

**Waste** from A-5

the season changed and nobody wants last fall's lipstick shade. My grandmother would have called that a sin. She would have been correct.

We've constructed this

villainous economy that depends on disposal. The product isn't the thing you buy. The product is the need to keep buying, to keep consuming, to devour and line the pockets of

those who make at scale. And we've accepted it so completely that repair feels like eccentricity, like something only stubborn old men and broke college kids do.

Maybe we should all be a little more stubborn. Maybe we should pick up the superglue.

Contact us at [news@cartercountytimes.com](mailto:news@cartercountytimes.com)

**Bluegrass** from A-4

for the Kentucky Center for Traditional Music at Morehead State University, featuring students majoring in traditional music. The ensemble has entertained audiences across the United States and internationally, as far away as the People's Republic of China and Ireland. Other notable performances

include the historic Carter Family Fold, Industrial Strength Bluegrass Festival, IBMA's Wide Open Bluegrass Festival, the internationally syndicated Woodsongs Old Time Radio Hour and Song of the Mountains on PBS. Daxson Lewis and Ruth McLain Smith direct the group.

We hope you will join us at Years of Farming for an afternoon of awesome bluegrass music. It is a terrific opportunity to see this caliber of artists in our area. If you are not familiar with any of our bands, whether a feature band or an opening band, check their websites and/or YouTube for some of

their music and history and you will want to attend! Keep checking our website [www.yearsoffarming.com](http://www.yearsoffarming.com) for updates on our schedule. Tickets are available on our website or at the door. For more information contact Paula Hinton at (606) 748-0798 or [paulahinton2000@yahoo.com](mailto:paulahinton2000@yahoo.com).

**Nutrition** from A-2

- Healthy fats included daily
- Minimal processed foods, whole foods most of the time

No single food makes or breaks your health – patterns over time matter most.

Practical Ways to Build Balanced Meals

Simple strategies can make a big difference:

- Include a protein source at every meal

- Add color to your plate with fruits and vegetables
- Cook with healthy fats instead of avoiding fat altogether
- Limit heavily processed and fast foods
- Drink water instead of sugary or diet beverages

Small, consistent choices add up far more than short-term diets.

The Takeaway Nutrition doesn't need to be extreme or confusing.

Understanding macronutrients, micronutrients, and how they work together allows you to fuel your body properly – supporting energy, heart health, hormones, and overall wellness.

This month, focus on balance, not restriction, or the need to try every trendy "protein" product on the shelves or social media, and build habits that support your health for the long run.

About the Author

Tracy Deborde is an ACSM-Certified Personal Trainer with a bachelor's degree in health science. She specializes in sports conditioning, nutrition, women's fitness, and bodybuilding and physique coaching. Tracy helps individuals build sustainable, evidence-based strategies for long-term health and performance.

# SPORTS

## Lions hold off Comets' comeback effort

### Advance to 62nd District Championship

By Brayleigh Boggs  
*Carter County Times*

West Carter fought for every point in the first round of the 62nd District Tournament. But despite their efforts, the Elliott County Lions held on to their double-digit lead to secure their place in the championship game, defeating the Comets 63-46

Even with multiple comeback chances and three players in double digits, the offensive power of Elliott's Tyson Crabtree (00), Elijah Faulkner (5), Lake Adkins (21), and Ian Griffith (23) proved to be too much for the Comets to handle.

Senior Nate Hale (24) opened the game with a tone-setting layup under pressure. Elliott wasted no

time responding with a pair of their own from Ethan Copley (24). Hale (24) fired back, making it 4-2

Comets early into the first. The Lions clawed back with an and one from Ian Griffith (23). The comets



(Photo by Brayleigh Boggs, Carter County Times)

kept the offensive pressure heavy with free throws from Nate Webb (33). Elijah Faulkner (5) made his mark on the stat sheet with a long three and a layup, sending Elliott into a scoring frenzy. Coach Webb called a timeout to settle the Comets, who trailed 12-6.

Elliott's Faulkner (5) and Copley (24) added six to the scoreboard before the Comets fired back in the paint and on

the line. As the buzzer sounded, Elliott took the first quarter 18-9. Crabtree (00) worked the post and the board to steadily raise the Lions' lead. The senior brought home six points and three rebounds within 90 seconds of the second quarter. Cannan Arrowood (3) followed with his own basket, separating them by 15 points.

Wade Lawson (32) snagged a steal, and Nate Webb (33) finally saw some potential for the

Comets. Hale (24) pulled up for a long three, and the West team finally got the kick start they needed. With one minute remaining in the half, Elliott regained their spark with a triple by Arrowood (3) and a steal that locked in the halftime score at 32-18 Lions.

Hale (24) opened the second half strong, powering through pressure to get the Comets going early. Webb (33) kept the fire going with a three of

See COMETS on A-8

## Raiders fall short

### Cougars punch their ticket to the championship

By Brayleigh Boggs  
*Carter County Times*

It was a back-and-forth battle between East Carter and Morgan County for a spot in the 62nd District Championship game. The Cougars came out on top in a 74-70 win that kept every fan on the edge of their seats until the final buzzer.

A senior-led East Carter team fell short, but not without a fight. The loss ends the Raiders' season and sent Morgan County on to the 62nd District Championship Game on February 27, where they played Elliott County to defend their title.

East Carter's Thomas Burton (1) opened the scoring for the Raiders, but was quickly countered by a sneaky backdoor pass to Morgan's Asher Gamble (11). Eli Bradley (4) knocked down two free

throws to get the Cougars a steady 4-2 lead. Colton McGuire (12) wasted no time, hitting back-to-back three's and firing up the Raiders for their first lead of the night. Grant Menix (10) followed with a steal and an offensive foul, keeping the game in their control.

Morgan County's Aiden Barker (1) and Parker Trusty (2) combined for 4 points to cut their deficit to 2. Freshman Max Karle (11) responded with a contested three, but Morgan followed with their own set of points. McGuire (12) hit another three for

See RAIDERS on A-8



(Photo by Brayleigh Boggs, Carter County Times)

# CLASSIFIEDS

**PUBLIC NOTICES**

**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*), Marehail (*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)

**REQUEST FOR PROPOSALS**

The FIVCO Area Development District is accepting proposals for a Boardroom Audio/Visual Renovation at its office in Grayson, Kentucky. Proposals must be received by 10:00 a.m. EST on Friday, March 6, 2026. The full Request for Proposals is available at <https://fivco.org/about-fivco/request-for-proposal/> or by contacting Lance Hanshaw at [lance@fivco.org](mailto:lance@fivco.org).

**ACCEPTING APPLICATIONS**

Olive Hill Housing Authority is now accepting applications for a position in the Maintenance Department. Applications can be obtained at the Housing Authority Office at 501 Tygart Street, Olive Hill, KY. Contact 606 286-4721 for additional information.

**PUBLIC NOTICE**

SAR NOOR Foods LLC, mailing address 19007 Long Grove Way, Louisville KY 40245, hereby declares intention to apply for a NQ MALT BEVERAGE LIQUOR license no later than MARCH 4, 2026. The business to be licensed will be located at 599 CAROL MALONE BLVD, Kentucky, 42104 doing business as SMART STOP CAFE. The members are as follows: Surinder Kaur of 19007 Long Grove Way, Louisville, KY 40245. Any person may protest the approval of the license by writing the Department of Alcoholic Beverage Control within thirty (30) days of the date of legal publication.

**PUBLIC NOTICE**

SAR NOOR Foods LLC, mailing address 19007 Long Grove Way, Louisville KY 40245, hereby declares intention to apply for a TO-BACCO, NICOTINE, OR VAPOR PRODUCT license no later than FEBRUARY 28, 2026. The business to be licensed will be located at 599 N CAROL MALONE BLVD, Kentucky, 42104 doing business as SMART STOP. The members are as follows: Surinder Kaur of 19007 Long Grove Way, Louisville, KY 40245. Any person may protest the approval of the license by writing the Department of Alcoholic Beverage Control within thirty (30) days of the date of legal publication.

**FOR SALE**

Downsizing sale. Mostly furniture. March 6 & 7 from 9 a.m. to 3 p.m. 404 East 3rd St, Grayson

## Kentucky Dept of Agriculture Livestock and Grain Market Report

Compared to last week, feeder steers were mixed throughout the week with reported trends ranging from 5.00 to 10.00 lower up to 5.00 to 10.00 higher with a few reporting a steady market for lighter steers. Heifers sold mostly 4.00 to 8.00 higher with a few exceptions reporting lower prices. Yearling were mostly 4.00 to 6.00 lower. Demand was good to very good for all feeders and yearlings with buyers showing best interest for long weaned and preconditioned offerings. Slaughter cows and bulls sold steady to 3.00 lower with moderate to good demand.

Week ending 2/28/26

Courtesy of <https://www.kyagr.com/>

Steers (M&L 1-2)	This Week	Prior Week	Last Year
350-400 lbs	558.30	562.94	360.53
400-450 lbs	519.71	526.43	354.23
450-500 lbs	502.30	502.77	341.48
500-550 lbs	481.52	469.38	317.42
550-600 lbs	452.02	446.79	309.74
600-650 lbs	420.15	423.93	291.25
650-700 lbs	398.61	396.56	275.94
700-750 lbs	375.08	370.84	262.14
750-800 lbs	354.04	361.21	257.65
800-850 lbs	344.26	347.27	248.94
850-900 lbs	339.78	333.28	244.41

Heifers (M&L 1-2)	This Week	Prior Week	Last Year
300-350 lbs	510.07	503.16	330.15
350-400 lbs	499.02	502.95	327.64
400-450 lbs	470.17	465.79	309.77
450-500 lbs	450.72	449.70	296.77
500-550 lbs	413.16	418.12	284.77
550-600 lbs	393.95	392.54	273.91
600-650 lbs	363.14	365.03	255.27
650-700 lbs	347.11	349.72	247.87
700-750 lbs	324.30	333.67	240.68
750-800 lbs	325.02	326.59	233.57

Slaughter Cows	Average	High	Low
Breakers	140.00-189.00	160.00-201.00	141.00-162.00
Boners	137.00-189.00	157.00-221.00	105.00-165.00
Lean	108.00-185.00	142.50-192.00	100.00-164.00

Slaughter Bulls	Average	High	Low
Yield Grade 1&2	174.00-208.00	200.00-228.00	147.00-186.00

Feb 26, 2026

Bowling Green, KY

**SLAUGHTER GOATS: 207**

Kids-Selection 1 56 lbs 490.00; 72 lbs 375.00. Selection 1-2 83 lbs 355.00. Selection 2 54 lbs 420.00; 67 lbs 400.00.

**SLAUGHTER SHEEP: 705**

Hair Breeds-Choice & Prime 1-2 54-56 lbs 407.50; 66 lbs 390.00-400.00; 75 lbs 375.00-390.00; 86-88 lbs 365.00-375.00; 105 lbs 275.00 105 lbs 275.00. Woolled-Choice and Prime 1-2 55 lbs 415.00; 75 lbs 502.50; 88 lbs 382.50; 93 lbs lbs 350.00; 115 lbs 265.00; 155 lbs 230.00. Choice 2 61 lbs 305.00.

GRAINS	This Week	Prior Week	Last Year
Corn	4.18-4.69	4.15-4.58	4.48-5.07
Soybeans	10.42-11.89	10.40-11.71	9.27-10.69
Red Winter Wheat	4.99-5.94	4.72-5.83	4.79-6.02