

Classifieds

NOTICE OF INTENTION TO MINE Pursuant to Application Number 866-0354 Amendment #2

In accordance with KRS 350.070, notice is hereby given that B & W Resources Inc., 300 Liperote Way, London, Kentucky 40741 has applied for an Amendment to an existing surface coal mining and reclamation operation located 2.7 miles northeast of Lower McIntosh in Leslie and Perry Counties. The amendment will add 134.1 acres and delete 104.1 acres making a total area of 415.0 acres within the amended permit boundary. The proposed amendment area is approximately 0.2 miles north west from HWY 80 junction with Mudlick Road and located 0.2 miles West of Mudlick Fork of Right Fork of Big Creek. The proposed amendment is located on the Hyden East U.S.G.S. 7.5 minute quadrangle map. The surface area to be disturbed by the amendment is owned by Kentucky River Properties LLC., Mountain Mission Foundation, Land Resources and Royalties LLC, Archie Sizemore, Paul Sizemore, and Plymouth Energy, Inc. The operation will use the contour / area method of surface mining. The amendment application has been filed for public inspection at the Division of Mine Reclamation and Enforcement Middlesboro Regional Office, 1804 E. Cumberland Avenue, Middlesboro, Kentucky 40965. Written comments, objections, or requests for a permit conference must be filed with the Director, Division of Mine Permits, 300 Sower Blvd. Frankfort, KY 40601. This is the final advertisement of the application. All comments, objections, or requests for a permit conference must be received within thirty (30) days of today's date.

Have A Great Day!

Player equipment changes highlight 2025 high school football rules revisions

Four revisions dealing with player equipment in high school football were among the eight changes recommended by the NFHS Football Rules Committee at its January 12-14 meeting in Indianapolis. All recommended changes were subsequently approved by the NFHS Board of Directors.

The Football Rules Committee is composed of one member from each NFHS member state association that uses NFHS playing rules, along with representatives from the NFHS Coaches Association and NFHS Officials Association.

One of the equipment changes next year will permit some additional electronic communication with players during games; however, in-helmet communication is still not allowed. A change in Rule 1-5-3c(2) will permit fixed electronic signs with play signals as well as non-audio methods. However, players between the numbers still are not permitted to watch video.

In the same Rule 1-5-3c(3), another new item was added to the illegal equipment listing. Any audio (microphone) or video (camera) device worn by a player during the game is not permitted. No player participating in the game is allowed to wear any device that would record or transmit audio or video.

The remaining player equipment changes focus on tooth and mouth protectors and arm sleeves. The committee approved two new additional requirements in Rule 1-5-1d(5) for tooth and mouth protectors, which are required in high school football. Tooth and mouth protectors a) shall not include any attachment(s) that do not serve a purpose and function in protecting the teeth or mouth, and b) shall not include anything that is a health or risk issue and could pose danger to themselves or other players.

A new item was added to Rule 1-5-2d regarding a change in arm sleeve specifications. The new language, effective with the 2027 season, states that “arm sleeves, whether attached to a shirt or unattached, manufactured to enhance contact with the football or opponent, must meet the SFIA specification at the time of manufacture. Arm sleeves must have a permanent, exact replica of the SFIA arm sleeve seal (meets SFIA specification), that must be visible and appear legibly on the exterior of the arm sleeve.”

The Sports and Fitness Industry Association (SFIA), in working with football arm sleeve manufacturers and the NFHS, has developed the new football arm sleeve performance specifications to be effective with the 2027 season. The new specifications closely align with the current NFHS rules for football gloves.

“One of our responsibilities is to properly respond to advancements in equipment and technology. Through deliberate research, debate and input from the NFHS Sports Medicine Advisory Committee (SMAC) and engineers, we are confident the rule changes regarding equipment are a positive move for our game,” said Steve Roberts, chair of the NFHS Football Rules Committee and associate executive director of the Arkansas Activities Association.

In other changes approved by the Football Rules Committee, a new exception was added to Rule 4-3-1 regarding when a loose ball goes out of bounds. Previously, the out-of-bounds spot was the yard line where the foremost point of the ball crossed the sideline. Now, when a forward fumble goes out of bounds or is ruled out of bounds between the goal lines, the ball shall be returned to the spot of the fumble.

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Why Financial Planning Is a Career for Giving Back

(StatePoint) Financial planning may be a lucrative profession in a growing sector, but it's also well-suited for those who love helping others.

Here are six reasons why becoming a CERTIFIED FINANCIAL PLANNER® professional is a great path for those who want to give back. The profession prioritizes giving back: Seventy-six percent of CFP® professionals believe that pro bono services are important. In fact, being able to help others is why many people report getting into this profession in the first place. This philanthropic mindset is also reflected in CFP Board's recommendation that all CFP® professionals provide at least 20 hours of pro bono services each year, as well as the organization's 2024 goal of increasing the total number of volunteer hours to 100,000.

Resources make it easy: Financial planners who want to offer their services to traditionally underserved communities can access resources to help them in this endeavor, such as the Foundation for Financial Planning's Pro Bono 101 Course. CFP® professionals can also visit ProBonoPlanner-Match.org and subscribe to CFP Board's Pro Bono Newsletter, to connect with volunteer opportunities nationwide. It's more than just numbers: Financial planning is not just about crunching the numbers; it's also about building strong relationships. Money management is associated with a mix of emotions, and every client comes to the table with their own histories, biases, beliefs and anxieties. To truly help people, financial planners must create a supportive, judgment-free environment, engage in active listening and validate the feelings of their clients. As fiduciaries, CFP® professionals must commit to CFP Board to always act in their clients' best interests, with honesty, integrity, competence and

diligence. Financial planners can help reduce wealth gaps: A history of housing and banking discrimination in the United States has created a persisting racial wealth gap. According to a 2021 report by the U.S. Federal Reserve, the average Black and Hispanic household holds roughly 15-20% as much net wealth as Asian and white American families. Financial planners can help reduce the racial wealth gap by working with diverse clients and seeking to understand how past experiences with financial institutions shape their approach to money management.



Financial planners can help with specialized needs: Many people enter the workforce wanting to help particular groups of people. Whether it's helping veterans, the elderly, those mourning the loss of loved ones or people living with disabilities, financial planners can tailor their education and training to serve specific populations. Financial planners can maximize philanthropic efforts: Financial planners have a key

responsibility in the world of charitable giving, advising their clients on how to maximize their money to make the biggest impact possible. To learn more about how financial planning and altruism go hand in hand, visit cfp.net. Competent, ethical financial advice can have a transformative impact on someone's life. Financial planners are helping more Americans achieve secure financial futures.

CROSSWORD  
1 2 3 4 5 6 7 8 9 10  
11 12 13 14  
15 16 17 20  
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30 31 32 33 34  
35 36 37 38  
39 40 41 42  
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50 51 52 53 54  
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STATEPOINT CROSSWORD  
THEME: IDIOMS  
ACROSS  
1. Actor Driver  
5. By way of  
8. Bambino  
11. Oscar De La \_\_\_\_  
12. \*Do this backwards to try hard to please  
13. Range  
15. Petri dish gel  
16. Celestial bear  
17. K-pop home  
18. \*Cold one is offensive  
20. Sportscaster Andrews  
21. Outer space path  
22. Hold title to  
23. \*Take this to commit to marriage  
26. Bullet factory  
30. Even, poetically  
31. Trim  
34. Sitar music  
35. Kon-Tiki and such  
37. Be in a cast  
38. Very, in music  
39. Actress Barrymore  
40. “Long Day’s Journey into Night” playwright  
42. Between Mar. and May  
43. Annulling  
45. Loads  
47. Compass

point between NE and E  
48. Dugout river ride  
50. Check-in via text  
52. \*Sign of nervousness (2 words)  
55. One up  
56. Lowest female voice  
57. One quark plus one anti-quark  
59. Toothpaste brand  
60. Riddle without solution  
61. Cogito \_\_\_\_ sum  
62. \*Leg’s partner, price-wise  
63. Make a mistake  
64. Robin’s house  
DOWN  
1. “Eureka!”  
2. \*They cause no problems when they sleep  
3. Nursemaid, in India  
4. \_\_\_\_ 5, band  
5. “Il Trovatore” composer  
6. Garment insert  
7. Month before Nisan  
8. Torus, pl.  
9. Word before sesame  
10. \*Cupful that’s not for everyone  
12. Adjective derived from bulb

13. Distorts  
14. \*Cutting these leads to poor results  
19. Prods  
22. Dot follower  
23. Lost, in Provence  
24. Live’s partner  
25. Hungry  
26. Voting no  
27. Like Fran Drescher’s voice  
28. Wide open  
29. Bear digs  
32. Group of buffaloes  
33. \*Breaking it relieves tension  
36. \*When these meet, one can afford what they want (2 words)  
38. Remote in manner  
40. Football’s extra point  
41. “The Call of the Wild” author  
44. Gold bar  
46. Dig further  
48. One on artist’s wheel  
49. Communion table  
50. Feline vibration  
51. Unit on a list  
52. \*Easy piece  
53. Ireland’s other name  
54. Duds  
55. Edible tuber  
58. 1990s negation