SPORTS

Baseball Jackets due back on diamond

First pitch for the Nicholas County High School baseball team in the 2009 season is next week. Nicholas County is scheduled to open the season on Monday (March 23) at home versus Berea. The Jackets are eager to open the 2009 season.

"I feel like we should have a solid year," said Nicholas County Coach Travis Sims. "We have had some unfortunate injuries to a couple of guys that will hurt us this season. Jordan Mynear had surgery on his knee and he is recovering from that old football injury. We hope to get Jordan back by the middle of April. He is the heart of our pitching rotation so we are looking forward to getting him back and healthy. Ben Layne was the only returning starter in the outfield and we will miss his experience as well. Ben had a car accident last week and will not be able to play any this season."

Nicholas County will also have to make up some ground following the departure of a senior class that was strong despite being small in numbers.

"We also lost three seniors from last year's team," Sims added. "We will be looking for leadership from our returning starters this year. Andy McCarty, Kalep Brierly, Jordan Mynear and Kyle Campbell will look to give leadership as we have a mix of experience with some younger players. We also have a senior transfer from Deming, Darius Workman. He should also give us a big lift this season."

Fresh off of an appearance in last season's 10th Region Tournament semifinals, Nicholas County has set more than one team goal.

"Team goals include getting back to the regional tournament and contending for the 10th Region championship," Sims confided. "We have been to the region the last two years and we were eliminated in the semifinals last year so we want to continue to build on that success. Another goal this year is to have a winning season and try to win 20 games. Our last team goal is to improve on our team batting average. I feel like we have struggled with hitting and scoring runs the last couple of years so we need to improve on our team hitting. If we can stay away from the injury bug the rest of the season and keep people healthy I feel we can have a great year."

This season, Nicholas County has three straight home games scheduled (versus Berea, Mason County, Lewis County, respectively) before hitting the road for its first road game. The Jackets are scheduled to travel to Williamstown on Saturday, March 28 for their first road game of the 2009 campaign.

NCHS track and field team set to open season

The Nicholas County High School track and field team is scheduled to open the 2009 season next week in Richmond. NCHS is slated to venture to Eastern Kentucky University on March 27 for the Patriot Relays. Nicholas County is home to an accomplished track and field program.

"We look forward to having a very successful track season," said Nicholas County Coach Greg Letcher. "On the boys' side, we return many of our outstanding performers from last year and on the girls' side we return many good performers led by returning state runner-up in the Discus last year, Megan Hunter. We're very excited about the season."

The 2009 schedule has Nicholas County competing in meets in several area counties, including Harrison, Rowan and Fleming counties. During the upcoming season, in addition to the meet in Richmond, Nicholas County will also venture to Danville.

Nicholas County will again compete in the EKC (Eastern Kentucky Conference). This year's EKC meet is skated for May 2 at Rowan County.

Each of the four high school classes – freshman, sophomore, junior and senior – is well represented on the Nicholas County track and field roster. At press time, the tentative NCHS track and field roster featured the following student-athletes: Seniors – Cade Gilliland; Davie Miles;

Stephen Tolson; Brandon Tedder; Coty Smith; Kayla Livingood; Tobias Hemmert; Antonia Peitsch; Soda Pongthong. Juniors – Cameron Dale; Jimmy Coffey; Cody Barnett; Tyler Hamilton; Lauren Harrison; Megan Hunter.

Sophomores – Matthew Kelley; Kimberly Letcher; Mandi McLean; Haley McConnell; Emily Howard; Ryan Van Winkle. Freshmen – Jake Blakeman; Caleb Pope; Devin Johnson; Lucas Gallagher; Jesse Smith; Robyn Cohorn; Laken Howard; Megan Campbell.

Nicholas County High School /Middle School

2009 Schedule

March 27 Patriot Relays at EKU
April 7 Harrison Middle School
April 11 Rowan County Invitational
April 14 Fleming County
April 17 All "A" Classic at Danville
April 21 Fleming County
April 23 Harrison County Invitational
April 28 Scott County
April 30 Scott County Middle School
May 2 EKC at Rowan County
May 5 Scott County
May 8 Fleming County Twilight
May 9 KTCCA State
May 16 Regional at Danville

Schedule is subject to change. More meets could be added as dates become available.

Lady Jackets look to 2009-10 season

Members of the Nicholas County High School girls' basketball program are eager to get back in the gym and go to work in preparation for the 2009-10 season. The Lady Jackets finished one shot short of reaching this year's 10th Region Tournament. Nicholas County fell to Deming in the opening round of the 2009 38th District Tournament. After trailing all game, Deming edged Nicholas County 45-45. The Lady Jackets ended the season 8-15.

"The season went really well," commented Nicholas County Coach Jennifer Cornett. "Our record doesn't show it but the growth as a team and family shows. Our girls put forth more effort this season as a whole than they did at any point last season. We have many young girls coming up that need to be ready to step in a play large roles right off the bat. Reesa Martin will be a key wing kid for us. She has good size as an eighth grader and with her size she can play anywhere on the floor and shoot from anywhere as well. Shelby Wade and Elizabeth Johnson are two big post kids. Both players helped us out last year coming in off the bench. Our assistant coach – Matt Cornett – will be working with both of these girls this summer to get them stronger and ready to help out in the post. Megan Bretz will come in and play back up point guard for us next season as a seventh grader. The experience she got this year as a sixth grader will help her out tremendously next season." Robyn Cohorn will be the only freshman returning for the Lady Jackets. "She will be a big help in the post as well," Cornett added.

Then there's the veteran cast of returning players for the Nicholas County girls' basketball program. Petrea Mitchell, an All-10th Region honoree, is poised to lead the Lady Jackets into the 2009-10 season. Mitchell led the Lady Jackets this past season.

"Petrea Mitchell was our leading scorer and rebounder this past season," Cornett confided. "We look for her to have an even better year next year if she stays in the gym and works all summer long." Mitchell leads a talented group of Nicholas County girls' basketball returnees. Cornett commented on the other Lady Jackets who will make their way back to the hardwood for another prep season; "Shelby Sosby led the 10th Region majority in steals the majority of the season. She will come back as our point guard next year and our leader on the floor.

"Megan Hunter is our emotional leader. Megan stepped up this season and gave us great minutes. She is a strong player – mentally and physically.

"Ashley Jordan – we look for Ashley to step in and have to play the 2-3-4-5 spots on the floor. She is so versatile that she will be hard to guard.

"Mandi McLean will also play back-up point guard and will play the wing spot. She is a very athletic girl that will help us out on the defensive end of the floor."

Fans can rest assured that the Lady Jackets will remain busy over the summer.

"This summer we look to get in the gym a lot and play," Cornett confirmed.

"We will be at the Paris team camp in July and at Menifee's team camp in June. Our success depends on what we do in the off season."

Lady Jackets continue to improve

Mitchell leads Nicholas in scoring, rebounding

The 2008-09 version of the Nicholas County High School girls' basketball team continued to make strides and show solid progress under the direction of head coach Jennifer Cornett and her staff. Two Nicholas County players – Petrea Mitchell and Brittanie Sosby – averaged double figures in the scoring column this past season. Mitchell, an All-10th Region honorable mention honoree, averaged a team-high 12.7 points per game for the Lady Jackets. She also led Nicholas County in rebounding, averaging 8.3 boards per game. Mitchell made a habit of registering double-doubles for the Nicholas County girls' basketball team. She was also the team leader in blocks with eight of the team's 23 rejections.

Sosby averaged 11 points and two rebounds per game for the rejuvenated Lady Jackets, ranking second on the team in scoring.

Two Nicholas County players averaged eight points per game. Shelby Sosby was the third-leading scorer for Nicholas County, averaging 8.9 points per outing. Sosby also averaged 4.3 rebounds. She led Nicholas County in both assists (45) and steals (77). Jessica Gilkerson averaged 8.5 points and two rebounds per contest for the Lady Jackets.

Cornett and her staff were able to mix a solid blend of veteran and young talent during the 2008-09 season. Several different Nicholas County players contributed offensively. Megan Hunter, Reesa Martin, Ashley Jordan and Mandi McLean were among the other steady contributors for Nicholas County.

As a team, Nicholas County averaged 52.5 points per game. The Lady Jackets pulled down a total of 619 rebounds in 23 games. Over two-thirds – 418 –of the caroms were hauled in on the offensive end. Nicholas County averaged 26.9 rebounds per game while shooting 35.6 percent (355-of-996) from the field and 22.5 percent (54-of-240) from three-point range.

The 2009-10 edition of the Lady Jackets basketball team will return to the gym later in the year for offseason workouts.

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WATCHMEN R 1:40, 6:00, 9:15	TAKEN PG-13 7:35, 10:00
MADEA GOES TO JAIL PG-13 1:30, 4:25, 7:30, 9:50	RACE TO WITCH MOUNTAIN PG 1:20, 4:00, 7:05, 9:25
KNOWING PG-13 1:00, 4:20, 7:10, 9:50	I LOVE YOU MAN R 1:05, 4:35, 7:25, 9:55
DUPLICITY PG-13 1:25, 4:15, 7:00, 9:40	THE LAST HOUSE ON THE LEFT PG-13 1:15, 4:30, 7:15, 9:45
PAUL BLART: MALL COP PG 1:35, 4:05	

STERLING LANES
Cosmic Bowling - Fridays and Saturdays - Midnight - 1:30 a.m.
Book Your Birthday - Party or Group - Cost $50 starting Jan. 2
Call for Reservations: 859-498-7755

NicholasCountySchoolsMenu

Menu subject to change
Fresh Fruit and Canned Fruit Available Daily

Monday, March 23
Breakfast: Bacon, Sausage, Toast, Cereal
Lunch: Tacos, Lettuce, Tomatoes, Cheese, Sour Cream, Salsa, Refried Beans, Corn, Fruit / Milk

Tuesday, March 24
Breakfast: Biscuit & Gravy
Lunch: Chef's Choice

Wednesday, March 25
Breakfast: Bacon Egg Cheese on Bun
Lunch: Pizza, Corn, Tossed Salad, Fruit / Milk

Thursday, March 26
Breakfast: Sausage Biscuit
Lunch: Chicken Nuggets, Cheesy Hash Browns, Green Beans, Bread, Fruit / Milk

Friday, March 27
Breakfast: Breakfast Pizza
Lunch: Johnny Ribs, Macaroni & Cheese, Peas, Bread Fruit, Milk

Medical school is grueling.
Your ER experience shouldn't be.

The circumstances that caused your ER visit are stressful enough. So we've made changes to ensure we don't add more stress to your day.
We've doubled in size, and our ER wait times are much less than half the national average. We're talking a total of 119 minutes from the time you enter our doors through the treatment process and then to discharge. And 80% of our ER patients are seen by a physician within 15 minutes of arrival.
We've replaced paper patient charts with powerful mobile workstations used to keep
docs about both your plan of care and your progress. That information forwards in real time to our nursing station, so we can order procedures and medications immediately, speeding up care. And this means giving worried families up-to-the-minute progress reports. Unlike some of our peers, it's mandatory that EMT employees be certified to Advanced Cardiac Life Support, Pediatric Advanced Life Support and Trauma Nurse Core Course.
Before everything you know about emergency care at Harrison Memorial Hospital, HMH is working hard to provide a different experience during a current period of transition.
HMH

SPRING SPORTS

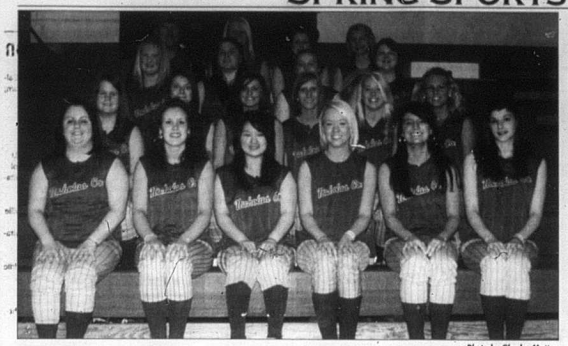

Photo by Charles Mattox

Lady Jackets Softball Team

Front Row: Brittany Ritchie, Toni Pietsch, Reina Yamamoto, Christian Dunn, Morgan Kelley, Fabiula Hanauer, Second Row: Shania Mitchell, Shannon Bretz, Jessica Gilkerson, Shelby Brown, Brittanie Sosby, Shelby Sosby Third Row: Reesa Martin, Kayla Hammond, Kenzie Hopkins, Emily Curran Back Row: Head Coach Barry Bretz, Petrea Mitchell, Makalya Mynear, and Hannah Coldiron.

Photo by Charles Mattox

Blue Jackets Baseball Team

Front Row: Jordan Naiper, John Dalton Wagoner, Kevin Agee, Cody Watkins, Dylan Fryman, Casey Fryman, Andy McCarty, Jordan Stewart, Shane Mattox, Jake Bowels, Ray Shrout, John Lee Allison Back Row: Coach Riley, Head Coach Travis Sims, Connor Hatton, Wes Hopkins, Cody Fryman, Jordan Mynear, Darius Workman, Daniel Broderick, Philippe Murphy, Kalep Brierly, Kyle Campbell, Jim Conyers and Coach Earlywine.

Baseball

Mar 23, 09 Berea home 5:30 PM
Mar 26, 09 Mason County home 5:00 PM
Mar 27, 09 Lewis County home 5:30 PM
Mar 28, 09 Williamstown away 11:00 AM
Mar 31, 09 Bath County away 5:00 PM
Apr 1, 09 Mason County away 5:00 PM
Apr 2, 09 Bourbon County away 5:00 PM
Apr 4, 09 Model away 4:00 PM
Apr 4, 09 Breathitt County 1:30 PM
Apr 9, 09 Pendleton County away 5:00 PM
Apr 13, 09 Harrison County home 5:00 PM
Apr 14, 09 Paris 5:00 PM 10th Region All "A" Classic
Apr 20, 09 Harrison County away 5:00 PM
Apr 21, 09 Fleming County away 5:00 PM
Apr 24, 09 Paris at Various Sites 5:00 PM
Apr 27, 09 George Rogers Clark away 5:30 PM
Apr 28, 09 Deming home 5:00 PM
Apr 30, 09 Pendleton County home 5:00 PM
May 4, 09 Bath County home 5:00 PM
May 6, 09 Fleming County home 5:00 PM
May 7, 09 Bourbon County home 5:00 PM
May 8, 09 Paris home 5:00 PM
May 9, 09 Bracken County home 12:00 PM
May 11, 09 Powell County away 5:00 PM
May 12, 09 St. Patrick home 5:00 PM
May 13, 09 Sayre away 5:30 PM
May 15, 09 Bracken County away 5:00 PM

Softball

Mar 26, 09 Silver Grove home 5:00 PM
Mar 27, 09 Deming home 5:00 PM
Mar 31, 09 Pendleton County home 5:30 PM
Apr 1, 09 Bourbon County home 5:00 PM
Apr 2, 09 Paris home 5:00 PM
Apr 3, 09 Fleming County home 5:00 PM
Apr 13, 09 St. Patrick home 5:00 PM
Apr 14, 09 Sayre away 6:00 PM
Apr 16, 09 Harrison County home 5:30 PM
Apr 20, 09 Fleming County away 5:00 PM
Apr 22, 09 Pendleton County away 5:30 PM
Apr 23, 09 Berea away 6:00 PM
Apr 25, 09 TBA 6:00 PM Bluegrass Conference Tournament
Apr 27, 09 Nicholas County All "A" Classic
May 4, 09 Bracken County away 5:30 PM
May 6, 09 Mason County home 5:30 PM
May 7, 09 Harrison County away 5:00 PM
May 9, 09 Bourbon County away
May 12, 09 Lexington Christian home 5:30 PM
May 13, 09 Paris away 5:00 PM
May 14, 09 Montgomery County away 7:30 PM

Wes Hopkins # 22
Best of Luck For a Successful Season!
Love, Dad & Charlotte
Kenzie Hopkins # 33
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Good Luck on Your Season!
Shania Mitchell # 1
We Love You! Mom & Dad
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Good Luck on the Season!
Petrea Mitchell # 44
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Little Rascals Day Care
289-6366
Good Luck This Season Nicholas County High School
MARK HUGHES & SON
289-7226
Sponsoring Spring Sports of Nicholas County High School
Nicholas Co. PVA
Michelle McDonald & Staff
289-3735
Wishing you luck this season Nicholas County High School
Good Luck Mandi as you start a new Track Season and your new Tennis Adventure. We will always be there cheering for you what ever you do!
We Love You!
Dad, Mom & Daniel
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Sponsoring Spring Season of Nicholas County High School Sports
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Max Scalf, Play Hard! Have A great Season!
Love, Mom, Dad, Sam, and Sarah
Megan Bretz # 24
Good Luck Megan as the softball season starts. Remember play hard & play with your heart!
We love you!
Uncle Dean, Ta-Le, Mandi & Daniel