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09-22-22

Super Crossword

BREAKFAST STACKS

ACROSS

1 Like ludicrous comedies

9 Ballpark stat

12 Yak it up

15 Dad

19 For all time to come

20 One, in Bonn

21 "Jumbo shrimp," e.g.

23 Classic morning combo

25 Trial software phase

26 Donned

27 1969 film featuring two hippies

29 Downed

30 — mignons (beef tidbits)

33 "Fighting" NCAA team

34 Beatle buddy Sutcliffe

36 "If you ask me," in texts

37 Rough — (unrefined)

39 Group of 20

42 Irritated states

46 Things often dyed and hidden

50 Word often ending in "ly": Abbr.

52 Food carton abbr.

53 Mascara mistake

54 "I don't find it that simple!"

59 Republic of China's capital

61 Southern Wyoming city

62 Actress Kazan of "My Big Fat Greek Wedding"

63 Charade

64 Roman Cath., e.g.

66 Summer Games gp.

67 Incites

68 Pulls off a difficult feat effortlessly

73 Tick away

75 Main character in "Despicable Me"

76 Bank acct. buildup

77 — jongg

80 Recording room

81 Be exultant about

84 Madrid's land, in Madrid

87 They're boiled for 180 seconds

90 Zesty flavors

91 Afresh

92 That, in

84-Across

93 Sitting duck

95 Parks and

Ponselle

97 Patrol for prey

101 Army division

102 Jai alai cheer

103 Genetic inits.

105 Henchman of Daddy Warbucks

108 Goes aboard

110 Large antelope

113 Dish topped with hollandaise sauce, informally

116 Funny Johnson

117 Be worry-free

119 Food that's literally represented five times in this puzzle

124 Strengthen from below

125 Bit of mail: Abbr.

126 Be similar to

127 Chili tidbit

128 Common PC file extension

129 Demure

130 One doing property appraisal

DOWN

1 Second mo.

2 Actress Gardiner

3 Fun, for short

4 Actor Russell

5 Answering machine notification

6 Less civilized

7 Duncan of Obama's cabinet

8 Steered

9 Queenly

10 Older female sib

11 Working harmoniously

12 Mongolian desert

13 Fired

14 Gig

billionths

15 Poker take

16 Locale

17 Mile marker

18 Poker stake

22 Shops

24 Moray, e.g.

28 — Grande

30 Baja party

31 Greeting in Apple ads

32 Go nuts

33 "Little House on the Prairie" surname

35 Quiet

38 Teeny

40 Funny Martha

41 Old Tokyo

43 "— big deal"

44 Mark who created Huck Finn

45 Eyelid woe

47 Strike lightly

48 Govt. office supplier

49 Isr. neighbor

51 Latin Bible

55 Lack of success

56 Melville novel

57 Puerto —

58 Gift add-ons

60 Irritating

65 Wide shoe spec

67 Poetic dusk

68 Began a big battle

69 "... blackbirds baked in —"

70 Ice house: Var.

71 Brisk gait

72 Good two-pair hand, in poker lingo

73 Prefix with biology

74 Tempts

77 Chutney fruits

78 San —, Texas

79 Expedite

80 Polaris, e.g.

81 Growl like a dog

82 "— -haw!"

83 Grocery chain inits.

85 Douglas fir, for Oregon

86 Birdie + 1

88 MSN, e.g.

89 Wd. in a thesaurus

94 Striped female stalker

96 Smile evily

98 Gambling parlor, for short

99 Tricycle parts

100 Duration

104 Slack-jawed

106 Mad

107 — admin

109 Abounds

110 Chow

111 Maui goose

112 Meat-stamping org.

114 E.U. body comprising half a dozen nations

115 "Auld Lang —"

116 Birds' class

118 Decade count

120 Man-mouse link

121 Sit-ups work them

122 — Poke (candy)

123 "— out!"

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REXROAT,

— Continued from Page One

took over as head baseball coach at Cumberland County, but came back to Russell County in 1997 to coach middle school baseball for four years before beginning his tenure as head coach at the high school.

Along with is most recent achievement of taking last year's team all the way to the finals of the State Tournament, Coach Rexroat is second only to Mac Whittaker, of Harrison County, in number of wins (496 wins and 12th best record).

He has been the Regional Coach of the Year four times, is the Kentucky East/West High School All-Star Chairman, as well as the Russell County Little League President.

"Our (Russell County) high school coach has always been the president of our Little League - for all 65 years," he said. "I sit in on the meetings and make sure it runs as good as it can."

Rexroat credits the high school program's success to the consistency of the assistant coaches.

They work as a team, and have coached

together for many years.

Rob Clark has been the pitching coach since 2004, Chris Taylor, Richard Bennett, Josh Popplewell, as well as, Steve Kinder, have all strived to continue to make the program better, and to look for ways to improve, Rexroat proudly proclaims.

While Coach Rexroat is aware of his success as a coach, his main focus is ensuring the tradition of winning which is evident in Laker Baseball.

"Coach Rexroat isn't concerned about individual accolades," Rob Clark said. "He will always give credit to his players. His main concern is preserving the winning tradition of Laker Baseball and the success of his teams and the players, themselves, both on and off the field."

"I've coached with David since 2006," Clark said. "The time and effort I've seen him put in to ensure the team's success is unmeasurable. He's involved from youth leagues to the RCHS program. His involvement is the main reason Laker Baseball has maintained success during his tenure as

head coach."

As a community, Russell County could not be more proud of Coach Rexroat's latest achievement.

He is a deserving and worthy candidate to represent Kentucky on the national level in July.

"It is such an honor for David to be selected as the National High School Athletic Coaches Association Coach of the Year," Russell County Schools Athletic Director Michael Carpenter said. "I can think of no one that deserves the honor more than him. As the Athletic Director and father of a former player, I would like to thank him for the time he invests in Russell County Student athletes. His countless hours of dedication and hard work were rewarded in a historic way this past baseball season as he led his team to state runner-up."

"Speaking for the coaching staff, we are all so happy that Coach Rexroat has been named the KHSACA Coach of the Year and is a nominee for National Coach of the Year," Assistant Baseball Coach Clark said.

LCDHD



Lake Cumberland District Health Department

How Can You Prevent Rabies in Animals?

There are several things you can do to protect your pet from rabies. First, visit your veterinarian with your pet on a regular basis and keep rabies vaccinations up-to-date for all cats, ferrets, and dogs. Second, maintain control of your pets by keeping cats and ferrets indoors and keeping dogs under direct supervision. Third, spay or neuter your pets to help reduce the number of unwanted pets that may not be properly cared for or vaccinated regularly. Finally, call animal control to remove all stray animals from your neighborhood since these animals may be unvaccinated or ill.

The importance of vaccinating your pet

Although the majority of rabies cases occur in wildlife, most frequently humans are

given rabies vaccine as a result of rabies exposure from domestic animals. While wildlife are more likely to be rabid than are domestic animals in the United States, the amount of human contact with domestic animals greatly exceeds the amount of contact with wildlife. Your pets and other domestic animals can be infected when they are bitten by rabid wild animals. When "spillover" rabies occurs in domestic animals, the risk to humans is increased. Pets are vaccinated by your veterinarian to prevent them from acquiring the disease from wildlife, and thereby transmitting it to humans.

On a separate note, it is important to point out that Kentucky is one of the unhealthiest states in our nation; but, a few healthy lifestyle choices could change this. First, eating

normally proportioned helpings of nutritious foods including at least five fruits and vegetables a day can lower weight and reduce heart disease and diabetes. Second, exercising about 30 minutes per day can lower blood pressure. Third, avoiding the use of tobacco products can reduce several types of cancer. Finally, making sure you get your needed preventive screenings can detect diseases early and greatly increase your chances for a positive health outcomes, while receiving your recommended vaccinations can prevent acquiring disease in the first place. Visit our website at www.LCDHD.org and click the "52 Weeks to Health" banner to learn more about each of these areas.

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