

# Congressman Rogers Votes for Full-Year Funding Bill to Keep the Government Running

from front our national defense. “I’m happy to support the Continuing Resolution to keep our government running while we focus on implementing President Trump’s America First Agenda.” The legislation passed the House on Tuesday 218-212. It now moves on to the Senate for consideration before the funding deadline expires on Friday at midnight.

# Risk minimization focus of 2025-26 high school spirit rules changes

Six changes in the cheer section regarding risk minimization were among the revisions recommended by the NFHS Spirit Rules Committee at its February 9-11 meeting in Orlando, Florida. All recommended changes were subsequently approved by the NFHS Board of Directors and take effect with the 2025-26 high school spirit season.

“The committee continues to look at the risk minimization for all participants in cheer and dance activities,” said James Weaver, NFHS director of performing arts and sports and liaison to the NFHS Spirit Rules Committee. “These changes continue our ongoing progression to making this activity safer for every participant who is in cheer or dance.”

The committee also approved a major reorganization to the NFHS Spirit Rules Book. The definitions that comprised Rule 1 have been moved into respective rules for cheer and dance. Going forward, Rule 1 is General Risk Minimization, Rule 2 is Cheer and Rule 3 is Dance. All rules references have been adjusted accordingly.

In Rule 2-2-7, an additional exception was approved to the requirement of a spotter for extended stunts or transitions that stop in an extended position. Now, a single-base stunt in which the top person is vertical and supported at the waist is permitted.

In Rule 2-3-5d, the requirement that the top person is not inverted was deleted since the top person is rotating and would be descending. In addition, the flip can now end on the performing surface as well as in a cradle.

Safety was again the focus with a new rule in Rule 2-3-9, which states that “the top person in a partner stunt, pyramid or transition may not leave the floor unassisted with the intent to land or be caught in an inverted body position.” The rules committee noted that this rule change clarifies that a performer may not perform a skill such as a back handspring with no hands and be caught by a base or bases in the inverted position.

A revision was approved in Rule 2-5-3-e to clarify that someone involved in a toss to a cradle should not have any involvement with props.

In another change to emphasize that basket tosses are illegal, a new sub-article was added to Rule 2-5-3 stating that tosses to a cradle are permitted provided “the top person does not execute hip-over-head rotation while released from all tossers/catchers and spotters.

The final revision in the cheer section was Rule 2-5-6e, which states that “when starting from a vertical position at prep level, the top person may land in a position where the upper body is vertical or horizontal. The release must not go significantly higher than the point of contact with the bases on the catch.” The committee noted that stunts like a flatback are allowed if the top does not go significantly higher than the bases’ arms/hands on the catch. The tosses that are allowed go through the prep position to release.

The committee added definitions and approved a number of editorial changes to the Dance section, now Rule 3 in the NFHS Spirit Rules Book. As an example, throughout the Dance section, the term “base” was replaced with “supporting dancer.”

Several new definitions were added to the Dance section, including Executing Dancer, which is defined as “a participant who is supported by another person while off the performing surface or who is in weight-bearing contact with a supporting dancer/prop.” Other new definitions were approved for Assisted Walk-over, Kip Up and Nugget.

Among actual dance rules revisions, in Rule 3-2-5, the committee approved a Note stating that “a spotter should be in a position to have the quickest or cleanest path to protect an executing dancer from falling off the back of a skill.”

“The Spirit Rules Committee has spent the past year reorganizing the rules book to distinguish cheerleading and dance/drill more clearly, addressing confusion between the two activities,” Weaver said. ”These updates aim to ensure that the language in the dance rules is specific to dance, rather than adapted from cheer rules.”

A complete listing of the spirit rules changes will be available on the NFHS website at [www.nfhs.org](http://www.nfhs.org). Click on the “Activities & Sports” at the top of the home page and select “Spirit.” The print version of the 2025-26 Spirit Rules Book will be available for purchase in late May at [www.NFHS.com](http://www.NFHS.com), and the digital version will be available in the same timeframe via NFHS Digital at [www.NFHS.org](http://www.NFHS.org).

According to the most recent NFHS High School Athletics Participation Survey, spirit is the eighth-most popular sport for girls with 181,023 participants in 7,827 schools nationwide.

# So Be It..... Standing on the Promises of God

Have you ever made a promise to someone, and you couldn’t keep it? You were disappointed and so was the person you made the promise to. Sometimes things happen in life that are simply out of our control. We have integrity when we make promises and keep them. People know they can count on you to do what you say you will do. So, in this life we will have our disappointments in others and even ourselves when promises are broken for whatever reason.

There is an old hymn called, ‘Standing on the Promises of God’. Rest assured in this life, there is someone who will never break a promise to you and that is God Himself. Isaiah 40:8 says, “The grass withereth, the flower fadeth: but the word of our God shall stand forever.” Isaiah 55:11 says, “So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it.”

The Bible is full of great and wonderful promises that will anchor our soul in the haven of rest no matter what storms may assail. Here are a few of my favorite Bible promises. I encourage you to read these scriptures and meditate

on them. Get them deep into your spirit and know our heavenly Father watches over us and wants the best for us. Everything He provided for us is wrapped up in a package called salvation. There is still wonder working power in the blood of Jesus.

The Lord will fight for you (Exodus 14:14). God’s mercies are new each morning (Lamentations 3:21-23). God will renew your strength (Isaiah 40:31). The Lord will help you (Isaiah 41:13). The Lord will be with you (Isaiah 43:2). God’s love will not be shaken (Isaiah 54:10). No weapon formed against you shall prosper (Isaiah 54:17). You are free from darkness (Isaiah 61:11). God will forgive your sin (2 Chronicles7:14). The Lord will never forsake you (Deuteronomy 31:8). God has plans for you (Jeremiah 29:11). You have received grace and peace (Philemon 1:3). God is your light and salvation (Psalm 27:1). The Lord hears you (Psalms 34:17). God will deliver you (Psalm 50:15). God’s love is abounding (Psalm 86:5). God is your stronghold (Psalm 9:9). He satisfies your desires with good things (Psalm 103:5). God’s joy is your strength (Nehemiah 8:10). God will pour out His spirit on



all (Joel 2:28). God will give you a new heart (Ezekiel 36:26). God is good (Psalm 145:9). God’s love endures forever (Psalm 100:5). God is sovereign (2 Samuel 7:28). God’s Word is trustworthy (Psalm 19:7). Declare the promises of God over your life, your family and all that pertains to you. Cast down those imaginations and thoughts in your mind that do not line up with the promises of God. Start standing on the promises of God that will not fail you today, tomorrow or next week. That is some good news we all need to be reminded of. AMEN! SO BE IT (3.12.25)

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### ADVERTISEMENT FOR REQUEST FOR PROPOSALS

The Kentucky River Area Development District located in Hazard, Kentucky, is seeking a highly qualified environmental consultant to implement and oversee our recently awarded USEPA Brownfield Assessment grant that will include three primary target areas including the City of Beattyville, the City of Jackson and the City of Whitesburg. Qualified firms must be licensed in the state of Kentucky and be able to start work within three weeks of award.

An RFP packet containing information about the project and criteria that will be used to select the consulting firm may be obtained by contacting the Associate Director of Community and Economic Development, Ms. Jennifer McIntosh at Kentucky River Area Development District (KRADD) by phone 606-436-3158 or email [jennifer@kradd.org](mailto:jennifer@kradd.org).

Statements of Proposals from interested environmental consultant firms will be accepted only until **4:00 p.m., Wednesday April 16, 2025**. Statements of Proposals must be submitted to: Kentucky River Area Development District Attn: Ms. Jennifer McIntosh, C/O KRADD EPA Cleanup Grant, 941 North Main Street, Hazard KY 41701. Questions must be submitted two-weeks (14 day) prior to the submission deadline, by email directly to KRADD. Responses to questions will be provided to consultants, if requested by email.

The solicitation for Statements of Proposals is being conducted to fulfill state/federal funding agency procurement requirements. KRADD is an Equal Opportunity Employer and encourages responses from all qualified firms. Large, Small, and Disadvantaged firms, including but not limited to Women Owned Business and Minority Owned Business, are encouraged to apply.

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