

Sports Corner

By Gary Kidwell



The 1988-89 Lewis County Girls' Softball team had a very successful season for it to be only their second year to have a team. The team consisted of 14 players that ranged from freshmen to seniors. At the beginning of the year it was a little rocky, but coach Patty Willis finally found the right combination and from then on there was little trouble. Coach Willis received help in coaching from Pam Kennedy.

The softball team received outstanding play from every player, especially their pitcher, Missy Lykins, who pitched in every game, only allowing the maximum of 5 walks per game.

The softball team combined a lot of talent and the spirit of wanting to win to make them 10-5 at the end of the season. Even though they were defeated in the district tournament they played good softball.

In the district tournament the Lady Lions played great defense but their offense was just not there. Next year's team has a lot to look forward to. There is a lot of experienced players coming back, which means nothing but better things to look forward to.

Kidwell's Keynotes

It was good to celebrate our 49th year of being on the WKKS Saturday Morning Sports Show at Vanceburg's McDonald's last Saturday. The show started on time as our theme song came on at 9:30 a.m.

We started the show in 1975 with radios announcer, Tom Reeder, who was the general manager of WKKS Radio.

After a while of having the show, we added Jon Staggs, then Jon moved away and it was Tom Reeder and I who manned the show. Tom later moved and I kept doing the show. It honors and recognizes local players, coaches and other guests, like Pete Rose on the national scene and players from local teams such as the former Tollesboro Wildcats and the Lewis County High School teams. A big thanks to our local sponsor, Vanceburg McDonald's, who has been with us all the way. Also Farm Bureau owners, Rex and Chris Elam for their donation, which was given as prizes last Saturday. Thanks to Dennis and Tammy Brown for their continued support, including the sports show.

K-K-K-K-K

It was good to see Danny Patton recently. He was a great basketball player at LCHS. His team, in 1963, was the first team to play in the new gym, when the new high school was built. Danny was a good shooter and rebounder.

K-K-K-K-K

I ran in to David Childrey, he is doing well working at the Vanceburg Post Office. David was one of LCHS baseball's best pinch hitters, when he played for the Lions in the eighties.

K-K-K-K-K

I would like to thank Jon Staggs, Tom Reeder, and Dennis and Tammy Brown for being part of a radio sports show that is starting its 49th year. Also thanks to McDonald's for hosting on Saturday.

Sportstumper: What was Hank Aaron's nickname?

Answer: Hammering Hank.

Until next week this is the Old Righthander leaving you with this thought, "If you don't take time to do it right, you'll find time to do it twice."

To reach Coach Kidwell e-mail garykidwell@hotmail.com

Laira Kennedy qualifies for state



LEWIS COUNTY HERALD

LCHS Girls' Golf team competed in 12th Regional Tournament at Hidden Cove Golf Course. The team finished 8th and Laira Kennedy qualified as an individual for the KHSAA State championship. Coach Mike Kennedy is pictured with his daughter, Laira.

MSU Career and Internship Fair

Herald Report

While Morehead State University students are well into focusing on their studies this fall semester, it is also an excellent time to plan for their future after college.

The Fall Career & Internship Fair gives MSU students an advantage in career success. The fair is Wednesday, Sept. 27, from 10 a.m. to 1 p.m. in the Adron Doran University Center (ADUC) ballrooms.

At MSU's fair, you can connect with regional, state-wide, and even out-of-state employers and graduate programs while learning about full-time and part-time jobs, internships, co-ops, and graduate schools. It is open to MSU students and alumni.

First- and second-year students can also benefit from attending the career fair. Seth Smallwood, a sophomore student majoring in agribusiness, said it helped him get a jumpstart on his career when he attended as a first-year student.

Students should do a bit of preparation to make the most of their time at the Career & Internship Fair:

Dress the part. Make sure to dress professionally, as

potential employers will take you more seriously when you make a solid first impression. If you need a suit or business jacket, visit the Suit Bank in the MSU's Center for Career Development and Experiential Education. If you find something you like, you can have it without charge.

Bring copies of your resume and have an introduction prepared.

Research the companies and schools in attendance and be prepared with questions to ask them.

Expand your network. It is always early enough to explore industries and start building your network. You could be that student who walks out of the Career & Internship Fair with an offer to interview for a fantastic opportunity that you did not know existed. Many MSU graduates return to campus to recruit talent and are eager to assist current students in achieving career goals.

Students who attend the Career & Internship Fair will also have the unique opportunity to receive a free professional headshot that they can use on their LinkedIn page and other social media

accounts.

Representatives at the fair genuinely want to recruit MSU students for jobs, internships, and graduate schools.

MSU students and alumni from all majors are encouraged to attend. Download the free Symplicity Jobs and Careers app on Google Play and Apple Store and find out who you can meet at the fair.

MSU's Center for Career Development and Experiential Education helps students access numerous resources geared toward their success. The CCDEE offers chances to gain real-world learning experiences through education abroad, undergraduate research, service learning, internships and work-study positions. See upcoming events that give students more helpful tools, knowledge, and opportunities.

Potential employee recruiters can register for the Career & Internship Fair at morehead-csm.symplicity.com/events/Fall23CF.

For more information about the Center for Career Development and Experiential Education, call 606-783-2233 or visit www.moreheadstate.edu/career.



LEWIS COUNTY HERALD

Members of the 1988-89 Girls' Softball Team are: Left to Right, Top to Bottom: Amy Gilbert, Marcia Erwin, Penny Rhoden, Stephanie Fraley, Missy Lykins, Angie Bennett, Lori Esham, Monica Bentley, Michelle Kennedy, Miranda Stone, Kim Smith, Jennifer Hardyman, Donna Kilbreth, Angel Bloomfield, Lisa Breidenbaugh, and coach Patty Willis.

Don't make your health wait

By Mark Wallingford, MD

Preventive care is a key factor in maintaining your overall health. Annual well visits and health screenings like mammograms and colonoscopies can help you and your provider stay on top of any health issues that may arise before they become serious. They also allow you to develop a good provider-patient relationship and play an important role in helping you stay on the road to good health.

It's time to talk to your provider about your yearly wellness check-up. From check-ups to screenings to surgeries, Meadowview Regional Medical Center is here to help. Whether you need something as routine as a vaccination, mammogram, or colonoscopy – or you've delayed a surgery, like a hernia repair, foot or ankle surgery, or knee

or hip replacement – now is the time to take care of yourself. By taking care of these items before the end of the year, you're not just watching out for your health – you're also making good use of your insurance benefits. And if you've met your deductible, your out-of-pocket expenses could be minimal, or even zero.

Beyond the importance of preventive care, it's also a good idea to not delay on surgeries or procedures you may need – whether it's a joint replacement, hernia repair, wound care, or other procedures. Staying on top of needed procedures and avoiding any unnecessary delays can help you get back to doing what you love sooner.

If you've been putting off care, these last months of the year are a great time to sched-

ule your preventive care or procedure – before your insurance deductible resets in January. To learn more call 800.424.DOCS or visit us online at MeadowviewRegional.com.



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Pastor Jimbob Williams and the congregation of The Vanceburg Christian Baptist Church invite you to an evening of music

Performed by The Morehead Mountain Strings Dulcimer Club

Sunday, October 1 at 6:00 PM

39p

NOTICE OF PARTIAL CLOSING OF UNION HILL ROAD COUNTY ROAD 068-CR-1081

The Lewis County Fiscal Court intends to partially close UNION HILL ROAD, County Road 068-CR-1081 from the last residence accessible from KY 8 to its terminus but shall remain open to provide access for private parties who are entitled to necessary access to their property.

The Resolution will be heard at Lewis County Fiscal Court at 3:00 p.m., Monday, October 9, 2023, at the Lewis County Courthouse, 3rd floor.

Any party who opposes or has comment on this proceeding may attend and be heard.

39c

Invitation to Bid

The Lewis County Fiscal Court will be accepting bids for upcoming Bridge projects.

Specifications for these projects may be picked up at the Lewis County Road Department at 64 Commonwealth Drive, Vanceburg, KY.

All contractors must submit bids by 1:00 p.m. on October 9 to the Lewis County Judge Executive's Office at 112 Second Street, Vanceburg, KY. Bids will be opened at the regular scheduled Fiscal Court meeting on October 9, 2023, at 3:00 p.m.

The Lewis County Fiscal Court reserves the right to accept or reject any or all bids.

39c

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*upon verification of income/asset

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in Rent

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made in 3
payments

*See manager for more details.

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