

# Sports Corner

By Gary Kidwell



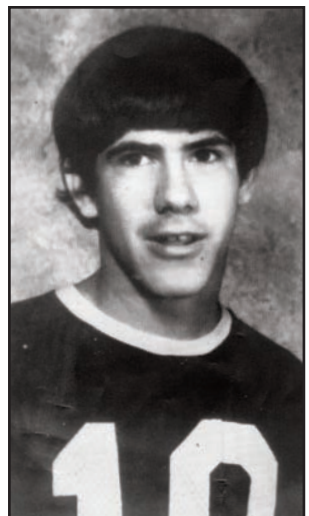
This week we are sharing an article highlighting the Lewis County High "Athlete of the Year" in 1974. The athlete was Corky Prater, who is described by "Competition brings out the best in Prater." After completing his college days, he returned to his alma mater, where he coached football and basketball before his retirement.

Corky Prater is the kind that comes to play. Just ask his football coach, Bill Robinson.

"Whenever I pull him over to the sidelines for something, he'll ask me, 'What did I do, Coach?'," Robinson said. "He just wants to be in there all the time."

While Prater's active football participation is unquestionable, basketball coach Pete Brooks and baseball coach Gary Kidwell can attest to his desire in their sports, too.

This type of competitive edge makes Prater a solid choice as the winner of The Portsmouth Times' First Annual Lewis County Athlete of the Year award.



**HERALD  
The 1974 "Athlete of the Year," Corky Prater.**

Although just a junior, the 5'11", 180 pound athlete has been active in varsity competition for several years. He earned a spot in the varsity baseball lineup as an eighth grader and stepped in as a regular in both football and basketball in his freshman year.

Throughout this time, he has piled up points, yards and hits at an unbelievable rate.

It is as a football quarterback that he has perhaps gained his most fame and, undoubtedly the flashiest statistics.

According to Robinson, Prater needs just slightly over 2,000 yards passing during the 1974 football season to become the national all-time leader in that category. His 52 career touchdown passes also leave him 13 shy of what is believed

to be a Kentucky record.

"I just underestimate him time and time again," Robinson said. "He's just got a tremendous arm and he can throw the ball out of sight."

However, Robinson maintains that Prater is as talented at defensive back as under center. The veteran griddler led the Lions in interceptions last fall and made a bushel of tackles.

Robinson points not to a physical change but a mental advancement that has made the second team All-State quarterback an improved player as of late.

Prater, who carries a 3.5 scholastic average, took over the task of calling plays during the past season and, while he didn't throw as often as in previous years, pleased his coach with his play selection.

"Totally unselfish" is how Brooks describes the junior athlete: a description that is sure to be seconded by any of Lewis County's other coaches.

Named as the cage team's most valuable player last winter, Prater was second on the team in scoring with a 13.5 average and first in rebounds, hauling down just over 10 per game.

Also the possessor of the team's best field goal percentage (46 percent), he was chosen as the top Lion on defense.

Springtime for some means a time for rest and sunshine. For Prater, though, the season brings with it baseball and more of the competition he enjoys.

"He just loves sports," Kidwell noted, pointing out that Prater had been playing every day and was getting tired as the season passed its midway point.

Although Prater normally catches, Kidwell has moved him around to second base and into the outfield in some games to give the athlete some rest. The strong-armed youth even sees some action on the mound.

"He's smart and he gets the ball over," Kidwell said, noting that Prater is used as a pitcher mostly when the doubleheaders pile up.

He was hitting about .350 in early May, down slightly from his .385 average as a sophomore.

During his eighth and ninth grade years, when he started as a third baseman, Prater carried averages slightly over .300.

Corky is not the first of the Praters to start in a Lewis County uniform. Older brothers, Jack, and the late Allen and Danny, all made their marks as athletes at the school in earlier

years.

The mother of this sports-minded brood is the late Mrs. Lena Prater of Vanceburg.

**Kidwell's Keynotes**

This week the District Tournaments in all of the 16th regions in Kentucky begin. It is the first step in the journey to the Kentucky High School Athletic Association State Tournament to be held in March at Rupp Arena in Lexington.

The 62nd District will be held at Raceland High School, February 24-28.

In girls' action on Monday, February 24 it will be Russell High School and Greenup High School at 6:00 p.m. In the nightcap, Raceland High School will face Lewis County High School at 7:45 p.m.

In boys' action on Tuesday, February 25, it will be Raceland High School and Greenup High School at 6:00 p.m. In the second game Lewis County High School will face Russell High School at 7:45 p.m.

The championship game for the girls will be played on Thursday, February 27, at 7:00 p.m. The championship game for the boys will be on Friday, February 28, at 7:00 p.m.

All games will be held at Raceland High School. Come out and support your Lewis County Lions and Lady Lions, as they try to move on to play in the 16th Regional Tournament to be held at Morehead State University.

**K-K-K-K-K**

In the last two games of the season the boys defeated the Fairview Eagles on Saturday and then were defeated by the Fleming County Panthers on Wednesday night at Flemingsburg. In girls action the Lewis County Lady Lions were defeated by the Mason County Royals on Monday night.

**K-K-K-K-K**

Get well wishes go out to Corky Prater, who recently had open heart surgery. He is now at home and recovering nicely. The Komer wishes him a speedy recovery.

**Sportstumper:** Who are the two UK freshmen players who played in Kentucky high schools last year?

**Answer:** Trent Noah at Harlan County and Travis Perry at Lyon County.

Until next week this is the Old Righthander leaving you with this thought, "Everyone has a chance to make a difference."

To reach Coach Kidwell e-mail [garykidwell@hotmail.com](mailto:garykidwell@hotmail.com).

## National Heart Month: Building Healthy Habits for a Healthy Heart

By Eric Lohman, MD,  
Cardiologist, Meadowview Ohio Valley Heart

The heart is an amazing muscle. Each day, your heart pumps over 2,000 gallons of blood, circulating oxygen through the 60,000 miles of blood vessels in your body. With so much riding on the muscle, it's no surprise that heart diseases are the #1 cause of death in America – if your heart weakens or stops beating, cells throughout your body lose the nutrients they need to keep living.

February is American Heart Month – a time to celebrate all our hearts do for us, and to recognize what we can do to keep our hearts healthy. While the dangers of cardiovascular disease are real, the good news is that an estimated 80% of heart disease can be prevented. Simple awareness habits and changes in lifestyle can greatly reduce your heart risk, and help you catch problems earlier when they do occur. This month, treat your heart well with these healthy heart practices.

**Know your health numbers.**

Managing your health is key to preventing heart disease, and two numbers essential to heart health are your blood pressure and cholesterol levels.

**Blood pressure** represents the pressure your blood exerts on your arteries as it travels through your body. If your blood pressure is too high for too long, it can damage your arteries and increase your risk of heart disease.

**Cholesterol** is a fat-like substance found in your blood, and comes in two forms – high-density lipoprotein ("HDL" or "good" cholesterol) is healthy and produced naturally by your body, whereas low-density lipoprotein ("LDL" or "bad" cholesterol) is gained by eating fatty foods. If your "bad" cholesterol levels grow too high, plaque can build up in your arteries, stifling the flow of blood to your heart.

**Other risk factors** include age, genetic background and family health history. While these risks are outside your control, it's important to monitor them and discuss them with your provider – the higher your baseline heart risk, the more vital it is to control your other risk factors. This month, schedule an appointment to test your blood pressure and cholesterol levels, and ask your primary care provider how you can keep your numbers in a healthy



**Know the symptoms of a heart attack.**

Not all heart disease has symptoms. Often, the condition is "silent," with risk factors going unseen and unaddressed until the day of a heart attack. That's why it's so vital to discuss your risks with a provider. When symptoms do occur, they sometimes leave patients with little warning. Call 9-1-1 immediately if you or someone you love experiences any of the following:

- Pain or discomfort in the chest, arm, neck, or upper back
- Fluttering feelings in the chest (arrhythmia)
- Feeling dizzy, faint, or out of breath
- Women may also experience sudden nausea or exhaustion

**Build a hardy heart with cardio exercise.**

Like any muscle, your heart becomes stronger the more it's used. Cardiovascular exercise – physical activity that elevates your heart rate – is essential for your health, and helps you manage your blood pressure and cholesterol levels. The average person should get 150 minutes of cardio exercise each week. This can equate to a 30-minute jog each day after work, or a couple evenings per week playing recreational sports. Find an activity you enjoy and set a time in your schedule when you know you can get up and move.

**Eat a heart-healthy diet.**

A healthy diet is the best way to lower your blood pressure and cholesterol, and to get your heart the nutrients it needs. Reduce your "bad" cholesterol by eating foods that are high in fiber, such as whole grains and leafy greens, and by consuming fewer saturated fats and trans fats. Lower your blood pressure by limiting your intake of salt, alcohol, and added sugars. When choosing proteins, focus on nuts, legumes, and lean meats like chicken or fish, while cutting back on red meat and fried food. In addition, smoking is strongly linked to both high blood pressure and heart disease. If you're a current smoker, reach out for help with quitting. Find free cessation resources by calling 1-800-QUIT-NOW.

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](http://transportation.ky.gov/DistrictPages)

**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*), Mare's tail (*Conyza canadensis*), Amur Honeysuckle (*Lonicera maackii*), Multiflora Rose (*Rosa 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](http://transportation.ky.gov/DistrictPages)

**Notice**

Lewis County Board of Education is accepting Section 125 and Audit Services proposals for the 25-26 School Year.

To view the documents, go to [www.lewis.kyschools.us](http://www.lewis.kyschools.us) and click on BID DOCUMENTS found under DISTRICT NEWS. For questions or to request a copy by email or a paper copy, contact 606-796-2811.

The deadline for return completed proposals is March 28, 2025 at 10:00 A.M. (Section 125) and 11:00 A.M. (Audit).

8,9c

Commonwealth of Kentucky  
Court of Justice  
Lewis CIRCUIT COURT  
Civil Action No. 24-CI-00129

CARRINGTON MORTGAGE SERVICES, LLC PLAINTIFF  
v. REBECCA CLARK, ET AL. DEFENDANTS

**NOTICE OF MASTER COMMISSIONER'S SALE**

By virtue of a Judgment and Order of Sale entered in the Lewis Circuit Court on January 23, 2025, to raise the sum of \$49,958.79, plus interest, fees and costs, I will expose for sale to the highest and best bidder, at the Lewis County Courthouse, 112 Second Street, Vanceburg, Kentucky, 41179, on Thursday, February 27, 2025, at the hour of 11:00 a.m., the following property:

A tract of land located at 104 Garrison Lane, Garrison, KY 41141, and identified as Lewis Co. P.V.A. Parcel No.: 124-30-21-005.00. The land is more particularly described in the record of this action located in the office of the Lewis Circuit Court Clerk, where it can be reviewed upon request.

Terms of the sale are as follows: (A) At the time of sale, the successful bidder shall either pay cash or make a deposit of 10% of the purchase price with the balance on credit for thirty (30) days. In the event the successful bidder elects to credit the balance, said bidder shall post bond with surety acceptable to the Master Commissioner and pre-approved by the Master Commissioner at least by noon, two (2) business days before the sale date, as security for the unpaid purchase price, bearing interest at the rate of 6% per annum from the date of the sale. The surety must be present at the sale and must own real estate in Kentucky, but may not be the successful bidder's spouse. A lien shall be retained by the Commissioner as security for the purchase price; (B) The purchaser shall assume and pay all taxes and assessments for the current fiscal year; (C) All other delinquent taxes and assessments for previous years shall be paid from the sale proceeds if properly claimed in writing and filed of record by the purchaser within ten (10) days from the date of sale; (D) If a successful bid is less than two-thirds of the appraised value, the defendant shall retain a right of redemption for six months from the date of sale; the purchaser shall receive an immediate writ of possession and a deed containing a lien in favor of the defendant reflecting the defendant's right of redemption, KRS 426.530; (E) The property shall otherwise be sold free and clear of any right, title and interest of all parties to the action and of their liens and encumbrances thereon, excepting easements and restrictions of record in the Lewis County Clerk's Office, and such right of redemption as may exist in favor of the Defendant(s); (F) For more particulars, reference is made to the records of the Lewis Circuit Clerk; (G) Bidders are advised to obtain a title examination; (H) Exceptions must be filed not later than ten (10) days following the filing of the Commissioner's Report of Sale; (I) Risk of loss for the subject property shall pass to the purchaser on the date of sale, and possession of the premises shall pass to the purchaser upon payment of the purchase price and delivery of deed.

CLAYTON G. LYKINS, JR., MASTER COMMISSIONER  
94 SECOND STREET, VANCEBURG, KY 41179  
TELEPHONE: 606-796-2531

6-8c

**Vanceburg Lions Club**  
By Bill Tom Stone



The Vanceburg Lions Club held its meeting on February 20, at the Vanceburg Methodist Church fellowship hall at 6:30 p.m. President Lion Roger Brown called the meeting to order with Lion Austin Evans leading in the pledge of allegiance to the United States flag and Lion Austin Rucker giving the prayer. The president then invited the members to enjoy a time of dining and fellowship.

Once the meal was finished, President Brown asked the Constitution and Bylaw committee to give an update on the document's progress and any details they would like to reveal. Lion Austin Rucker reported that the draft document had been given to the committee members and that they would meet in about a week to discuss any changes that they felt needed to be made. After that meeting, they would then present the document to the club for approval. The president then thanked the committee for their hard work and said he looked forward to the presentation.

President Brown then asked for Lion Cary Cagle and Bill Tom Stone to report on the Valentine's Day dinner that the club co-sponsored on February 14, at the Carter House. Lion Stone and Cagle reported that the event was a great success and that over 100 people enjoyed a wonderful meal and each other's company during the event. The only thing that would have made the evening a

**THE LEWIS COUNTY HERALD**  
187 Main Street, Vanceburg, KY 41179  
Phone 606-796-2331 800-572-2685  
Fax 606-796-3110  
USPS #310880  
email: [heraldadvertising@yahoo.com](mailto:heraldadvertising@yahoo.com)

Dennis K. Brown, *Publisher*  
Patricia Bloomfield, *Composition*  
Mandy Sparks, *Composition*

**Subscription Rates:**  
Lewis County - \$25.00 (tax included)  
All other KY counties - \$30.00 (tax included)  
All other states \$35.00 (tax included)  
Single Copy - \$.75

Periodical Postage will be paid at Vanceburg, KY  
LEWIS COUNTY HERALD PUBLISHING COMPANY, INC.

**Postmaster, send address corrections to:**  
187 Main St., Vanceburg, KY 41179

ALL ARTICLES, PHOTOS AND ADVERTISING SHOULD BE IN THE HERALD OFFICE BY FRIDAY AT NOON. Advertisers should check their ad the first time it runs. THE LEWIS COUNTY HERALD shall not be liable for failure to publish an advertisement or for a typographical error(s) in the publication except the extent of the cost of the ad for the first insertion. Adjustments for error(s) will be limited to the cost of that portion to the ad wherein the error(s) occurred.

THE LEWIS COUNTY HERALD is published weekly at 187 Main Street, Vanceburg, KY 41179

**THE LEWIS COUNTY HERALD**  
Office Hours: Mon., Tues., Thurs., Fri. 8:00 a.m. - 4:30 p.m.

**Ron LeMaster**  
**Insurance**  
**Home-Auto-Life**  
**-Business-Bonds**  
555 Main St.,  
South Shore, KY 41175  
**606-932-3138**  
"Serving Lewis County Since 1960"

**THE LEWIS COUNTY HERALD**  
187 Main Street, Vanceburg, KY 41179  
Phone 606-796-2331 800-572-2685  
Fax 606-796-3110  
USPS #310880  
email: [heraldadvertising@yahoo.com](mailto:heraldadvertising@yahoo.com)

Dennis K. Brown, *Publisher*  
Patricia Bloomfield, *Composition*  
Mandy Sparks, *Composition*

**Subscription Rates:**  
Lewis County - \$25.00 (tax included)  
All other KY counties - \$30.00 (tax included)  
All other states \$35.00 (tax included)  
Single Copy - \$.75

Periodical Postage will be paid at Vanceburg, KY  
LEWIS COUNTY HERALD PUBLISHING COMPANY, INC.

**Postmaster, send address corrections to:**  
187 Main St., Vanceburg, KY 41179

ALL ARTICLES, PHOTOS AND ADVERTISING SHOULD BE IN THE HERALD OFFICE BY FRIDAY AT NOON. Advertisers should check their ad the first time it runs. THE LEWIS COUNTY HERALD shall not be liable for failure to publish an advertisement or for a typographical error(s) in the publication except the extent of the cost of the ad for the first insertion. Adjustments for error(s) will be limited to the cost of that portion to the ad wherein the error(s) occurred.

THE LEWIS COUNTY HERALD is published weekly at 187 Main Street, Vanceburg, KY 41179

**THE LEWIS COUNTY HERALD**  
Office Hours: Mon., Tues., Thurs., Fri. 8:00 a.m. - 4:30 p.m.