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diligence.

Financial

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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, Kentucky London, 40741 has applied for an Amendment to an existing surface coal mining

and reclamation operation located 2.7 northeast of miles 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 80 junction HWY with Mudlick Road and located 0.2 miles West of Mudlick Fork of Right Fork of Big

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 Reclamation 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 Blvd. Frank fort, 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

Have 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 Associ-

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 play-

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

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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BEECHWOOD APARTMENTS

Beechwood Apartments is currently accepting applications for immediate openings for one bedroom and efficiency units. You must be 55 or older to qualify. Some utilities included and rent is based on income. Kim at 259 Hickory Street, Hyden, **KY or call 606-672-3938 on Tuesday** and Thursday 8:00 am - 4:30 pm.

Why Financial Planning Is a Career for Giving Back

plan-

(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 a great path for those who want to give back. The profession

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percent of CFP® professionals believe that pro services are important. In fact, being able to help others is why many people report getting into profession in the first place. This philanthropic mindset is also reflected in CFP Board's recommendation 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.

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want to offer their services to traditionally underserved communities can access resources to help them in this endeavor, as the Foundation for Financial Planning's Bono 101 Course. CFP® professionals can also visit ProBonoPlanner-Match.org subscribe to CFP Board's Pro Bono Newsletter, connect with volunteer opportunities nationwide. more than It's numbers: just 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 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 in-

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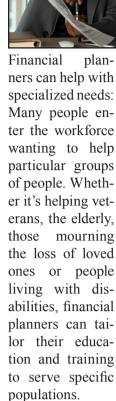
competence and

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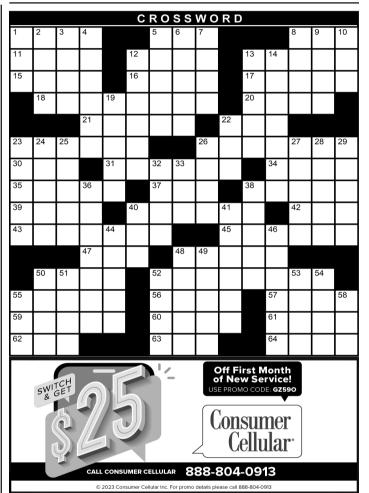


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STATEPOINT CROSSWORD THEME: **OMS ACROSS** 1. Actor Driver 5. By way of 8. Bambino 11. Oscar De La

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

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 composer 39. Actress Barrymore

commit to mar-

riage

40. "Long Day's Journey into Night" playwright 42. Between Mar. and May 43. Annulling

47. Compass rived from bulb

45. Loads

point between NE and E 48. Dugout river ride 50. Check-in via text *5*2. *Sign of nervousness words) **55.** One up 56. Lowest female voice 57. One quark plus antione quark **59. Toothpaste** brand 60. Riddle without solution 61. Cogito 62. *Leg's partner, price-wise

63. Make a mis-64. Robin's house **DOWN** 1. "Eureka!" 2. *They cause no problems they sleep 3. Nursemaid, in India 5, band 5. "Il Trovatore"

6. Garment in-

7. Month before Nisan 8. Torus, pl.

9. Word before sesame 10. *Cupful that's

54. Duds 55. Edible tuber not for everyone 58. 1990s nega-12. Adjective de-

er name

these leads poor results 19. Prods 22. Dot follower 23. **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 oth-

13. Distorts

*Cutting

Lost,

14.