



MUSICIANS — Letcher Middle School students selected to participate in the Kentucky Music Educators Association District Nine Middle School Jazz Band are (pictured left to right): Ryder Caudill, trumpet; Carter Adams, drum set; Joseph Swygert, alto saxophone; Natalie Allen, alto saxophone; and Earl Combs, trombone. These students will attend the District Nine Jazz Honor Band Clinic held in Paintsville March 19-21. Students from across this 10-county area will join them to rehearse for three days then give a final concert at the Ramada Inn on Saturday at 10:30 a.m. The students will be playing great jazz standards like Blue Train, by John Coltrane; Watermelon Man, by Herbie Hancock; What A Wonderful World, by George David Weiss and Bob Thiele, and in several different styles (rock, pop, Latin, and swing).

Families and friends

Spring blooms are really gorgeous this time of year

By **MARTHA WENNING**

Hello Everyone – I hope all are enjoying this beautiful and lovely weather. I know I am. CAT and I have been porch sitting. Mike and I have been yard sitting. It's been wonderful!! I know we are getting a couple cool days next week (with the S (snow) word mentioned), but I love what we have now. Spring blooms are happening and they're gorgeous. The forsythias are starting to turn yellow, the daffodils are gorgeous and the redbuds will be pink real soon.

The Feel Better List follows. When you have time, please send a prayer or positive thought for those that are listed. Thank you.

Linda Brown; Linda Combs; Cassel Boggs; Opal Boggs; Bob Gatton; Donald Banks; Midge Banks; Sherrie Brown; Mindy Dreffer; Freda Gross; Rebecca Henemyre; Kelsey Day; Kenney Harvey; Sue Harvey; Betty Hamilton; Joyce Thomas; Robert Sword; Ron Lester; Barry Miles; Connie Halcomb Sams; Rose Ballard; Brian Baker; Roger Sturgill; Noah

Blair; Johnny Napier; Bob Fisher; Robert S. Caudill; Mike Harris; Betty Palmer; Freida Johnson; Bob Hall; Michael Combs; Loraine Stewart; Herbie Adams; Kevin Day; Jim Caudill; Linda Stapleton; Barbara Banks; Bentleigh Eldridge; those in the nursing homes and hospitals; the shut-ins; and the caregivers.

tonsils out. I hope she's feeling better. I've always heard you get ice cream after tonsils are taken out.

I am doing Bingocize classes at the Letcher County Extension Office. I need all the exercise I can get.

I attended a Mountain Heritage Festival meeting last week. There are exciting family events coming in 2026. I hope all will mark their calendar for September 22-26, 2026, and plan to attend this positive community event.

Betty Caudill Kincer of Whitesburg passed away on March 4, 2026 at the age of 85. She was preceded in death by her parents Venson and Molly Duncil Caudill; her husband of 67 years, George Kincer; her sister and brother-in-law, Trish and Jay Rice.

Betty is survived by her children: Tammy Kincer Fugate, Stephen (Mitzi) Kincer, and Stephanie Kincer Stidham. She is also survived by a brother, Bill (Diane) Caudill. She had 5 grandchildren and 7 great-grandchildren.

The funeral service was held March 10 at the First Baptist Church, Whitesburg. Burial was held at Green Acres Cemetery, Ermine.

Condolences are sent to Steve and Mitzi Kincer and family.

There are two quotes for this week. The first quote is attributed to Ajahn Brahm: "When the weather is hot, keep a cool mind. When the weather is cold, keep a warm heart."

The second quote is "Daylight Saving Time is a reminder that every hour is precious, let's make the most of it."

If you have any news or photos or birthdates to share, please email CowanNews@aol.com. Thank you.

Have a wonderful week. Enjoy the weather and think about planting your garden. Be kind to all you meet.

Cowan

I hope all have adjusted to Daylight Saving Time. I do enjoy the feeling of having more daylight.

I'm sending a Happy Birthday Wish to our nephew Matt Wenning of New Bremen, Ohio. His birthday is on March 14.

CAT will be 6 on March 13 and we wish him a Happy Birthday. He may get an extra treat that day.

Laura Harris of Lexington came in for a couple days this past week. She visited with her father Bob Caudill and her brother Robert Caudill of Little Cowan. They all had a good visit.

Janis, Mike, Myles, Addie, Tucker and Cami Marr of Richmond came in over the weekend. They visited John Campbell of Little Cowan. They all had a fun time with the croquet games, card games and board games. Sherie Caudill, Mike and I played cards with them.

Cami came over to visit us twice. She enjoyed watching cartoons at our house. She brought daffodils over for me, and CAT enjoyed the attention from Cami. I do need to purchase coloring books before the next visit. I have lots of crayons in an old cigar box. I did find a big coloring poster that Cami was able to use.

Addie spent Saturday night with us. CAT slept in the bed with her for part of the night which Addie and CAT liked.

Bentleigh Eldridge of Little Cowan had her



- Peas, spinach, sweet potato, squash and carrots can be pureed and added to baked goods to increase fiber and nutrients. They are especially useful in soups to thicken a broth without adding fat. You can sneak some veggies into unexpected places, too — like cookies, pancake batter and pasta dishes, or make a flavorful sandwich spread.

- "Juice ice cubes in water is good for you. It hydrates without a lot of sugar, while still tasting a little bit sweet." — F.R. in Alabama

- It's easy to sort hardware using a muffin pan. If you get a pan that has 12 depressions, you can line nails and screws and such in a line according to size, making it even more convenient.

- "When you get a new pair of running shoes, spray the insides with spray starch. We have always done this and it keeps them fresher longer." — S.M. in Indiana

- Lettuce will last longer if you store it in the crisper drawer in a clean paper bag.

- * Tubes make it easy to access toothpaste when they are full, but it's sometimes hard to get that last bit out. Here's a tip from C.W. in Oregon: "To get the last part of the tube of toothpaste to come out, run the tube under warm water for a few seconds. There's more in the tube than you think!"

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Weekly SUDOKU

Answer

8	2	9	3	4	5	6	7	1
1	5	6	2	9	7	4	3	8
3	7	4	6	8	1	2	5	9
2	9	5	8	1	3	7	4	6
7	4	8	5	6	9	1	2	3
6	1	3	7	2	4	8	9	5
5	3	1	4	7	8	9	6	2
4	8	2	9	3	6	5	1	7
9	6	7	1	5	2	3	8	4

Weekly SUDOKU

8			4	5	6	7		
	5	6	2		7	4	3	8
3			6		1	2		9
7	5				7			
					1	2		
				4	8			
5	3		7		9	6	2	
	8				6	5	7	
		7	1				8	4

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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SKCTC opens 2026-2027 scholarship applications

Southeast Kentucky Community & Technical College has opened scholarship applications for the 2026-2027 academic year, offering students across the region new opportunities to receive financial support while pursuing their educational and career goals.

Through the SKCTC Education Foundation and institutional scholarships, students may qualify for funding that helps offset tuition and educational expenses. Scholarships are available for both new and returning students across a variety of academic programs.

Many scholarships are

made possible through the generosity of local donors, businesses and community partners who believe in investing in the region's future workforce.

Students are encouraged to apply early and explore the full range of scholarship opportunities available through the college. Financial aid advisors are available to assist students with completing applications and identifying funding sources that may help them reach their educational goals.

Applications for the 2026-2027 scholarship cycle are now open.

Students can learn more and apply online at southeast.kctcs.edu.

Check your Bible knowledge

By **WILSON CASEY**

Thessalonica

1. Is the book of Boaz (KJV) in the Old or New Testament or neither?
2. Whose first chapter begins, "Paul, an apostle of Jesus Christ by the commandment of God"?
3. From Acts 16, what Asian city was the home of Lydia? Derbe, Thyatira, Samaria, Jericho
4. In John 2, where did Jesus work his first miracle? Ur, Cana, Antioch,

5. From 2 Samuel, who killed a giant having 12 fingers and 12 toes? Mephibosheth, Jambres, Abimelech, Jonathan
 6. In John 11, what city was home to Mary, Martha and Lazarus? Corinth, Gaza, Bethany, Sardis
- ANSWERS: 1) Neither, 2) 1 Timothy, 3) Thyatira, 4) Cana, 5) Jonathan, 6) Bethany
- Hardcore trivia fan? Visit Wilson Casey's subscriber site at www.patreon.com/triviaguy.

The Garden Bug **First day of spring**

This year, the vernal (or spring) equinox happens on March 20 at 10:46 a.m., Eastern Daylight Time. It is the astronomical beginning of the spring season in the Northern Hemisphere and of the autumn season in the Southern Hemisphere. In the Northern Hemisphere, the spring equinox occurs when the Sun crosses the "celestial equator" going south to north. — Brenda Weaver
Source: www.almanac.com

"The Goldfinch" by Albert Flamen (1655-60)

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PUBLIC NOTICES

NOTICES

NOTICE
Commonwealth of Kentucky
Letcher District Court
Case# 25-P-252

In re:
the estate of:
WANDA FAYE
BEGLEY
deceased

NOTICE
Pursuant to KRS 424.340 notice is hereby given that Crystal McFall was on 10 day of December, 2025 appointed Executrix of the deceased, late of Letcher County, and all persons having claims against said estate shall present same, verified, according to law, to Executrix at her present address, 7297 HWY 931 N, Whitesburg, KY 41858 not later than the 10 day of June, 2026.
Mike Watts, Clerk
By: Melissa Claar
Deputy Clerk
(3-11-1p)

NOTICES

NOTICE
Commonwealth of Kentucky
Letcher District Court
Case# 26-P-48

In re:
the estate of:
EDWARD RAYMOND
PODRASKY
deceased

NOTICE
Pursuant to KRS 424.340 notice is hereby given that Linda Kuszynski was on the 4 day of March, 2026 appointed Administratrix of the deceased, late of Letcher County, and all persons having claims against said estate shall present same, verified, according to law, to said Administratrix at her present address, 118 Iroquois Gardens Ct., Louisville, KY 40213 not later than the 4 day of September, 2026.
Mike Watts, Clerk
By: Melissa Claar
Deputy Clerk
(3-11-1p)

NOTICES

NOTICE

Deane Mini Mart Inc dba Deane Stop & Go hereby declares its intention to apply for NQ Retail Malt Beverage Package license no later than March 28, 2026. The licensed premises will be located at 8989 Highway 317 Deane, Ky, 41812. The owner and president is Julie Tyree,

NOTICE OF INTENTION TO MINE
Pursuant to Application Number 867-7040
Renewal 1

In accordance with KRS 350.055, notice is hereby given that Coking Coal, LLC, 633 Callahan Ave. Appalachia, VA 24216, has applied for renewal for a "Haul Road Only" permit located in Letcher County. The operation disturbs 56.50 surface acres.

The operation is located 2.10 miles southeast from US 119's junction with KY 806 and 1.92 miles southwest of Eolia and located on Franks Creek of Letcher County. The operation is located on the Whitesburg and Appalachia U.S.G.S. 7 ½ minute quadrangle maps. The Latitude is 37-01-38 and Longitude is 82-48-17. The surface area is owned by ACIN, LLC.

The application has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Hazard Regional Office, 556 Village Lane, Hazard KY 41702. Written comments or objections must be filed with the Director, Division of Permits, 300 Sower Boulevard, Frankfort, Kentucky 40601.

NOTICE OF INTENTION TO MINE
Pursuant to Application Number 867-7042,
Renewal

In accordance with KRS 350.055, notice is hereby given that 4th Gen Fuels, LLC, PO Box 298, Grays Knob, Kentucky 40829, has applied for renewal of a permit for a haul road only mining and reclamation operation affecting 50.93 acres located 1.6 miles southwest of the community of Oven Fork in Letcher County.

The proposed operation area is approximately 5.0 mile southwest of the junction US 119 and Kentucky 806 in Roberts Branch and located 0.4 miles south of the Poor Fork of the Cumberland River. The Latitude is 37o 1' 45.8"N. The Longitude is 82o 51' 42.6"W.

The operation is located on the Whitesburg U.S.G.S. 7 1/2 minute quadrangle map. The operation will be for a haul road and mine management area to facilitate an adjacent permitted surface mining operation. The surface area is owned by ACIN, LLC.

The application has been filed for public inspection at the Department for Mining Reclamation and Enforcement's Hazard Regional Office, 556 Village Lane, PO Box 851, Hazard, Kentucky 41702. Written comments, objections, or requests for a permit conference must be filed with the Director, Division of Permits, 300 Sower Blvd. Frankfort, Kentucky 40601.

INVITATION TO BID

The Letcher County Board of Education will accept for supplies as listed below for the school year 2026-2027 until 2:00 p.m. on Wednesday, March 25th.

1. Photography companies

Bid forms and specifications may be picked up at the Letcher County Schools District Office at 224 Parks Street, Whitesburg, Kentucky 41858 between the hours of 8:00 am. And 4:30 p.m.

The bidder shall present in person or by mail (no faxes) a sealed bid marked Letcher County Board of Education Bid (also listing the specific item above that you are bidding on). The award of bid shall serve as an official price base from July 01, 2026 to June 30, 2027. Official bids must be returned by 2 p.m. on Wednesday, May 25th completed in ink or typewritten (no pencil), to the Letcher County Board of Education Building, 224 Parks Street, Whitesburg, Kentucky 41858.

All bids must include an OFFICIAL BID FORM and BIDDER CERTIFICATION with signature.

The Letcher County Board of Education reserves the right to reject any or all bids when in the best interest of the Letcher County Board of Education.
Sincerely,

Josh Yonts, Finance Office
Letcher County Public Schools

RATES
20 words or less
\$8.00 a week
10 cents for every word over 20
Deadline
12 noon on Friday
Call (606) 633-2252

We Accept:
AMERICAN EXPRESS
MasterCard
VISA

Classified Advertising

FOR RENT

FOR RENT — 1-, 2-, AND 3-bedroom apartments beside Croucher Service Center. For more information call 606-633-9930, 8 a.m. to 4 p.m., Monday thru Friday. References required. (3-23-ufnb)

2-BEDROOM APT FOR RENT — At Isom. \$650/month, first/last and deposit due up front. No smoking, no pets. Must be drug-free. Reference required. 606-633-4110. (7-3-ufnb)

HEALTH

DENTAL INSURANCE — Call Physicians Mutual Insurance Co. for details. Not just a discount plan, real coverage for 350 procedures. 877-231-9398, or http://www.dental5oplus.com/mtn. Ad# 6118. (4-5-ufn)

CHRONIC PAIN? — Call us to see if your private insurer covers a TENS Unit. Why not relieve your pain at home? Comfort. Convenience. Complete Medical Solutions. Call 1-866-456-1118. (4-5-ufn)

MISCELLANEOUS

SOCIAL SECURITY DISABILITY BENEFITS — Unable to work? Denied benefits? We can help! Win or pay nothing! Contact Bill Gordon & Associates at 1-855-849-6780 to start your application today! (4-5-ufn)

MISCELLANEOUS

ACORN STAIRLIFTS — The affordable solution to your stairs! Limited time — \$250 off your Stairlift purchase! Buy direct and save. Please call 1-844-836-7871 for Free DVD and brochure. (4-5-ufn)

THINKING OF BUYING A NEW — Or used car? Call to get current promotional pricing and local dealer incentives for free. No hassle. No obligation. Call 888-510-6402. (4-5-ufn)

HAVE 10K IN DEBT? — National Debt Relief is rated A- Plus with the BBB. You could be debt free in 24-48 months. Call 1-888-203-8999 now for a free debt evaluation. (4-5-ufn)

SWITCH TO DIRECTV — Lock in 2-year price guarantee (\$50/month) with AT&T Wireless. Over 145 channels, plus popular movie networks for three months, no cost! Call 1-844-801-9924. (4-5-ufn)

SERVICES

TREE TRIMMING — OR REMOVAL. 35 years' experience. Free estimates. Fully insured. Also, pressure washing available. 606-785-5128, or 606-497-6918, or 606-276-9377. (8-21-ufnb)

MONROE'S ELECTRIC — CERTIFIED ELECTRICIAN. Any electrical or household need. 606-634-2048. (2-10-ufnbn)

ROSE TOWING & RECOVERY LLC — Tows start at \$65. Winch-out, Jump-start, and Lock-out services available. 7 days a week from 6 a.m. — 11 p.m. 606-821-9221. (3-4-2pc)

Read And Respond To Eagle Classifieds!