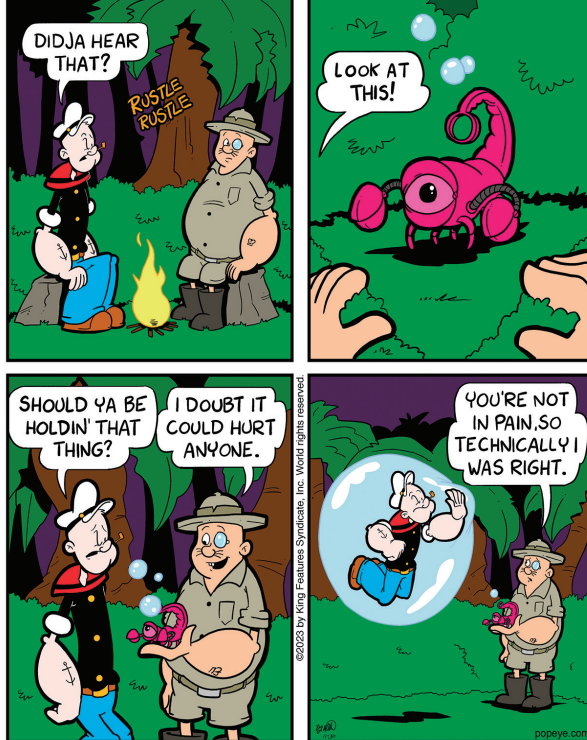
## TIGER

by BUD BLAKE



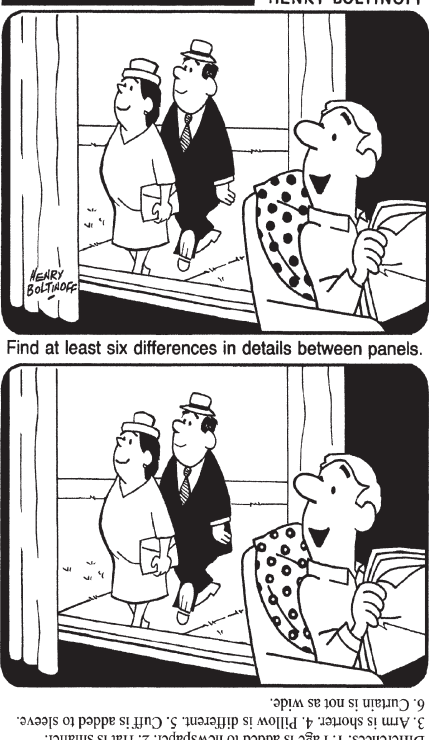
## OLIVE & POPEYE

By Randy Millholland



## HOCUS-FOCUS

BY HENRY BOLTINOFF



## Just Like Cats & Dogs

by Dave T. Phipps



### CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: R equals H

IONYGBM YFPNYC CNQT GT  
 QRGWR FJFYXENBX ONJFP  
 PGTZGTZ PMWYFB RXLTP NI  
 DYMGPFF: DPMOL EFMWR.

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### SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Bane: RESCU  
 Melody: DOHRC  
 Coach: ETCHA  
 Smell: THENCS

TODAY'S WORD

"I'm not used to eating lunch like this — what's for \_\_\_\_\_?"

## Even Exchange

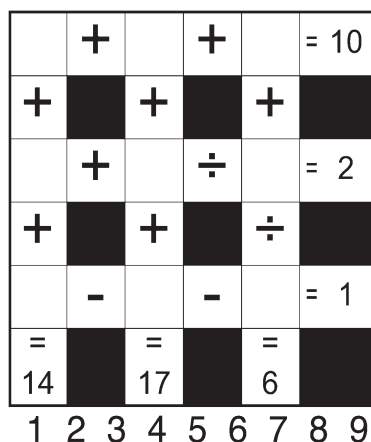
by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- |                       |           |                         |           |
|-----------------------|-----------|-------------------------|-----------|
| 1. Geometrical figure | ___ A ___ | English landowner       | ___ I ___ |
| 2. ___ con carne      | ___ I ___ | Put in the refrigerator | ___ L ___ |
| 3. Paper boundary     | ___ G ___ | Lee or Gayer            | ___ V ___ |
| 4. Canoe oar          | P ___ ___ | Cowboy's seat           | S ___ ___ |
| 5. Cherub             | ___ L ___ | Wrath                   | ___ R ___ |
| 6. Like snow          | ___ T ___ | Whimper                 | ___ N ___ |
| 7. Land property      | ___ T ___ | In actual fact          | ___ L ___ |
| 8. Noggin             | ___ U ___ | Knack                   | ___ I ___ |
| 9. Gadget             | ___ G ___ | Ponder                  | ___ K ___ |
| 10. Wanted sign       | ___ S ___ | Railroad attendant      | ___ R ___ |

## GO FIGURE!

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.



### Even Exchange

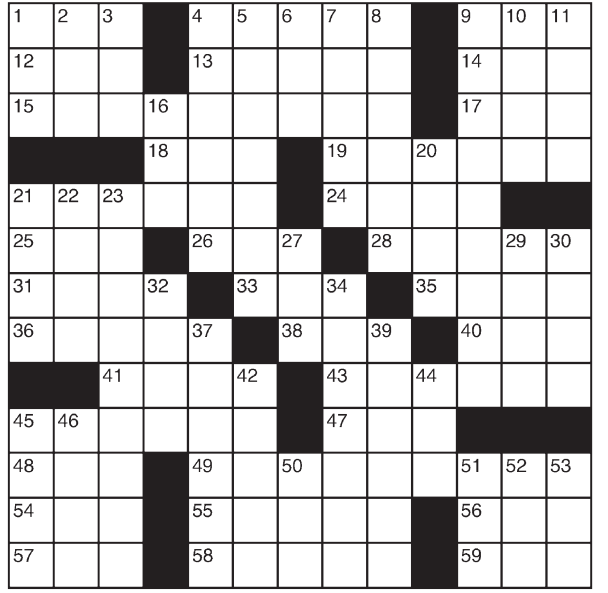
Answers:

1. Square, Squire 6. White, Whine  
 2. Chill, Chill 7. Really, Really  
 3. Margin, Margin 8. Skull, Skull  
 4. Paddle, Saddle 9. Thing, Think  
 5. Annel, Annel 10. Poster, Poster

## King Crossword

### ACROSS

- 1 Lawn coating
- 4 Daring deeds
- 9 Droid
- 12 "That feels so good!"
- 13 Host
- 14 Ruckus
- 15 Type of cable
- 17 Sine qua —
- 18 Feathery wrap
- 19 Garish
- 21 Mellow yellows
- 24 Winter blanket
- 25 Mauna —
- 26 Fire sign?
- 28 Emulate Scott Hamilton
- 31 Grecian vessels
- 33 Evergreen tree
- 35 "Zounds!"
- 36 Army doc
- 38 Karaoke prop, for short
- 40 Assoc.
- 41 Friendly
- 43 Crude dwelling
- 45 Brit's word of surprise
- 47 Where Ger. is
- 48 Help
- 49 Timepiece attachment



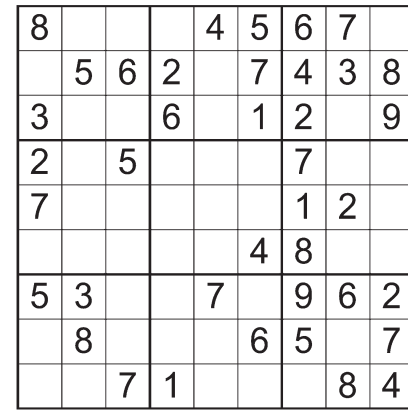
- 54 Blasting stick
- 55 Follow
- 56 Luau dish
- 57 Sneaky chuckle
- 58 Reading lights
- 59 Bradley and Asner
- 6 Fed. health law
- 7 Camping shelters
- 8 Family cars
- 9 Something to jump on
- 10 Skunk's defense
- 11 Theater award
- 16 Jurist Fortas
- 20 Stirred
- 21 Grad
- 22 "Encore!"
- 23 Range of radio frequencies
- 27 Skirt edge
- 29 Like lemons
- 30 Jittery
- 32 Thailand, once
- 34 Gets smart
- 37 Embroidery yarn
- 39 Waterpark slides
- 42 Actress Loy
- 44 Wall St. whiz
- 45 Tub session
- 46 Queue
- 50 Doctrine
- 51 Mimic
- 52 Silent assent
- 53 Insult

### DOWN

- 1 Apply cream
- 2 Listener
- 3 "— goes there?"
- 4 Soft felt hat
- 5 Diplomat's post

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## Weekly SUDOKU



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

### DIFFICULTY THIS WEEK: ◆

- ◆ Moderate
- ◆◆ Challenging
- ◆◆◆ HOO BOY!

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Comedian's salute

Type of power

Food grinder

Domain

Finish 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup>

Solve each row by replacing one letter from the answer above or below and scrambling to make a new word. When complete, the top and bottom words will have no letters in common.

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Solution time: 22 mins.

### Answers

King Crossword

## Trivia test

by Fifi Rodriguez

- U.S. STATES: Which state is home to the Acadia National Park?
- U.S. PRESIDENTS: Which president was an avid dog breeder who gave his hunting hounds funny names like "Sweet Lips" and "Madam Moose"?
- MOVIES: Who is the antagonist of "Shrek" in the first animated movie?
- LITERATURE: What is the pseudonym of the 20th-century author who was born Adeline Virginia Stephen?
- TELEVISION: What's the family's last name in the TV sitcom "The Middle"?
- HISTORY: Which famous nurse was known as the Lady with the Lamp?
- GEOGRAPHY: Ringgit is the common currency in which Southeast Asian country?
- ANATOMY: Which human organ stores bile?
- LANGUAGE: What does the Latin phrase "Cogito, ergo sum" mean in English?
- MATH: What is the next prime number after 7?

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### DESSERT

Today's Word

3. Teach; 4. Stretch

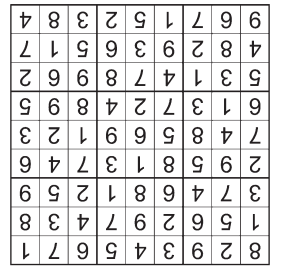
### SCRAMBLERS

1. Curse; 2. Chord

solution

L	A	D	E	M
M	A	L	R	E
R	A	L	O	S
R	A	L	O	S
T	A	S	T	
S	P	O	R	T

Solution



### Cryptoquip

Florida resort town in which everybody sings of singing sacred hymns of praise: Psalm Beach.

- ### Trivia Answers
- Maine
  - George Washington
  - Lord Maximus Farquard
  - Virginia Woolf
  - Heck
  - Florence Nightingale
  - Malaysia
  - The gallbladder
  - "I think, therefore I am"
  - Eleven (11)

**Raiders** from A-6

the Raiders, and Menix (10) added his own as the buzzer sounded to end the first quarter, with the score 21-16 Raiders.

The Cougars started the second quarter with a contested layup. Caden Tussey (15) seemed unstoppable, driving into the lane, scooping up back-to-back shots for East Carter. Trusty (2) brought life back to the Cougar sideline with a long three-pointer.

Grayson Hampton (3) and Barker (1) tied the game at 25. After a timeout to settle both teams, McGuire (12) came in hot with multiple three-pointers in pressure situations, followed by Burton (5) and Tussey (15), but Morgan responded with their own shots. The score was 35-33, Morgan with 34.9 seconds remaining in the half. Hampton (3) cut backdoor to close out the half, with

the clock reading 37-33 in favor of the Cougars.

Tussey (15) started the second half with a tough drive to the lane for two points. Trusty (2) made a statement with a three-pointer, surrounded by a host of Raiders. William Burton (5) and McGuire (12) responded with triples of their own. Gamble (11) created multiple scoring chances for the Cougars, including a

three-pointer that brought Morgan's lead to six. Menix (10) came through with three clutch free throws, but Morgan wasn't ready to relinquish their lead. Morgan's Gamble (11) and Bradley (3) led a 9-0 run for the Cougars, which included Bradley's half-court shot as the buzzer sounded to end the third quarter. Morgan maintained a 60-48 lead heading into the final quarter.

McGuire (12) battled in the paint for a put-back jumper. Barker (1) responded with four points of his own. Thomas Burton (1) fought for an and-one, and then some, at the free throw line. Morgan kept a ten-point lead with 2:31 remaining.

With 57.1 seconds remaining, Coach Cole Brammer called a timeout, trying to close the ten-point gap Morgan had

built. The Burton brothers left it all on the court in the last 15 seconds, causing chaos on both ends. Tussey's (15) last-second efforts kept them within six, but it was not enough. Morgan County sealed their spot in the 62nd District Championship Game on February 27th with a final score of 74-70.

Contact the writer at [news@cartercountytimes.com](mailto:news@cartercountytimes.com)

# Cougars come out on top

## Morgan County reclaims Girls 62nd District title

By Brayleigh Boggs  
Carter County Times

The East Carter Lady Raiders and the Morgan County Lady Cougars faced off in a highly anticipated rematch of the 2025 62nd District Championship at the Harold L. Holbrook Athletic Complex. In a tightly contested battle, Morgan County came out on top, defeating East Carter 53-50 to bring home the hardware.

One year after falling just short on the same stage, Morgan County proved why experience and composure matter in championship moments. In a game that featured multiple lead changes,

clutch three-pointers, and defensive stops down the stretch, the Lady Cougars leaned on timely shooting and poise in the final minute to secure victory over East Carter and claim the 2026 62nd District title.

Morgan's Lily Litteral (33) got the Cougars on the board early. The Lady Raiders responded quickly with a three from Bristol Boggs (1), who followed up with a steal moments later. Jocie Rudd (10) added her own triple to the mix, but Sara Jenkins (3) wasted no time adding her own to the score sheet. Rudd (10) went 2-2 outside the arch and added another basket from inside, giving East a steady lead early in the first quarter. Brynlee Walker (24) muscled through pressure for her first points of the night. Litteral (33) cut the deficit to three just before Coach Derrik Young called his

team to the sideline to regroup.

Sophomore Jenna Goble (20) and Boggs (1) held the Cougars scoreless, picking up multiple rebounds. Abby Boggs (5) bought home a triple just as time expired to end the first quarter, 19-12 in the Lady Raiders favor. Boggs (5) seemed unbeatable defensively, with multiple steals and a possession-ending block from Walker (24). Tori Bishop (21) drove into the lane to give the Raiders a double-digit lead. Litteral (33) revived the Cougars, posting up under pressure. Jenkins' (3) and-one jumper put Morgan back in the game. Emma Clinger (11) had the last shot of the half, keeping the ball game within five.

Litteral (33) opened the second half for the Cougars. Boggs (1) added with two free throws, and Walk-

er (24) followed in the paint. Clinger (11) stayed consistent for Morgan, but Hall (4) never made it easy with strong defensive pressure. Bishop sent the ball downcourt to Rudd, who grabbed two in transition. Soon, Clinger (11) fired back with one of her own. Bishop (21) scooped up an and-one, just before Boggs (5) snagged a steal. KK Halsey (1) and Litteral (33) combined to give the Cougars a one-point lead going into the final eight minutes of the match.

Bishop (21) knocked down a floater but was matched by Bella Smith's (13) long three-pointer. Boggs (1) hit Hall (4) backdoor to put East back on top. Rudd (10) hit a clutch three, but Morgan quickly evened the playing field. The Raiders trailed by two with under a minute remaining. Walker (24) tied it up once again. Jen-



(Photo by Brayleigh Boggs, Carter County Times)

kins (3) added three for the Cougars. With 29 seconds remaining, the Raiders regained possession. Even with multiple last-second attempts, the Lady Raiders could not connect and fell short. Morgan County

finished 53-50 over East Carter, officially naming them the 2026 62nd District Champions.

Contact the writer at [news@cartercountytimes.com](mailto:news@cartercountytimes.com).

**Comets** from A-6

his own. Adkins (21) and Griffith (23) responded for the Lions, keeping their lead strong. West Carter refused to give up, Brody Boggs (14) and Hale (24) fought for every opportunity at the basket, and Tabor Tackett (53) was relentless on defense. Crabtree (00) added an and one but was

countered by a contested shot from Webb (33). Hale (24) forced a turnover from the Lions, but their momentum was short-lived. Caden Sloas (11) sank a three-pointer for Elliott, and Copley (24) locked down the Comets' offense. Sending them to their bench with a 47-32 lead.

Christian Clarke (0) and Boggs (24) hit the ground running to begin the final quarter, bringing in eight within a matter of minutes. Jamison Wagoner (31) pulled down an offensive rebound for the Comets, and Boggs (14) cut the

deficit to ten at the line. Arrowood (3) stepped up to the line, where he finished two. Tackett (53) checked back in for the Comets and made his presence known, causing chaos defensively. Hale (24) powered through the lane for a hard-fought

basket, but Elliott responded with one of their own. Griffith (23) and Copley (24) were unshakable at the line, stretching their lead to 13. A technical foul and four free throws by Griffith (23) sealed the Lions' victory. As time

expired, the clock read 63-46, locking in Elliott's seat in the 62nd District Tournament Championship last Friday (February 27) at East Carter High School.

Contact the writer at [news@cartercountytimes.com](mailto:news@cartercountytimes.com)

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