floydcountytimes.com



FAITH KEY IN **CANCER FIGHT** - page A7

briefs

Little progress in budget talks

The Associated Press

FRANKFORT -Lawmakers resumed their third day of budget talks Thursday, with flashes of tension between the House and Senate and few of their fiscal differences resolved.

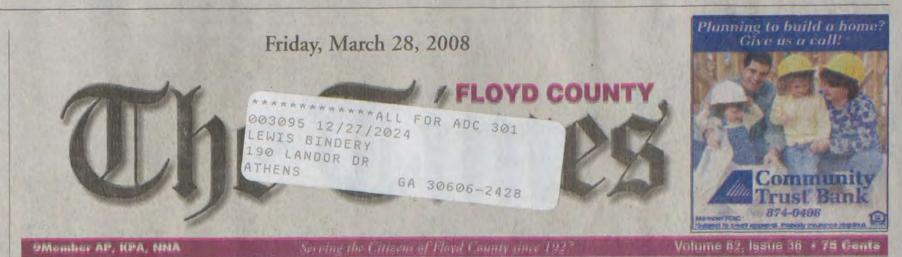
Budgeteers spent Thursday morning and early afternoon scouring their budgetary differences but few things were settled.

"I have hope, I'm an eternal optimist," House Speaker Jody Richards, D-Bowling Green, said. "I think we can get it done."

With the legislative clock ticking, more than 20 legislators huddled around a conference table in the Capitol Annex to continue the tedious process of examining each appropriation in which the two chambers disagree in an effort to find common ground. They've set a goal to finish deliberations by the weekend.

By law, the General Assembly must adjourn by April 15.

Kentucky is facing economic projections of a \$900 million revenue shortfall over the next two fiscal years beginning July 1.



PROTEST ROAD



photos by Jack Latta

Area residents turned out Wednesday to block the Little Mud Creek Road to protest its condition. The group later dispersed peacefully after they were ordered to unblock the road by Kentucky State Police.

Little Mud residents block road in protest

by JACK LATTA STAFF WRITER

Floyd County's dirty little secret was shut down Wednesday when local residents blocked traffic on Little Mud Road for nearly an hour inan effort to finally get county

government officials to act. "It's mud in the winter, and dust in the summer," said Dee Dee Hall, a 12-year resident of Little Mud. "No one has ever fixed it."



Employees of jail won't face layoffs

by JACK LATTA STAFF WRITER

PRESTONSBURG The fiscal court announced Thursday during its regular meeting that there would be no personnel cutbacks this year in the Floyd County Detention Center.

The court passed the jail budget, under the condition that Jailer Roger Webb understood and agreed to the budget they were voting on. Each member of the court asked that Webb agree to the budget with which they had been presented, before the first reading would be voted on.

According to the budget, the jail will receive \$2.3 million in funding, with approximately \$1.5 million of that coming from county coffers.

County Attorney Keith Bartley told Webb that the court had made a significant gesture by not laying off any jail employees, after having to previously lay off over 30 of their own workers.

Webb explained how the drug problem has been a "catastrophe" for the jail,

which continually runs at capacity.

Webb also commended his staff, emphasizing how difficult working in a jail is and noting that jail employees are second in the nation for the contraction of infectious disease and third for work related stress.

Judge-Executive R.D. "Doc" Marshall asked Webb to provide the court with a monthly financial report, and to "make the extra effort to try and make the jail work more efficiently.

The court also addressed the Floyd County Emergency and Rescue Squad during Thursday's meeting, and Captain Tim Cooley took a few moments to talk about the squads upcoming 50th anniversary.

Cooley said that the squad would be hosting an event on April 27 to celebrate the 50th anniversary, and hoped to see everyone there.

"I'd love it if everyone in the county came," Cooley said. "We may be stretched all over town, but

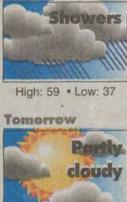
(See COUNTY, page five)

House approves

(See BUDGET, page five)

2 DAY FORECAST

Today



High: 57 • Low: 40

For up-to-the-minute forecasts, see floydcountytimes.com

inside

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According to the protesters, Little Mud Creek Road is a county road on which nearly 30 families live and also leads to a coal mine facility and an AEP power plant that is under construction. Residents say the dirt road is typically mired in a cloud of dust during the summer due to the heavy commercial traffic, making cleaning their homes and vehicles a daily ritual, and outdoor activity nearly impossible.

"When it rains, we drive through water," said Bobby Lawson, who has lived on Little Mud Road for 15 years. Lawson says that due to the

poor conditions of the ditch

Participants said the protest was an attempt to get the county government to finally do something about the conditions of the road, which they said has been ignored for years.

lines on the road, rain turns the road into muddy soup.

The coal truck drivers who were delayed by the act of civil disobedience all seemed to sympathize with the residents, and expressed some of their own concerns.

"It's dangerous for the coal

truck drivers," said Ronnie Thacker, a driver for Genesis Coal, who also noted that the coal companies were the only entities to try and maintain the road in the past.

"The coal company bought

(See PROTEST, page five)

adventure tourism bill

The Associated Press

FRANKFORT Legislation aimed at boosting tourism has moved forward in the legislative process.

House lawmakers approved the measure 99-0 on Wednesday.

Sen. Brandon Smith of Hazard is sponsoring the legislation that would encourage private property owners to open their land to public use. That would create more opportunities for hiking and horseback riding.

Smith says the plan could also create more opportunities for hunting and for riding all-terrain vehicles.

The measure now goes back to the Senate for consideration.

The legislation is Senate Bill 196.

Local schools do well at regional academic meet

Times Staff Report

HINDMAN - Local elementary students performed well during regional academic competition last weekend.

Fifteen schools from Floyd and Knott counties took part in the Region 33 Governor's Cup competition Saturday at Jones Fork Elementary.

Floyd County schools took the top three spots in the overall competition. Duff Elementary finished in the top spot, with May Valley Elementary earning second and Mountain Christian Academy placing third. The remaining teams placed as follows

in overall competition: Beaver Creek Elementary, fourth Prestonsburg Elementary, fifth Emmalena Elementary, sixth Allen Elementary, seventh Stumbo Elementary, eighth (tie) Betsy Layne Elementary, eighth (tie) McDowell Elementary, 10th Carr Creek Elementary, 11th (tie) Hindman Elementary, 11th (tie) Osborne Elementary, 13th Cordia Elementary, 14th (tie) Jones Fork Elementary, 14th (tie)

MCA won the quick recall team event, followed by Prestonsburg, May Valley and Hindman. In the only other team event, Duff won the future problem-solving com-

(See ACADEMICS, page five)



photo by Jack Latta

United States Sen. Mitch McConnell was in Prestonsburg Thursday on a trip through Eastern Kentucky, and stopped at Highlands Regional Medical Center to tour the facility and its new emergency room expansion.



A2 . FRIDAY, MARCH 28, 2008

Obituaries

James (Jamie) Amos Blackburn

James (Jamie) Amos Blackburn, 32, of Prestonsburg, died Tuesday, March 25, 2008, at King's Daughters Medical Center, in Ashland.

Born February 21, 1976, in Pikeville, he was the son of Danny and Edna Woods Blackburn of Prestonsburg. He was a registered nurse.

In addition to his parents, he is survived by his brother and sisterin-law: Danny Paul and Leslie Blackburn of Prestonsburg; his fiancee, Tiffany McCoy and daughter, Chesa Paige McCoy of Prestonsburg; his grandmother, Maxie Woods.

In addition to his parents, he was preceded in death by his grandparents: Amos and Sarah DcRossett; and Jessie Woods.

Funeral services will be held Friday, March 28, at 1 p.m., at the Cow Creek Freewill Baptist Church, in Prestonsburg, with Nathan Lafferty officiating.

Burial will be in the Burchett Cemetery, (Cow Creek), Prestonsburg, under the direction of Nelson-Frazier Funeral Home, in Martin.

Visitation is at the church.

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(Paid obituary)

Claudia Ousley

Finegan

Claudia Ousley Finegan, 68, of Columbus, Ohio, died Saturday, March 22, 2008, at Scioto Community Nursing Home, in Columbus.

Born January 8, 1940, in Floyd County, she was the daughter of the late Clyde and Sarah DeRossett Ousley. She was a homemaker.

Survivors include four sons: Andrew Finegan of Black Lick. Ohio; Shannon Walters, Shawn and Shane Walters, all of Columbus, Ohio; two daughters: Tammy Hanawalt-Finegan of Columbus, Ohio; and Peggy Jo Ousley of Pikeville; two brothers: Roy Ousley and Johnny Ousley, both of Prestonsburg; six sisters: Bonnie Ratliff of Banner; Peggy Johnson of Eastern; Audrey Woods and Julie Carr, both of Columbus, Ohio; JoAn Marsillett of Prestonsburg; and Dorothy Brown of Grasslake, Michihan; seven grandchildren and three great-grandchildren.



Pentecostal Church of God. She was preceded in death by her husband, Irie Hamilton.

Survivors include three sons and daughters-in-law: Terry Hamilton of Prestonsburg; Samuel and Nancy Hamilton of Hager Hill; and Eric Dean and Vanessa Hamilton of Teaberry; four daughters and sons-in-law: Verlia Jean and Frank Childers; and Loraine Martin, all of Litchfield, Michigan; Linda and Joe Arms of Hager Hill; and Marcella and Buster Hayton of East Point; a brother and a sister: Millard Johnson , and Dillie Johnson Hamilton, both of Teaberry; 15 grandchildren, 29 great-grandchildren, and four great-great-grandchildren.

In addition to her husband and parents, she was preceded in death by a son, Foster Hamilton; a sonin-law, Clinton Martin; four brothers and seven sisters: Ermal Johnson, Kendrick Johnson, Willard Johnson, Effward Johnson, Janie Johnson, Opal Hamilton, Vinettie Martin, Dollie Hamilton, Lizzie Hamilton, Maggie Johnson, and Dazy Johnson.

Funeral services will be held Friday, March 28, at 1 p.m., at Nelson-Frazier Funeral Home, in Martin, with Free Pentecostal Church of God minister, Buster Hayton, officiating.

Burial will be in Davidson Memorial Gardens, in Ivel, under the direction of Nelson-Frazier Funcral Home, in Martin.

Visitation is at the funeral home. (Paid obimary)

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Alpha Jean Johnson

Alpha Jean Johnson, 50, of Wheelwright, died Sunday, March 16, 2008, at the Hazard ARH. Born April 28, 1957, in Martin, she was the daughter of the late Millis Hall and Octava Bryant Johnson. She was a homemaker and a member of the Tackett Fork Freewill Baptist Church.



photo by Kathy J. Prate

Easter lovers of all ages enjoy a good egg hunt and things got pretty frisky on the campus of Big Sandy Community and Technical College Saturday morning as young and old alike searched for the golden egg in a hunt sponsored by the college's Student Government Association.

Floyd residents receive white coats in ceremony at UK



LEXINGTON — Two Floyd County residents participated in the Physician Assistant White Coat Ceremony held recently in UK's Singletary Center.

Alicia Shell, daughter of Jack and Joycie Shell of Betsy Layne, and Daniel Knausz, son of John and Deloris Knausz, of Harold, received their white coats.

During the ceremony, 55 students received white coats representing their transition from studying books to studying people as they prepare for clinical rotations in communitics across the state, country and globe.

Doris Rapp, program director of Physician Assistant Studies, said, "the transition from the classroom to the clinical setting is a happy moment for all of them and this ceremony reminds them of their commitment toward gaining the experience and compassion necessary to become outstanding Physician Assistants."

Once a student graduates from the program they acquire a Master of Science in Physician Assistant Studies. Physician Assistants practice medicine under the supervision of licensed physicians. They are responsible for a variety of medical tasks, including, obtaining a health history, performing examinations, creating basic treatment plans, assisting in surgery, responding to emergency care situations, and working in many more areas of specialty.



In addition to her parents, she was preceded in death by four sisters: Goldie Johnson, Eunice Johnson, Maggie Hicks, and Jean Cook.

Funeral services were held Thursday, March 27, at 2 p.m., at Nelson-Frazier Funeral Home, in Martin, with Jerry Manns officiating.

Burial was in the Charlie Ousley Cemetery, in Prestonsburg, under the direction of Nelson-Frazier Funeral Home.

Visitation was at the funeral home. (Paid obituary)

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Hamey Johnson Hamilton

Harney Johnson Hamilton, age 78, of East Point, died Monday, March 24, 2008, at Highlands Regional Medical Center.

Born May 8, 1929, in Teaberry, she was the daughter of the late Milford and Minnie Kiser Johnson. She was a homemaker and a member of the Free She is survived by her husband, Russell Johnson.

Other survivors include her daughter and son-in-law: Gina and Randal Holbrook of Wheelwright; a brother and a sister, David Hall and Arinda Miller, both of Wheelwright; two grandchildren: Randi Holbrook and Clara Holbrook; and several nieces, nephews; great-nieces and great-nephews.

Funeral services were held Wednesday, March 19, at 1 p.m., at the Wheelwright Freewill Baptist Church, in Bypro, with Richard Johnson and Louis Ferrari officiating.

Burial was in the Hall and Little Cemetery, in Wheelwright, under the direction of Nelson-Frazier Funeral Home.

Visitation was at the church. (Paid obituary)

Daniel Knausz, right



Alicia Shell, right



Big Truck Wrecks Auto Accidents Workers' Comp Social Security Defective Products Insurance Losses This is an advertisement

Citations issued in mining death

The Associated Press

WHITESBURG

Kentucky mine safety officials have issued multiple citations in the death of an eastern Kentucky coal truck driver who was killed at Blue Ridge surface mine in Letcher County.

Authorities say Roy D. Sturgill, 29, died Jan. 8 after his truck backed over a dumping point and continued to go down the slope. Sturgill was employed by Bates Contracting in Whitesburg.

An investigation by the Office of Mine Safety and Licensing released Wednesday says the crash could have been prevented if the operator, Cumberland River Coal, had followed state law.

Investigators said the safety barrier near the edge of the dump site was constructed with damp soil and ranged in height

(k)

from 17 to 46 inches. The barrier was supposed to be sturdy and tall enough to allow a rock truck's wheels to back against it, but not roll over it.

St. Louis-based Arch Coal Inc., parent company of Cumberland River Coal, declined comment to the Lexington Herald-Leader.

Sturgill's widow, Susie, said she and her two children, 9year-old Kylar, and 7-year-old Brooke, have been devastated by the death. They have been staying with family in Whitesburg since Sturgill's death.

"It's been hard, especially with the kids," she said. "We talk about him everyday and we go to the cemetery everyday. I think that has helped."

Susie Sturgill is worried about how her children will cope with losing their father, who took a job in the mines in hopes of getting health insurance for his family.

"He did it for us," she said. "That's why he wanted the job so bad."

Roy Sturgill was the first coal miner in the nation to be killed this year. Since his death, five other miners have lost their lives in accidents in Alabama, Pennsylvania, West Virginia and Texas, according to MSHA records. **COSPENSION TO AVENUE FREE WILL BAPTIST CHURCH**

The Jackson Family

(HURLEY, VA)

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For more info; PASTOR PHILLIP RAMEY • (606) 886-6566

Church is located in Prestonsburg, between the Old Post Office and Floyd County Times



For the Record

license,

Delma Davis, 44, to John Stanley, 52, both of Pikeville. Sabrina Harris, 27, to Matthew Martin, 26, both of Wayland.

Rochine Sabo, 58, 10 George Blake, 38, both of Wise, VA.

Erica Epley, 22, to Samuel Wells, 30, both of East Point.

Civil Suits Filed

Crown Asset Management vs. Jennifer Slone Midland Funding vs.

Carolyn Prater

Capital One Bank vs. Stuart Isaac

Citifinancial Auto vs. Bobby Meade, et al

LVNV Funding vs. Timmy D. Kidd

Midland Funding vs. Alma Keathley

Portfolio Recovery vs. Ozella Helton

Discover Bank vs. Craig Tucker

Billy Dryden vs. Veronica Dirico

Blevins, Inc. vs. Premier Home Center, Inc., et al

Klifford Martin VS. Anthony B. Iricks

KY Cabinet for Families vs. Tonya Webb

Glorita Webb vs. Isaac G.

Wheeler KY Cabinet for Families

vs. Annie Tackett KY Cabinet for Families

vs. Anna G. Isaacs Citibank South Dakota vs. Chad Jude

Vanderbilt Mortgage vs. Kenneth Tackett

Commonwcalth of KY Dept. for Local Govt. vs. Johnson Co. Gas

Nancy Ann Akers, 29, of Harold, public intoxication. Felicia N. Pecina, 19, of Prestonsburg, public intoxica-

> Jonathan Ray Tackett, 29, of Harold, alcohol intoxication, drinking alcoholic beverage in public place.

Charges Filed

Prestonsburg, assault.

Stanville, assault.

school.

trolled

giving

paraphernalia.

name/address.

munications.

Charity Music, 32, of

Holly Ann Kidd, 41, of

Amanda Marie Cox, 27, of

Eddie Lowe Jr., 21, of

substance, drug

false

Betsy Layne, possession con-

unspecified; use/possess drug

Jacob Lee Tackett, 23, of

officer

Lesha Goble, 42, of

Prestonsburg, harassing com-

Harold, alcohol intoxication,

Martin, failure to send child to

chief.

cle.

ing police.

receipt.

Oscar Lee Short, 27, of

Langley, operating motor

vehicle under influence of

alcohol/drugs, driving on

no/expired registration plates,

possession open alcohol bev-

erage container in motor vehi-

Garrett, assault, flecing/evad-

Dustin Shaun Brown, 25, of

Delmas R. Hall, 45, of

Wayland, operating motor

vehicle under influence of

alcohol/drugs, failure to main-

tain required insurance,

no/expired KY registration

Prestonsburg, theft by failure

to make required disposition

Inspections

High school, Martin, regular

inspection. Violations noted:

Floors in disrepair in restroom.

Several floor tiles missing or

Hi Hat, regular inspection.

Violations noted: Middle hall-

way gym entrance fountains

not operable. Boys' restroom

in gym found with commode

not operable, plus one urinal

School, Hi Hat, regular inspec-

tion. Violations noted: Student

desk found in disrepair - room

Prestonsburg, regular inspec-

B&C Parkway Convenient,

South Floyd Middle

not operable. Score: 92.

202. Score: 98

South Floyd High school,

Floyd County Technical

of property (3 counts).

in disrepair. Score: 96.

Toby Mack Akers, 32, of

DUI-suspended

Christopher Michael Saylor, 36, of Harold, possession marijuana.

Joshua D. Puckett, 35, of Salyersville, alcohol intoxication, possession marijuana.

William L. Martin, 56, of McDowell, terroristic threatcning

Bryce Kidd, 30, of Banner, harassing communications.

Henry Jay Harvey, 30, of Martin, terroristic threatening. Justin L. Blankenship, 25,

of Beaver, public intoxication, possession of controlled substance

Cory Thompson, 22, of Prestonsburg, harassing communications.

William Thomas Chancy. 25, of Jenkins, criminal misunneeded items. Score: 94.

South Floyd High School Cafeteria, Hi Hat, regular inspection. Violations noted: Cloths used for food and nonfood contact surfaces not stored and rinsed frequently in water sanitizing solution. All plumbing not maintained according to law. Score: 98.

Property Transfers

Gary and Linda Bevins to US Bank NA; locations undisclosed. John and Paula Blackburn to Paul Lafferty; Meade

Branch of Abbott Creek. James and Leslie Branham Christine and Travis Newman; location undis-

closed Adrian Carroll to Carolyn Hall; Parson branch on Big Mud Creek.

Pamela and Paul Caudill to Jarrod and Michelle Hall; Frasure's Creek.

Dezaree and Kevin Garrett to Glayton Case; location undisclosed.

Bryan and Stanley Grizzell to Paul and Terri Harris; Deep Hole Branch of Abbott Creek. Donna Hall to Dianna

Triplett; location undisclosed. Gene, and Margaret Hall to Christine and Travis Newman; location undisclosed.

Annetta and Bobby Hamilton to Cocy, Bobby and Nellie Hamilton; Bull Creek. Buster Isaac to Stacy Isaac; Stone Coal Branch.

Saher Iskandarani to Mera Babrudduja; Big Branch of Abbott Creek.

tion. Violations noted: Lots not properly numbered, park Judith Johnstone to Dora lacks sufficient number of and Everett Burdine; location individual garbage containers,

undisclosed. Rebecca Justice to David

Chang; location undisclosed. Master Commissioner William Kendrick to US Bank; location undisclosed.

Kentucky Oil & Refining Company to Carol and Dale Tomlinson; Scott & Fannin Addition to Betsy Layne. Caroline and Jason Martin

to Joy Shepherd; location undisclosed. May Johnson Properties

some lots have collections of LLC to Sherain Lopez; location undisclosed.

Culla, Joyce, Kenneth, Mary, Melvin, Nannie, and Willis Newman to Christine and Travis Newman; location undisclosed.

Jerrie Ramey to Geraldine Ratliff; location undisclosed.

Anita and Michael Robinson to First Baptist Church of Martin Inc.; location undisclosed.

James and Judee Rowe to Randall and Rence Cook; location undisclosed.

Kermit and Lenore Rowe to Larry Boyd; Orchard Fork of Prater Creek.

Kermit and Lenore Roe to Larry Boyd; location undisclosed.

William Runnels to Betty and Gold Slone; Prestonsburg.

Georgia Shepherd to John and Sandra Shepherd; Right Fork of Middle Creek.

William Stanley to Tracie Jamerson; Trimble Branch.

Melissa Taylor to Geraldine and Hugh Reynolds; location undisclosed.

Michael and Paula Taylor to Lisa Burchett; location undisclosed.

Roma Tuttle to Carmela Castle; location undisclosed.

Roma Tuttle to Carmela Castle; Turner Branch.

US Bank to US Bank; location undisclosed.

Amy and Steven Weil to Burchell and Sabrina Stephens; Holbrook Subdivision.

Clifford and Madge Williams to Stacy Salisbury; location undisclosed.

OPEN HOUSE MEETING

Tuesday, April 1st (3:00 p.m.-5:30 p.m.)

to be held for the City of Prestonsburg's Wireless Internet Network (test phase). Any questions, comments, complaints or compliments should be addressed at this Open House Meeting, or be sent directly to: brentgraden@hotmail.com.

Thank you very much for your time and interest!

ATTENTION, ALL FLOYD COUNTY DEMOCRATS

Precinct Conventions

will take place on Saturday, April 5th, 2008, at 10:00 a.m.

On the following Saturday, April 12th, 2008, the County Convention will take place at 10;00 a.m., at the Fiscal Courtroom in the old Floyd County Courthouse.

Paid for by the Floyd County Democratic Executive Committee, Keith Bartley, Chairman

The Floyd County Health Department

Recognizes the Leadership of:





photo by Kathy J. Prate Jean Rosenberg, consultant with the Floyd County Health Department, was pleased to watch as Floyd County Judge-Executive R.D. "Doc" Marshall signed a proclamation Monday after-noon naming April 2 as "Kick Butts Day" in Floyd County. The national day of activism encourages youths and others to speak up and take action against the use of tobacco products.

Dollar General awards \$2,000 youth literacy grant to ACMS

Dollar General announced today that Allen Central Middle School has been awarded a \$2,000 Youth Literacy Grant. Allen Central Middle School is one of 100 organizations to receive this grant from Dollar General in 2008.

"Dollar General is committed to schools and nonprofit organizations that help children reach their full potential through improved literacy skills and education," said Rick Dreiling, Dollar General's CEO. "We support and applaud Allen Central Middle School for their dedication to promoting literacy among young people.'

The Dollar General Youth Literacy Grant provides funding to schools, public libraries and nonprofit organizations to help with the implementation or expansion of literacy programs for students who are below grade level or experiencing difficulty reading.

Since its founding, Dollar General has been committed to supporting literacy and education. To further this support, the company founded the Dollar General Literacy Foundation in 1993.



 Have gas prices got you down? Is your check-engine light on? Is your car getting old? Chances are, it's not getting the gas mileage that it once did!

Let S-Curve Automotive help get your gas mileage back on S-CURVE Automotive track with a com-886-8881 plete diagnostic and a tune-up by the Pros.

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Floyd County Judge/Executive Robert D. Marshall Allen Mayor Sharon Woods **Prestonsburg Mayor Jerry Fannin**

For declaring

April 2nd, 2008, as **"KICK BUTTS DAY**

A National Initiative sponsored by the Campaign for Tobacco-Free Kids

Also,

the Health Department would like to thank the 17 Floyd County Restaurants that will observe a smoke-free day on Wednesday April 2, 2008: Season's INN of Allen Sharon's Pizza of David Pure County Café of Harold Martha's Pizza and More of Ivel

Dairy Queen, Long John Silver's, and Giovanni's of Martin

Billy Ray's Restaurant, Dairy Queen, El Azul Grande, Giovanni's, Jerry's, Long John Silver's, Made From Scratch, Pizza Hut, and

Kentucky Fried Chicken of Prestonsburg

Wayland Fountain of Wayland

We applaud the actions of **County Judge Robert Marshall and** Prestonsburg Mayor Jerry Fannin for making the **Courthouse and City Hall Buildings** SMOKE FREE.

Worth Repeating ...

Humor is everywhere, in that there's irony in just about anything a human does.

- Bill Nye

Amendment 1

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof, abridging the freedom of speech, or of the press; or the right of the people to peaceably assemble, and to petition the government for a redress of grievances.

tempoint

-Guest View-In the gutter

Will Rogers may have been on to something when he said, "I am not a member of any organized political party. I am a Democrat."

Not just disorganized, it's getting ugly. In fact, with Barack Obama and Hillary Clinton still battling it out for the Democratic nomination for president, you could call it the political version of March Madness.

Once this primary season is over and Democrats have chosen their nominee, one wonders if they'll have anything left to throw at Republican John McCain because, at the moment, they're throwing everything at each other.

That includes unflattering biblical references, questions about patriotism and, most recently, references to a certain infamous blue dress.

After New Mexico Gov. Bill Richardson, a former appointee to key positions in the Bill Clinton Cabinet, endorsed Obama last week, Democratic strategist James Carville, a Clintonite, angrily likened Richardson to Judas for what Carville considered an act of betrayal. Asked to respond, Richardson said on "Fox News Sunday" that he wouldn't "get in the gutter like that" except to say that Carville's comments were "typical of many of the people around Sen: Clinton (who)... think they have a sense of entitlement to the presidency."

One person who, as we know, has no trouble getting into the gutter is Bill Clinton, who appears to be back to his old ways of bashing Obama in ugly and divisive ways. Whereas once the line of attack seemed to be that Obama's appeal was limited to African-Americans, now Clinton is raising questions about just how good an American Obama really is.

Last week, the former president was speaking to veterans in North Carolina. One minute, he was playing up a matchup between Hillary Clinton and John McCain, and brushing aside Obama. The next, he was saying how it "would be a great thing if we had an election year where you had two people who loved this country and were devoted to the interest of this country... instead of all this other stuff that always seems to intrude itself on our politics."

Gordon Fischer, a former chair of the Iowa Democratic

- Guest column House week in Two of the bills, which we

House week in review

by STATE REP. HUBERT COLLINS

With only seven days remaining in the 2008 Regular Session, committees in the Kentucky House started to wrap up their work on House bills last week and began considering more Senate bills for passage Some of these bills will be heard on the House floor, although lawmakers are expected to spend most of the time they have left this session working out differences on major House bills amended by the Senate. Senate changes to the public employee pension bill, House Bill 600, and expected Senate changes to the state Executive Branch budget bill passed by the House two weeks ago will require what are called "conference" committees to work out House and Senate differences on those bills. A conference committee was appointed for HB 600 late last week, and one will likely be appointed for the budget bill-HB 406--as soon as that bill is returned to the House with changes from the Senate. The Senate was expected to vote on its budget changes early this week. It typically takes several days for a conference committee to complete its work on such complex legislation, so any agreement on these bills might not be decided until the final day of the session in mid-April. Still, many lawmakers remain optimistic that some agreement can indeed be forged on the budget and pension bill before session's end. Perhaps the state budget process would go more smoothly this session if state agencies were not facing a \$580 million revenue gap next fiscal year and a \$306 million gap in fiscal 2010. We would, in that case, have more money available for critical needs and less need to raise new revenue. But since that is not the case, lawmakers must proceed cautiously to ensure that the difficult revenue decisions we must make are best for the state.

Two of the bills, which would create an income tax exemption for the military, now go to the House floor for a vote. The third, which would expand the state health-insurance subsidy ICARE program for small businesses, was passed by the House on a 96-0 vote last Thursday.

A message from Antarctica

Sponsors of the military bills say the exemption found in both HB 163 and HB 43 would most benefit rankand-file active duty military. eservists and members of the National Guard (or Kentucky National Guard specifically, under HB 43). The exemption could cost the state up to \$18 million a year, although one of the bill's sponsors said the legislation would be "revenue neutral" over time by encouraging more military families to locate and stay in Kentucky, contributing to the economy. Under the ICARE (Insurance Coverage, Affordability, and Relief to Small Employers) program bill, or HB 533, the state would go further to reduce the number of uninsured in Kentucky by making the current ICARE pilot program permanent and expanding eligibility to businesses with two to 50 employees. It would also add an enhanced plan for employees with high-cost health conditions and provide flat monthly subsidies to ICARE employers. The House amended the bill to state that the program expansion, which would cost-about \$6.7 million over the next two years, would hinge on available funding. The direct benefit of these types of bills to eligible individuals is obvious, but such measures also have an indirect benefit. Folks whose lives are positively touched by legislation or other government action are more likely to see the positive effect that government can have on their lives. And when we foster that kind of bond between citizens and their government, we can increase participation in government in the voting booth and beyond. Making the voting process more convenient could also help, which is why the House has passed HB 138, which would allow registered voters to cast their ballot at least 12 days before Election Day without explanation of why they are voting early. The process, called early voting or no-excuse absentee voting, would be

less restrictive than the current system of absentee voting, which allows only those who will be out of town or meet certain medical criteria to vote early. HB 138, which passed the House 61-30, is now before the Senate for its consideration.

Protecting the identity of Kentuckians both online and offline is the purpose of another bill that cleared the House last week. HB 553 would update the state's identity theft laws to criminalize Internet activities like "phishing"--an online attempt to gain personal information by imitating another person or legitimate business contact-and allow those who suspect their identity was used in the commission of a crime to file a complaint with local law enforcement. The legislation would also allow identity theft victims to seek a Circuit Court order that they have been victimized so they would be better prepared to work with financial institutions caught up in the matter, among other provisions. HB 553 passed the House 97-0 last Tuesday and is now before the Senate. No public protection bills we pass in the Kentucky General Assembly are as important as those affecting our children. To ensure their health and safety, the House last week passed HB 474 which would create fines of between \$500 to \$1,000 for those who buy or give tobacco products to those under age 18. It would also prohibit vending machines from being stocked with both tobacco and nontobacco products, except for matches. HB 474 passed 93-0 and is now before the Senate. There will be more to report next week on our progress on the budget, pension bill and other legislation still before us this session. Any comments or concerns that you have with legislation being considered during this 2008 Regular Session can be shared with me or another legislator by calling the toll-free Legislative Message Line at 800-372-7181. You can also stay updated on all legislation under consideration this session by calling the toll-free Bill Status Line at 866-840-2835 or by logging onto the Kentucky Legislature's web site at www.lrc.ky.gov.

Party and part of Obama's Iowa support team, responded by going nuclear. Fischer used his own blog to complain about Clinton's tactics, calling them "a stain on his legacy, much worse, much deeper, than the one on Monica's blue dress." Fischer apologized for the remark.

Stop the madness. Much of this rhetoric is overheated and irresponsible. It adds nothing to the debate, and it only feeds the sideshow dimension to the campaign. It also makes it that much more difficult if not all but impossible for whomever emerges as the nominee - and right now, it would seem that the numbers are on Obama's side - to put the Democratic coalition back together. Worse, this brand of ugliness poisons our political dialogue and hurts the country in the long run by teaching our young that campaigns have become just another brutal and uncivilized contest.

Leadership requires many different attributes - courage, strength, wisdom, vision, among others. But it starts with maturity. And as of late, Democrats haven't exhibited much of that.

- The San Diego Union-Tribune

FLOYD COUNTY

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ADVERTISING MANAGER Kim Frasure advertising@floydcountytimes.com After some debate, members of the House budget committee did agree to give the go-ahead to at least three budget-related bills last week.

Letter Guidelines

Letters to the Editor are welcomed by The Floyd County Times.

In accordance with our editorial page policy, all letters must include the signature, address and telephone number of the author.

The Times reserves the right to reject or edit any letter deemed slanderous, libelous or otherwise objectionable. Letters should be no longer than two type-written pages, and may be edited for length or clarity. Opinions expressed in letters and other voices are those of the authors and do not necessarily reflect the views of the newspaper. Send letters to: The Editor, The Floyd County Times, P.O. Box 391, Prestonsburg, Ky. 41653.



The Duff Elementary academic team took first place overall when the Region 33 Governor's Cup competition in Knott County over the weekend.

Academics

petition, followed by May Creek, fifth Valley.

In individual competition, the following students earned awards:

Mathematics

Subhash Gutti, MCA, first Morgan Sexton, Beaver Creek, second Tanner Shepherd, Duff, third Green. Tate

Prestonsburg, fourth Austin Rowe, Allen, fifth

Social Studies

Tyler Williams, May Valley, first Tanner Shepherd, Duff. second Minix. Grant

Prestonsburg, third (tic) Tate Green, Prestonsburg, third (tie) Daulton Gibson, Beaver

Science

Subhash Guui, MCA, first (tic)

Emily Newsome, Beaver Creek, first (tic)

Tyler Price, May Valley,

Jordan Pack, May Valley. fourth Teresa Crum, Duff, fifth

(tic)

Alex Tackett, Osborne, fifth (tic)

Language Arts

Thomas Case, Duff, first Brianna Belle McKinney, Stumbo, second Connor Lykens, May Valley, third (tie)

Zeke Biallas, Emmalena, third (tic)

Jacob Everage, Carr Creek, fifth

Continued from p1 Composition

Rebekah Tackett, Allen, first

Morgan Sexton, Beaver Creek, second

100 Kaitlyn Walker, Emmalena, third

McDowell, fourth

Teresa Crum, Duff, first Carter Tackett, Betsy Layne, second

Kaitlyn

Erin Castle, May Valley, third (tie)

Jordan Pack, May Valley, fifth (tie)

Thomas Case, Duff, fifth (tie)

Hindman Elementary was the winner of the Hume it." Sportsmanship Award.

County Sheriff"s Department's

DARE program. The court

unanimously agreed that they should give whatever they can

Hat, asked the court for help

to help fund the program. Maxine Newsome, of Hi

Protest

gravel for the road, and the road needs to be rebuilt with truckers brought it up here forfree.

Residents say they have been calling the county for years to do something about the road, and seemed to have been pushed to act by a recent county project list where once again Little Mud Creek Road was noticeably absent.

"I can't drive my car out of here without bottoming out because of all the ruts," said Gail Hall, a nurse and 10-year resident of Little Mud Road.

Hall says that the residents themselves have spent a fortune on calcium chloride in an attempt to keep the dust down during the summer. Calcium chloride is an ionic compound of calcium and chlorine which, when applied to a roadway, provides a liquid layer on the surface to hold dust down.

The residents relented peacefully when Kentucky State Police troopers arrived on the scene to open up the road.

"We blocked traffic in the wide part of the road," said Hall. "In case an emergency vehicle needed to get by. We're not trying to burt anybody, but this has to be fixed."

Dee Dee Hall offered another solution to the problem, "I think we should just take our property tax money down to the gravel yard, and then bring the county a receipt."

The protesters met with Judge-Executive R.D. "Doc" Marshall later that day, and once again pleaded their case to make some improvements on the road.

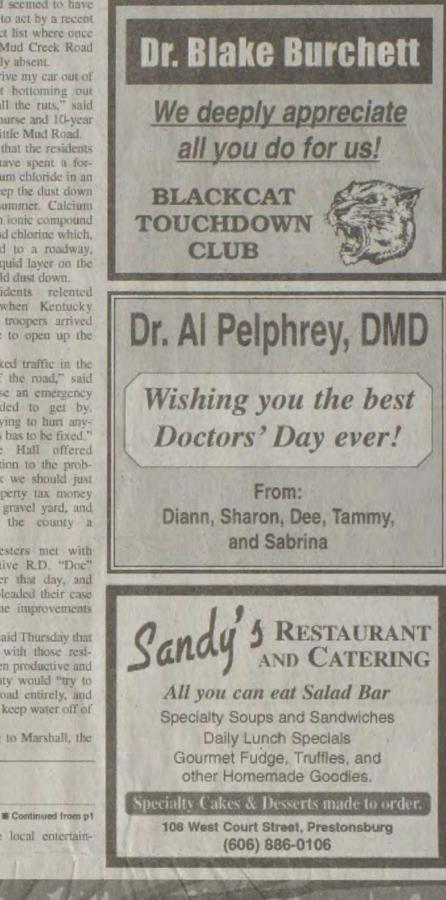
Marshall said Thursday that the meeting with those residents had been productive and that the county would "try to rework the road entirely, and build it up to keep water off of

According to Marshall, the

creek nack and gravel to keep the water off of it. No plans to blacktop the road were mentioned.

Continued from p1

Marshall said that the coal truck drivers need to do their part as well, and slow down to help keep the dust to a mini-INTUNO.



feature more local entertain-

ment. tinue to support the Floyd

Other business that cam

brought up a resolution that was passed while he was absent regarding the manner in which employees will be brought back to work. The discussion was tabled until the next meeting, to allow the court to examine all the legal aspects before voting again.

Middle Creek Battlefield

will not raise gas rates. The court voted to con-

Halbert, Daniel Megan Little, Duff, fifth

Arts & Hunamities

Walker, Emmalena, third (tie)

before the court included: Magistrate Ronnie Akers

The ceremony will be held

behind the rescue squad build-

ing in the parking lot at 2 p.m.,

but there will be a worship ser-

vice for any and all Floyd

county emergency workers

who would like to attend at 11

Budget

3.191.

County

- I would love it."

Continued from p1

Gov. Steve Beshear has proposed an austere budget that would include 12 percent cuts to public universities and government agencies and programs. Beshear has also called on lawmakers to boost the state's tax on clearettes by 70 cents per pack and use the revenue it generates to finance hundreds of millions in bonds.

House lawmakers have proposed raising the state's tax on cigarettes by 25 cents per pack, along with taxing certain services. The Democrat-controlled House plan also calls for freeing up additional money by restructuring the state's debt.

Meanwhile, lawmakers in the Republican-led Senate have a different plan that does not rely on any tax increases. Instead, the Senate plan would among other things collect about \$110 million more money per year from the Kentucky Lottery.

For the first time in years, the public has access to the inner-workings of state budget deliberations. In years passed, reporters have been barred from the negotiation room. hallways have been roped off and state police have stood guard.

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will receive money that was set aside in a 2002 grant to help cover the expense of some recent landscaping.

The court voted to give Judge Marshall the authority to advertise for the rebidding of East Kentucky Utilities. District 2 Magistrate Jackie Edford Owens said, "We need to get out of the gas business." Magistrate Donnie Daniels abstained from the vote. because he was given no assurance that the new owner

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KIRK LAW F

with the crossion of the creek behind her home. Daniels said he is working to bring rock and dirt to hopefully fix the problem. Big Sandy Area Development District brought

a list of projects that they are planning for the upcoming year, including some detailed information into the East Kentucky Fair that will be held from July 31 to August 2. The fair will reportedly try to offer free admission this year and

Receive 10% off until end of March.

SHARA

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ASSEMBLY OF GOD

First Assembly of God. Martin; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Lorie Vannucci, Minister.

In Victory Assembly of God, West Prestonsburg; Sunday School, 10:00; Worship Service, 11:00 & 6:30; Wednesday Evening, 6:30; Gary Stanley, Pastor.

New Bethel Assembly of God, Burning Fork Rd., Salversville; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m. Arthur (Sam) Smith, Minister

Praise Assembly, 1 mile S, of Prestonsburg, intersec-tion of Rt. 80 and U.S. 23; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wednesday, 6:30 p.m.; J.M. Sloce, Minister.

BAPTIST

Allen First Baptist, Allen; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Amold Turner, Minister.

Auxier Freewill Baptist, Auxier; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 pm.; Thursday, 7 p.m.; Bobby Spencer, Pastor.

Ball Branch Regular Baptist Church, Mousey Ky; Worship Service, 9:30; Every third Sat. and Sun. of each month: Roger Hicks, Pastor; Ralph Howard, Asst. Pastor. Contact Kermit Newsome 606-377-6881 for more information

Benedict Baptist, Slick Rock Branch, Cow Creek Sunday School, 10 a.m; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Gordon Fitch, Minister.

Betsy Layne Free Will Baptist, Betsy Layne; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Tracy Patton, Minister.

Big Sandy Community and Technical College Baptist Student Union, J 102; Wednesday, 11:30 a.m.; Vera Joiner, 886-3863, ext. 67267

Bonanza Freewill Baptist, Abbott Creek Road, Bonanza; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Jimmy D. Brown, Minister.

Brandy Keg Freewill Baptist, Com Fork; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Roger Music,

Calvary Southern Baptist, Belsy Layne; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Doug Lewis, Minister.

Community Freewill Baptist, Goble Roberts Addition; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Paul D. Coleman, Minister.

Cow Creek Freewill Baptist, Cow Creek; Sunday School, 10 a.m.; Sunday, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Nathon Lafferty, Minister

Daniels Creek Baptist Fellowship Church of God, Banner. Services: Saturday night, 7 p.m.; Sunday morning, 11 a.m.; Sunday night, 7 p.m.; Henry Lewis, Minister.

Drift Freewill Baptist, Drift; Sunday School, 10 a.m.; Worship Service, 6:30 p.m.; Thursday, 6:30 p.m. Jim Fields, Minister.

Endicott Freewill Baptist, Buffalo; Sun. School, 10 a.m.; Church every Sun. Morning 11:00 a.m.; Wed. evening Bible Study & Prayer Meeting, 7:00 p.m.; First Sat. evening Service, All Welcome 7 p.m. Pastor Mark Hunt, 606-478-2698; Bto. Jim Smith, 606-874-8077.

Faith Bible Church, an independent Baptist Church, located on 1428, between Allen & Martin; Sunday School, 10 a.m.; Sunday Moming, 11 a.m.; Sunday Evening, 6 p.m.; Wednesday Bible Study & Prayer, 6 p.m.; Pastor, Rev. Bob Wireman.

Faith Freewill Baptist, 1/4 mile above Worldwide Eqpt. on Rt. 1428; Sunday Service, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m. Elder Donnie Patrick and Buddy Jones,

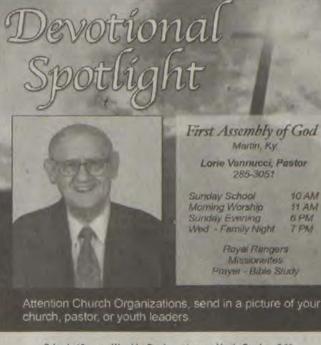
First Baptist, Garrett; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Randy Osborne, Minister. First Baptist, Martin; Sunday School, 10 a.m.; Worship Service, 11 a.m. Sunday Evening Service 7 p.m.; Wednesday, 7 p.m.; Greydon Howard, Minister.

First Baptist, Prestonsburg, 157 South Front Street; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wed., 6:30 p.m.; Jerry C. Workman, minister.

Fitzpatrick First Baptist, 1063 Big Branch, P.O. Box 410, Prestonsburg, KY 41653; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Pastor Tommy Read

Free United Baptist, West Prestonsburg, Sunday School, 10 a.m.; Worship Service, 11 a.m. & 6:30 p.m.; Wednesday, 7; p.m.

Free United Baptist, West Prestonsburg; Sunday School, 10 a.m.; Worship Service, 11 a.m. & 6:30 p.m.; Wednesday, 6:30 p.m.



School, 10 a.m.; Worship Service, 11 a.m.; Youth Service, 5:00 p.m.; Evening Service, 6:00 p.m.; No Service the 1st Sunday of each month; Wednesday, 7 p.m.; Jody Spencer, Minister.

Trimble Chapel Freewill Baptist; Intersection of U.S. 23 and KY 80, Water Gap; Sunday School, 10 a.m.; Morning Worship Service, 11 a.m. and Evening Worship Service 6 p.m.; Wednesday Bible Study, 7 p.m., Youth Services 7 p.m.; Everyone Welcome.

United Community Baptist, Hwy. 7, Hueysville; Worship Service, 2 p.m.; Friday, 7 p.m.; Carlos Beverly, Minister.

Wheelwright Freewill Baptist, Wheelwright Junction; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Louis Ferrari, Minister.

CATHOLIC

St. Martha, Water Gap; Mass: Sunday, 11:15 a.m.; Saturday, 5 p.m.; Sunday.; Father Robert Damron, pastor.

CHRISTIAN

First Christian, 560 North Arnold Avenue; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Jim Sherman, Minister.

Victory Christian Ministries, 1428 E.; Sunday School, 11:30 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m; Sherm Williams, **Minister**

CHURCH OF CHRIST

Betsy Layne Church of Christ, Betsy Layne; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Tommy J. Spears, Minister.

Prestonsburg Church of Christ, 88 Hwy. 1428; Worship Service, 10 a.m. and 6 p.m.; Wednesday, 7 p.m.; Richard Kelly and Nelson Kidder, Ministers

Harold Church of Christ, Harold; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Willie E.

Meade, Minister Highland Church of Christ, Rt. 23, Hager Hill; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.

Hueysville Church of Christ; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Chester Varney. Minister.

Lower Toler Church of Christ, Harold; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wednesday, 6:30 p.m.; Lonie Meade, Minister,

Mare Creek Church of Christ, Stanville; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m.

Martin Church of Christ, Martin; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m. Gary Mitchell, Minister

Maytown Church of Christ, 66 Turkey Creek Rd., Langley Sunday Bible Study 10:00 a.m., Sunday morning worship 11:00 a.m., Evening Worship 6:00 p.m., Wednesday Bible Study 6:00 p.m.

Upper Toler Church of Christ, 3.5 miles up Toler Creek on right; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Tommy Dale Bush, Minister.

Weeksbury Church of Christ; Sunday School, 10 a.mm.; Worship Service, 10:45 a.m. and 6 p.m. Mike Hall, Minister.

CHURCH OF GOD

Free Pentecostal Church of God, Weeksbury; Sunday School, 10 a.m.; Worship Service, 7 p.m.; Wednesday/Saturday, 7 p.m.; John "Jay" Patton, Minister.

Free Pentecostal Deliverance, Ext. 46 off Mt. Parkway at Campton; Worship Service, Saturday and Sunday, 7 p.m.; Patricia Crider, Minister.

Free Pentecostal Holiness, Rt. 122, Upper Burton; Sunday School, 11 a.m.; Worship Service, 6 p.m; Friday, 7 p.m.; Louis Sanlan, Minister, David Pike, Associate Minister.

Goodloe Pentecostal, Rt. 850, David; Worship Service, 6 p.m.; Malcorn Slone, Minister

Parkway First Calvary Pentecostal, Floyd and Magoffin County Line; ; Worship Service, 6:30 p.m.; Mike D. Caldwell, Minister. 297-6262.

Trinity Chapel Pentecostal Holiness, Main St., Martin; Sunday School, 10 a.m.; Worship Service, 7 p.m.; 2nd Sat., 7 p.m.; Thurs., 7 p.m.; Ellis J. Stevens,

Free Pentecostal Church, Dwale; Services Saturday, 6 p.m.; Sunday School, 10 a.m.; Services, 11 a.m.; No Sunday Night Service.

PRESBYTERIAN

Drift Presbyterian, Route 1101, Drift; Worship Service, 11 a.m.

First Presbyterian, North Lake Drive; Sunday School, 9:30 a.m.; Worship Service, 11 a.m. Rev. Vicki Poole, pastor

SEVENTH DAY ADVENTIST

Seventh-Day Adventist, 5 miles West on Mountain Parkway, Church Service, 9:15; Sabbath School, 10:45; John Baker, Pastor, 358-9263; Church, 886-3459, leave message. Everyone welcomel

THE CHURCH OF JESUS CHRIST **OF LATTER DAY SAINTS**

The Church of Jesus Christ of Latter-Day Saints; Sacrament Mig., 10:00 a.m.; Sunday School, 11:20 a.m.; Relief Society/Preist-hood/Primary, 12:00 p.m.; Wednesday, 6 p.m. Church Meeting House address, Hwy. 80, Martin, KY 41649; Meeting House tele-phone number: 285-3133; Ken Carriere, Bishop.

OTHER

Pastor Atha Johnson welcomes everyone to attend services at the CHURCH of GOD of PROPHECY TRAM KENTUCKY. Sunday school 10 a.m., Worship service 11 a.m.

Drift Independent, Drift; Sunday, 11 a.m.; Thursday, 6:30 p.m.

Grace Fellowship Prestonsburg, (next to old flea market), Sunday School, 10 a.m. Worship, 11 a.m. Bill Stukenberg, Pastor 889-0905.

Faith Deliverance Tabernacle, West Prestonsburg; Sunday School, 10:30 a.m.; Thursday, 7 p.m.; Don Shepherd, Minister.

Faith 2 Faith, Harkins Ave., West Prestonsburg; Sunday School, 10 a.m.; Worship service, 11 a.m. and 6 p.m.; Thurs. 7 p.m. Randy Hagans, Minister. 886-9460.

Faith Fellowship, Allen, Ky. Sun. School, 10 a.m.; Worship Service, 11 a.m.; Sun. Evening, 6 p.m.; Wed, 7 p.m. Carl & Missy Woods,

Faith Worship Center, US 460, Paintsville; Worship Service, 11 a.m.; Thursday, 6 p.m.; Buddy and Maude Frye, Minister.

Full Gospel Community, (formerly of Martin) moved to Old Allen; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Sunday evening, 6:30 p.m.; Wed., 6:30 pm.; Lavonne Lafferty, Minister.

Lighthouse Temple, Main St. and Hall St.; Worship Service, 12 p.m. and 7 p.m.; Wednesday/Friday, 7 p.m.; Roy Cosby, Minister. Living Water Ministries Full Gospel Church, Rt. 3, just before

Thunder Ridge; Wednesday, 7:00 p.m., Sunday Evening, 6:00 p.m. Pastor: Curt Howard.

Martin House of Worship, Old Post Office St.; Worship Service, 7 p.m., Saturday/Sunday.

Old Time Holiness, 2 miles up Arkansas Creek, Martin; Sunday School, 11 a.m.; Worship Service, 7 p.m.; Friday, 7 p.m.; John W. Patton, Minister.

Spurlock Bible (Baptist), 6227 Spurlock Creek Rd., Prestonsburg; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Jim Stephens, Minister. 886-1003.

Town Branch Church; Sunday School 10 a.m except for first Sunday in each month.; Worship Service, Sun. moming 10:00 a.m.; Evening 6 p.m.; Wednesday, 6 p.m.; No Sunday night services on first Sunday of each month. Tom Nelson, Minister.

The Father House, Big Branch, Abbott Creek; Sunday School, 10 a.m.; Worship Service, 6 p.m.; J.J. Wright, Minister.

The Tabernacle, Rt. 321 (Old Plantation Motel), Christian Educator, 10:00; Sunday Morning, 11:00; Sunday Evening, 7:00; Wednesday, 7:00; Pastors, Paul and Ramona Alken.

Youth Fellowship Center, Wheelwright; Monday-Tuesday, 6 p.m.;



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Grethel Baptist, State Rt. 3879, (Branham's Creek Rd.); Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wednesday, 6:30 p.m.

Garrett Regular Baptist, Route 550, Garrett; Worship Service, 10:30 a.m. and 6:30 p.m.; Wednesday, 6:30 p.m.; Willie Crace, pastor; Assist. Larry Patton. Phone 358-4275.

Highland Avenue Freewill Baptist; Sunday School, 9:50 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; David Garrett, Minister.

Jacks Creek Baptist, Bevinsville; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Pastor Roger Trusty.

Katy Friend Freewill Baptist, 2 miles up Abbott; Sunday School, 10 a.m.; Worship Service. 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Chad Blair, Pastor.

Lackey Freewill Baptist, Lackey; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Johnny J. Collins, Minister

Lancer Baptist Church; 71 Cooley St., Prestonsburg, Sunday School, 10:00 a.m. Morning Worship, 11:00 a.m., Evening Woship, 6:00 p.m., Wednesday Prayer Meeting and Bible Study, 7:00 p.m.; Pastor Bobby Carpenter

Liberty Baptist, Denver, Sunday Service, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6 p.m.; Merle Little, Minister.

Ligon Community Freewill Baptist, Ligon Worship Service, Sunday, 11:00 a.m. Thursday, 7 p.m.

Little Rosa Regular Baptist Church of Jesus Christ, (Indian Bottom Association) Services: 1st Saturday & Sunday ofevery month 9:30 a.m., 3rd Sunday 9:30 a.m., Odd Sunday 9:30 a.m.

Martin Branch Freewill Baptist, Estill; Sunday Service, 10 a.m.; Worship Service, 11:15 a.m. and 7 p.m.; Wednesday, 7 p.m.; James (Red) Morris, Minister,

Martin Freewill Baptist, Martin; Sunday School, 10 a.m.; Worship ervice, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; John L. Blair, Minister.

Maytown First Baptist, Main St., Maytown; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6 p.m.; Bob Varney, Minister.

McDowell First Baptist, McDowell; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6 p.m.; Gene Bracken, Minister.

Middle Creek Baptist, Blue River; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Eugene Cook, Minister

Lighthouse Baptist, 2194 KY Rt. 1428, Prestonsburg; Sunday Service, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Donald Crisp, Minister, home phone 285-3385

Pleasant Home Baptist, Water Gap Road, Lancer, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Mark Tackett, Pastor.

Pleasant Valley Old Regular Baptist Church, Tinker Fork; Meeting time 1st Saturday & Sunday of each month, 3rd Sunday Evening at 6:00 p.m.; Moderator, Gary Compton; Assist. Moderator, Jimmy Conley.

Prater Creek Baptist, Banner; Sunday School, 10 a.m; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; J.B. Hall, Pastor Phone: (606) 874-3222.

Rock Fork Freewill Baptist; Garrett Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Wendell Crager, Minister

Rock Fork Regular Baptist, Garrett; Worship Service, 9:30 a.m.; Jerry Manns, Pastor; Willie Crace Jr., Assistant Pastor.

Salt Lick United Baptist, Salt Lick, Hueysville; Worship Service. 2nd & 4th Sunday, 10:30 a.m.; Pastor, Allen Chaffins, phone 946-2123.

Sammy Clark Branch Freewill Baptist, Dana; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m. Stephens Branch Missionary Baptist, Stephens Branch; Sunday Service, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.

The Third Avenue Freewill Baptist; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m. Phillip

Ramey, Pastor. Tom's Creek Freewill Baptist, U.S. 23 (north of Layne Brothers); Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Chuck Ferguson, Minister.

Tom Moore Memorial Freewill Baptist; Cliff Road; Sunday

Betsy Layne Church of God, Old U.S. 23; Sunday School, 10:30 Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; a.m. Judith Caudill, Minister.

Community Church of God, Arkansas Creek, Martin; Worship Service, 11 a.m.; Friday, 7 p.m.; Bud Crum, Minister.

First Church of God; Sunday School, 10 a.m.; Worship Service, 10:45 a.m. and 6 p.m.; Wednesday, 7 p.m.; Steven V. Williams,

Garrett Church of God, Garrett; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Family Training Hour - Thursday 7 p.m., Bill B. Tussey. Jr, Pastor

Landmark Church of God, Goble Roberts Addition; Sunday School, 10 a.m.; Worship Service, 11:10 a.m. and 7 p.m.; Wednesday, 7 p.m.; Kenneth E. Prater, Jr., Minister.

Little Paint First Church of God, 671 Little Paint Road, East Point; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.; Charles Heater Jr., Minister.

The Ligon Church of God of Prophecy, Saturday Services, 7:00 p.m.; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Ralph Hall, Pastor.

EPISCOPAL

St. James Episcopal; Sunday Service, 9:45 a.m.; Holy Eucharist 11:00 a.m. Wednesday Study Group 6:00p.m., Holy Eucharist & Healing 7:30 p.m. Father Johnnie E. Ross, Rector.

LUTHERAN

Our Savior Lutheran, Sipp Bayes Room Carriage House Motel, Paintsville; Sunday Service, 11 a.m.; WKLW (600 am) 12:05 p.m.; Rolland Bentrup, Minister.

METHODIST

Auxier United Methodist, Auxier, Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.; Garfield Potter, Minister.

Betsy Layne United Methodist, next to B.L. Gymnasium; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Randy Blackburn, Minister

Allen Christ United Methodist, Allen; Sunday School, 9:45 a.m. Worship Service, 11 a.m. & 6 p.m.; Wednesday, 7 p.m.; Kenneth emaster, Minister

Community United Methodist, 141 Burke Avenue (off University Drive and Neeley St.); Sunday Schook, 10 a.m.; Worship Service, 1 a.m. and 6 p.m.; Wednesday, 7 p.m.; Steve Pescosolido, Minister.

Elliott's Chapel Free Methodist, Rt. 979, Beaver, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Philip T. Smith, Minister

Emma United Methodist, Emma; Sunday School 10 a.m., Sunday Worship Service 11 a.m.; Pastor David Profitt.

First United Methodist, 256 South Arnold Avenue; 9 a.m. Contempory Service; Sunday School, 9:45 a.m.; Worship Service, 10:55 a.m. and 5 p.m. UMYS Service; Wednesday, 7 p.m.; Mark D. Walz, Pastor.

Horn Chapel Methodist, Auxier Road, Auxier; Sunday School, 10 a.m.; Sunday Morning Service, 11 a.m.; Mid-week Service, 7 p.m.; Sunday Evening Service held on the 1st and 3rd Sundays of each month at 6 p.m.; Larry J. Penix, Minister.

Graceway United Methodist, Rt. 80, Sunday School, 9:45 a.m.; Worship Service, 11 a.m.; Wednesday Night, 7 p.m.; Roy Harlow, Minister.

Salisbury United Methodist, Printer; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday Bible Study, 6 p.m.; Bobby G. Lawson, Minister.

Wayland United Methodist, Rt. 7, Wayland; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.; Jack Howard, Pastor

Wheelwright United Methodist, Wheelwright; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Bobby Isaac, Minister.

Vogle Day United Methodist Church, Harold; Sunday School, 00 a.m.; Sunday Worship Service, 11:00 a.m.; Wed. Bible Study, 7:00 p.m.; Dennis C. Love, Pastor.

Drift Pentecostal, Drift; Sunday School, 10 a.m.; Worship Service, aturday/Sunday, 7 p.m.; Wednesday, 7 p.m.; Ted Shannon, Minister

Free Pentecostal Church of God, Rt. 1428, East Point; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Thurs., 6:30 p.m.; Buster Hayton, Minister.

Zion Deliverance, Wayland; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m. Prayer Line: 358-2001; Darlene W. Arnette, Pastor

2

Taylor Chapel Community Church, formerly the old Price Food Service building, located 1 quarter mile above Worldwide Equipment, Rt. 1428. Sun. Bible Study, 10 a.m.; Sun. Morning Service, 11 a.m.; Sun. Evening, 6:30 p.m. Kenny Vanderpool, Pastor.

International Pentecostal Holiness Church, 10974 N. Main St., Martin; Rev. Ellis J. Stevens, Senior Pastor.

Rising Sun Ministries, 78 Court Street, Allen, Ky.; Sunday, 10:30 a.m.; Wednesday, 6:30 p.m. Pastor: D.P. Curry.

Church of God of Prophecy, Sunday School 10 a.m., Worship Service 11 a.m., Sunday Night - 6 p.m., Wednesday Night - 6 p.m. Pastor Glenn Hayes. West Prestonsburg,

House of Refuge, Rock Fork: Sunday Evening Worship 6 pm, Monday Bible Study 7:30 pm, Wednesday Prayer Meeting 7:30 pm. Bill B. Tussey, Pastor





FLOYD COUNTY Jaith and Jamily

KIM'S KORNER

Out of the mouths of babes

The following story was shared via email with me by a dear friend, Charlotte Compton Shelton. May you enjoy as much I did.

Written by an 8-year-old named Danny Dutton, who lives in Chula Vista, Calif. He wrote it for his thirdgrade homework assignment, to "explain God." I wonder

if any of us could h a v c done as well?

EXPLA-NATION OF GOD "One

of God's Kim Little Frasure m a i n jobs is

making people. He makes them to replace the ones that die, so there will be enough people to take care of things on earth. He doesn't make grownups, just babics. I think because they are smaller and casier to make. That way he doesn't have to take up his valuable time teaching them to talk and walk. He can just leave that to mothers and fathers."

"God's second most important job is listening to prayers. An awful lot of this goes on, since some people, like preachers and things, pray at times besides bedtime. God doesn't have time to listen to the radio or TV because of this. Because he hears everything, there must be a terrible lot of noise in his ears, unless he has thought of a way to turn it off."

Clerk says faith played pivotal role in battle with cancer



photo by Kathy J. Prater

Chris Waugh, Floyd County Court Clerk, said that the many cards, letters, prayer cloths and gifts that he received during his bout with colon cancer brought him so much comfort that he still keeps them today.

by KATHY J. PRATER FEATURES EDITOR

Faith, family and friends. That's what got Floyd County Court Clerk Chris Waugh through his recent battle with colon cancer. Without them, Waugh says he never would have made it. "Alone, I'm not big enough to have gotten through it," he said. "But God is...I wouldn't even want to imagine a life without Him beside me." and possible surgery, that faced him upon his diagnosis was enough to make him weak with fear. "Fear was my first emotion," he said. "People have asked me about bitterness and whether or not I was angry with God, but I never felt bitstanding. I got saved and baptized when I was 19 years old, on an Easter Sunday. But lots of time had passed since then and I wanted to make sure that everything was okay with God. So, I went to church and I rededicated my life."

anything to upset them at any time. "That was important to me," he said, "especially in one case in particular where a fella and I had had some disagreements concerning politics. I asked him to forgive me and he asked me to forgive him. So, that was good," the court clerk said with a smile.

to forgive him if he had done

Waugh's third step was, again, to consult his Bible. "I wanted to do what God said to do concerning healing," he said. Consulting James, Chap. 5:14, Waugh said that he read, "Is any sick among you? Let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord."

Page A7

CELEBRATING UNITY

"So, that's what I did," he said. "I wanted to do what the Lord said to do."

"And, fourth." Waugh said. "I wanted to do what the doctors said to do. There's no doubt that I wanted God to heal me; to heal me without having to have any procedures or surgeries, without having to

(See WAUGH, page eight)



Wednesday Evening 7:00 Prayer Meeting/Bible Study Children's & Youth Programs *Nursery provided for all services

"God sees everything and hears everything and is everywhere which keeps Him pretty busy. So you shouldn't go wasting his time by going over your mom and dad's head asking for something they said you couldn't have."

"Atheists are people who don't believe in God. I don't think there are any in Chula Vista. At least there aren't any who come to our church."

"Jesus is God's Son. He used to do all the hard work, like walking on water and performing miracles and trying to teach the people who didn't want to learn about God. They finally got tired of him preaching to them and they crucified him. But he was good and kind, like his father, and he told his father that they didn't know what they were doing and to forgive them and God said O.K."

"His dad (God) appreciated everything that he had

(See KORNER, page three)

It was in September, 2006 that Waugh first heard the diagnosis that he was suffering from a form of colon cancer. Though his father, a former pastor, was a survivor of colon cancer, Waugh said the news was still shocking to him. "I was scared, no doubt about that," he said. Though doctors initially "painted a pretty bleak picture" for him, Waugh said that it wasn't a fear of dying that scared him so much as it was a fear of "procedures."

"All my life, I've been scared of needles and medical procedures," he said. "I don't really know why, exactly, but I can tell you that just walking into a hospital and trying to visit someone would have me in the bathroom splashing cold water on my face at some point or another."

So, needless to say, the thoughts of the procedures,

ter or angry. I've had super parents, a fantastic wife, two great children, a good job, numerous friends...I felt I'd been very blessed in the 46 years I'd had. Some people live a lifetime and never have all that; so, no, I couldn't be angry or bitter."

Waugh said that he knew that in order to fight the battle that was before him, he had to find a way to get past the fear, stay calm and make sure that all was in order. Waugh said that he wasted no time in informing his staff and that "everyone was great ... it was emotional, but they were all great. Everybody got behind me and we started to work getting everything ready for my absence." His wife, Angie, a teacher at Allen Elementary School, also made arrangements for a leave of absence from her duties.

Next, Waugh said, he went to his Bible. From there, he formulated his six steps toward recovery. "The first thing I wanted to do," he said, "was to make sure my relationship with God was in good

 First Presbyterian's Mission,

 Birst Presbyterian's Mission,</

and use our talents and

and in our community.

resources for the fulfillment of His plan in our church Rev. Vicki Poole, Pastor www.prestonsburgfpc.org email: firstpresky@gmail.com His second step, Waugh said, was to "make sure that my relationships with mankind were okay." Waugh said that he set about to make amends with anyone that he felt he could have ever possibly offended and to ask them

1063 Big Branch Road of Abbott Prestonsburg, Kentucky 41653 606-886-6204 Tommy Reed, Pastor www.fitzpatrickbaptist.com



Faith Fellowship Pastors Carl and Missy Woods

Our Mission

As people called by God, We gather to praise God, listen to Him, and respond. We nurture each other in faith and obedience to Christ. We love and care for one another as God's children. We commit ourselves to serve and to tell others about Jesus. We strive to pursue God's justice and peace in every area of life.

Sunday School10	AM
Worship Service11	AM
Sunday Evening Service7	PM
Wednesday Evening Service7	PM
Friday Evening Intercessory Prayer7	PM

Come Worship and Praise with us!

Without faith it is impossible to please Him; for he that cometh to God must believe that He is, and that He is a rewarder of them that diligently seek Him. *Hebrews* 11:6

Waugh

do anything ... but I know God works in many ways. It reminded me of an old story I had heard about two men stranded in a storm in a little boat. One man said, 'What should we do? Should we pray or paddle?' The other man said, 'We'll pray and paddle.'"

Waugh's fifth step, he shared, was to pray himself. "I prayed for God to heal me. And I asked other people to pray for me, too." Waugh said that throughout, he was often humbled my members of the community who would see him out and would take the time to pray with him wherever they were. "In the post office, in the courthouse, once even on the side of the road," he said. "I was so touched, and so humbled, that people wouldreach out and take their time like they did."

Waugh's sixth step in the process, he said, was to "stand

earth so he told him he didn't

have to go out on the road any-

more. He could stay in heaven.

So he did. And now he helps

his dad out by listening to

prayers and seeing things

which are important for God to

take care of and which ones he

can take care of himself with-

out having to bother God. Like

a secretary, only more impor-

want and they are sure to help

you because they got it worked

"You can pray anytime you

tant.

done and all his hard work on out so one of them is on duty

all the time."

anyway."

Korner

on the promises of God concerning healing." "I knew I had to be positive, I had to rid negativity from my life and I had to stand on His promises," he said.

Two years later, Waugh is now cancer-free. His battle was won through the use of chemotherapy and radiation therapics. "Though many of my fears were conquered regarding medical procedures, I never had to go through surgery," he said.

Though routine check-ups are now a standard, Waugh says that he feels great and that he is optimistic about the future. "I really reached a point where I felt I just wasn't going to die," he said. "The Lord placed that feeling in me.'

Having survived the twoyear struggle, Waugh says that God, his wife, children, parents, friends and the many

"You should always go to

Don't skip church to do

something you think will be

more fun like going to the

beach. This is wrong. And

besides the sun doesn't come

out at the beach until noon

God, besides being an atheist,

"If you don't believe in

church on Sunday because it

makes God happy, and if

make happy, it's God!

who prayed for him and sent cards, letters, and gifts sustained him through the long days of tiredness and exhaustion. There was even one woman, whose identify remans a mystery, that Waugh said reached out to him in comfort as he was undergoing a medical procedure at Pikeville Medical Center. "She leaned over me, took my hand and told me, 'Honey, don't you worry, I'm going to be in there the entire time with you and I'll be praying over you.' I don't know who that woman was, but she sure brought me a lot of comfort," he said.

"You know, when you're diagnosed with cancer, you're faced with a killer," Waugh said. "You have to be positive and you have to get ready for a fight. But if there"s anything 1 could say to everybody out there it would be that a diagnosis of cancer is a terrible

Continued from p1

thing, but there's something out there that's even more terrible than cancer, and that's sin. Sin is a lot more devastating. But the good part is, sin is easier to get rid of. You just have to admit your sin, believe in Jesus, plead guilty and accept 'the deal you can't refuse.' Accept Jesus and allow your sins to be pardoned. That's what real living is all about."

"I don't know everything," Waugh said, "But I know that I once had cancer, and now 1 don't.

Garrett **First Baptist** Church

Sunday School 9:45 a.m. Worship Service 11:00 a.m. Sunday Night Service 7:00 p.m. Wednesday **Night Service** 7:00 p.m. Come Worship With Us!

We have a place for you **Allen Baptist Church**

Baptist Church

Jenny Wiley Park

10:00 a.m. **Morning Worship** 11:00 a.m. **Evening Worship** 6:00 **Nursery Available**

Martin RT. 80 U.S.

Street 354 US 23 North Allen, KY 41601 Email: allenbaptist@bellsouth.net Website: allenbaptistchurch.com Phone 606-874-9468

Arnold Turner, Pastor Chris Bombolough, Minister of Youth & Missions

Loving God, Loving Others, Serving the World



SERVICES:

Sunday School10	a.m.
Morning Worship11	a.m.
Evening Worship6	p.m.
Wednesday Bible Study7	
Friday Youth Service	p.m.

Continued from p1

you will be very lonely, because your parents can't go everywhere with you, like to camp, but God can. It is good to know He's around you there's anybody you want to when you're scared, in the dark or when you can't swim and you get thrown into real deep water by big kids.'

"But you shouldn't just always think of what God can do for you. I figure God put me here and he can take me back anytime he pleases.

And that's why I believe in God."

Sunday School

Wednesday Evening Youth Services **Children's Choir Bible Study** 7:00 p.m.

Sr. Pastor, Darlene Wiggins Preachers: Bro. Claude Allen Bro. Ken Issac

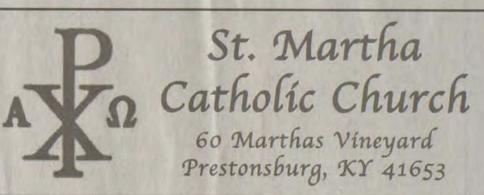


I have come that they may have life, Youth Ministry: Sunday 6 p.m. and have it to the full. and Wed. ..7 p.m. John 10:10 NIV Children's Ministry: Wed 7 p.m.

"The Church with the Play" 2004-2005



Please come and experience the Living God.



St. Martha Catholic Church is a small, multicultural parish community located on Lancer/Watergap Road in Prestonsburg, KY. As a parish family we join together to worship, serve, evangelize and nurture one another in our faith.

As followers of Jesus Christ, we serve the spiritual and material needs of our parish family and our community through a variety of outreach and education programs:

- · Martha's Portion-providing previously owned clothing, and household items for the needy of our community, and a Diaper Program for infants.
- · Good Samaritan Program-providing for the spiritual and social needs of our parish family through home visits.
- · Giving Bag Program—providing cleaning and personal care products on a monthly basis for individuals and families referred by community agencies.
- · Prison Ministry-providing for the spiritual needs of inmates in local prisons.
- * Spanish Masses-providing for the spiritual needs of the Spanishspeaking community (held monthly at St. Francis Catholic Church in Pikeville, KY).
- Religious Education Programs for Children and Adults providing for life-long spiritual growth in our faith.

Mass Schedule Saturday-5:00 p.m. Sunday-11:15 a.m. Reconciliation Saturday-4:45 p.m. and by appointment

Pastor: Fr. Robert Damron

Phone-606-874-9526



http://www.prestonsburg.cdlex.org



Members of area churches enjoyed fellowshipping with one another following noontime, non-denominational Holy Week services held last week in Prestonsburg at First United Methodist Church.

photo by Kathy J. Prater







Larry Brown, Prestonsburg attorney, sang the generational favorite "The Old Rugged Cross" at Holy Week services held prior to Easter Sunday last week at **First United** Methodist Church. Brown, though he performed solo at the noontime service last Wednesday, is a member of the **Little Paint** Church of God Men's Quartet.

> photo by Kathy J. Prater

FIRST BAPTIST CHURCH



...a family of loving and caring followers of Jesus Christ who glorify Him by sharing His message of forgiveness, healing, comfort, salvation, and spiritual growth to everyone by using their spiritual gifts and leaving a legacy of faith

P.O. Box 756 157 South Front Street Prestonsburg, KY 41653 (606) 886-8681 www.fbcprestonsburg.com <u>WORSHIP TIMES</u> Sunday 9:45 a.m. Sunday School 11:00 a.m. Worship Service 6:30 p.m. Worship Service

Wednesday 6:30 p.m. Prayer & Bible Study



St. Vincent Mission, Inc. 6369 Hwy. 404, David, KY 41616

"It takes a lot of faith and trust that the Lord will provide from one day to the next." This statement was made by Br. Michael Lonsway, who was one of the original volunteers with St. Vincent Mission and still holds a seat on the mission's Board of Directors.

St. Vincent Mission, Inc., is a non-profit organization that was established in 1968 by the Brothers of Charity from Philadelphia, PA. The Mission forms a community of people dedicated to sharing the expression of Christian values in Eastern Kentucky. Because the Mission is located in the central Appalachian Mountains, the staff has been called to the service of unique people with a rich ancestral heritage. Staff members include a full-time Executive Director, Sr. Kathleen Weigand, and a full-time Social Services Coordinator, Joyce Mitchell. There are also two part-time warehouse, second hand store and food pantry workers. 350 to 400 volunteers come from Kentucky and across the United States each year for the Home Repair Program to assist low-income, disabled and elderly individuals.

The Mission's goals, which are met through concrete programs, are to encourage the use of participant's skills, talents and personal gifts to help each other. The mission is one of Hope that leads all who participate toward



10th Year Anniversary of David Appalachian Crafts

photo by Kathy J. Prater

Becky DeRossett, of Prestonsburg, proudly displays a beautiful cake that was enjoyed at recent Holy Week services held at First United Methodist Church. Area churches, under the auspices of the Floyd County Ministerial Association, joined together to present the weekly noontime services.

Mountain Christian Academy

6467 HWY 80, PO Box 1120, Martin, KY 606-285-5141 www.MountainChristianAcademy.com

History & Mission

Mountain Christian Academy, an academically enriched Christian school in Eastern Kentucky, was established in 1983. The mission of Mountain Christian Academy ("MCA") is to provide quality education in a Christian environment.

MCA equips its students, inside and outside the classroom, with the skills they need to excel in their future plans and goals. More importantly, through daily Christian education classes and prayer, we strive to develop in each MCA student the moral and ethical character upon which the futures of our communities. Nation, and world depend.

MCA Curriculum

Language Arts Mathematics Science Social Studies
 Christian Education Spanish Physical Education Art
 Computers Music

Extracurricular Activities

Boys & Girls Basketball
 Volleyball
 Golf
 Science Olympiad
 Elementary & Middle School Academics
 MATHCOUNTS
 Private Music Lessons
 After School Tutoring & Care
 Summer Academic Camp

"The mission of Mountain Christian Academy is to provide quality education in a Christian environment."

a vision of continuous growth.

David Appalachian Crafts is a subsidiary of St. Vincent Mission. Sr. Ruth Ann Iwanski, its full-time director, and two parttime employees, help to identify, train, mentor and provide marketing services for about 90 artists and crafters at this time. Come and join us for our 40th anniversary reunion on Saturday, July 19, 2008, at the mission's property on Highway 404 in David, Kentucky, which is the site of the old David swimming pool. Please call **886-2513** to make reservations or to inquire about specific directions. The celebration will include music from local artists, craft demonstrations, a silent auction, lunch, and time to visit David Appalachian Crafts. We are also looking forward to the guest appearance of some of the original singing Patsy Teenagers!



SPIRITUALITY

- Church Services
- Morning Worship -Afternoon Services
- Vacation Bible
 School
- Bible Study
- On-site Chaplain
- 24-hr. Chapel Tuesday, 10:15 Wednesday, 10:15 Thursday, 10:15/11:15 Friday (3rd), 2:00 Sundays, 2:00

THERAPY

- Nueuromuscular re-education
- Therapeutic exercise
- Therapeutic activity
- Wheelchair management
- Gait training
 - Orthotic and prosthetic training
 - Ultrasound and electrical stimulation
 - Adaptive equipment utilization
 - Daily living re-education
 - Orthopaedic rehabilitation
 - Speech language and swallowing
 Cognitive retraining
- Diabetes Care
 Nutritional Services

QUALITY OF LIFE

Bowling

• Picnics

• Bingo

Mall Shopping

• Theme Days

NURSING

• IV Therapy

· Wound Care

Enteral Feedings

Respiratory Care

· 24-hr. Nursing Care

Baseball Games

Dining Out with Friends

RIVERVIEW HEALTH CARE CENTER "Honoring Our Community One Resident at A Time"

-

10

A10 . FRIDAY, MARCH 28, 2008

THE FLOYD COUNTY TIMES

CHILDERS AND VENTERS PONTIAC - GMC TRUCK New 08 GMC 1500's New 08 GMC Yukon's

New 08 GMC Yukon XL's

New 08 Cadillac Escalade's

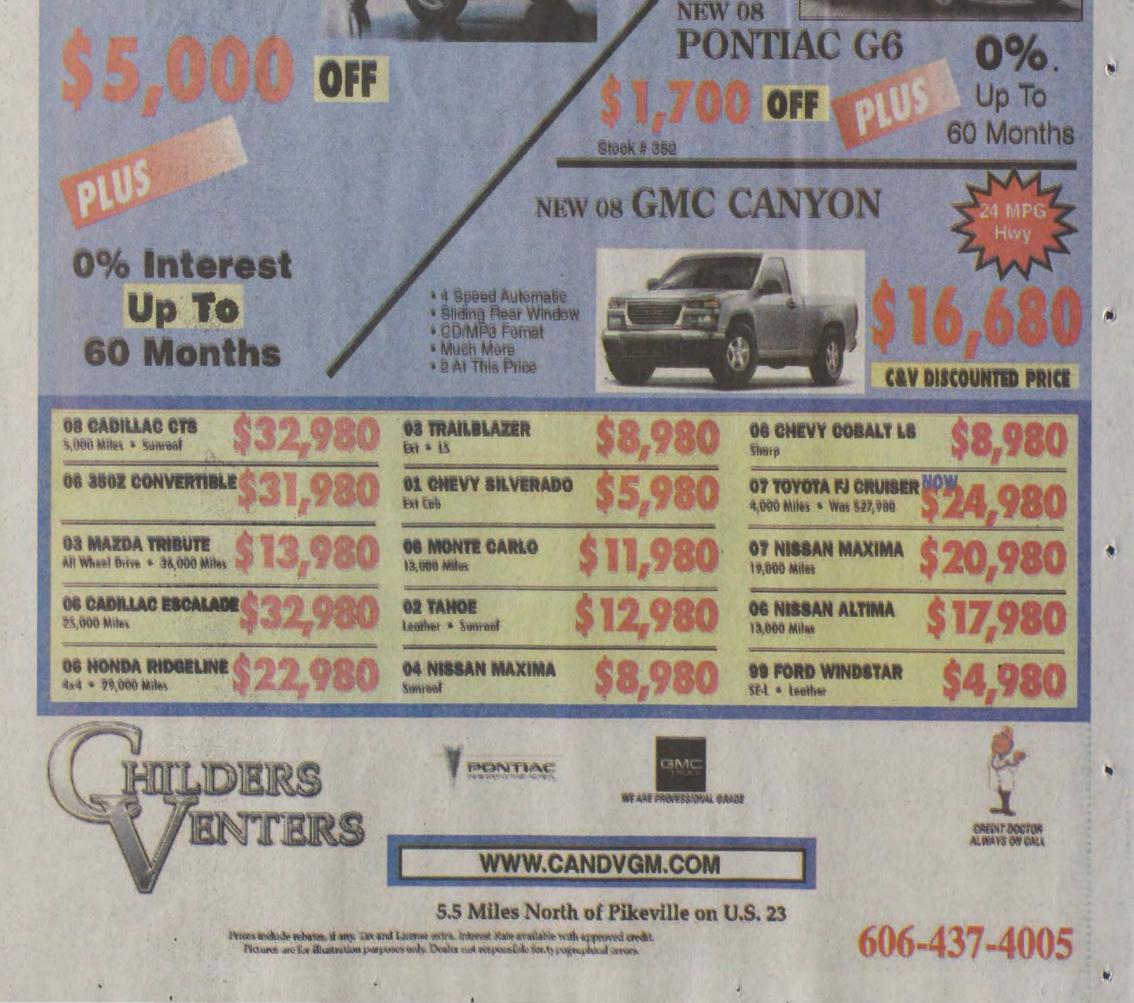
New 08 Pontiac G6's

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NEW 08 GMC YUKON DENALI XI





Steve LeMaster

Phone Number: Floyd CountyTimes: Phone: (606) 886-8506 Fax: (606) 886-3603

www.floydcountytimes.com



Blanton claims MSC weekly honor

TIMES STAFF REPORT

WILLIAMSBURG - The University of the Cumberlands baseball program added to its individual honors this week as sophopitcher Adam Blanton more (Staffordsville) won the Mid-South Conference Pitcher of the Week on March. 24. Blanton is a Johnson Central High School graduate.

Last week, Blanton pitched in two of the Patriots' six games. In Blanton's first appearance of the week, he threw a com-plete game against No. 16 Union College, allowing only four hits and one run through seven innings while striking out three. In his second appearance of the week, Blanton threw two scoreless innings,

allowing no hits against Pikeville College while picking up the save. On the week, Blanton's earned run average was an impressive 1.00.

The University of the Cumberlands baseball team continues to climb in the NAIA Top 25 in its pursuit of conference and national titles. The Patriots were touted the No. 14 ranked team in the nation on Wednesday in the NAIA's third poll of the season. The Patriots were No. 17 in last week's poll.

The Patriots played a doubleheader on Tuesday with the No. 13-ranked Union Bulldogs at Doyle Buhl Stadium. Cumberlands did drop its first game against the Bulldogs 3-1, snapping a 12 game winning streak. The Patriots, however, turned right around and won the second game of the doubleheader 4-1. The Patriots then played a 4 game weekend series at Pikeville College. Cumberlands won both games on Friday while splitting two contests on Saturday. Cumberlands went 4-2 on the week and ended the time period 22-5 overall.

The Patriots (25-5, 6-1 MSC) defeated University of Cincinnati-Clermont on Monday and Alice Lloyd College in a doubleheader. The Cumberlands baseball program ranks as a national powerhouse.

Before moving on to Cumberlands, Blanton was one of the state's top high school pitchers. Blanton led Johnson a berth in the state tournament.

1

Friday, March 28, 2008

Spring training • B2 NASCAR . B3

Inside

to courtesy of University of Cumberlands Central to a 15th Region championship and Blanton ranks as one of the Mid-South Conference's Johnson Central High School graduate Adam top pitchers.

UK head coach optimistic by WILL GRAVES

ASSOCIATED PRESS

Billy Gillispie's first season at Kentucky ended in very un-Kentuckylike fashion.

What started with 23,000 fans in Rupp Arena for Big Blue Madness in October ended quietly in a generic gym on the West Coast with an uncharacteristically quick exit from the NCAA tournament.

Eighteen wins and a first-round loss to Marquette in Anaheim, Calif., last Thursday - Kentucky's first opening-round defeat in the tournament in 20 years - wasn't exactly what the nation's most passionate fanbase had in mind when the Wildcats lured Gillispie away from Texas A&M to replace Tubby Smith last spring.

Then again, dealing with injuries to three of his five best players and a battle of wills with one of his senior leaders isn't what Gillispie had in mind either.

Yet in the aftermath of Kentucky's 74-66 loss to Marquette last Thursday, Gillispie was far from disappointed.

After leading the Wildcats (18-13, 12-4 Southeastern Conference) through the program's most trying season in two decades - one that saw them become a national punchline following losses to Gardner-Webb and San Diego, only to rally



South Floyd Coach Tiffany Turner talked with Andrea Conn during Tuesday's game versus Knott County Central. The Lady Raiders prevailed in impressive fashion, defeating Knott County Central 18-0.

Lady Raiders roll in season-opener

Turner records first win as head coach; Damron tosses onehitter vs. KCC

by STEVE LeMASTER

three Knott County Central batters. The SOUTH FLOYD SOFTBALL ending double play in the fourth inning, stopping an offensive push from the Lady Patriots.

South Floyd scored six runs in the top half of the fourth inning. The Lady 5:30 p.m. Raiders put the game out of Knott County Central's reach in the fifth April 8 at Betsy Layne, inning, scoring nine times. Knott 5:30 p.m. County Central was limited in each of its five at-bats.

UPCOMING GAMES

April 2 at Allen Central,

Brackets are meant to be busted by RICK BENTLEY TIMES COLUMNIST

Quite a few things to touch on this week, so let's get busy.

So how does your bracket look? On the surface mine's a mess, but you have to look past the surface.

Here's what I mean: Losing games in your bracket isn't a big deal. Everybody is going to miss games. But here's what you have to see: How many of those teams did you have picked to win again?

If you miss a game in the opening round it's no big deal unless you'd picked the team to advance to the Sweet 16. And in the second round, it's ok unless you had them in the Elite Eight.

That said, when play resumed last night I had seven of my Elite Eight remaining. That's what's important. I had only one of the missing teams -Pittsburgh - advancing.

Of course, I had them in the Final Four, so things are " perfect here either.

- In the midst of last week's high school frenzy, we maded out on Kentucky's lopeninground loss to Marquette.

I wasn't surprised they lost that one. Considering what had

during SEC play - Gillispie knew he had little to complain about.

"It was better than I expected, it was fantastic," Gillispie said. "I mean, as far as wins and losses go, no. I thought we would win more games. But if you would have said that you are going to have over 40 games missed by really, really, really, really good players, I would have said, 'How in the world are we going to make it in the tournament?"

For a while, it looked like the Wildcats wouldn't, as the problems started seemingly moments after the cheers from the rousing pep rally called on the day of Gillispie's hiring faded.

Derrick Jasper had microfracture surgery on his left knee over the summer, missed 11 games and spent the rest of the season valiantly playing on one leg.

Jodie Meeks took an awkward fall in an exhibition game against Seattle, leading to a stress fracture in the pelvic region. Meeks tried to come back in late December but suffered a strained hip flexor that limited the team's best shooter to 11 games.

Do-everything freshman forward Patrick Patterson tried to carry

(See OPTIMISTIC, page two)

SPORTS EDITOR

HINDMAN - First-year head coach Tiffany Turner guided the South Floyd softball team on the road Tuesday in a season-opener versus Knott County Central at Hindman Park. The Lady Raiders came alive offensively in the season-opener, defeating Knott County Central 18-0. South Floyd plated its first runs in the third inning, scoring three times.

Turner is in her first season at the helm of the South Floyd softball program. She took over for John Little.

Trista Damron started at pitcher for South Floyd. Damron started strong, striking out five of the first six batter she faced. The South Floyd starting pitcher finished with a total of nine strikeouts, leading the Lady Raiders to the win. Damron gave up only one hit over five innings, while walking only

Damron helped her cause at the plate for South Floyd. The South Floyd hurler went 2-for-3 at the plate, drew p.m. two walks and scored three times. Andrea Conn and Lindsey Dye also April 17 Betsy Layne, 5:30 scored three times for visiting South Floyd.

Branda Hamby and Kim Patton collected three hits apiece for the Lady Raiders. Hamby had one of the biggest hits of the game when she connected for a triple.

Tawanna Jones and Miranda April 29 at Prestonsburg, Johnson added two hits apiece for the Lady Raiders.

Dye, Heather Little and Nikeesha Thornsbury tagged one hit apiece in South Floyd's season-opening triumph.

In 28 at-bats, South Floyd produced 18 runs. The Lady Raiders also drew a dozen walks.

April 10 Prestonsburg, 5:30

p.m.

April 24 Knott County Central, 5:30 p.m.

5:30 p.m.

happened to them in the last month, it was no stunner at all. What was surprising was that they made it to a tournament game at all.

I remember the Friday afternoon I heard about Patrick Patterson suffering his seasonending injury, and a song came to mind. It was "American Pie" by Don McClean, and that line about the day the music died kept running through my mind.

It's something that a lot of people don't understand, but if you're a Kentucky basketball fan, losing just isn't an option. It's why this season has been so frustrating, I hate to lose, I don't accept it and just dismiss it from my mind where UK basketball is concerned.

Then came the following Sunday. I came home from church and immediately started watching the game. The Cats lost, but it may have been the most enjoyable Kentucky basketball game I ever watched.

The Cats won two games after the big freshman called it a season, and it was just enough to get them into the Dance.

It has to get a lot better or changes will have to be made, but that Sunday afternoon against Tennessee was something I'll remember for a long time.

- I caught the end of Bull Durham the other night. It reminded me that I was there the day the last game ever for our Kentucky Rifles got rained out.

Let me assure you of this: There was nobody looking like Susan Sarandon hanging around the park that day.

- One thing about spending time at the Sweet 16, you're guaranteed to hear rumor on top of rumor.

The one with stamina last week had Oklahoma State telling Sean Sutton he wouldn't be returning and the Cowboys making a heavy push for Billy Gillespie.

- My Final Four, for the record, was Carolina,

Area teams headed into spring soccer season

TIMES STAFF REPORT

PRESTONSBURG The spring soccer season will kick off Saturday with games scheduled around Eastern Kentucky. Most of the Floyd County teams will be in action on the

day. The Floyd County U6 and U8 teams will begin play on Thursday, April 3. The Floyd County U6 through U14 teams will be playing at Archer Park, which Prestonsburg is in the process of renovating to

sporing season's opening switch its use from baseball/softball to soccer. The Floyd County U16 and U19 teams will play on the high school field at StoneCrest.

"We are excited about our new fields, and grateful to the City of Prestonsburg for hosting our league,

said Robin Smith, a longtime Floyd County Youth Soccer coach and volunteer. "David Baldridge of Archer Park has done everything we have asked him to do to make the soccer fields ready for the season."

Keathley joins fight against child abuse

TIMES STAFF REPORT

PIKEVILLE - The Perry County office of the Kentucky Department of Protection and Permanency will hold its annual candle light vigil April 1 from 5-6 p.m. at New Hope Christian Center in Hazard in observance of National Child Abuse Prevention Month. This year's event promises to be the office's biggest of its kind to date. Kentucky Lieutenant Governor Daniel Mongiardo will be in attendance at the ceremony as one of the event's guest speakers. East Kentucky Miners Coach Kevin Keathley has also accepted an invitation to serve as one of the dignitaries present during the event. Keathley will help Lt. Governor Mongiardo present certificates to the Kentucky State Police, court judges and Hazard Mayor Bill Gorman.

"It's an honor to have the opportunity to get involved and support National Child Abuse Prevention Month," said Keathley.

An Eastern Kentucky native, Keathley recently finished his first season at the helm of the Kentucky professional basketball team. East Kentucky is one of four current CBA expansion franchises. The Miners finished the 2007-08 regular-season 26-22

Increasing public awareness of the need to ensure the safety and welfare of children led to the passage of the first Federal child protection legislation, the Child Abuse Prevention and Treatment Act (CAPTA), in 1974. While CAPTA has been amended many times over the years, most recently by the Keeping Children and Families Safe Act of 2003, the purpose of the original legislation remains intact. Today, the Children's Bureau, Administration for Children and Families, U.S. Department of Health and Human Services, is the Federal agency charged with supporting States, Tribes, and communities in providing programs and services to protect children and strengthen families.



photo courtesy of Dusty Layne Photography/East Kentucky Miners East Kentucky Miners Coach Kevin Keathley has joined the fight against child abuse.

B2 . FRIDAY, MARCH 28, 2008

THE FLOYD COUNTY TIMES

Tennessee's Smiths love the bond, confusion of their shared name

by BETH RUCKER ASSOCIATED PRESS

KNOXVILLE, Tenn. - Sometimes it's hard for Tennessee play-by-play announcer Bob Kesling to tell which of the team's three Smiths has just made a play.

So, he just throws a name out and hopes it's the right one. "The way I see it, I have a 60 percent chance of doing right," Kesling said.

JaJuan Smith, Ramar Smith and Tyler Smith say they love the bond - and confusion - their last name brings.

"We're brothers," Tyler Smith said.

So much so that the Smiths, who are unrelated, have heard a lot of people refer to them as "the Smith brothers."

They prefer "da Smith boyz," though, and they claim there's a secret handshake.

Sometimes they use their jersey numbers to refer to one another, but even that can add to the confusion: Tyler wears No. 1. JaJuan dons No. 2 and Ramar sports No. 12.

"The tougher thing about the guys is they all wear headbands on the court," Kesling, who is also director of the Tennessee athletics department's external communications. "That makes them look more similar."

In calling a game, Kesling said he tries to roll the guys first and last name together as if they were one long name. "It would be much harder if there were three Hornbuckles," he said, referring to Lady Vol player Alexis Hornbuckle.

At opponents' home courts, Tyler Smith said he's heard announcers get a little more creative, combining JaJuan and Ramar into one player, Jamar Smith.

On the court this season, the trio has made quite a contribution. They average a combined 35.7 points and 12.9 rebounds per game and have shared the starting lineup 17 times.

Perhaps the most defining thing about each Smith is his individual strength: JaJuan is the shooting guard with strong defense; Tyler, a forward, pounds the boards and dominates inside; and point guard Ramar likes to dish assists and take it straight to the hoop when he gets the chance.

"Oh, they all have their own personalities and their own deals. But they are great friends, and they are great teammates. They're close," said coach Bruce Pearl, who doesn't even bother with the name Smith. For him it's Ro, Juanny and Tyler.

Off the court, they like to hang out, competing on Playstation or Nintendo Wii - each claims to be the best at the Madden NFL or NBA Live games - or hosting cookouts on days off.

"It helps us on the court. It makes us more comfortable as a team," JaJuan Smith said.

Ramar Smith credits JaJuan, the lone senior among the three, for being a big reason on why he chose Tennessee.

"He's always trying to look out for you. He's like a big brother. He tries to show you the way," Ramar Smith said.

Tennessee (31-4) hoped to keep the postseason alive when it faced Louisville (26-8) in the East Regional semifinals on Thursday.

The Smith trio will be down to two after this season as JaJuan prepares for life after Tennessee basketball.

There's no future Smith brother in the works, for now.

"I kidded Bruce around recruiting time," Kesling joked. "I said. "What you couldn't find any other Smiths?' He said, 'No, I should work on that."

Golf calendar now available TIMES STAFF REPORT Senior Golf Association and

SPRING TRAINING: Orioles say Roberts probably staying put; Escobar unsure about return to Angels

but admitted surgery could be

a possibility. Escobar, 18-7

with a 3.40 ERA last scason,

Scioscia said he's holding out

hope that Escobar will pitch

this season. But it seems cer-

tain he won't do so for quite

where Kelvim's going to be a

month from now," Scioscia

said in Tempe, Ariz. "But

we're still optimistic that

we're going to see him at

some point. We still feel our

pitching is a strength. If we

start losing a couple of more

guys, some of our answers

might have to come from out-

side the organization, but

The Angels also will be

without John Lackey to start

the season. The 29-year-old

right-hander has a strained

right triceps. He won 19

games and led the AL with a

At Surprise, Ariz., Gerald

Laird beat out Jarrod

Saltalamacchia for the job as

Texas' starting catcher.

Saltalamacchia was optioned

Chris Reitsma left Mariners

camp after learning he would

not make Seattle's roster for

Reitsma was told the

Mariners wanted him to con-

tinue his throwing program

into early April with a possi-

bility of being added to the

"He is going to go home

and think about it," manager

John McLaren said. "He's not

sure what he wants to do right

now. We're hopeful that he

does think about continuing

right fielder Alex Rios and

Toronto are closing in on a

six-year contract extension

through 2014 that would

guarantee him about \$65 mil-

lion. The deal might include a

2015 option that could make

and Athletics concluded their

season-opening series with a

And in Tokyo, the Red Sox

it worth about \$80 million.

In other news, All-Star

his throwing program."

At a morning meeting,

At Pcoria, Ariz., reliever

to minor league camp.

the start of the season.

roster later.

3.01 ERA last year.

we're not to that point yet."

"There's no certainty

some time.

Angels manager Mike

hasn't pitched this spring.

THE ASSOCIATED PRESS

While the Baltimore Orioles say they plan to keep Brian Roberts around, the Los Angeles Angels aren't sure if Kelvim Escobar will be back at all this season.

Orioles president of baseoperations Andy ball MacPhail said Wednesday he's not close to completing a deal that would send Roberts to the Chicago Cubs, and the two-time All-Star will likely begin the season as Baltimore's second baseman.

"I've mentioned to Brian that I think it's unlikely that something happens. MacPhail said in Florida.

Roberts has been the subject of trade speculation for three months, and the Cubs would like to add him to their revamped lineup as a leadoff hitter. MacPhail has already dealt away shortstop Miguel Tejada to Houston and lefthanded ace Erik Bedard to Seattle as part of his overhaul of an Orioles franchise that hasn't had a winning season in a decade.

Thus far, MacPhail has not been presented with a suitable package of players inexchange for Roberts.

The Cubs and Orioles have been talking about Roberts since before spring training, and scouts from each team have been watching the other's players in major and minor league games for weeks.

The 29-year-old Roberts has met several times with MacPhail this spring, most recently last weekend, to be updated on the progress of trade discussions.

"I think with each passing hour, at this point, it's less and less likely," MacPhail said. "The further we get this close into (the regular season), the greater likelihood that we're going to start with what we have.

Escobar, an 18-game winner for the Angels last season, told reporters he has a tear in his pitching shoulder and might need surgery. The team hadn't confirmed that diagnosis by the end of Wednesday's 7-5 loss to the Chicago Cubs.

The 31-year-old right-han-

der said he would continue to two-game split. try and strengthen his arm,

Rich Harden struck out ninc over six innings and Emil Brown hit a three-run homer, leading Oakland to a 5-1 victory over Boston.

In spring training games: Marlins 7, Mets 5: At Port St. Lucie, Fla., Pedro Martinez threw 80 pitches over six innings against minor leaguers and pronounced himself healthy heading into the season.

Phillies 4, Yankees 0: At Clearwater, Fla., Brett Myers looked great in his final tuneup for opening day, allowing two hits in five innings for Philadelphia. Chien-Ming Wang, New York's openingday starter, was tagged for four runs and six hits in five innings.

Pirates 7, Tigers 4: At Bradenton, Fla., Dontrelle Willis had another bad outing for Detroit, allowing seven runs - six earned - and cight hits while walking four in three innings. Pittsburgh's Zach Duke struck out five while permitting one run and five hits over five innings. He also drove in three runs with a pair of singles.

Indians 7, Astros 6: At Kissimmee, Fla., a day after manager Cecil Cooper criticized his team for had throws, Houston made three errors and a costly baserunning mistake. AL Cy Young Award winner C.C. Sabathia allowed three runs in seven innings, striking out six.

Twins 4, Rays 2: At Fort Myers, Fla., Minnesota's Livan Hernandez warmed up for opening day with a strong start. He struck out five and pitched six innings of one-run ball.

Braves 10, Nationals 2: At Kissimmee, Fla., Jeff Bennett pitched four sharp innings for Atlanta, extending his scoreless streak to 11 this spring. Mark Teixeira hit a two-run homer and a double.

Cardinals 8, Orioles 2: At Jupiter, Fla., St. Louis opening-day starter Adam

Wildcats were dominated in the

second half, hardly gave any

proof of the resurgence to come.

time win over then-undefeated

Vanderbilt on Jan. 12. Ten days

later Kentucky held off

Tennessee, leading to a remark-

able stretch run in which the

Wildcats won 11 of their final

13 regular season games,

including the last three wins

by Patterson's injury, his team-

mates responded with their most

inspired play of the season, par-

Yet rather than be devastated

forward

Though matched up against

markedly bigger opponents, Stevenson became a force in the

middle, growing up in front of

It wasn't the most aestheti-

cally pleasing basketball, but

there was a gruesome beauty to

the way the Wildcats played.

Each of their 12 SEC wins were

by 10 points or less, as they

sometimes willed themselves

past deeper, stronger, more ath-

fill next year with the departure

of seniors Crawford and Ramel

Bradley, who combined for 33.8

There will be major holes to

Perry

without Patterson.

ticularly

Stevenson.

his coach's eyes.

letic opponents.

It started with a double-over-

Wainwright allowed one run in six innings. Baltimore's Jeremy Guthrie worked four shutout innings before struggling in the fifth.

Brewers 12, White Sox 10:1 At Tucson, Ariz., Jim Thome. hit two of Chicago's four home runs off an ineffective Ben Sheets. Alexei Ramirez. helped his bid to play center field for the White Sox on opening day by hitting a grand slam.

Diamondbacks 11, Rockies 8: At Tucson, opening-day starter Jeff Francis pitched five solid innings for Colorado, which got homers. from Matt Holliday and Troy. Tulowitzki. Arizona's Randy Johnson was roughed up by White Sox minor leaguers.

Cubs 7, Angels 5: At Tempe, Jered Weaver held Chicago to one run in six innings and lowered his spring ERA to 1.67. Los Angeles closer Francisco Rodriguez allowed five runs in the seventh. New Cubs closer Kerry Wood pitched 1 2-3 hitless innings. Chicago. ace Carlos Zambrano gave up four runs in four innings.

Rangers 12, Padres 7: AL Pcoria, Ariz., Jake Peavy allowed four runs in three innings but hit a solo homer. San Diego teammate Brian-Giles also connected. Josh Hamilton, who is hitting .455 this spring, homered and doubled for Texas.

Mariners 8, Royals 5: At Surprise, Ariz., Erik Bedard beat Gil Meche in a matchup of opening-day starters who weren't at their best.

Grizzlies 4, Giants 3: At Fresno, Calif., Barry Zito allowed four runs - three carned — and eight hits in 6 2-3 innings against San Francisco's Triple-A farm team, the Fresno Grizzlies. His next start is Monday in the season opener at Dodger Stadium. Ray Durham returned to the Giants' lineup after missing six games with a strained hamstring.

ATHLETES OF THE

Optimistic

This year's version of the popular Kentucky Golf Calendar is now in circulation. The four color piece features photos, recaps and tournament schedules from Kentucky's family of golf organizations (Kentucky PGA, Kentucky Golf Association, Kentucky

Dairy

the KGA-PGA, Inc's Pepsi Junior Tour). The calendar, along with entry information for various competitions, were mailed on Friday, March 7 to over 2,500 amateur golfers across Kentucky. The calendar was also be mailed in quantity to over 200 golf facilities across Kentucky.

WEEK

Trista Damron, South Floyd Softball

Shane Grimm. Paintsville Boys' Basketball the team on his back but went down with an ankle injury with two weeks left in the season.

Yet Gillispie's troubles weren't limited to the training room, as he and his players struggled to see eye-to-eye.

Freshman Alex Legion played sporadically for six games, then abruptly transferred to Illinois.

Senior guard Joe Crawford butted heads with Gillispie over his new coach's defense-oriented approach. Crawford spent the first few weeks of the year coming off the bench, as Gillispie repeated over and over that only those who gave consistent effort in practice would start.

Eventually the message got through, but not until some lightly regarded visitors became more than just tourists at one of college basketball's toughest

Gardner-Webb dominated from the start to beat the Wildcats by 16 on Nov. 7. San Diego repeated the feat six weeks later, running away for an 81-72 victory on Dec. 29 that put Kentucky's streak of 16 straight NCAA tournament appearances in jeopardy.

A loss to rival Louisville a week later, a game in which the

Brackets

Wisconsin, Pitt and UCLA. three entries won in the first round.

> the second round. On Monday night, four teams were standing. Two of them were Georgetown and Campbellsville.

Yes, neither team won it Oklahoma City beat Mountain State for its second straight NAIA Div. I tournament title - but for a league that has been taking its lumps from the so-called pundits recently, going 7-3

Continued from p1

points per game and took all the big shots down the stretch.

'They never ran from, responsibility, they accepted it," Gillispic said. "Every single time something happened, and there were a lot of things happening ... all eyes from those players were focused on Joe and Ramel, and they saw strength."

It's a lesson Gillispie hopes filters down to players like Patterson, Jasper and Meeks. The Wildcats will need their leadership next season on a team that won't have a senior on it. Incoming recruits DeAndre, Liggins and Darius Miller who helped his Mason Co. (Ky.) team to the state championshipover the weekend - should give the Wildcats some depth.

But after his tumultuous first season in which everything that could have gone wrong seemingly did, Gillispie isn't taking anything for granted. If this is as bad as it gets, he'll take it, and so will the fans.

"Kentucky has every single thing that you need to win national championships," Gillispie said. "It's been proven over time. And they've won a lot of them, and hopefully, we'll win some more.'

Continued from p1

Great line from Tony

If you are the sports fan circled here ... it's your lucky day!

If you are the sports fan circled, you are entitled to a free 8-inch ice cream cake of your choice, redeemable at DAIRY QUEEN OF PRESTONSBURG. When claiming your ice cream cake, present this newspaper.

By the time you read this, 1 could be down to one of them

- If the Pikeville College women's bowling team wins the national title Hillbilly weekend in Wichita, every young lady to spend four years in the program will have won a national title.

Think about that.

For those who didn't keep up, the Mid-South Conference had quite a week at the national tournament in Kansas City. All in the national tournament

Cumberlands, coached by former Mullins Tiger Don Butcher, lost in

Kornheiser, who said Opening Day in baseball-wouldn't be affected by "opening morning"

Tokyo this week. - I know they played last night, but allow me to say

is pretty special.

this: After the first weekend of play in the NCAA, anyone doubting that the East. was the absolute best region is kidding themselves.

It was also the only one where all four top seeds advanced to the Sweet 16.

SPORTS FAN Dueen OF THE WEEK of Prestonsburg

Open wheelers' struggles one of biggest surprises so far in 2008

by JENNA FRYER ASSOCIATED PRESS

CHARLOTTE, N.C. – Blame it on JPM. He's the one who made people think any driver with a reasonable amount of talent could jump into a stock car and succeed.

But if there's one thing that's become painfully obvious through the first five races, it's that Juan Pablo Montoya is the exception and not the rule to open-wheelers moving into NASCAR. Four top-notch drivers followed him this season, and have struggled mightily in one of the five biggest surprises so far this season.

Of course, Montoya warned often låst season that Patrick Carpentier, Dario Franchitti, Sam Hornish Jr. and Jacques Villeneuve were not going to have an easy time wrestling the full-bodied 3,400 lb. machines. Despite his decent results, he never shied away from admitting the switch to NASCAR was the hardest transition the former Formula One star had ever made.

The others have learned the hard way just how serious Montoya was.

"I didn't expect it to be easy by any stretch, but it's even more difficult than I thought," said Franchitti, Montoya's teammate at Chip Ganassi Racing.

The attention Montoya received last season while winning rookie of the year, a Cup race and a Nationwide race made the venture look promising for anyone seeking a fresh start away from fledgling openwheel. No one expected these newcomers to match Montoya's success. Then again, no one expected them to

struggle as much as they have, either.

Villeneuve's venture didn't make it past the season-opening Daytona 500. When the former F1 world champion failed to make the race, he hightailed it home to Montreal days before the event. A,lack of sponsorship pushed him out of the Bill Davis Racing ride he had planned to pilot, and the team has since ceased operations on the No. 27 Toyota.

Carpentier, another Canadian who raced in both Champ Cars and the Indy Racing League, has a solid team and sponsorship but can't make races. He's qualified for just two of five events so far, has a best finish of 35th in Atlanta and is 46th in the points standings.

Franchitti heads to Martinsville Speedway this weekend ranked 38th in points and in danger of not making the field for the first time this season. He started the year inside the top 35, thus guaranteed a starting position, but the field resets this week and he's now on the outside looking in and needs a strong qualifying lap to make Sunday's race.

Through five events, he's finished 33rd three times and his best was a 32nd in California. It could be bad news for the reigning Indianapolis 500 and IRL champion, who doesn't have full season sponsorship yet, and missing races would certainly curtail any potential suitors.

That makes Hornish the best of the group, and he's clinging to 35thplace in the standings. The threetime IRL champion opened the season strong with a 15th-place run in Daytona. But it's been downhill from there, with a 25th in Atlanta his best showing since. Hornish said this season is a building year, and that NASCAR was a natural move because he had little left to accomplish in open wheel.

"I didn't feel (open wheel) was challenging me enough," he said. "I knew how difficult this was going to be, and I knew I'd look back at my career and if I didn't do this, I was going to wonder 'Could you have made it and gotten to the point of being successful?"

"I knew it was going to be difficult, that's why I did it."

The other surprises this season:

2. MONTOYA HIMSELF: His rookie campaign raised the expectations on the Colombian, and even car owner Ganassi bought into the hype when he said this season was "Chase or bust" for his star driver.

Although Ganassi later downplayed the expectations, many still believed Montoya would be a legitimate threat to win on an oval and perhaps qualify for the 12-driver Chase.

But through five races, he's 19th in the standings and still scarching for his first top 10 of the season. Even worse, the places he should have contended at — fast tracks such as California, Las Vegas and Atlanta — were not kind to him.

There's no one doubting his skill level, which leads many to wonder if the Ganassi equipment is meeting his needs. Aside from Reed Sorenson's strong showing in Daytona, none of the three Ganassi cars has shown the same improvement the other Dodge teams have made this season.

Montoya is not pointing fingers. "We're trying as hard as we can," he said. "It's not like I can be upset and say 'We're not giving 100 percent' or 'We're not doing everything we can.' I know that the entire team is doing everything in its power and all we can do is keep trying."

3. JIMMIE JOHNSON: The twotime defending Cup champion has never in six previous seasons put together a stretch as poor as the one he's in the midst of.

And it's not the actual finishing position that's troubling about Johnson's season. It's that the No. 48 Chevrolet has only been up front once this season, at California, where he led 76 laps and finished second.

Sure he led a lap in Daytona, and 14 more in Bristol, but it's because he started from the pole. That's it in a shocking start for a team that couldn't seem to lose for much of the past three years.

Suddenly, Johnson can't seem to get anywhere close to a win. He was 29th in Las Vegas — where he entered the race as the three-time defending winner — and followed it with 13th and 18th place finishes in Atlanta and Bristol.

Now he heads to Martinsville, where he's again won three times in a row, searching for his first top 10 of the season.

It's telling, though, that his struggles have come at a time when Hendrick Motorsports is still looking for its first victory of the season. This time last year, the team already had three wins and was in the middle of a streak that saw Hendrick cars win eight of nine races.

4. GREG BIFFLE: He opened 2006 as a popular pick to win a Cup championship, only to struggle through the next two seasons.

The drop-off was significant for "The Biff" after he won six races in '05 and finished second to Tony Stewart in the Chase. He failed to make the Chase in 2006 or 2007, and wound up 13th and 14th in the standings those two years.

But Biffle has skyrocketed out of the gates this year, and heads into Martinsville second in the series standings. He's been inside the top 10 in all but one race this year, and his lowest finish was a 15th in California.

At this pace, Biffle is on track to live up to his potential of two years ago.

5. BRIAN VICKERS: It sure seemed as if Vickers made an awful move when he left Hendrick Motorsports to be the star driver at startup Red Bull Racing.

As his old team won 18 of 36 races last season, Vickers struggled to even make the field. He qualified for just 23 of the events and finished 38th in the final standings.

It sent him into this second season with Red Bull needing to make the first five races on speed, and Vickers more than delivered by qualifying for each of them. Then, his early runs were so strong, he went into Bristol knowing he could miss the race and still leave Tennessee locked into the top 35.

He spent time inside the top 12 in points, but his 39th-place finish in Bristol dropped him to 17th. Regardless, Vickers isn't in danger of missing races anytime soon and the seat time and race experience will only help Red Bull continue its development.

Nextel Cup drivers in Martinsville

by BRIAN KACHARABA ASSOCIATED PRESS

NASCAR NEXTEL CUP Goody's Cool Orange 500

Site: Martinsville, Va.

Schedule: Friday, qualifying (Speed Channel, 3:30 p.m.); Sunday, race (FOX, 1:30 p.m.).

Track: Martinsville Speedway (oval, 0.526 miles, 12 degrees banking in turns)

Race distance: 263 miles, 500 laps. Last race: Jeff Burton raced past Denny Hamlin on a two-lap sprint to the finish to give Richard Childress Racing a 1-2-3 sweep at Bristol Motor Speedway on March 16 and deny Joe Gibbs Racing a victory after its three drivers dominated the race. Burton scored his first win at Bristol, the first win of the season for Chevrolet, and led teammates Kevin Harvick and Clint Bowyer across the finish line in the first podium sweep in RCR history.

Last year: Jimmie Johnson withstood teammate Jeff Gordon's bumping and banging for much of the last 53 laps and held him off by a front bumper to win for the third time in six Cup races. Fast facts: Johnson has won the last three events at Martinsville and has combined with Gordon to take eight of the last 10 races at the track. Both are winless this season and sit 13th and 14th in the standings, respectively. ... Dale Earnhardt Jr. has seven top-five finishes in 16 career starts at Martinsville, but no victories. He is fifth in the standings, 96 points behind leader Kyle Busch. ... Tony Stewart led a race-high 267 laps at Bristol, but finished 14th after making contact with Kevin Harvick with less than five laps remaining. ... Dale Jarrett finished 37th at Bristol in the final start in a points race of his 24-year career. The former series champion is retiring this season, and will race one last time in the All-Star race in May. Michael McDowell will take his place on the Michael Waltrip Racing team. ... With the season's first five races complete, the top 35 teams in the current car owner point standings are now guaranteed starting spots. Next race: Samsung 500, April 6, Fort Worth, Texas

Schedule: Saturday, qualifying (Speed Channel, 10 a.m.), race (FOX, 3 p.m.).

Track: Martinsville Speedway (oval, 0.526 miles, 12 degrees banking in turns).

Race distance: 131.5 miles, 250 laps. Last race: Kyle Busch grabbed his second truck victory in three tries this year, winning the American Commercial Lines 200 at Hampton, Ga., on March 7. Busch, who will only run a part-time schedule in trucks the rest of the year, remained the points leader over former series champion Todd Bodinc, who struggled all night before finishing ninth.

Last year: Mike Skinner started on the pole and stayed out front nearly all day at Martinsville, leading all but seven of 253 laps to win his third consecutive race. Coming off victories at California and Atlanta, Skinner set a series record by leading 246 laps and won for the 22nd time in his career. He became the second driver in the series to win twice on the small, (ight oval.

Fast facts: Busch has recorded five straight finishes of first or second in a Billy Ballew truck. ... Skinner will be seeking his third straight victory at Martinsville and become the first driver to win three straight short-track races on the same venue. Skinner had a pair of wins at Indianapolis in 1995 and 1996 before a broken oil line ended his run. Dennis Setzer (Martinsville), Rick Crawford (Martinsville) and Ron Hornaday Jr. (Bristol and Louisville) have failed in their attempts. ... Chrissy Wallace, the 19-year-old daughter of Mike Wallace, will try to qualify for her first NASCAR national event this weekend. In his Nationwide debut, Mike Wallace finished second at Martinsville on Oct. 28, 1990. The truck series has had eight female competitors in its history.

first victory of the season and 37th of his career, beating Gary Densham in the ACDelco Gatornationals. Tony Schumacher (Top Fuel), Jeg Coughlin (Pro Stock) and Matt Guidera (Pro Stock Motorcycle) won their divisions.

Last year: J.R. Todd won the Top Fuel division at Houston Raceway on March 16, beating Joe Hartley with a quartermile run at 4.603 seconds and 313.80 mph. Ron Capps powered his Dodge Charger R/T to his 24th career victory, beating Cruz Pedregon in the final, Jason Line topped the Pro Stock field, and Angelle Sampey won the Pro Stock Motorcycle competition.

Fast facts: Schumacher's 43rd career victory moved him within nine of Joe Amato for career wins. ... Densham's previous trip to the final round came at Indianapolis in 2004. ... Larry Dixon recorded the first-ever sub-4.5 Top Fuel run during the 1999 event. ... Al Hofmann, a 15-time Funny Car winner who finished second to John Force in 1995, died of a heart attack on March 20. He was 60. Next event: SummitRacing.com



THE DIAMOND GIRLS DANCE TEAM helped to get young fans involved throughout the East Kentucky Miners' debut season. The Miners played all home games at the East Kentucky Expo Center.

Jesse Litsch pitches 7 strong innings, Thomas

On the Net: http://www.nascar.com

NASCAR CRAFTSMAN TRUCKS Kroger 250 Site: Martinsville, Va. Next race: O'Reilly Auto Parts 250, April 26, Kansas City, Kan.

On the Net: http://www.nascar.com

NHRA

O'Reilly Spring Nationals Site: Baytown, Texas

Schedule: Friday, qualifying, 3 p.m.; Saturday, qualifying, 12:15 p.m. (Part I, ESPN2, 4:30 p.m., tape; Part II, ESPN2, 10 p.m., tape); Sunday, climinations, Noon (ESPN2, 4:30 p.m., tape)

Track: Houston Raceway. Last event: Defending Funny Car champion Tony Pedregon raced to his Nationals, April 13, Las Vegas On the Net: http://www.nhra.com

NASCAR NATIONWIDE

Last race: Scott Wimmer passed Richard Childress Racing teammate Clint Bowyer with 21 laps to go and held on to win the Pepsi 300 at Nashville Superspeedway. The Childress cars took the top two spots, six days after the team swept the top three positions in the Sprint Cup series race at Bristol.

Next race: O'Reilly 300, April 5, Fort Worth, Texas

On the Net: http://www.nascar.com

OTHER RACES

NASCAR Developmental Series

CAMPING WORLD SERIES WEST: Toyota NAPA AutoCare Center 150, Saturday, All American Speedway, Roseville, Calif.

WHELEN SOUTHERN MODIFIED: Night of Modifieds 150, Saturday, Southern National Raceway Park, Kenly, N.C.

MEXICO: Sunday, New Queretaro Autodrome, Queretaro, Mexico

On the Net: http://www.nascarhometracks.com homers in Toronto's 6-3 win over Cincinnati

THE ASSOCIATED PRESS

DUNEDIN, Fla. – Jesse Litsch pitched seven solid innings, Frank Thomas hit his first homer of the spring and the Toronto Blue Jays beat the Cincinnati Reds 6-3 on Wednesday night.

Litsch didn't allow a hit through the first six innings but gave up two runs in the seventh on two hits. The former Tampa Bay batboy walked one, struck out two and hit a batter with a pitch.

"I feel I am right where I am at to go out and pitch my first game of the season," he said.

Litsch, the team's No. 5 starter, threw 52 of his 76 pitches for strikes and is happy his sinker is working.

"I've got a lot of confidence in it now," he said. "I'm working it around the zone and being able to locate it. It's been a big pitch so far."

Blue Jays catcher Gregg Zaun thought Litsch maintained his stuff through all seven innings.

"The third time through the lineup they made some adjustments," Zaun said. "The first hit was just a good hit and the second was just a good atbat."

When the club breaks camp, Litsch will stay behind in Florida and pitch against minor leaguers Monday.

Aaron Harang went six innings for the Reds, allowing three runs and eight hits on 89 pitches, 61 strikes. He struck out two.

Harang, Cincinnati's opening-day starter, gave up a solo homer to Thomas that hit the batter's eye in center field.

Reds catcher David Ross (lower back spasms) saw his first action in spring training. He caught six innings and went 0-for-2 at the plate with a strikeout.

"The main thing in the last week is to build up my stamina, my legs to catch, and getting my at-bats," he said. "I've gotten a lot of good minor league at-bats and I feel good."

David Eckstein had three hits and Marco Scutaro drove in two runs for Toronto.

Andy Phillips' had two RBIs for Cincinnati.

Notes: Reds OF Ryan Freel left in the fourth inning because he was feeling sick. A virus has been going around the team's clubhouse. Toronto closer B.J. Ryan (left elbow) said he will start pitching in about a week in extended spring training games. Ryan and 3B Scott Rolen (broken finger) will begin the season on the disabled list, opening roster spots for OF-INF Buck Coats and RHP Randy Wells. ... Blue Jays RHP A.J. Burnett with pitch on Friday and RHP Shaun Marcum on Saturday in minor league games, then rejoin the team for the season opener at Yankee Stadium.

Tony Stewart to wave green flag at historic Rockingham Speedway

TIMES STAFF REPORT

ROCKINGHAM, NC – Tony Stewart has climbed into the flagstand after many NASCAR Sprint Cup Series victories to celebrate, but on May 4, the veteran driver will be climbing into the flagstand for the first time to wave the green flag to start a major stock car race when 50 ARCA RE/MAX Series cars come roaring by to start the Carolina 500 at Rockingham Speedway.

Stewart's Sprint Cup crew chief, Greg Zipadelli, will also be in Rockingham for the Carolina 500 and will trade in his normal raceday duties as crew chief for a position as a driver. Zipadelli will drive the pace car for the parade laps to begin the 312-lap race before relinquishing the steering wheel back to Jack Wallace, the regular ARCA RE/MAX Series pace car driver. Zipadelli will undoubtedly make a few adjustments on the pace car before leaving to make sure it will be able to stay in front of the field as necessary.

Stewart, driver of the Home Depot Toyota for Joe Gibbs Racing, is from the same area as track owner Andy Hillenburg, and they have a very similar background in racing, starting out in open wheel cars in Indiana.

"It's an honor to have Tony and Greg join us for our race," said Hillenburg. "Tony has the same passion for the sport that our fans have and there is not a nicer person in the garage area than Greg."

Stewart and Zipadelli will be traveling to Rockingham after trying to win the NASCAR Sprint Cup Series race the

back to Jack Wallace, the regular ARCA night before in Richmond, VA. If weath-RE/MAX Series pace car driver. cr is a factor in Richmond then both men Zipadelli will undoubtedly make a few will not be present for the Carolina 500.

Stewart has three ARCA RE/MAX Series starts at the DuQuoin State Fairgrounds mile-dirt (right) where he finished second in 2001 and 2002, before returning as the victor in 2003.

To see if Stewart will use the ladder or climb the fence to throw the green flag, bc sure to get your tickets early for the Carolina 500 on May 4.

For more information or to order tickets for the ARCA RE/MAX Series Carolina 500 on May 4 and the Hooter's Pro Cup American 200 on November 1, contact the speedway at (910) 205-8800.

Online:

www.rockinghamspeedway.com

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www.floydcountytimes.com

Friday, March 28, 2008

Features Editor Kathy Prater Phone: (606) 886-8506 Fax: (606) 886-3603

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Blood tests detect hyperthyroidism,

medication relieves symptoms — Page B5

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THROUGH MY EYES

'Bouncing' along a tip or two

Nothing like friendly email to help out with brain overload when time to pen a column. I received



this one carlier this week and thought it was pretty interesting. Can't verify the effectiveness of all the uses of these dryer sheets, but maybe you can let me

know if you

Kathy Prater Lifestyles editor

decide to give a few a try. I do know that my daughter keeps a dryer sheet in her purse to rub lightly against her hair in the winter to keep static cling away.

As for me, I hate bees, so I think I'll give the following suggestion a try when I'm out in the yard as the weather gets warmer! Now, read on:

1. It has been reported that postal service letter carriers have

(Sec EYES, page six)

DINNER DIVA Slip-ups A MARKETCHENC

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Natalie Combs, pictured with the banner she designed and created to be displayed at the recent KSBA convention.

Floyd County Board of Education Supt. Henry Webb congratulated Natalie

B4

by LEANNE ELY

True confessions, ladies and gentlemen. Tonight I ate too much and my reasons for doing so were all rationalized. I had a conversation in my head that gave me permission to overeat. Have you ever been there? There is truly no good reason why I did that: I had a good breakfast, I had my snacks, I had a good lunch.



Leanne Ely

hungry come dinnertime (and truth be told, we were cating late due to driver's ed!).

But I was still

To tide me over till dinnertime, I made some cocktail sauce

and thawed a few cooked shrimp. I called my son downstairs to enjoy them with me, but he only atc a few. 1 atc the rest; probably around 8 good-sized shrimp. Previous to that, 1 atc a slice of low fat cheese and about 10 little crackers. All of this was portioned out; it wasn't too bad. The crackers and cheese were my planned snack, anyway.

I intended to eat maybe 3

(See DIVA, page six)

County BOE recognizes PHS student

Floyd

During the Floyd County Board of Education March meeting, Natalie Combs, a Prestonsburg High School student, was recognized for her design and creative work on the Kentucky School Board Association Banner.

Each year, one Floyd County School is selected to create the Kentucky School Board Banner (KSBA) that will hang at the KSBA conference in Louisville. This year, Prestonsburg High School represented Floyd County with the creation of the banner. Natalie worked many hours at home to complete the banner in conjunction with the conference theme "Beyond the Finish Line-2014."

Special thanks to Natalie, and to PHS, for their efforts in designing this year's banner. The banners are a very important contribution to the conference, reminding the attendees of schools' primary purpose learning and learners.

Natalie is the daughter of Wayne and Judy Combs, of Prestonsburg.



FLY LADY

Make it easy on yourself

by MARLA CILLEY

I started getting organized in 1999 with two ideas in my head. The first one was to establish one habit at a time. The second, and the most important, was to be nice to me. These two ideas have formed the foundation for FLYing!

That New Years Day, I began my journey. I was so tired of living in CHAOS and beating myself up because I didn't know how to keep our home clean. As I tried to figure out why I had so much trouble with housework, I realized that I was being mean to myself. Negative words kept coming into my head and I was feeling sick to my stomach a lot. I made the decision right then to stop the negative self talk and make it easier on myself by building me up instead of pulling me down.

Recognizing when I was most likely to be mean to myself was the first step to stopping the negative self-talk. When negative thoughts did come up, I turned those thoughts to positive affirmation. I realized that I would never say those ugly words to my son, so why was I saying them to myself?

Our negativity manifests itself in more than just words; we do things to set ourselves up to fail and then make excuses. Those excuses don't make us feel any better; they just make us feel worse. As part of being nice to me, I decided to come up with ways to make it easier on myself to do my routines.

With my first habit of shining my sink, I realized that if my dishwasher was not emptied as soon as it was finished, that I would pile dishes on the counter till I got around to doing it. That got in the way of my feeling good. Not emptying the dishwasher was not being nice to me. To make it easy on yourself; empty your dishwasher as soon as it finishes.

Another way to be nice to myself and eliminate excuses was to pick out my clothes before I went to bed. This set me up for success by making "getting dressed to shoes" easier the next morning. I didn't have to drag my feet about getting dressed. My clothes were picked out and I was being nice to me!

So, to make it easy on yourself; pick out your clothes before you go to bed.

Another way I was nice to me was by keeping my favorite cleaning product under every sink in my house. For only a couple of bucks I could have a

(See FLY LADY, page six)



on her achievement at the March 24 meeting, held at Adams Middle School.



My husband has started running at the gym, on the treadmill and at the track. Recently he started having pain in the base of his big toe. His buddy told him it sounded like "turf toe." Is this a real medical condition, and if so, what can he do about it?

Your husband may very well have "turl toe," which is a real medical condition. In case you feel that such commonplace nomenclature isn't befitting a real disease, you'll be happy to know that turf toe actually does have an official polysyllabic, tongue-twisting, medical sounding name - metatarsopha-

family OHIO Medicine

Martha A. Simpson, D.O., M.B.A. Associate Professor of Family Medicine

> langeal joint sprain. In fact, understanding this doctor jargon will help you understand what takes place when one gets turf toe.

> The joint at the base of each toe is called the metatarsophalangeal (MTP) joint. In the first, or "big" toe, this joint can become injured when you bend it backwards (hyperextend) during exercise. Sometimes this happens with just one major trauma to the toe. You may, for instance, make a quick cut and change direction on the football or soccer field and, thereby, jam your toe into the turf or ground and bend it too far backwards. At other times, as might be more like-

Husband's aching toe may benefit from rest, ice and elevation

ly in your husband's case, it is repeated smaller injuries that cause turf toe.

THE FLOYD COUNTY TIMES

This bending past the optimal range of motion is seen most often in athletes who run or jump on artificial turf - hence the name, turf toe. However, basketball players and those working out in gyms can also get turf toe. In these cases, perhaps we ought to call it "court toe," and 'gym toe."

By whatever name you call it, the primary symptom of this disorder is pain in the MTP joint at the base of the big toe. If left untreated, it can also cause swelling and stiffness of the toe. In severe cases, the pain may be so had that it causes you to limp and prevents you from running.

In turf toe, the force of the initial injury or the repeated trauma is often strong enough to actually tear the capsule that surrounds the MTP joint. If left untreated, this can lead to instability of the big toe joint. It can also cause arthritis to develop in the

a major role in enabling us to walk, chronic pain in this joint can be quite debilitating.

Diagnosis is usually made by history of an MTP joint injury or of continued impact to the joint with running or jumping. An X-ray will rule out a fracture to the area. Treatment is usually just rest, ice and elevation of the painful toe. If your husband's doctor does diagnose him with turf toe, he will probably be told to stop running or jumping for about three weeks to promote healing of his damaged MTP joint. His doctor may also recommend an anti-inflammatory medication such as ibuprofen.

When full activity is resumed, some people use special inserts that prevent bending of the MTP joint of the big toe. As a way to test whether an orthotic insert might help, a friend of mine who is a podiatrist suggested running in hiking boots to prevent motion of the MTP joint. If you can

affected joint. Since the big toe plays run in the boots without turf toe pain returning, mention that to your doctor. He or she can prescribe an appropriate orthotic device for you. If that experiment doesn't work, it would be wise to mention that to your physician as well.

FRIDAY, MARCH 28, 2008 . B5

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Family Medicine® is a weekly column. To submit questions, write to Martha A. Simpson, D.O., M.B.A., Ohio University College of Osteopathic Medicine, P.O. Box 110, Athens, Ohio 45701, or via e-mail to readerquestions@familymedicinenews.org. Medical information in this column is provided as an educational service only. It does not replace the judgment of your personal physician, who should be relied on to diagnose and recommend treatment for any medical conditions. Past columns are available online at familymedicinenews.org.

School Happenings

*Of special note: On backpacks. All donations Saturday, March 29, "Fun Fair for New and Expectant Parents," 9 a.m. to 12 p.m., at the MAC. Free to all Floyd County expectant parents and parents of new babies up to one year old.

*Thursday, April 10, "Give Yourself a Break Day," 9 a.m. to 2 p.m., at MAC. For all parents/guardians of all Floyd County students. Food, door prizes, information - all free.

Adams Middle School Youth Services Center.

•Lending Library available student/parent use. for Pamphlets, videos, books and more on a variety of topics available.

·Appointments now available with the Floyd County Health Dept. nurse. Nurse can do school physicals and immunizations on site. Please call Childhood Program (3-4 year 886-1297 to schedule an olds). Fee for services is appointment.

•The Youth Services Center provides services to families regardless of income. Please contact the center for more information on center services and programs. Call the center

greatly appreciated.

Health •Floyd County Dept. is on site three days per month. Services include 6th grade school entry physical; kindergarten, Head Start and well-child physicals (age birth to 18 years); T.B. skin test; T.D. boosters; and WIC services. Please call 358-9878 for appointment if you are in need of any of these services.

•The J.A. Duff Elementary Family Resource Center provides services for all families regardless of income. We are located in the area where the old main office used to be. Contact persons are Judy Handshoe, coordinator.

May Valley Elementary

*May Valley is currently accepting applications for the May Valley Elementary Early \$18/per day. Services available Mon. thru Fri, Contact school at 285-0883 for more information. Slots will be filled on first-come, first-serve basis. Remaining applicants will be placed on waiting list.

•Call 285-5141, Mon. thru Joyce Blackburn, Assistant. Fri., from 8 a.m. to 4 p.m.

·MCA is an accredited non-Christian denominational school.

Prestonsburg Elementary and Family Resource Center.

· The Family Resource Center is open weekdays 8 a.m.-4 p.m., and later by appointment. Office provides services for all families, regardless of income.

•After-School Child Care: 3-6 p.m.

•School hours: 8:15 a.m. to 3 p.m.

· Call 886-7088 for information and referrals regarding GED classes, preschool child care, and other programs or services offered to the community. Reminder: The Floyd County Health Dept. offers services through the AMS Youth Services Center. Call the AMS Center at 886-1297 to schedule appointments for WIC. HeadStart, Kindergarten, 6th grade exams, and well-child exams from birth to 18 years.

W.D. Osborne "Rainbow Junction" Family Resource Center.

.Lost and Found is located in the Family Resource Center. Items not claimed within three weeks become the property of the FRC.

•The FRC accepts donations of children's clothing, shoes, belts, book bags, etc. May be used but need to be in good condition. Donated items will be appreciated and utilized by OES students.

•The Family Resource Center is located in the central building of W.D. Osborne Elementary. Those wishing more information about the center are welcome to visit, or call. Ask for Cissy (center coordinator). Center telephone and fax: (606) 452-4553.

Wesley Christian School •April 22 thru 25 - Stanford David Craft Center.

testing •May 1, 2, 8, 9 - WCS Aldersgate Camp Family Retreats, K-4 through 2nd grade on May 1, 2; 3rd grade

through 7th grade on May 8, 9. •WCS Learning Center accepts toddlers, preschool age (2-4), Hours: 7:30 a.m. to 5:00 p.m., Mon. thru Fri.

•For more information Wesley about Christian School, call 874-8328.

Big Sandy Community & Technical College Adult Education and GED

Monday: 8 a.m. to 12 p.m. McDowell FRC; Martin Comm. Ctr.: Auxier Learning Ctr.; BSCTC.

1-4:30 p.m. - BSCTC; Martin Comm. Ctr.

1:30 - 5 p.m. - Wheelwright Baptist Church.

Tuesday: 8 a.m. to 12 p.m. Mud Creek Clinic; BSCTC. 9:00 a.m. to 12 p.m. -

The Piarist School

9:30 a.m. to 12 p.m. - Dixie Apartments.

1-4:30 p.m. - BSCTC; Mud Creek Clinic; Floyd County

6-8 p.m. - Auxier Learning Ctr.; Martin Community Ctr.

Wednesday: 8 a.m. to 12 p.m. Martin Comm. Ctr.; Auxier Learning Ctr.; BSCTC.

1-4:30 p.m. - Layne House; BSCTC; Floyd County Jail.

6-8 p.m. - BSCTC.

Thursday: 8 a.m. to 12 p.m. - BSCTC.

8 a.m. to 4:30 p.m. -Weeksbury CC.

9 a.m. to 4:30 p.m. - Betsy Layne YSC.

1-4:30 p.m. - BSCTC.

Kay Hale Ross - Manager of Adult Education, 886-7334 Lisa Pelfrey - Assistant,

886-7397 Ron Johnson, Stephania

Conn, Lynn Hall, Nancy Bormes, Cindy Justice and Wayne Combs Adult Education teachers.

at 886-1297. Coordinator is Michelle Keathley.

Allen Central High School

•March 29 - Military Ball •Center hours: 8 a.m. to 3:30 p.m., Mon. thru Fri. Sharon Collins, coordinator. Telephone 358-3048. Center provides services for all families regardless of income.

Allen Central Middle School

*Please have your Food City Valu Card scanned for ACMS! Points help purchase school merchandise!

•March 29 - Last day for ACMS to receive Food City points for merchandise.

•Career Decisions and Job Development videos available in YSC lending library.

•The ACMS Youth Service Center offers services to all families, regardless of income. For more information, call Marilyn Bailey, center coordinator, at 358-0134.

Allen Elementary and **Family Resource Youth** Service Center.

· Call Allen Elementary Youth Service Center at 874-0621 to schedule your child's Hepatitis B vaccination, immunizations, and WIC appointments.

Betsy Layne Elementary

•Center hours are 8 a.m. to 3 p.m., Mon. thru Fri. Center offers services to all families, regardless of income.

•The Betsy Layne Elementary Family Resource Youth Service Center is located in the 7th and 8th grade wing. The goal of the FRYSC is to meet the needs of all children and their families who reside in the community or neighborhood by the school in which the center is located. For further information, please contact the center at 478-5550.

•Brian H. Akers, Center Coordinator.

Duff Elementary

•Center is in need of gently used clothing, shoes, belts and

•March 24, 25 - Quality Kids (personal hygiene program).

•Parent Lending Library is available to parents for video check-outs. A variety of topics are available.

•Floyd County Health Dept. nurse at school every Wednesday. Services include Head Start physicals, kindergarten physicals, 6th grade physicals, well-child physicals, immunizations, TB skin test, WIC program, blood pressure checks, and more. Must call the FRC at 285-0321 for an appointment.

McDowell Elementary and Family Resource Center.

•Parents of 5th grade students are urged to call the FRC and make an appointment for their child's 6th grade physical exam!

•Floyd County Health Department Nurse Joy Moore, is at the center the first three Mondays each month to administer immunizations, T.B. skin tests, well-child exams, WIC, prenatal and post-partum services, and school physicals. Call 377-2678 for an appointment.

•Parent lending library available to all parents for video/book checkouts. A variety of topics are available.

•GED classes available at FRC cach Monday, 8 a.m. to 12 p.m., in library.

•Family Resource Center is open weekdays, 7 a.m. to 3:30 p.m. Center is located upstairs in the old high school building, on the McDowell Elementary School campus. For further information, call Clara Johnson, director, at 377-2678. The McDowell FRC provides services to all MES students and their families, regardless of income.

Mountain Christian Academy

•Tuition assistance and bus transportation is available. For more information or a tour of the school, call 285-5141 or 285-5142.

South Floyd Youth Services Center

•Floyd County Substance Abuse Counselor will be on South Floyd campus on Mondays; Mt. Comp Care counselor will be on campus on Tuesdays. If you need to speak with either counselor, contact the SFYSC

•SFHS and SFMS Parent Volunteer training held throughout the year. Watch for dates TBA.

•Juniors and Seniors will attend the pre-Prom program at the MAC in May.

•Parents needing assistance with daycare may contact Mable Hall for information, or the "A Step Ahead" daycare center, at 452-1100.

•Walking track open to public (track closed during special events).

•The center has a one-stop career station satellite that is available to the community as well as students.

•All new students and visitors, stop by the Center, located on the South Floyd campus, Room 232, and see Mable Hall. Open 8 a.m. to 4 p.m., Mon. thru Fri.

•For more information call 452-9600 or 452-9607, ext. 243 or 153.

Stumbo Elementary/Mud **Creek Family Resource &** Youth Service Center .m

•John M. Stumbo Elementary is currently registering students for Kindergarten. Parents/guardians may pick up packets in school office.

·Lost & Found located in the Family Resource Center. If your child has lost an item, please contact us as soon as possible. Items left over two weeks become the property of the center and will be donated to charity.

•Resource Center hours are 8:00 a.m. to 4:00 p.m. Parents and community members are welcome to visit. For questions, call the center at 587-2233 and ask for Anita Tackett, Center Coordinator or

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by TOM DOTY TIMES COLUMNIST

A mixed bag of releases this week saw two compelling dramas (one even featuring monsters) and three average films competing for your video dollar.

The Kite Runner" - Best to start at the top with this fine adaptation of Khaled Hosseini's bestselling novel. The story follows an Afghan man, now living in California, who decides to journey back to his homeland to find a missing child. His obstacles include passage of time and a new regime, underwritten by the Taliban, which turns his effort into a rescue mission. Worth your time but a little slow going in spots.

Rental

"The Mist" - Frank Darabount ("The Shawshank Redemption") directed this excellent adaptation of Stephen King's novella in which various personalities struggle for dominance after finding themselves trapped in a grocery store when a mist containing bizarre creatures envelops their town. Good stuff here and a real study in group behavior as well as a rocking monster movie. Thomas Jane does well in the lead but Marcia Gae Harden steals the show as a woman of faith who's wound just a little too tight.

■ "Shrooms" — 1 desperately wanted to like this horror effort that also throws in some comedy as it traces American tourists behaving badly while on holiday in Ireland. They ignore warnings about hallucinogenic mushrooms and find themselves on a very bad trip. There is a decent movie in here somewhere, but the filmmakers must have been sampling the props to decide that cutting away from any hint of gore was a good idea.

entel

"Wrist Cutters: A Love Story" - Suicide is a dicey subject for a comedy, but this dark effort mostly pulls it off as it examines folks who have taken their own lives and wound up in a cosmic waiting room. Some good humor helps this along though anyone close to the subject matter might disagree.

■ "Bad Meat" — This comedy was made in 2003 but is only now meriting a video release. No surprise

then that this "kidnapping gone awry" story is about as compelling as the O.J. chase was. Still it kept Chevy Chase employed and he does have a few moments as a congressman who is snatched by a pair of losers in a kidnapping plot that's about as well executed as Rudy Giulliani's bid for the Oval Office.

Next week looks promising with the arrival of Johnny Depp as "Sweeney Todd" and a better attempt at comedy than this week's effort called "The Good Night."

Postal service to phase out stamp vending machines

The U.S. Postal Service will stop from these postal locations: Albany, selling stamps out of vending machines at Post Offices and other retail locations in the Kentuckiana District by phasing out the units over the next two years.

There are approximately 125 vending machines in 95 offices across the district. The decision to remove the machines was based on several factors:

Breakdowns of the aging machines are increasing and repair parts are no longer available.

Vending stamp sales are declining, service costs are increasing and some machines are generating less revenue than the cost of their overhead.

While many customers prefer the convenience of paying with a credit or debit card, the vending machines accept cash only. Retrofitting the machines to accept credit cards is not feasible.

The stamps vending machines are between seven and 20 years old, and all the machines will eventually be recycled.

Although it is not the case at every office or location, some machines had fewer than three customers per month.

A notice was posted on machines, at least 30 days in advance of removal, listing nearby Postal Offices and other locations where customers can buy stamps.

During April and May, cash-only vending machines will be removed

Barbourville, Beaver Dam, Bowling Green, Brandenburg, Brownsville, Cadiz, Calvett City, Catlettsburg, Chandler, Crestwood, Evansville Elizabethtown, Lawndale Station, Fairdalc, Flatwoods, Greenup, Greenville, Hartford, Henderson, Henryville, Hodgenville, Inez, Irvine, Jeffersonville, Lebanon, Leitchfield, Lexington (Liberty Road, Main Post Office, Post Rider), Liberty, Louisa, Louisville (Beechmont, Hikes Point, Main Office, Okolona, Post Standiford/Airport Mail Facility), Manchester, Mayfield, Monticello, Morganfield, Morgantown, Mount Vernon, Murray, New Albany, Newburgh, Owensboro, Paducah, Pewee Paintsville, Valley, Prestonsburg, Princeton, Radcliff, Richmond, Salem, Salyersville, Stanford, Stanton, Taylorsville, Waco, West Liberty.

Today, Postal customers have a wide range of quick, easy and convenient ways to buy postage stamps online at www.usps.com, by phone, by fax, by filling out a

Stamp by Mail order form available from letter carriers and Post Offices, at commercial retail establishments, through banking and credit union ATMs, and at Automated Postal Centers. Stamps can also be obtained from your rural carrier, if you are on a rural delivery route.



Donating for the troops

Hazard Community & Technical College employees donated 12 boxes of items to send to our soldiers serving in Iraq. Pictured are task team members. From left, seated, are: Angie Hurt, Delcie Combs, Becky Neace, Dee Dee Campbell, and Mary Pennington. Standing, from left, are: Bryan Combs, Mischelle Griffie, Kristy Creech and Cora Hamilton.

The soldier care boxes all included food/snacks, personal supplies, communication items, recreational items, and beverage items.

Not included in photo but among those who donated are Carla Seals, Mindy Collins, Angie Fugate, Melissa Johnson, Sharon Whitaker, Amanda Spencer-Barnes, Cleta Williams, Ann Cornett, and Linda Williams.

"We were very pleased to see all the students and employees who contributed so many items for our troops. We are glad to show them how much we care about them," noted Delcle Combs, chair of the project.

Fly Lady

for my morning swish and swipe and my evening shiny sink ritual. There are no excuses when you look for ways to make it easy on yourself. This saved me steps and eliminated those words, "I don't have

Windex bottle within my reach time" from popping into my learning to be nice to me. Isn't head.

> To make it easy on yourself; keep some Windex under every sink in your home.

When it comes right down to it; establishing one habit at a time is just another way I was

this what Finally Loving Yourself is all about? Being nice to yourself in everything you do!

Are you ready to try my strategy for getting your home in order? It really does work

when you are nice to yourself.

For more help getting rid of your CHAOS; check out Flylady's website and join her free life coaching at www.FlyLady.net, listen to her http://www.blogtalkradio.com/

Continued from p4

flylady show or read her books, Sink Reflections, published by Bantam and her New York Times Best Selling book, Body Clutter, published by Fireside. Copyright 2008; Marla Cilley. Used by permission in this publication.

Eves

been advised to place a sheet of Bounce (dryer sheet fresheners) in their uniform pockets to keep yellow-jackets away.

Others have used them when playing baseball and soccer, and working outside. Seems that they really do the trick; reports are that yellow jackets just veer away.

2. Reports are that dryer sheets will also chase away ants when you lay a sheet near them. They also appear to repel mice, too. Spread sheets around foundation areas, or in trailers or cars that are sitting unused and it keeps mice from entering.

3. They take the odor out of

books and photo albums that don't get opened too often.

4. They repel mosquitoes. Tie a sheet through a belt loop when you're outdoors during mosquito season.

5. They eliminate static electricity from your television and computer screens. And wiping the screens with a used sheet helps keep dust from resettling.

6. They help dissolve soap scum from shower doors.

7. To freshen the air in your home, place an individual sheet in a drawer or hang in the closets.

8. Place a sheet inside your vacuum cleaner.

9. Prevent thread from tangling. Run a threaded needle through a dryer sheet before beginning to sew.

10. Prevent musty suitcases. Place individual sheets inside empty luggage containers before storing them away.

11. To freshen the air in your car, place a single sheet under the front seat.

12. Clean baked-on foods from a cooking pan. Put a sheet in a pan, fill it with water, allow to sit overnight, and sponge clean the next morning. The anti-static agent apparently weakens the bond between the food and the pan. 13. Eliminate odors in wastebaskets. Place a dryer sheet at the bottom of each wastebasket.

14. Collect cat hair. Rub the area with a dryer sheet and it will magnetically attract the loose hairs.

15. Eliminate static electricity from Venetian blinds. Wipe the blinds with dryer sheets to prevent dust from resettling.

16. Wipe up sawdust from drilling or sand papering jobs. A used dryer sheet will collect sawdust like a tack cloth.

17. Eliminate odors in dirty laundry. Place individual sheets at the bottom of a laundry bag or hamper.

18. Deodorize shoes or sneakers. Place sheets in your shoes or sneakers overnight.

Continued from p4

19. Golfers might want to place a sheet in their back pocket to keep bees away.

20. Place a sheet in your sleeping bag and tent before folding and storing them away. It will help keep them smelling fresh.

So, dear readers, sounds like a plan to me! Next time I'm at Wal-Mart, I think I might pick up an extra box or two.

See you next week!

Diva

shrimp-instead I ate almost three times what I meant to cat. Now shrimp is low fat, high protein and the cocktail sauce (I make it more horseradish-y and less ketchup-y) isn't too many calories or carbs. But this was an EXTRA snack and I intended to cut back on the rest of the meal.

I didn't. Instead. I ate my baked potato (an occasional treat for me, but I could have saved it for lunch tomorrow), T ate all my green beans (could have saved half of them) and ate about 6 ounces of steak (1 should have only eaten half-I was already getting full).

The bad thing is I didn't

stop at full; I stopped at a clean plate! Even though I deliberately chose less steak than I would have probably eaten, I didn't need as much, could have waited on the baked potato and half the amount of green beans would have satisfied me just fine.

Instead, I'm way past full and I feel sick. Here are four things I could have done or thought of that could have kept me from overeating-

1) Portioned the shrimp out and bagged up the rest. If my son didn't want to cat his portion, I could have bagged the leftovers up instead of cating them.

2) Left food on my plate. 1 still struggle with this especially when it's food I like. I love my garlicky green beans, I love the treat of a baked potato and a perfectly done, medium rare steak is a favorite, too. But I didn't need all that food!

3) Quit lying to myself. No, I don't "deserve" it; no, it's not just this once; or, I wouldn't struggle with my body clutter; and no, it doesn't matter how "good" I've been with my eating lately. The definition for being "good" means taking care of myself. Overeating isn't taking care of my body, it's abusing it.

4) I can start over tomor-

row. This is not my undoing; it's a slip up and a mistake. I can fix it! Tomorrow, I'll make a huge pot of veggie soup and enjoy a lot of it while portioning out my meals a little smaller and drinking my water.

1 don't live in a perfect world and neither do you. We make mistakes, we fall down, we skin our knees. But in order to get through to the other side, we need to be willing to admit our mistakes, get up off the floor, clean up our messes or scraped knees and start walking all over again.

Dealing with your body clutter is a journey and it starts one small step at a time-even

if you trip making that step! When you acknowledge your mistakes, pick yourself up and try again, you're getting somewhere. To give up is to live a defeated life that gets you nowhere fast. Let's keep walking together!

For more help putting dinner on your table check out website Leanne's www.SavingDinner.com or her Saving Dinner Book series (Ballantine) and her New York Times Best Selling book Body Clutter (Fireside). Copyright 2008 Leanne Ely. Used by permission in this publication.

Continued from p4

NEVER BACK DOWN (PG-13). Mon.

Sun. 6:50-9:15; Fri. (4:15) 6:50-9:15; Sat.-Sun. (1:50-4:15) 6:50-9:15. Cinema 6-Held Over HORTON HEARS A WHO (G). Mon .-

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DOOMSDAY (R). Mon.-Sat. 7:00-9:00;

Cinema 2-Starts Friday, March 28 COLLEGE ROAD TRIP (G). Mon.-Sat.

http://showtimes@hollywood.com

606-432-2957

Tickets may be purchased in advance for an show on the date of purchase. Bargain Matinees Until 6 p.m.

3/28/08 - 4/3/08

Cinema 1-Held Over

COLLEGE ROAD TRIP (G). Mon.-Sun.

7:10-9:25; Fri. (4:25) 7:10-9:25; Sat.-Sun.

Cinema 2-Held Over

SHUTTER (PG-13). Mon.-Sun. 7:15-9:30; Fri. (4:30) 7:15-9:30; Sat.-Sun.

Cinema 3—Held Over DRILL BIT TAYLOR (PG-13). Mon.-Sun.

7:05-9:20; Fri. (4:20) 7:05-9:20; Sal.-Sun.

Cinema 4-Held Over TYLER PERRYS: MEET THE BROWNS (PG-13). Mon.-Sun. 7:05-9:20; Fri. (4:20)

7:05-9:20; Sat.-Sun. (2:05-4:20) 7:05-9:20. Cinema 5-Held Over

(2:10-4:25) 7:10-9:25.

(2:15-4:30) 7:15-9:30.

(2:05-4:20) 7:05-9:20.

7:00-9:00; Sun. (1:30) 7:00-9:00. Sunday Matinee-Open 1:00; start 1:30

RIVERFILL

Sun. (1:30) 7:00-9:00.

http://showtimes.hollywood.co

Sun. 7:00-9:10; Fri. (4:10) 7:00-9:10; Sat.-Sun. (2:00-4:10) 7:00-9:10. Cinema 7-Starts Fri., March 28

21 (PG-13). Mon.-Sun. 6:45-9:15; Fri. (4:15) 6:45-9:15; Sat.-Sun. (1:45-4:15) 6:45-9:15

Cinema 8-Starts Friday, March 28 SUPERHERO MOVIE (PG-13). Mon. Sun. 7:15-9:30; Fri. (4:30) 7:15-9:30; Sat.-Sun. (2:15-4:30) 7:15-9:30.

Cinema 9-Starts Friday, March 28 THE BANK JOB (R). Mon.-Sun. 7:00-9:20; Fri. (4:20) 7:00-9:20; Sat.-Sun. (2:00-4:20) 7:00-9:20.

Cinema 10-Held Over 10,000 B.C. (PG-13). Mon.-Sun. 7:00; Fri. (4:20) 7:00; Sat.-Sun. (4:20) 7:00,

Cinema 10-Held Over SEMI PRO (R). Mon.-Sun. 9:15; Fri. 9:15; Sat.-Sun. (2:00) 9:15.

FRIDAY, MARCH 28, 2008 . B7

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6)	only \$5.50 for the fit Bargain Basement - Yard Sale Ads - 1 D	es Include (rst three lines, \$1.00 ea ltems under \$100 - 3 l ay \$5.00 - 3 days \$12.0 words or less)	ch additional line ines, half price	"For Sale Special" 3 lines/ 3 days only	6 1. Call 2. Fax 3. E-m 4. Stop	y ways to place : (606) 886-8506, Leig : (606) 886-3603 ail: classifieds@floyd o by: 263 S. Central A : P.O. 390, Prestonsbu	hAnn Williams countytimes.com Avenue, Prestonsbur	DEA Wednesday's p Friday's pape Sunday's pape g Visa - M	: 8 a.m5 p.m. DLINES: apper @ Mon., noon or @ Wed., 5 p.m. ar @ Thurs., 5 p.m. C - Discover theck
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with KDE Certification in grades 5-8 to teach at school for children with dyslexic characteristics. Full- or part-time position available for 2008-2009 school year. Must undergo criminal records check and drug screen. Mail résumé and three references by June 1 to:

Mike Mullins **Hindman Settlement School** PO Box 844, Hindman, KY 41822 or e-mail to: Info@HindmanSettlement.org.

EOE

DEVELOPMENT ASSISTANT

needed to manage information systems for nonprofit office. Create and manage databases, assist with events/registration, prepare large mailings, produce reports, manage office and maintain files. Must have exceptional computer skills and 3-5 years experience with database and office management. Complete position description available at: www.HindmanSettlement.org/about_us/staff. html. Mail résumé and three references to:

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Drill Operator with minimum of two years experience. Looking for 1st class operator who can also operate two of the following: backdump, dozer, loader, excavator, and/or grader. Requires KY Experienced Surface Miner Certification.

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Graduate of accredited nursing program and currently licensed in the state of Kentucky. Must have successfully completed HRMC's RN staff nurse orientation program and CCU orientation program and qualifying exam. Must be able to stand or walk for long periods. Heavy lifting and 2 years experience in ICU/CCU required. Maintain current BLS and ACLS provider status.

• Nine (9) Paid Holidays Retirement Plan • Life Insurance Medical/Dental Insurance Interested applicants may apply to the Human Resources Department, HRMC,

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B8 . FRIDAY, MARCH 28, 2008

Located just off four Call 791-3663 lane at Ivel, Ky. Shown by appointment only. No rent to own- No land contracts. Already rented. Call 606-437-1950 or 606-424-1150.

New home for sale located at Camargo. 10 minutes from Mt Sterling, 3 Br, extra room, large 2 car garage. Hardwood division. floors & carpet. Exterior-vinyl brick on level lot. Approx 1 acre on Macormik Rd. 2 min from Green bryer lake. Living space 1,760 sq ft. Vaulted ceiling living room, full baths. Reduced to \$155,000. call 859-498-3429 or 859-274-2907.

sale. 3,000 sq ft. Located in Upper Wells Addition in Pikeville, Ky. Call 437-1950 or 424-1150.

3 Br, 2 bath house for sale. 2 New heating units, newly floored, back deck, basement. city water & sewage. heat. Located at Allen off US 23. 606-297-2792(h) or Call 424-1342. 454-4579 (c).

3 Bd house for sale. 1 1/2 bath new kitchen & app. Commercial blda also located on property. Located on Middle Creek. Call 8886-2699.

Brick & Stone House for Sale. Four bedrooms, two and a half baths. 2900 square feet Desirable location in Trimble Branch. Reasonably priced. Call 886-2020

HOUSE FOR SALE Newly constructed house for sale located at Abbott Creek. Vaulted living room room, fireplace, with cherry hardwood floors and cabinets with spacious attached garage. Located 4 miles from US 23. Panoramic located in new subdivisions. \$210,00 asking price Seller willing to help with closing costs! Call 606-285-0054 606-791-0719, evenings 606-377-6042

FARM FOR SALE Floyd county 75 acres more or less. rt. 1100 off US 23 East Point Upper Little Paint. Lum Derossett Branch.

Call 606-325-4430 or 606-325-2809. Level- Sloping and timber. HUNTERS 889-9717. PARADISE!! Could be made into a sub-

APARTMENT

back For rent: 2 Br duplex. Central heat and air. Excellent condition. Close to Prestonsburg. Also 2 br Mobile home. 2 Story home for No pets. Call 889-

9747 or 886-9007. Town house apt for rent. 2 br 1 bath. Stove and refrigerator. City limits at 23 & 80. \$505 mth plus utilities with \$300

deposit, 1yr lease. NO PETS. Call 606-237-4758. For rent- New Central air & gas duplex. 2 Br, 1 bath. No pets. No HUD. \$600 mth plus \$500 Price \$152,000. Call security deposit.

> 1 or 2 Br furnished apts. Includes utili-References ties. required. Call 886-8366. Townhouse 2 BR 1 Bath w/d hookup 2

car garage \$575 per month plus utilities plus deposit. Call 606-477-2783

One bedroom unfurnished apt for rent near college suitable for one person. No pets. Deposit required. Call 874-9976 after 5 p.m

Efficiency Apt for rent. \$375 mth. \$375 deposit. Must ceiling, 3 BR, bonus be payed before moving in. Call 285-9003.

miles

Job Title: Dean

Employment: Twelve months

Supervised by: MCA's Board of Directors

Level: Primary Administrator

Supervises: All Personnel

Mountain Christian Academy

Attn: Mr. Ronald Salisbury

Martin, Kentucky 41649

Send Resumés to:

P.O. Box 1120

1Br

3

Call 789-5973. Furnished 1 bed room Apt. Central heat & air. Rent starting at \$375. \$300. month. + deposit water included. Located near HRMC. 606-

Houses

suffers

street &

RENTALS

Excellent house for allergy Paved parking lot. 1,600 sq ft. Located in Knott County. \$585 mth. No pets. Call 606-438-6104.

Mobile Homes

Nice 3 br mobile home for rent. Located in Prestonsburg. Call 874- 0875 or 226-3207

LOTS FOR RENT Dwale Mobile home Park, off US 23 near Prestonsburg. Nice queit community. Restrictions apply. 606-377-2357

Mobile home for rent. Extra nice, 3 br, 1 bath. Located on Cow Creek. \$425 mth plus utilities and security deposit. No dogs. Hud accepted. Call 874-2802.

Special FHA Finance Program. \$0 down if you own land or use family land. We own the BANK Vour approved. Call 866-597-2083.

2 Br mobile home for rent at Martin, Ky. c Single or ouples preferred. No pets. Call 874-2000

furnished 2004 28x44 apartment located Double wide for from those given from sale. 3 Br, 2 Bath, Prestonsburg. Call excellent condition.

THE FLOYD COUNTY TIMES

minute series of

ences and deposit. beside of old fire (5) minutes prior to dept. Call between blast, a one (1) Seniors welcomed! 9am-6pm 889-9005

> 3 Br mobile home for rent. Call 874-2818.

Mobile Home for rent. Lo cated on Rt 7 at Salt Lick. \$250 mth. Call 358-4524.

3 Br, 2 Ba mobile home for rent. Located on Rt 1210. Call 886-8366.

3 br. 2ba House for 3 Br mobile rent. Nice neighborhome for rent. 1 1/2 ba minutes from hood. Built in vacuum system, heat downtown pump, front and Prestonsburg. Call porch. 1-859-514-6283.

Legals

BLASTING SCHEDULE This is notice that

Miller Bros. Coal. LLC, P.O. Box 990, 436 Daniels Creek Road, Allen, 41601. Kentucky 874-9003, (606) Permit #860-0460, will be blasting at Bear Branch near Sugarcamp Branch, Latitude 37° 23' 42" Longitude 82° 49' 55". Blasting will be done Monday through Saturday. No blasting will be conducted before. sunrise or after sunset. At least 10 minutes before the blast, access to the area will be controlled by Company Before personnel. each blast is detonated the following type(s) of audible warning will be given : Five (5) minutes prior to the blast; a one (1) minute series of long sounds of a (1) siren; One minute prior to the blast a series of three (3) short sounds of a siren. The all?clear signal(s) after blasting will be: One (1) prolonged blast of a siren following the inspection of the blast area. Blasting will not be conducted at times different

long sounds of a inspection of the One (1) siren; minute prior to the will not be conductblast a series of (3) short three sounds of a siren. The all-clear signal after the blast will be: The all-clear signal(s) after blasting will be one (1) prolonged blast of a public siren. Also prior to detonations in emergency situations the permittee, using audible signals, shall notify all persons within one?half (1/2) mile of the blasting site. BLASTING SCHEDULE This is notice that Miller Bros. Coal, LLC, P.O. Box 990, 436 Daniels Creek Road, Allen, 41601 Kentucky 874-9003, (606)#836-Permit 0321 will be blasting in the vicinity of Stonecoal Hollow Hamilton Branch, Latitude 27' 38", Longitude 82° 40' 57". Blasting will be done Monday through Saturday. No blasting will be conducted before sunrise or after sunset. At least 10 minutes before the blast, access to the area will be controlled by Company Road, personnel. Before each blast is deto-(606)nated the following type(s) of audible warning will be given : Five (5) minutes prior to the of Saltlick Creek, blast; a one (1) minute series of long sounds of a siren; One (1) done minute prior to the blast a series of three (3) short conducted sounds of a siren. sunrise or after sun-

and

37°

blast area. Blasting ed at times different from those given above except in emergency situations where rain, lightning, other atmospheric conditions, or operator or safety requires unscheduled detonation. Prior to these detonations, the following audible warning will be given: Five (5) minutes prior to blast, a one (1) minute series of long sounds of a siren; One (1) minute prior to the blast a series of three (3) short sounds of a siren. The all-clear signal after the blast will be: The all-clear signal(s) after blasting will be one (1) prolonged blast of a siren. Also prior to detonations in emergency situations the permittee, using audible signals, shall notify all persons within one?half (1/2) mile of the blasting site. BLASTING SCHEDULE This is notice that Miller Bros. Coal. LLC, P.O. Box 990, 436 Daniels Creek Allen, 41601. Kentucky 874-9003. Permit #836-0335. will be blasting at Raccoon Branch and Plummer Fork Latitude 37° 30' 52" Longitude 82° 53' 34". Blasting will be Monday through Saturday. No blasting will be

longed blast of a area will be consiren following the trolled by Company personnel. Before each blast is detonated the following type(s) of audible warning will be given : Five (5) minutes prior to the blast; a one (1) minute series of long sounds of a siren; One (1) minute prior to the blast a series of three (3) short sounds of a siren. The all?clear sigwill be: One (1) prolonged blast of a blast area. Blasting will not be conducted at times different from those given above except in emergency situations where rain, lightning, other atmospheric conditions, or operator or public safety requires unscheduled detonation. Prior to these detonations, the following audible warning will be given: Five (5) minutes prior to blast, a one (1) minute series of long sounds of a siren; One (1) minute prior to the blast a series of three (3) short sounds of a siren. The all-clear signal after the blast will be: The all-clear signal(s) after blasting will be one (1) prolonged blast of a siren. Also prior to detonations in emergency situations the permittee, using audible signals, shall notify all persons within one?half (1/2) mile

BLASTING SCHEDULE

before

minute prior to the This is notice that Miller Bros. Coal,

will be: One (1) pro- blast, access to the LLC, P.O. Box 990, 436 Daniels Creek Road, Allen. Kentucky 41601. 874-9003. (606) Permit #836-0334, will be blasting at Salvers Branch and General Allen Branch of Saltlick Creek, and Mudlick Branch of Brush Creek, Latitude 37° 30' 45", Longitude 82° 53' 57". Blasting will be Monday done through Saturday. No blasting will be nal(s) after blasting conducted before sunrise or after sunset. At least 10 minsiren following the utes before the inspection of the blast, access to the area will be controlled by Company personnel. Before each blast is detonated the following type(s) of audible warning will be given : Five (5) minutes prior to the blast; a one (1) minute series of long sounds of a siren; One (1) minute prior to the blast a series of three (3) short sounds of a siren. The all?clear signal(s) after blasting will be: One (1) prolonged blast of a siren following the inspection of the blast area. Blasting will not be conducted at times different from those given above except in emergency situations where rain, lightning, other atmospheric conditions, or operator or public safety requires unscheduled detonation. Prior to these detonations, the following audible warning on the Lancer will be given: Five of the blasting site. (5) minutes prior to blast, a one (1) minute series of

long sounds of a

siren:

One (1)

(3) short three sounds of a siren. The all-clear signal after the blast will be: The all-clear signal(s) after blasting will be one (1) prolonged blast of a siren. Also prior to detonations in emergency situations the permittee, using audible signals, shall notify all persons within one?half (1/2) mile of the blasting site.

NOTICE OF INTENTION TO MINE Pursuant to Application No.836-5341 Renewal

In accordance with the provisions of KRS 350.055, notice is hereby given that Czar Coal Corporation, HC 64, Box 915, Debord, Kentucky 41214, has applied for a renewal of an underground coal mining operation, located 2.7 miles south of Odds, in Floyd, Martin, and Johnson Counties. The proposed operation disturbs 42.50 acres of surface and will area. underlie an additional 123.00 acres. for a total of 165.50 acres. The operation approximately is 2.70 miles southwest from Daniel's Branch Road's junction with KY State Route 3, and located 0.1 mile south of Dick's Creek. The operation is located U.S.G.S. 7-1/2 minute quadrangle map.The surface area to be disturbed is owned by Pocahontas Development



Sale or Lease

Level lot for sale: 100x300 with city water. \$15,000 Call 886-8366.

Acres for sale. Located at Rt 80 close to Martin. Possible commercial property. \$85,000. Call 886-8366

Apartment building for sale by owner. Located near HRMC. Call 889-9717. for more information.

Building for rent: approx.2500 square ft. Former John P. Wells garage. Equipped with mechanics lift. Located on South Lake Dr Prestonsburg, Ky. Call 886-9690 for more info.

Beauty Shop For Rent: fully equipped located on South Lake Dr Prestonsburg, Ky. Ready to move in! Call 886-9690 for more info.

Prestonsburg business for lease. Great location on the main road, close to downtown and courthouse. the lease as is or change, many possibilities, ie restaurant, sports bar, complexoffice ample parking. May consider selling.

view 358-9483 after 6:00 Located in Dorton. Must be moved. pm or 794-9484. \$25,000. For more Apt. For rent: 1 info call 886-9629.

and 2 BR apartments on Rt. 321 near Porter school. Central heat and air. washer and dryer 25 foot motor home. nations, the followhookup. \$375 per Asking month plus refer- located on David will be given: Five

tions where rain lightning, other atmospheric conditions, or operator or public safety For Sale : Lot & requires unsched-14x70 mobile home. uled detonation. 10x20 garage, and Prior to these deto-\$30,000 ing audible warning

above except in

emergency situa-

MOUNTAIN CHRISTIAN ACADEMY POSITION AVAILABLE

Minimum Qualifications: Adheres to Christian Values Masters Degree in Education

(or related field) Teaching Experience Administrative Skills/Experience Acceptance of the MCA Philosophy Experience in Elementary Education Willingness to commit at least five years according to the outcome of the annual evaluations

Position Summary: The Dean serves as the professional educational leader of the institution. The Dean administers the school according to the policies set by the Board of Directors. The Dean also works with the Board Chair to enable the Board to carry out its responsibilities. Application Deadline: April 10, 2008

ACCEPTING SEALED BIDS-SURPLUS PROPERTY The Floyd County Board of Education will receive sealed

bids for technology items formerly declared surplus. Items declared surplus below

* Monitors * Keyboards * Printers * Telephones * Copiers * CPU's * Projectors

To obtain a detailed listing of items, or to schedule a viewing, contact Michael Long at 606-886-4528, between the hours of 8:00 a.m. and 4:00 p.m....Monday thru Friday, prior to the time and date specified for the bid opening.

Sealed bids must be mailed or delivered to Matthew C. Wireman, Director of Finance/Treasurer, Floyd County Board of Education, 106 Front Ave., Prestonsburg, KY 41653. All envelopes must be marked on the outside of the envelope, **'SURPLUS PROPERTY SEALED BID."**

Sealed bids will be accepted until 1:30 p.m., April 3, 2008, and publicly opened on April 3, 2008, at 2:00 p.m., in the central office, located at 106 North Front Avenue, Prestonsburg, KY 41653. All bids will be subject to board approval at 6:30 p.m., April 28, 2008, during the regular scheduled board meeting, which will be held at Osborne Elementary, 43 Osborne Branch, Bevinsville, KY 41606. All bids must be received by the time designated, and none will be considered thereafter. The Board of Education cannot assume the responsibility for any delay as a result of failure of the mails to deliver the bids on time. You are invited to be present at the bid opening.

Items sold will be awarded to the highest bidder(s) meeting all specifications and conditions, and subject to all applicable laws and regulations, on a per item basis, and/or a group basis, or on a total batch basis, whichever is deemed to be in the best interest of the Board of Education. The Floyd County Board of Education reserves the right to accept or reject any or all sealed bids.

Receive 10% off until end of March.

anty 553.10

1-year Subcription

to the **Floyd County Times** (In County Only)

> Call 606-886-8506 or stop by the **Times Office at** 263 S. Central Avenue Prestonsburg

Corporation. The operation will underlie owned by Pocahontas Development Corporation. The application has been filed for public inspection at the Department for Mining Surface Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg Kentucky 41653. Written comments, objections, requests for a perconference mit must be filed with Director, the Division of Mine Permits, No. 2 Hollow. Hudson U.S. 127 South, Frankfort, Kentucky 40601.

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NOTICE OF **INTENTION TO** MINE Pursuant to Application Number 836-0332 In accordance with KRS 350.055,

notice is hereby given that, FCDC Coal, Inc., P.O. Box 77, Ivel, Kentucky 41642 has applied for a permit for a surface/auger coal mining and reclamation operation located 3.0 miles

Southeast of Printer and is situated in Floyd The pro-County. operation Alma posed disturbed surface 428.67 and will acres underlie Horn acres, and the total area within the permit boundary will be 784.88 acres. proposed operation approximately 3.0 Southeast miles State Rt. from 2030's junction with State Rt. 122 and located 0.1 miles the of Spurlock Creek. proposed operation is located on the McDowell and Harold U.S.G. S. 7 ? minute quadrangle map. The operation will use the area and auger methods of surface Drive, mining. The surface area to be disturbed is owned by Clayborn Bailey Heirs, Ruby Halbert, Kermit & mit Doreen Martin, Alma Land Company, Cas Estate Spurlock Tommy & Sherry Shelton, The Elk Horn Company, LLC. Phillip & Ida Ann Meade, and Denzil Yates Heirs. The

owned by Clayborn Bailey Heirs, Ruby Halbert, Kermit & Doreen Martin. Land d Company, Cas Estate, Spurlock Tommy & Sherry Shelton, The Elk Coal Company, . · LLC., Phillip & Ida Ann Meade, and Denzil The operation will affect an area within 100 feet of public County Road. The operation will not involve relocation or closure of the road. The application has been filed for public inspection at the Department for Natural Resources' Prestonsburg Regional Office, 3140 South Lake Suite 6, Prestonsburg, Kentucky 41653. Written comments, objections. or requests for a perconference must be filed with the Director of the Division of Mine #2 Permits, Hollow Hudson Complex, U.S. 127 South, Frankfort, Kentucky 40601. This is the final advertisement of this application; all comments, objections or requests

for a permit conference must be received within (30) days of today's a t e NOTICE OF

INTENTION TO MINE1 Pursuant to Application Number 836-5527

In accordance with the provisions of KRS 350.055. notice is hereby given that Genesis Coal Corporation, 268 East Friend Street, Suite 101, Prestonsburg Kentucky 41653 has applied for a permit for an underground coal mining operation located 1.06 miles southeast of Blue Moon in Floyd County. The proposed operation will disturb 8.9 surface acres and will underlie 696.0 acres, and the total area within the permit boundary will be 704.9 acres. The proposed operation approximately 1.03 miles southeast of Little Mud Creek Road's junction with KY Route 2030 and located 0.1 miles east of Little Mud Creek. The proposed

operation is located on the McDowell U.S.G.S. 7-1/2 minute quadrangle map. The surface area to be disturbed is owned by The Elk Horn Coal Company, LLC The operation will underlie land SEQ owned by CHAPTER \h \r 1The Elk Horn Coal Company, LLC. Emory Newsome, Newsome, Icess Willis Newman, Joseph Tackett, Carmel Newman, Thurman Newman, Marie Tackett, Lou Tackett, Rosemary Tackett Commonwealth of Kentucky, James Newman, Terry and Gayle Hall, Max Margaret and Akers, Estil Moore, Palmer Hamilton, Clifford Hall, Ravin Parsons. East Kentucky Network LLC, Nancy Leedy Estate, Dedra Hall, and Judy Tackett. The operation will affect an area within 100 feet of public road CR 1737. The operation will not involve relocation or closure of the public road. The application has been filed for public inspection at the Department for Natural Resources Prestonsburg

Regional Office, 3140 South Lake Suite 6. Drive, Prestonsburg, Kentucky 41653. Written comments, objections, or requests for a per-

PUBLIC NOTICE

mit

the

Division

Permits,

Hudson

U.S. 127 South

Frankfort, Kentucky

Attention, Residents that live near Green Acres, Indian Hills or Dixie.

We want to make you aware the Housing Authority of Prestonsburg has an underground gas distribution system in your area. Although our gas line only runs through our property, we want to make sure that we provide a safe environment to live/work. This message is part of our Public Awareness Program to inform both residents and people who may live/work in the area of our gas lines, how to both recognize and respond to a leak. Gas is easily detectible through the fragrance that is added to gas which gives it a foul smell, commonly called a "rotten egg" odor. If you are near the housing Authority of Prestonsburg and you detect this odor, please call our office at 606-886-2717. and provide us with the address. We would also inform any excavators who may work around the area of our housing authority, if you are unsure about where our service is located, call our damage prevention line at 606-886-2717. If applicable, we will provide markings to the areas you specify to ensure a safe environment for you to work.

FRIDAY, MARCH 28, 2008 . B9

0 6 0 1 conference must be filed with This is the final Director, advertisement of this application; all of Mine comments, objec-#2 Hollow,

tions or requests for a permit conference must be received within 30 days of this date.

PUBLIC NOTICE

Notice is hereby given that McDonald's Corporation, 1000 Omega Drive, Pittsburgh, PA 15236, has filed an application with the Natural and Environmental Resources Protection Cabinet to construct a McDonald's Restaurant with associated site improvements. The property is located off of North Lake Drive, near May's Branch Road. Any comments or objections concerning this application shall be directed to: Kentucky Division of Water, Water Resources Branch, 14 Reilly Road, Frankfort Office Park, Frankfort, Kentucky 40601. Phone: (502) 564-3410.

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When building with Sun Valley Construction, you not only get the highest level of quality, but an experienced and talented builder to help guide you through every step of the process.

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- · Remodeling your current home
- · Adding to your current home
- All types of roofing
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Dr. Charles Hardin, Jr Secretary



Dr. Mahavir N. Shah Chief of Medicine

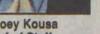


Dr. F.K. Belhasen **Medical Director**



Dr. Loey Kousa

Chief of Staff





Dr. Sarah Belhasen **Vice Chief of Staff**



Dr. Milot F. Faria **Chief of Surgery**

... A day of thanks for a life time of giving. **DOCTOR'S DAY 2008**

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Dr. Eyad Albaree	.Internal Medicine
Dr. M. Ayman Albaree	.Internal Medicine
Dr. Franklen K. Belhasen	.Family Practice
Dr. Sarah Belhasen	
Dr. Allen Bond	.Radiology
Dr. Don V. Bryson	.Family Practice
Dr. James B. Carrico	.Radiology
Dr. Mark P. Caruso	
Dr. Ferdinand Chua	.Internal Medicine
Dr. Robert Davis	.Radiology
Dr. Eugene DeGiorgio	.Radiology
Dr. Bahram Forouzandeh	.Internal Med./Gastroenterolo
Dr. Gopi Gundualima	.Internal Med./Nephrology

Dr. Charles E. HardinGe	eneral Practice
Dr. Charles J. Hieronymus Fa	mily Practice
Dr. Yassin KhattabPe	diatrics
Dr. Kitta KousaIn	ternal Medicine
Dr. Loey Kousa	ternal Medicine
Dr. Mohammad Y. Mannan In	ternal Med./Geriatrics/
In	fectious Disease
Dr. Vaughn PayneCa	ardiology
Dr. Jason RiceFa	mily Practice
Dr. Mahavir N. ShahIn	ternal Med. & Gastroenterology
Dr. Ayesha M. SikderIn	ternal Med. & Pulmonology
Dr. Thomas A. SmithFa	mily Practice
Dr. Steven WoolleyRa	adiology

ACTIVE - DEPARTMENT OF SURGERY

ogy

Dr. Pedro M. Arriola	.Urology
Dr. Narotig Chalothorn	.OB/GYN ,
Dr. Johannes C. Evans	.Ophthalmology
Dr. Milot F. Faria	.General Surgery

Dr. Agripina D. Grino	Obstetrics/Gynecology
Dr. Angela Maggard	OB/GYN
Dr. Julio Reyes	General Surgery
Dr. Karolina Wrzeszcz-Onyenma	.Anesthesiology

COURTESY STAFF

Dr. Ermelinda V. Arriola	.Anesthesiology
Dr. Syed G. Badrudduja	
Dr. Gregory Baker	. ENT
Dr. Patricia Cataldi	
Dr. Maribel Mamonluk-Chua	. Pediatrics
Dr. Avichai Eres	. Cardiology
Dr. Sujata Gutti	the second se
Dr. Hussam N. Hamdalla	. Cardiology
Dr. Antoin Hana	. Pediatrics
Dr. Rodney Handshoe	. Cardiology
Dr. Kamar J. Ikramuddin	
Dr. Mazen Jaafar	
Dr. David Jenkinson	. Orthopaedic Surgery

Dr. Gopal Majmundar	Family Practice/Pediatrics
Dr. Minaxi Majmundar	Anesthesiology
Dr. Rick McClure	Cardiology
Dr. Behram K. Mohmand	Nephrology
Dr. David Moliterno	Cardiology
Dr. Debabrata Mukherjee	Cardiology
Dr. Mubashir A. Qazi	Cardiology
Dr. Ghazala Quddus	Nephrology
Dr. Sujatha Reddy	Internal Medical/Nephrology
Dr. Michael Rukavina	Cardiology
Dr. William H. Skinner	Cardiology
Dr. Kamaljeet Vidwan	Pediatrics
Dr. Said Yusuf	Nephrology

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Dr. Srinivas M. Ammisetty	Pulmonary
Dr. Carleton T. Anderson	Pathologist
Dr. Jose L. Arjona	Radiologist
Dr. James P. Bodnar	Pathologist
Dr. Corazon N. Chua	Psychiatry
Dr. Joana Faber	Pathologist
Dr. Victor Ferraris	Thoracic & Cardiovascular
Dr. Roger Hakimian	Oncology
Dr. Henry Harlamert	Pathologist

Dr. Fadi Hayek	Hematology/Oncology
Dr. David Hunt	Pathologist
Dr. David Ingle	Radiologist
Dr. Richard Karsh	Radiology
Dr. Kirti Jain	Internal Med./Oncology/
	Hematology
Dr. Robert Mitchell	Cardiovascular/Thoracic Surgery
Dr. Justin Hung Pham	Radiology
Dr. Steven Reeves	Radiology
Dr. Sibu Saha	

EMERGENCY ROOM STAFF

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Dr. Syed S. Shah Dr. William Smith-Mensah Dr. Baba Sokan

Dr. Thomas Styer Dr. David Whitmore

HONORARY

Dr. Joseph H. Rapier **Orthopaedic Surgery**

OPTOMETRISTS

Dr. Donnie Clay Akers Dr. Randall Mann

1



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