

Gavin Ewald, a linebacker on the Harlan County Black Bear Football Team, recently had the opportunity to work out with University of Kentucky starting linebacker Kash Daniel. Daniel was the 2015 Kentucky Mr. Football and an eastern Kentucky native from Paintsville. He said he enjoys helping young people whenever he has time off from his busy UK schedule. He recently allowed Ewald to join in on his off season workout where they began the meeting by talking about something they both thoroughly enjoy, fishing. They then went into a strenuous workout. Daniel showed him proper form and shared tips on work ethic and how to advance in life as well as the sport. An appreciative Ewald said he "had the time of his life" and "really appreciates Kash taking time to work me."

Ewald may someday realize his dream of standing in the tunnel at Kroger field/Commonwealth stadium wearing the blue and white. He said he will always remember the day that one of his heroes took time out to help inspire him to realize his dream.

Mike Collins, Ewald's uncle, said, "It's really a great thing when these players, who are so respected by young people around the state, take the time to be a positive example in their lives and help inspire them to push themselves to be bigger than they thought they could ever be. Kash is a down to earth genuine acting guy and didn't have to do anything for Gavin but wound up giving him an experience he'll never forget. I really appreciate people like that and look forward to cheering him on when football season rolls back around again."

