

KMS Region Runner-Up Ephraim

from 4B



King Middle School Wrestling Team Takes Second at Region

The King Middle School Wrestling Team competed in the region competition on Saturday, Jan. 31. The team placed second out of 23 teams and had two wrestlers, Jayce Hampton and Peyton Mankin, win their weight class.

Pictured below right: The King Middle School wrestling team is coached by Brandon Sellers, Craig Hampton, Maureen Broce and Jason Bryant.

Below left: Peyton Mankin won the region in the 83 lb. weight class.

Left: Jayce Hampton won the region in the 129 lb. weight class.

Photo Submitted



Mercer

from 1B



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While at the UCA National Dance and Cheer competition the Titans cheer team had time to have some fun off the competition floor at Planet Hollywood.

tion. "The athletes were overwhelmed with pride and joy," Foster said. "The moment they found out they had qualified was filled with excitement, disbelief and happy tears."

While the competition was intense, Foster said the team's focus was on the performance itself, not just placement.

"The biggest goal for the team going into nationals was to perform a clean, confident routine that truly reflected all the hard work they put in throughout the season," she said. "They wanted to leave everything on the mat, support one another, and represent Mercer County Cheer with pride."

That mindset helped the team step into the moment when it mattered most.

"Watching the team take the floor on a national stage was an incredibly proud and emotional moment," Foster said. "Seeing their confidence, focus and teamwork shine under the bright lights made every early and late practice and challenge worth it."

Foster said the Disney atmosphere added another layer to the experience with excitement, but also pressure.

"Competing at Disney created an atmosphere unlike any other, filled with energy, excitement, and a sense of magic," she said. "Being on such a big stage definitely added excitement, but it also brought extra pressure knowing they were performing in front of a national audience."

The squad leaned into both the excitement and the pressure, using it as fuel.

"The team embraced both, using the excitement to fuel their performance and the pressure to stay focused and disciplined," Foster said.

Foster said the team's performance stood out for its energy and connection with the crowd.

"Some of the strongest moments from our nationals routine were our level of high energy we brought from the very first count and the way that energy level never dropped," she said. "The crowd leading was powerful

and confident, and you could feel the audience respond to it throughout the performance."

While being on a national stage brought nerves and expectations, Foster said the biggest obstacle actually came before the team reached the mat.

"The biggest challenge the team faced at nationals was the snow that made travel difficult and added stress before the competition even began," she said. "Delays and uncertainty tested everyone's patience and flexibility, but the team stayed calm and supportive of one another."

Foster said that adversity only highlighted the team's character.

"Overcoming that obstacle together made their performance even more meaningful and showed their resilience and commitment," she said.

Foster said the trip revealed another side of the team and how they respond in a high-pressure, unfamiliar environment.

"This trip showed me just how adaptable, resilient and united our team truly is when placed in a new and high-pressure environment," she said. "They supported one another, stayed positive and rose to every challenge with confidence and maturity."

That unity was not accidental, she added, crediting leadership across the roster.

"The leadership on this team has been incredible, with the seniors setting a strong example through hard work, positivity, and encouragement," Foster said. "Other athletes also stepped up. Together, their leadership created a culture of trust, teamwork and confidence."

Beyond the routines and scores, the cheerleaders also got to experience Disney together. Foster said the team enjoyed two full days in the parks, strengthening bonds that had already been built through months of practices and competitions.

"The team dynamic was full of laughter, friendship and support, showing just how close they've become," she said. "The trip strengthened

their bond and created joyful moments they'll remember long after the season is over."

Foster said experiences like nationals help build athletes in ways a regular season cannot.

"Trips like this build unity and confidence by giving athletes shared experiences that strengthen trust and communication," she said. "These experiences leave the team more connected, motivated and confident in both their abilities and each other."

Foster said one major takeaway from the national stage is something she plans to emphasize going forward: confidence and energy.

"One thing I will take from nationals and immediately apply moving forward is the importance of maintaining consistent energy and confidence throughout every performance," she said.

And when asked to sum up the season in one word, Foster didn't hesitate.

"I would describe this cheer season as 'unforgettable,'" she said. "From Regionals to competing at Nationals, the team experienced growth, excitement, and incredible moments together that will stay with us forever."

Foster also expressed gratitude to those who helped make the trip possible, recognizing the behind-the-scenes

work that allowed the athletes to compete on a national stage.

"I would like to recognize Shelby Goodlett for all the hard work she put in to helping plan the nationals trip and helping get together all the goodies for the girls for their sendoff," Foster said. "Thank you to all the parents and sponsors who contributed to making this national trip possible. We are truly grateful for everyone who helped turn this experience into a reality for our athletes."

clinical firsts, including performing the first aspiration thrombectomy of a pulmonary embolism on ECMO in Kentucky; a complex, life-saving procedure offered at only a handful of centers across the country. Ephraim McDowell Regional Medical Center provides comprehensive extracorporeal life support including VA-ECMO, VV-ECMO, and ECPPELLA, supported by board-certified Emergency Department, Interventional Radiology and full-service intensive care teams.

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REQUEST FOR QUALIFICATIONS (RFQ) FOR HOTEL FEASIBILITY STUDY: HARRODSBURG MERCER COUNTY TOURIST COMMISSION

The Harrodsburg Mercer County Tourist Commission is seeking proposals from professional firms for the delivery of a hotel feasibility study. Qualifications will be considered only from firms with a demonstrated history of completion of successful hotel feasibility studies that have led to successful project implementation.

Minimum requirements include previous experience in hotel feasibility studies, market analysis, and a basic understanding of the community of Harrodsburg, KY.

All interested persons and firms should contact the below between the hours of 9:00 a.m. and 2:00 p.m., Monday through Friday to obtain an informational packet. Qualifications must be received at the Office of Harrodsburg-Mercer County Tourist Commission (488 Price Avenue, Harrodsburg, KY 40330) by 12:00 PM on **February 27, 2026**. HMCTC reserves the right to reject any and all qualifications not meeting the requirements of this Request for Qualifications for Consulting Engineers. Mailed, sealed submissions are encouraged. Emailed submissions of one (1) attached PDF statement of qualifications will be accepted at the addresses below.

For Information packet for submitters, please contact:
Harrodsburg-Mercer County Tourist Commission
800-355-9192, tourismed@harrodsburgky.com
Kentucky Relay Service for the hearing and speech impaired: 1-800-648-6056.

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