

AREA SPORTS

Double header excitement for Lakers and Lady Lakers

After an exciting week of double headers for our Lakers and Lady Lakers on January 31st for our Russell County High School Basketball Homecoming and Briley Hadley receiving the 1,000 point club ceremonial ball which he earned on January 10th against Cumberland County, our Lakers and Lady Lakers went into a busy week with some wins and losses.

Our Lakers had two games last week. On February 4th they hosted Metcalfe County and on February 7th they hosted Breathitt County. During Metcalfe County our guys pulled a win with a score of 67-46. Jay Milburn scored a total of 19 points while Scott Hamm followed with 14 and Briley Hadley totaling at 13. Fight-

ing hard through the game, the guys were giving a chance at 22 free throw shots, making 20 of those they came ahead with a 90% average in the game. On February 7th against Breathitt County our boys fell short with a loss of 60-64. Jay Milburn scored 17 of those points with Scott Hamm bringing in 14 and Briley Hadley providing 12.

Our Lady Lakers hosted Metcalfe County on February 4th and versed Scott County away on February 7th of last week. We were victorious against Metcalfe County with a win of 57-50. Star Marcum brought in 19 of those 57 points with Juliah Bault giving 16 and Shiyann Elkins providing 12. The girls then traveled to Scott County on Febru-

ary 7th giving up a win with a huge loss of 59-80. They managed to be given 34 free throws only making 21 averaging a 62% free throw average. They did hold strong in rebounds getting 23 of those throughout the game but still fell short. Of their 59 points both Juliah Bault and Star Marcum led the team with 22 points each.

Both our Lakers and Lady Lakers have a busy week this week as well. Both of our teams will be away at Barren County on February 11th but will return with a home game on February 14th to host their rivals of Adair County. Be sure to support your Laker teams and either tune in to their away game or come out and visit for their home game next week.

Kentucky Adult Female Hadley Receives Tennis Player of the Year Award

Susan Hadley of James-town was recently the recipient of the Adult Female Player of the Year Award presented by the United States Tennis Association Kentucky District. This award is presented to the female adult player who has excelled in her tennis performance and sportsmanship.

Hadley was selected for this honor by the USTAKY Awards Committee in October. On Saturday January 25 she accepted her award at the Kentucky Tennis Weekend Awards Luncheon at the Marriott East in Louisville.

Hadley has been playing tennis for 59 years. On her high school tennis team, she was a regional singles runner-up and a doubles champion. As a young adult she played local

tournaments and also taught kids of all ages and levels to play tennis.

She has now lived and played tennis in Russell County for the last 38 years, participating state-wide in leagues and tournaments as a 3.5 - 4.0 player. She has been a high school head coach and assistant coach. She serves on both the Central Kentucky Tennis Series and Lake Cumberland Tennis Association boards, supporting the growth of tennis in Central and Southern Kentucky.

For the last several years she has competed in CKTS tournaments at the Open level where she has countless tournament championships as well as a successful USTA league record. "I couldn't have played up to this level without the support and encourage-



ment from my family," Hadley stated in her acceptance speech. "Also, I'm a doubles player, so this award belongs as much to my partners as it does to me. I am honored and humbled to have been selected for this award and hope to use whatever recognition it gives me to be a good ambassador for tennis and do my part to keep tennis growing and thriving in Kentucky."

DIETICIAN continued from page nine

4. Vitamin B12 is needed for proper functioning of the nervous system and in the production of red blood cells. The most reliable source of B12 for vegans is found in fortified foods. However, it is also in dried purple laver, a type of seaweed.

In today's market, several meat substitutes are fortified with some of the above-mentioned nutrients--again, be a label reader. Of course, there are also vitamin and mineral supplements. If you choose this route, be sure to purchase a supplement with USP

on the label. USP stands for United States Pharmacopeia, a non-profit group that tests supplements to be sure they contain what the label claims and can be absorbed by the body.

Until next time, be healthy!

Dear Dietitian References

1. Hrynowski, Z. What percentage of Americans are vegetarian? 2019, Sept 27. Retrieved from <https://news.gallup.com/poll/267074/percentage-americans-vegetarian.aspx>

Leanne McCrate, RDN, LD, CNSC, is an award-winning dietitian based in Missouri. Her mission is to educate consumers on sound, scientifically-based nutrition. Do you have a nutrition question? Email her today at deardietitian411@gmail.com. Dear Dietitian does not endorse any products, health programs, or meal plans.



WALKER continued from page one

Jessie. Walker is a member at Cedar Cross Missionary Baptist Church and enjoys working on the farm, riding horses, hunting, and coaching his granddaughter in basketball.

Walker heads the list

of a well-established network of approximately 375 Kentucky Farm Bureau Insurance agents statewide. The company, founded in 1943, has offices in all of the Commonwealth's 120 counties. Kentucky Farm Bureau markets a

wide variety of insurance lines, from homeowner's and automobile coverage to life and health insurance and retirement planning. For more information about Kentucky Farm Bureau Insurance, visit kyfb.com.

AWARDS continued from page one

on the weekend of February 8th, 2020. Top auction professionals from all across the state convened for meetings, seminars and annual award ceremonies.

Local real estate and auction company Golden Rule - Wilson received the following state marketing awards:

1. Best Color Magazine Ad
2. Best B&W Magazine Ad
3. Best Radio Spot
4. Best Personal Property Newspaper Ad (B&W)
5. Best Real Estate & Personal Property Newspaper Ad (B&W)

The awards this year were hand made in Ken-

tucky and engraved on rustic bourbon barrel staves.

Chris Wilson stated it was an honor to be present and accept the awards on behalf of all of the agents, auctioneers and staff at Golden Rule-Wilson because it truly takes a team effort for successful auction events. He went on to say how the marketing awards can also translate into dollars for sellers because good advertising and marketing equals good results when selling.

Golden Rule -Wilson

conducts both live auctions and online auctions throughout south central Kentucky with the majority being in Adair, Russell and surrounding counties. They have offices in both Adair and Russell Counties.

Bowlerettes Bowling Standings

Submitted by Linda Johnson Sec/Treas. February 13, 2020

Week 23 Team	Win	Losses
1. Alley Cats	67.0	25.0
2. Do-Bettors	54.5	37.5
3. Pin Pals	54.0	38.0
4. Dale's Diesel	51.0	41.0
5. Lo-Rollers	50.0	42.0
6. Pin Spinners	44.5	47.5
7. Bowl "N" Bawl	44.0	48.0
8. Lutter Strikes	42.0	50.0
9. Gutter Girls	38.0	54.0

Team	Score
High Hcp Series	
Pin Pals	2383
High Scratch Series	
Alley Cats	1853
High Hcp Game	
Pin Pals	815
High Scratch Game	
Alley Cats	649
Individual	
High Hcp Series	
Sara Morgan	664
High Scratch Series	
Sara Morgan	508
High Hcp Game	
Sara Morgan	241
High Scratch Game	
Kathy Burton	190

TAXES continued from page two

Tuition and fees deduction, which lets taxpayers deduct qualified education expenses paid during the year for themselves or a dependent. The expenses must be for college.

Student loan interest deduction, which lets people deduct up to \$2500 per year on federal taxes for interest paid on federal student loans.

For more detailed infor-

mation about the federal programs, go to www.irs.gov to download the free Publication 970 Tax Benefits for Education. Kentucky also offers a tuition tax credit for undergraduate students who attend state colleges. Tax rules may change from year to year, so taxpayers should make sure they have the most up-to-date information before filing.



Just "Another" Rainy Race Day

Being a long time race fan, you understand that NASCAR has total control over every little detail of race day with the one exception being the antics of Mother Nature. The last weather update that I had on Sunday morning before leaving the Motel for Daytona International Speedway was that the high was going to be around 76 with only a 20% chance of rain. It looked like it was going to be the perfect day to kick off the 2020 NASCAR Cup season but part of being a race fan is to expect the unexpected.

The unexpected on Sunday turned out to be the 20% chance of rain that turned into 100% when the green flag to start the race was set to wave to begin the running of the 62nd annual Daytona 500. Something about this rain delay was different as there wasn't the usual total disappointment that comes with a rain delay that eventually turned into the race being postponed until Monday afternoon.

If you have ever been lucky enough to attend the Daytona 500 in person then you know that it is the one stop on the Cup schedule that is an event and not just another race. It is the one race that begins getting hyped as soon as the previous season is in the books and in the days leading up to Sunday's season opening race, the hype took a tremendous shot in the arm when it was announced that President Trump would be in attendance and give the command to start the engines.

The track began urging fans earlier in the week to arrive at the track earlier than usual because of the added security that was being put in place to assure the safety of the President. Even though the majority of fans abided by the track's suggestion and began filling the parking lots earlier than normal, it did not prevent the longer than normal lines of fans waiting to be get through security checkpoints before entering the track.

Once inside the track, fans were treated to a seldom seen sight as Air Force One made a fly over the track before circling and landing at the adjacent Daytona airport. The President and First Lady made their way to the track where he addressed the crowd and then gave the command to the drivers to start their engines. Then the President's black limousine known as the "Beast" led the starting field of cars in a parade lap around the track.

The pre-race events that were choreographed down to the split second made for such an enjoyable race day experience that the rain did not provide the usual damper to the thousands of fans in attendance. The race was eventually pushed to Monday because of the rain and I am sure that the majority of race fans will once again pour into the track but this time it will be just a race as the "event" that is known as the Daytona 500 took place on Sunday.

PIT NOTES: Even with the excitement of the beginning of the 2020 season, much of the conversation coming from the media outlets in Daytona was centered on the 2021 season. The 2021 season has the makings of being the beginning of a new era for the sport as several changes are set to take place. NASCAR will introduce the Next Gen car that is already being tested and it promises to not only make a better on track product for the fans but will also see a return to cars that look like what the manufacturers are selling at its dealerships. That makes this year's car somewhat of a lame duck model as teams will want to use up as much inventory as it can without spending any money that can be used to get the Next Gen car up to speed next season. The 2021 schedule was also a hot button topic as the sanctioning agreement between NASCAR and the tracks run out at the end of this season giving the sanctioning body more lead way in making changes to next season's schedule.

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