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Representatives from five different school systems recently attended an organizational meeting of the Big Sandy Spanish Teachers' Forum. Attendees included (standing, left to right) Tiffany VanHoose-Austin from Paintsville High School, Tim Tafoya and Sandra Arrowood from Johnson Central High School, (seated, left to right) Sandra Saad from Big Sandy Community and Technical College, Dean Harris from Betsy Layne High School and Gloria Newsome from Prestonsburg High School.

Big Sandy Spanish teachers hold forum

PRESTONSBURG — The Big Sandy Spanish Teachers' Forum held an organizational meeting on Thursday, April 16, at the Tlaquepaque restaurant in Prestonsburg.

The Forum was initiated by Sandra Saad, assistant professor of Spanish and communications at Big Sandy Community and Technical College, with input from Sandra Arrowood, a Spanish teacher at Johnson Central High School, and Gloria Newsome, a Spanish teacher at Prestonsburg High School.

Six faculty members attended the organizational meeting and plans were made to schedule monthly meetings for the 2009-2010 academic year. Meetings will alternate between a teachers-only format to allow instructors to present and share successful teaching techniques and strategies with their peers. The alternate meetings will involve a more conversational approach for the practice and improvement of spoken Spanish. These alternate meetings will be open to stu-

dents of Spanish as well as native speakers and other interested parties.

The Forum members welcome the participation of anyone who is interested in the Spanish language or Hispanic culture.

If you are interested in receiving more information about this group or in being added to an email distribution list regarding future meetings and events, please email Sandra Saad at sandra.saad@kctcs.edu or call her directly at 606-889-4782.

Otter Creek recognizes National Volunteer Week

WHEELWRIGHT — At Otter Creek Correctional Center, nearly 35 correctional volunteers change lives each day, as they help offenders recover, rehabilitate and get prepared for release. During this year's National Volunteer Week, April 19-25, this Corrections Corporation of America facility honors those individuals and organizations engaged in such public service.

"Their service is priceless and helps show offenders the promise that awaits them when they are released," said Greg Compton, volunteer coordinator at Otter Creek. "They offer support and strengthen skills that will help offenders transition successfully upon release."

"Celebrating People in Action" is the theme for this year's National Volunteer Week, a focus that Jeff Little, warden at Otter Creek finds timely.

"Volunteers are driven to make a difference," he said. "They believe in people's capacity to change for the better and become contributing citizens who can make a positive impact on society."

At the Otter Creek facility, volunteers help offenders with literacy skills and addictions treatment support. They also build a bridge to the external world by enhancing their life

skills, ones that ease their reintegration into the community, in areas like parenting, communication, budgeting, resume writing and more. Faith-based volunteers also provide a range of religious services to offenders.

Several local churches and nonprofit organizations, including House of Prayer, Hearts of Hope, Church of Christ, Christian Appalachian Organization as well as many dedicated individuals, spend many hours each month giving back in this way.

"Volunteer services complement the many rehabilitative services available to offenders here," said Little.

"Offenders respect and appreciate their commitment and investment. They realize these selfless individuals don't have to be here."

Organizations or individuals interested in volunteering are encouraged to contact Greg Compton, volunteer services coordinator, at 606-452-9700 or greg.compton@correction-scpcorp.com for more information.

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Leslie County woman can see again thanks to cornea transplant performed at Hazard ARH

HAZARD — As daylight breaks over the hilltops of Eastern Kentucky, shimmers of yellow and orange burst through the shadow of trees covering the towering Appalachian Mountains.

Those living in Eastern Kentucky might take that beautiful backdrop for granted at times. But not Connie Giles of Leslie County.

Last week, that awe-inspiring beauty took on an historic and all-new vivid meaning for Giles, who was seeing the mountains for the first time in 40 years thanks to a cornea transplant at the Hazard ARH Regional Medical Center at the hands of ophthalmologist Satya V.S. Reddy, MD.

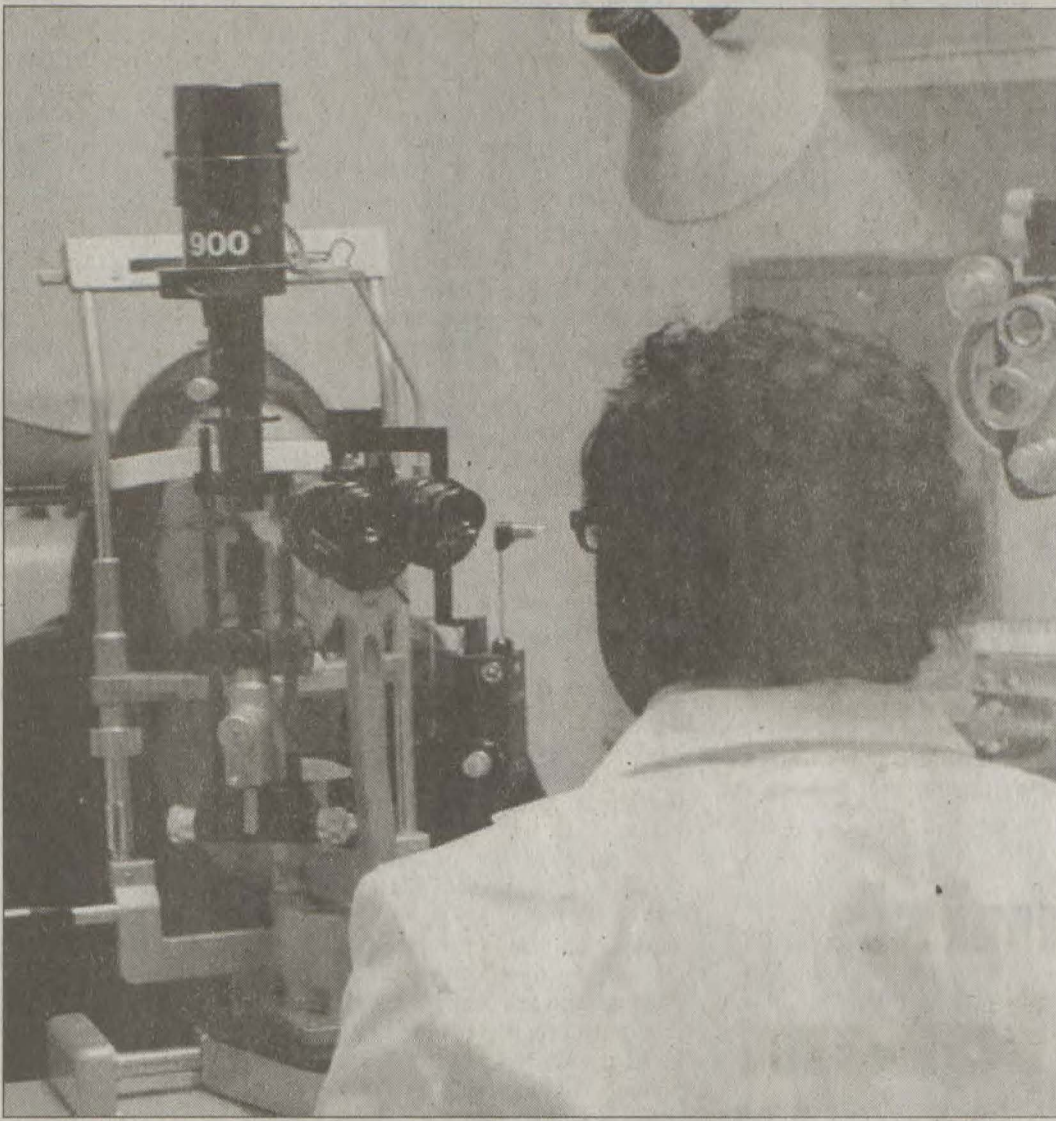
It was also an historic occasion for Hazard ARH, which offered the sight-restoring cornea transplantation procedure for the first time.

A cornea transplant is a surgical procedure to replace part of the cornea with corneal tissue from a deceased donor. The cornea is the transparent, dome-shaped surface of the eye that accounts for a large part of the eye's focusing power. A cornea transplant can restore vision, reduce pain and improve the appearance of a damaged or diseased cornea.

"Connie was a great candidate and we had a donor fairly quickly. I am very happy to bring this kind of miracle home to the hills of Kentucky," says Dr. Reddy, who has performed the procedure at other facilities since 2004. "Now people can stay here and not leave. They can have world class medical attention right here at home."

It is a miracle surgery Giles admits she once thought was out of her reach because she lived in Eastern Kentucky, and such an opportunity was not available close to home.

Last week, that perception changed when Giles found out she was a candidate for a cornea transplant at Hazard ARH less than an hour away



Patient and transplant recipient Connie Giles and Dr. Satya V.S. Reddy during examination the day after surgery.

from her home, and that after 40 years living in a darkened haze she would soon see again.

As a child, Giles suffered from severe headaches and eye infections. Her vision got progressively worse and by the age of 12, she had become legally blind in both eyes. In the years that followed, her life became filled with sounds and only blurry shapes and objects severely restricting her independence and overall quality of life.

"I only left my house to go to the doctor," Giles said. "I always had to have help moving around."

Just a day after the trans-

plant, Giles was sitting in Dr. Reddy's office awaiting the bandage to be removed from her left eye.

The tears came quickly as Giles reflected back on the historic moment. "When I opened my left eye and could actually see the doctor's face, all I could think was 'thank you.'"

It was a moment that also holds special meaning for Dr. Reddy.

"One hour of surgery can change the rest of their life and give them their freedom again - the freedom to see again," Dr. Reddy says. "Knowing I gave sight back to someone's life, especially in a region I call

what he hopes will be many to be given the gift of sight and new life at Hazard ARH.

"I had the privilege of seeing the patient after the bandages were taken off and she was so amazed and excited about her ability to see," Fields says. "It truly was an emotional experience and I am so glad

that ARH had a part of this history. This is a great example of providing quality care to our patients close to home that makes us so proud to be here."

Giles says that following a 6 to 12-week healing process and the availability of a donor, she plans to have a cornea transplant on her right eye.

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HRMC is proud to announce the 2009 Senior Expo to be held May 5th from 10:00am to 2:00pm at the Ramada Inn in Paintsville. Join us for a day of fun-filled educational activities. Lunch included. There will also be a Judging of the Hats Competition - "Don't forget your hat."

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Wildcats on Twitter, Facebook

TIMES STAFF REPORT

LEXINGTON — The Kentucky Wildcats will never be out of your reach.

The University of Kentucky Athletics Department has joined the latest Internet craze and created its own Twitter account. With the launch of UK's official Twitter account, UKAAWildcats, fans and media alike can receive instant updates, or "tweets," on their favorite UK sports on the Internet or on their mobile phone.

Fans and media can go to

http://twitter.com/UKAAWildcats to follow UK's Twitter account. Users must create an account to join. Once logged in, fans have the choice of following other users, and they can activate their mobile devices to receive "tweets" as other users, including UK's account, post them.

Twitter is a free service that lets users keep in touch with people through the exchange of quick, frequent answers to one simple question: What are you doing?

Now if fans or media want to know what UK is doing while they are at home, at

work or on the go, UK will be right at their fingertips.

UK has also launched a Facebook fan page for fans to join. The fan page, "Kentucky Wildcats," will provide fans with recent news, links and the chance to network with other Wildcat fans and Facebook friends. The group will also feature a "wall" for fans to post comments on. All comments will be moderated and are subject to deletion.

Fans and media can join the Facebook page by clicking on the link above or by logging on to www.Facebook.com and typ-

ing in "Kentucky Wildcats" into the search engine. Fans and media must have a Facebook account to join.

Facebook is a social networking Web site that is organized by city, workplace and region to connect and interact users with other people.

There are many Facebook fan pages, groups and Twitter accounts dedicated to following the Kentucky Wildcats, but the ones listed above are the only Facebook and Twitter entities that are officially sanctioned by the University of Kentucky Athletics Department.



Floyd County U16 Dragons forward Kaitlyn Minix stretched for the ball during a contest Saturday.

Lady Bears fall to Erie CC

TIMES STAFF REPORT

PIKEVILLE — Pikeville College's run for a repeat championship came to an end in the fourth round of the USBC Intercollegiate Team Championships on Friday night, falling to Erie Community College 4-1.

The loss was an eerie one to say the least, as Pikeville lost three of the four games due to leaving the all-important 10th frame open.

The final scores were 222-174, 179-178, 187-186, 204-224, 178-175.

In the opener, ECC doubled three different times in rolling to the win, but Pikeville seemed to have the Kats right where they wanted them, needing only to mark to even the game. But the Lady Bears left the last two pins standing in suffering a one-point setback.

That would repeat itself in games three and five.

The Game Four win was a shootout, Pikeville rolled seven strikes, getting two each from juniors Amand Hammel and Nicole Burke as well as freshman Kim Yioulos.

But the momentum wouldn't last, despite five more strikes in the final game. Pikeville needed only to mark, but left an odd five-pin spare with pins 3-4-6-7-10 standing. It managed only two as the season, and run for a repeat, came to an end.

Burke led Pikeville with six strikes in the contest, while junior Becky Sullivan fired five. Freshman Chelsea Gilliam rolled three balls in the match, striking all three times.

Kinzer finishes fourth in feature race

by STEVE LeMASTER SPORTS EDITOR

ALLEN — Veteran Floyd County-based Late Model driver Brandon Kinzer finished third in the Tennessee Thunder Dirt Car Series feature at Mountain Raceway in Maryville, Tenn., Saturday. Randy Weaver won the feature race. Tommy Kerr finished second and dirt racing legend Scott Bloomquist claimed the third-place position.

Complete results from the Tennessee Thunder Dirt Car Series feature race follow.

TTDCS/SRRS Feature Finishing Order: 1. Randy Weaver-116; 2. Tommy Kerr-4T; 3. Scott Bloomquist-0; 4. Brandon Kinzer-18; 5. Vic Hill-1; 6. Anthony White-2X; 7. Billy Ogle Jr.-201; 8. Chad Ogle-10; 9. Mike Smith-4; 10. David Seibers-18; 11. Mark Vineyard-4; 12. Tony Morris-M31; 13. Corey Posey-16; 14. Roger Best-007; 15. Bobby Giffin-97; 16. Jeff Neubert-30; 17. Jay Brinkley-10; 18. Dan Tipton-12T; 19. Perry Delaney-53; 20. Ricky Arms-4; 21. Tyler Landers-01; 22. David Crabtree-41; 23. Mike Weeks-25; 24. Josh Putnam-212; 25. Joe Armes-77; 26. Rick Rogers-44.



COLLEGE BASKETBALL BOUND

Prestonsburg High School senior Steven Patrick signed to play basketball at Alice Lloyd College during a ceremony held Thursday. Alice Lloyd College Head Coach J.R. Hammond was among those present for the signing ceremony.



UP AND OVER...

Floyd County defensive midfielder Paula Jo Roberts relieved the Letcher forward of both the ball and the constraints of gravity late in the game as fullback Zach "Ron" Romans watched when the two teams hooked up over the weekend.

Mulkey leads Betsy Layne over Valley

by STEVE LeMASTER SPORTS EDITOR

ROBINSON CREEK — Junior pitcher Brandon Mulkey pitched visiting Betsy Layne past Shelby Valley Friday evening. Betsy Layne won the high school baseball matchup between two longtime rivals, defeating Shelby Valley 5-1.

Mulkey pitched seven innings, recording seven strikeouts and allowing only one earned run.

Mulkey, who didn't issue any walks, also led Betsy Layne offensively. The Bobcat starting pitcher went 3-for-4 and drove in two runs.

Numerous players contributed offensively for the Bobcats. Senior center fielder Adam Slone and senior third baseman Brandon Tackett each went 3-for-4 with an RBI. Junior first baseman Nathan Hall went 2-for-4 and had an RBI for the Bobcats.

"We played outstanding defense behind our ace Brandon Mulkey," said Betsy Layne Coach Ricky Thacker. "We only committed one error. When Mulkey is on the mound, we feel we can beat anybody. Our infield is doing an excellent job. We have two freshmen, Kory Jarrell and Andrew Roberts, playing short and second. Our outfield is solid with the leadership of senior Adam Slone. Also, our catcher Tyler Lewis, who is an eighth grader at Betsy Layne Elementary, is doing a great job calling the game for us. The Shelby Valley game made only his second start behind the plate in varsity level competition. Look out for the Bobcats, because we are on the prowl!"

Betsy Layne improved to 2-6 after posting the win.

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3. Lexington Catholic
4. Eastern
5. Tates Creek
6. Male
7. Western Hills
8. St. Xavier
9. Trinity
10. Bullitt East
11. Covington Catholic
12. Franklin County
13. Lexington Christian
14. West Jessamine
15. Lawrence County

201 SPEEDWAY: Boggs wins Late Model feature

by STEVE LeMASTER SPORTS EDITOR

SITKA — Chuckie May-promoted 201 Speedway held its season-opening event Saturday night. Veteran driver Jackie Boggs won in the Late Model feature. Complete results from Saturday night follow.

Late Model Qualifying: B4-Jackie Boggs, 13.72.; 64-Terry Hicks, 14.00.

First Late Model Heat: B4-Jackie Boggs; 28R-Harold Redman Jr.; 17-Shannon Thornsbery; 99-David Powers; 81-Brandon Fouts; 7A-Warnie Allen Jr.; 25-Albert Butcher.

Second Late Model Heat: 64-Terry Hicks; 13-Jamie Ferguson; 24H-Michael P. Howard; 13W-David Webb; 10-Paul Harris; 9-Jimmy Perkins; 12D-Daniel Williams; J11-James Butcher.

Late Model Feature: B4-Jackie Boggs; 28R-Harold Redman Jr.; 24H-Michael P. Howard; 17-Shannon Thornsbery; 10-Paul Harris; 13W-David Webb; 25-Albert Butcher; 10-Raymond Nichols; 9-Jimmy Perkins; 92-Bo Howard; 7A-Warnie Allen Jr.; 99-David Powers; 12D-Daniel Williams; J11-James Butcher; 13-Jamie Ferguson.

First Open Wheel Modified Heat: 0-Jimmy Collins; 46-Dennis Deboard; 33-Corey McKenzie; 4-Reggie Ritchie; A17-Alan Salisbury; 62-Joel Jensen; 74-Beadie Blackburn; 17S-Brian Salisbury; 12-Kevin Harkins.

Second Open Wheel Modified Heat: 43-Kevin Hall; 84-Walt Mayabb; 18-Gary Fitzpatrick; 9-Scooter Lemaster; 35-Jeremy Hayes; 21-Jim Barnett; 00-Michael Butcher; MI-Mike Hall.

Open Wheel Modified Feature: 33-Corey McKenzie; 84-Walt Mayabb; 01-Chris Maynard; 35-Jeremy Hayes; 3-Claude Spence; 4-Reggie Ritchie; 18-Gary Fitzpatrick; 62-Joel Jensen; 0-Jimmy Collins; A17-Alan Salisbury; 74-Beadie Blackburn; 9-Jim Lemaster; 00-Michael Butcher; 17S-Brian Salisbury; M1-Mike Hall; 46-Dennis Deboard; 43K-Kevin Hall.

Pikeville men's bowling team falls to ND State in national tourney

TIMES STAFF REPORT

PIKEVILLE — The Pikeville College women's bowling team continued to play on Friday afternoon, eliminating Robert Morris (Ill.) College 4-1 in the third round. The men, however, weren't as fortunate, falling to North Dakota State 4-2 in a contest that featured the day's most exciting game.

In men's play, Pikeville dropped the opener 236-148 after NDSU opened with five consecutive strikes. The Bears evened the count with a 212-152 win in game two, striking in five of the final six frames. North Dakota State picked up a 180-165 win in Game Three as the Bears scattered three open frames, but PC evened the count with a 174-160 win in Game Four.

The fifth game, however,

will have them talking for some time. Pikeville opened with a spare and NDSU opened. From there, the teams combined to post 12 consecutive strikes, getting six apiece.

However, in the eighth, the Bison managed a spare while Pikeville opened. Pikeville got three more strikes before Kyle Barnes picked up six with the fill ball to finish at 251; North Dakota finished with four more strikes and a 257-251 win to take a commanding 3-1 lead.

The Bison closed the door with a 181-170 win in Game Five.

Kyle Barnes led the way with seven strikes for the Bears, while Mark Mantle and Gerald Richardson rolled six strikes apiece. In five frames after entering

the lineup, Matt Palinkas had three strikes.

After Robert Morris opened with a 185-132 win thanks to four opens in the last six Pikeville frames, the Lady Bears righted the ship to win 182-163, 190-147, 169-152 and 159-154.

The Lady Bears got some much-appreciated help in the finale. Each team opened the ninth frame, leaving the Eagles in front 146-144. Pikeville's Sarah Germano picked up a spare and seemed to be in trouble when she got five on the fill, but the Eagles missed the spare to give Pikeville the five-pin win.

Freshman All-American Kim Yioulos had five strikes and four spares in the win to lead the way. Junior Nicole Burke had three strikes and six spares in the win.

MSU signs Texas juco standout

TIMES STAFF REPORT

MOREHEAD — David Terrell, a 6-4, 215-pound forward from Midland College in Midland, Tex., has signed a national letter-of-intent to play basketball at Morehead State University.

A native of Houston, Tex., Terrell averaged 12 points and seven rebounds per game in helping lead Midland College to the NJCAA Division I national championship game. He averaged 11 points and five rebounds in the national tournament.

"David is a strong rebounder and a tremendous athlete who plays above the rim," said MSU Coach Donnie Tyndall. "He is a very versatile athlete who can play both inside and outside and can guard three different positions as well."

Terrell ranked among the top 15 nationally in field goal percentage, hitting at a 64 percent clip. "David is not only an incredible athlete, he is an even better person," said Midland Coach Grant McCasland. "Morehead State recruited him harder than anyone, and he will have a great career there. I believe it is a perfect fit for both David and MSU."

Terrell was an all-city performer and district most valuable player as a senior at Worthing High School in Houston.

The 2008-09 MSU Eagles finished the season at 20-16, won the Ohio Valley Conference tournament and won an NCAA Tournament First Round game before losing to overall number one seed Louisville.



FLOYD COUNTY U19 SOCCER

Above: Ryan Johnson, full back/midfielder for the Floyd County U19 Cobras, makes the tackle.



Left: Zach Parson, another Floyd County midfielder, contested possession of the soccer ball.

UK women's basketball adds two more standouts to 2009 recruiting class

TIMES STAFF REPORT

LEXINGTON — The University of Kentucky women's basketball team has signed two more outstanding prep players to national letters-of-intent, head coach Matthew Mitchell announced Monday, Jeniece Johnson, a 6-6 center from Washington D.C.'s Howard D. Woodson High School and teammate Bernisha Pinkett, a 5-7 guard, will be Wildcats next season.

"It's always exciting to sign players of this caliber in the late signing period," UK Hoops Coach Matthew Mitchell said. "They were two of the best unsigned seniors in the class and they both fill needs we had on our basketball team."

Johnson is considered one of the best post players in the country, ranking as the No. 46 overall prospect and the 14th-best post player according to ESPN HoopGurlz. During her prep career, she helped H.D. Woodson win three D.C. Interscholastic Athletic Association (DCIAA) championships and back-to-back City Title games. She was twice named an all-city honoree and was a first-team All-Beltway member as a senior. She averaged 8.0 points per

game as a junior and earned the Most Valuable Player award in the 2008 City Title game after charting 14 points, 12 rebounds and four blocks in the victory over Bishop McNamara. As a senior, Johnson averaged a double-double with 15.0 points and 12.0 rebounds per game and led H.D. Woodson to its second-straight DCIAA City Title.

"Jeniece is one of the tallest players in the 2009 class," Mitchell said. "She has unbelievable hands and is very, very good at catching and finishing around the basket. She also is an outstanding passer as she knows what to do when she is double-teamed. She poses as a tremendous defensive presence and we are excited that she is coming to Kentucky."

Pinkett, a four-year starter for Coach Frank Oliver, was named MVP of the DCIAA last season and was a first-team All-Beltway selection in 2009. As a senior she averaged a team-high 24.1 points per game in helping the Warriors to a 22-6 overall record. She scored over 1,600 points during her prep career and netted a career-high 42 and 45 points in a game last season. She also was instru-

mental in helping H.D. Woodson win back-to-back City Titles.

"Bernisha is an outstanding offensive player," Mitchell said. "She has great ball-handling ability and a deep shooting range. We look for her to come in and help us immediately with her combination of athleticism and skill. We are very excited about her as she is a very good player."

Both Johnson and Pinkett chose UK over N.C. State.

The duo joins four signees from the fall signing period in Anna Cole, a 6-6 center from Mondovi High School in Mondovi, Wis., Brittany Henderson, a 6-2 forward of John Muir High School in St. Altadena, Calif., Adia Mathies, a 5-9 guard of Iroquois High School in Louisville, and Porsha Postell, a 5-10 guard from Woodlands High School in White Plains, N.Y. Also eligible to play next season are three Division I transfers in Rebecca Gray (Georgetown), a 5-10 guard and transfer from North Carolina, Crystal Riley (Arlington, Tenn.), a 5-5 point guard and transfer from LSU, and Keyla Snowden (Lexington), a 5-7 guard and transfer from Akron.

UK football program elects leadership council

TIMES STAFF REPORT

LEXINGTON — The leadership council for the 2009 University of Kentucky football team has been elected by the Wildcats, Coach Rich Brooks has announced.

The council is comprised of seven players, each elected by his own position group. The role of the council is to represent the team on issues that need player input and to bring team concerns to the attention of the coaching staff if needed. This year's council includes: Defensive Line — Corey Peters, sr. defensive tackle from Louisville;

Linebackers — Micah Johnson, sr. middle linebacker from Fort Campbell; Defensive Backs — Trevard Lindley, sr. cornerback from Hiram, Ga.; Offensive Line — Zipp Duncan, sr. left tackle from Magnolia; Tight Ends, Specialists — Ross Bogue, sr. tight end from Suwanee, Ga.; Wide Receivers — Kyrus Lanxter, jr. wide receiver from Alcoa, Tenn.; Quarterbacks, Running Backs — John Conner, sr. fullback from West Chester, Ohio.

Wildcats begin final week of practice: Chased inside by rain, the Kentucky football team began the final week of spring practice with a two-hour practice Monday morning at the Nutter Field House.

"It was fine," Coach Rich Brooks said when asked about the workout. "We haven't had a stinker this

spring, which is nice. Hopefully we won't. We have two more (practices) before the spring game so we'll see how it goes.

"The players have been working hard and learning. Everybody has a lot to work on. I'm pleased that we're making progress for the most part. Some players have kind of leveled off and I'm not pleased with that. We just have to see how they finish the thing and what happens between the end of spring and next fall as well."

The coach said he was happy with the evaluation of Saturday's scrimmage film.

"I was very, very pleased," Brooks said. "We had some young guys who didn't play a lot last year that are pushing themselves up to the top of the depth chart and are going to be significant factors for us."

EKU set to host spring game

TIMES STAFF REPORT

RICHMOND — The Eastern Kentucky University football team will wind down the 2009 spring season this week with practices. The Colonels will play the annual Spring Game on Sunday at the Glenn Marshall School Athletic Complex located just off the Dr. Robert R. Martin By-Pass. Game time is set for

4:30 p.m.

Admission to the EKU Spring Game is free to all fans. All Colonel supporters in attendance will receive a complimentary kid's ticket to the Oct. 31 home game against Southeast Missouri.

The spring game is being played off campus due to the current resurfacing project at Roy Kidd Stadium. Hanger Field, which had a natural grass surface, is having synthetic turf installed by Vesco SportsFields.

The EKU football team concluded the 2008 season 8-4 overall while earning the program's 20th Ohio Valley



WES WOODS

Conference title and 31st consecutive winning season. The Colonels' first home game of the 2009 schedule is slated for Saturday, Sept. 19 against Tennessee Tech. Prestonsburg High School graduate Wes Woods is an offensive lineman for the EKU football team.

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<p>AN AMERICAN R- VOLUTION</p>	
<p>09 SILVERADO 1500 4 TO CHOOSE</p> <p>EPA EST. 20 HWY MPG</p> <p>NICELY EQUIPPED, AUTO, & A/C</p> <p>SALE PRICE \$20,397 <i>Now</i> \$18,897 AFTER \$1,500 REBATE</p>	<p>09 IMPALA LS STK#4625</p> <p>EPA EST. 29 HWY MPG</p> <p>NICELY EQUIPPED, AUTO, & A/C</p> <p>SALE PRICE \$22,988 <i>Now</i> \$19,738 AFTER \$3,250 REBATE</p>

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Summer camps scheduled for future teachers

FRANKFORT — Kentucky high school students interested in teaching as a career choice may participate in regional Future Educators Association (FEA) Summer Camps in June and July.

These week-long residential camps held at universities are free to students in attendance. Capacity is limited, and each camp will take the first 30 applications on a first-come, first-served basis.

Application information is available from the contacts listed below.

- June 7-12 — Murray State University; Sue Ellen Morris, Sueellen.Morris@coe.murraystate.edu
- June 14-19 — Eastern Kentucky University; Felisa Wilson, felisa.wilson@eku.edu
- June 14-21 — Morehead State University; Joan Callahan, j.callahan@more-

head-st.edu

- June 14-19 — University of Louisville & Jefferson County Public Schools (JCPS); Lohelen Hambrick, Lohelen.hambrick@louisville.edu; or Carl Williams, Carl.Williams@jefferson.kysc.schools.us
- June 14-20 — University of Kentucky; Dr. Rose Boulay, Rose.Boulay@uky.edu
- June 15-19 — Western Kentucky University; Michelle Kahler, Michelle.Kahler@wku.edu
- June 21-26 — Campbellsville University; Dr. Donna Irwin, drirwin@campbellsville.edu
- July 12-17 — Kentucky State University; Dr. Pat Higgins, patricia.higgins@kysu.edu
- July 20-24 — Northern Kentucky University; Dr. Sara Runge-Pulte, rungesa@

nku.edu

The Future Educators Association(r) assists middle and high school students in exploring careers in education. The association is unique in its ability to offer students unparalleled, age-appropriate professional development opportunities, including an annual conference and access to a state-of-the-art FEA social networking Web site. Through hands-on career exploration opportunities, FEA allows members to assume leadership roles and develop professional skill sets that will serve them throughout their careers. The association also connects students with chances to earn

scholarship grants through its sponsoring organization, PDK International.

In 2002, the Kentucky General Assembly passed House Joint Resolution 188, which requested that the Kentucky Department of Education set aside teacher

recruitment funds to assist school districts in organizing FEA Clubs.

Kentucky now holds the distinction of having the most chartered FEA chapters in the nation, with nearly 200 chapters statewide.

Dogs

wild dogs attacked and killed a deer in the city streets several months ago.

"We have to protect the public," Graden said, adding that the attack could have well been against a child or someone else in the city.

Prestonsburg has had a leash and tag law in the past, with fees at that time at \$18 to license pets. The new fee is less, \$12.

Stray dogs and cats throughout the city are another problem city officials point to as a reason for the proposed law.

They say that dogs and cats roaming the streets are turning up more often and growing in numbers. To curb this, the new law would allow officers to pick these animals up and take them to the animal shelter.

■ Continued from p1

The fees for having pets licensed would pay for the cost of housing the animals, officials said.

When a template ordinance was passed around months ago, Freels, who owns 12 dogs, offered a round of criticism that included saying the ordinance passed around for input would be unconstitutional and also posed questions as to how the city would pay for the enforcement of the law.

However, Graden and others approached those concerns at the March 23 meeting, explaining that the model ordinance was a springboard for discussion among city leaders as to how a law could be fashioned for Prestonsburg's unique needs in respect to a license and tag law.

Indictment

at that time, the inmate-to-guard ratio was about five inmates to every guard.

There had been numerous occasions that the prison had needed to suspend a "lock-down" because there were simply not enough staff to handle that situation at the prison, added Lowry.

As for the assault on Adkins for which Oliveri now stands accused, fellow officers at the time described the assault as "brutal," and alleged that Oliveri had singled out Adkins as a target.

According to reports from the prison shortly after Adkins was attacked, certain factions of inmates had threatened Adkins.

The threats were logged,

■ Continued from p1

according to Billy Farthing, president of the 612 Union and a senior officer specialist at Big Sandy since it opened five years ago, and Adkins was intended to be assigned to sections of the prison where the inmates in question were not housed.

However, Farthing said the threat was disregarded and Adkins was assigned to the unit in question.

"He was pointed out and they tried to kill him," Farthing said at the time.

Oliveri is to be arraigned this morning on the charge in Pikeville.

Concert

■ Continued from p1

of Carolyn Slone is scheduled to start at 7 p.m. at the Martin Community Center on April 25.

For bands or singers interested in performing at the memorial concert, contact Bobby Caudill by calling (606) 377-9221.

Threats

■ Continued from p1

The terroristic threatening charge against Davis was filed for allegedly telling her neighbor that she was going to cut off the head of the bus driver later that day.

Davis pleaded not guilty to the charges at her arraignment.

The jury trial was originally scheduled to begin on Tuesday, but was rescheduled in Floyd District Court for June 16.



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EKU spring commencement to be held May 9

RICHMOND — Spring Commencement ceremonies at Eastern Kentucky University on Saturday, May 9, will recognize 2,107 degree candidates.

The morning ceremony, at 9:30 a.m., will recognize degree candidates in the Colleges of Arts and Sciences and Business & Technology. The afternoon ceremony, at 2 p.m., will recognize degree candidates in the Colleges of

Education, Health Sciences and Justice & Safety. All ceremonies are in Alumni Coliseum.

The keynote speaker in the morning ceremony will be Jon Draud, former Commissioner of Education for Kentucky who stepped down from the post in 2008 because of health concerns. Draud, a longtime superintendent of the Ludlow School District who went on to serve as 63rd District state rep-

resentative, earned his bachelor's and master's degrees from EKU. He is a member of the University's Hall of Distinguished Alumni.

The afternoon keynote speaker will be Timothy James, also a member of the University's Hall of Distinguished Alumni. Until he retired in 2004, James served as a Naval Criminal Investigative Service (NCIS) counterintelligence adviser. As

the senior NCIS representative to Navy leadership, he provided information on criminal, counter-terrorism and sensitive counterintelligence investigations. Since retirement, he has worked with U.S. Customs and Border Protection to train officers on interviewing techniques and cultural awareness. Both speakers will receive honorary doctoral degrees.

In all, 1,526 bachelor's degree candidates will be rec-

ognized, plus 424 master's degree candidates, 148 associate degree candidates and 9 specialist degree candidates.

Student speakers on behalf of the morning and afternoon degree candidates, respectively, will be Vanessa Abbott, Frankfort, who's receiving a bachelor's degree in business administration, and Emily

Vaught, Lancaster, who's receiving a bachelor's degree in occupational therapy.

College receptions for the respective graduates and their families will be held in the Fred Darling Gymnasium in Alumni Coliseum immediately after each ceremony.

The public is welcome to attend both ceremonies.

13 killed on Kentucky roads last week

FRANKFORT — Preliminary statistics indicate that 13 people died in 12 separate crashes on Kentucky roadways from Monday, April 13, through Sunday, April 19.

Nine of the crashes involved motor vehicles and seven of those victims were not wearing seat belts. Single-fatality crashes occurred in Breathitt, Carroll, Harlan, Jefferson, Knox, Mason, Mercer, and Montgomery

counties. One double fatality crashed occurred in Jefferson County. The suspected use of alcohol was a factor in two of the crashes.

Two fatal motorcycle crashes occurred in Calloway and Powell counties. Neither victim was wearing a helmet. One pedestrian fatality occurred in Oldham county.

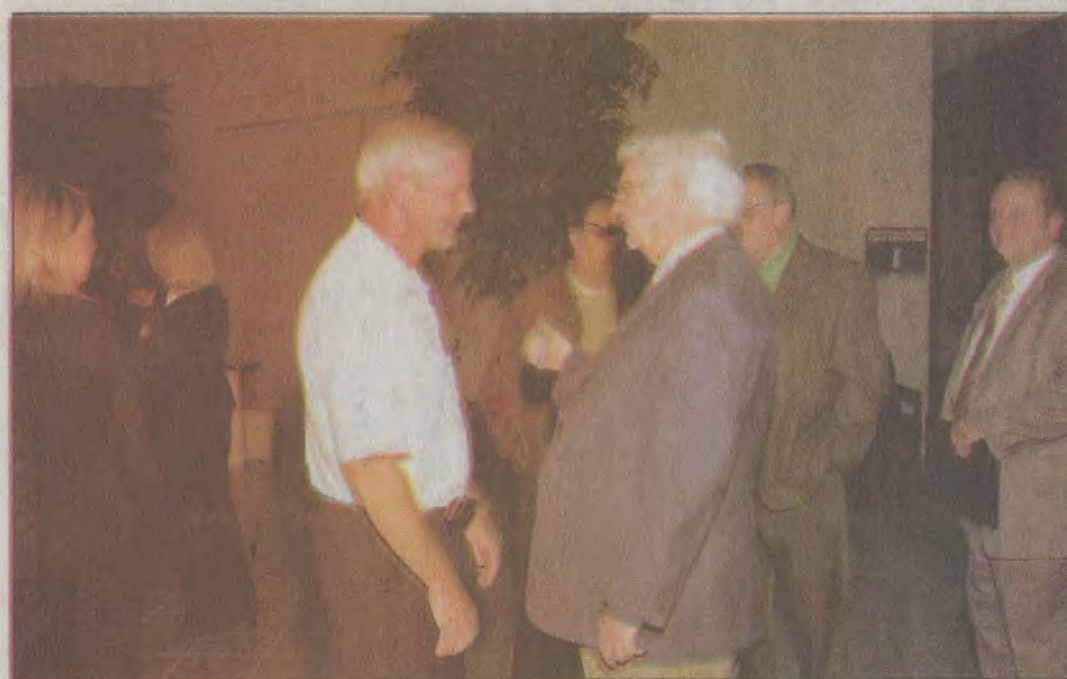
Through April 19, preliminary statistics indicate that 204 people have lost their lives on

Kentucky roadways during 2009. This is seven fewer than reported for the same time period in 2008.

Of the 175 motor vehicle fatalities, 100 victims were not wearing seat belts. Thirteen pedestrians have been killed. Fourteen fatalities involved a motorcycle and two fatalities involved an ATV. A total of 49 fatalities have resulted from crashes involving the suspected use of alcohol.

Citizens can contribute to highway safety by reporting erratic drivers to the Kentucky State Police toll-free at 1-800-222-5555. Callers will remain anonymous and should give a description of the vehicle, location, direction of travel and license number if possible.

These statistics are still preliminary as KSP waits for all local law enforcement agencies throughout the state to report any crashes and fatalities that may have occurred in their areas.



During U.S. Rep. Hal Rogers' visit to Floyd County last week, the congressman made time to drop by Highlands Regional Medical Center to tour the facility. Above, Rogers takes time to talk with Jimmy Williamson, director of facility services at Highlands, about many of the projects underway at HRMC, such as the emergency room and obstetrics expansion.

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Entry fee is \$100.00 per boat (Limit 100 boats)
Pre-registration will be held Friday, May 1, at Swimming Pool Hollow, under the tent from 7 p.m. till 8:00 p.m. Draw for position will be at 8:00. If you cannot be here, pre-register and we will draw your position for you. All other entries will start according to first come on Saturday Morning.

AREA 3 SPECIAL OLYMPICS THANKS YOU!

As Competition Manger for Area 3 Special Olympics Track and Field Event, which was held Saturday, April 18, 2009, at Prestonsburg High School Josh Francis Field, I would like to take this opportunity to express my appreciation to everyone who made the event a huge success.

Sponsors of the event: Action Outdoor Faith Signs and Awnings, American Electric Power, Appalachian Wireless, Arby's of Paintsville, ARH-McDowell, Auxier Road Gas Co., Big Sandy RECC, Burger King of Paintsville, Buy Here Pay Here Furniture and Appliances, Christian Appalachian Project, Community Trust Bank, Dairy Queen, East Ky. Broadcasting, Family Court Judge Johnny Ray Harris, Floyd County Chamber of Commerce, Floyd County Clerk Chris Waugh, Floyd County Judge/Executive R.D. "Doc" Marshall, Fobd City, Hall Funeral Home, Highlands Regional Medical Center, Kinzer Drilling Co., Shred-All Documents, McDonald's of Eastern Ky., Mr. and Mrs. Jimmy Marcum and family, Mr. and Mrs. Rob Shepherd and family, Paintsville Wal-Mart Supercenter, Prestonsburg Big Lots, Prestonsburg Save-A-Lot, Retha Shepherd, Ripley's Aquarium of the Smokies, Trans Star Ambulance Service, Wendy's of Prestonsburg, WYMT-TV, Subway of Prestonsburg, Subway in Prestonsburg Wal-Mart, John and Patsy Goble, Saint Joseph-Martin, First Guaranty Bank, Floyd County Public Library, Long John Silver's of Prestonsburg, and Meade's Kentucky Wholesale. I deeply appreciate your sponsorship and support of the event.

The following volunteers: Students from the Carl D. Perkins Job Corp Center, Members of Boy Scouts Troop 802, Norm Marcum, Samantha Whittaker, Marcus Bozick, Students from Alice Lloyd College, Trundy Sluss, Darrell and Denna Prater, Mr. Kirk, The Piarist School, Highland Avenue Youth Group, Floyd County 4-H Teen Council, Alison Ellis, Meaghan Slone, Caney Bible Church, Members of the Prestonsburg High School Football Team, Members from Respond Ambulance Service, Floyd County Sheriff's Office, and Kim Satterwhite, Program Director of Special Olympics Ky. I couldn't have had the event without your help.

To all my Special Guests: Jeff Sheppard, GGM Recording Artist Troy Burchett, Ronald McDonald, Water Safety Dog from the Corp. of Engineers, Shoney Bear from Shoney's in Paintsville, Smokey Bear from Division of Forestry, Dare Bear from The Floyd County Sheriff's Department, Oleika Shriner Clowns, East Ky. Chapter of Brothers of The Wheel; and the torch runners: Lonnie and Jessica from Faith Runners, and Teddi Frasure—your participation made the event extra special for all my athletes.

All athletes and delegations who participated in the event, I hope that I made you feel welcome and special, because you are. Thanks for coming, and hope to see you next year.

Cindy L. Hackworth, Competition Manager

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2006 Jeep Gr. Cherokee Laredo, 4x4, all power. Sale \$12,950 Min. Trade \$2,000 Final only \$10,950	 Just In! 4-20-09!	1995 Geo Tracker Auto., Convertible Top. Attention, Hunters!! WOW! Asking Only \$2000 or Payments Available.	

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Audie Howell, Evan Howell, Randall and Flossie Hall, Sie and Betty Hall, Burbene Henderson, Ambrose and Lina Howell Heirs, James and Annet Flanery, Jennifer and Jesse Akers, Darin Carroll, Phil and Betty Hall, Flora K. Preston, Elzie Hall, Ray and Mary Hall, Purvis and Ruby Hamilton, Daniel and Kathleen Newsome, Audie and Evan Howell, Joseph C. Akers, Arnold Turner Jr. et. al., Richard Hamilton, et. al., and Bobby and Sharon Paige. The operation will use the area, contour and auger methods of surface mining. The application has been filed for public inspection at the Department for Natural Resources' Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, Kentucky 41653-1410. Written comments, objections, or requests for a permit conference must be filed with the Director of the Division of Permits, #2 Hudson Hollow Complex, U.S. 127 South, Frankfort, Kentucky 40601.

COMMON-WEALTH OF KENTUCKY FLOYD CIRCUIT COURT DIVISION NO. 1 C.A. No. 06-CI-00686 Kentucky Fair Plan Intervening Plaintiff vs. Mildred K. Reffitt et al. Plaintiff vs. Deutscher Bank National Trust, et al. Defendants

NOTICE OF COMMISSIONER'S SALE

BY VIRTUE OF Judgment and

Order of Sale, of the Floyd Circuit Court, entered on the 21st day of January, 2004, in the Floyd Circuit Court, in the above styled action, in the principal sum of \$106,621.85, together with interest, costs and fees, I shall proceed to offer for sale at the **Old Floyd County Court-house Door, South Central Avenue, Prestonsburg, Kentucky, (behind the new Floyd County Justice Center),** to the highest bidder, at public auction, on **Thursday, the 30th day of April, 2009,** at the hour of **9:15 a.m.,** the following described real estate, located in Floyd County, Kentucky, and more particularly described as follows:

A certain tract or parcel of land lying in Floyd County, Kentucky, on Right Beaver Creek in Maytown, at Langley, being 111 North Front Street, Langley, Kentucky 41645, and being Lots No. 222, 223, 224, 225, 262, 263, 264, and 265, and being the same lots described in the map or plat of H.F. May Addition, now on file in the Floyd County Court Clerk's Office.

The parties to the case obtained their interests in the foregoing tract of real property as follows: All references are to the Floyd County Court Clerk's Office, Mildred Reffitt by deed of record in the Deed Book 301, Page 304; Deed Book 496, Page 564; Deed Book 501, Page 89. The heirs of C.C. Reffitt obtained their interests by his Affidavit of Descent of

record in Deed Book 215, Page 523. The heirs of Beverage Reffitt obtained their interests by Affidavit of Descent of record in Deed Book Page _____. The heirs of Christine Reffitt Shadley obtained their interests by Affidavit of Descent of record in Deed Book 441, Page 313.

The above-described real property cannot be divided without materially impairing its value and therefore will be sold as a whole by the Master Commissioner of the Court, with the proceeds therefrom distributed to the parties as set out herein below.

The property herein above described shall be sold by the Master Commissioner as more particularly set forth in order to satisfy the debt owed the Plaintiff, interest, costs, and outstanding Floyd County, Kentucky, Ad Valorem taxes owed by the primary defendants, Plaintiff's attorney fees and the costs of this action.

The liens herein adjudged, shall attach to the proceeds of said sale of the real estate in priority as follows:

The Plaintiff, Kentucky Fair Plan, Mildred Reffitt, is adjudged to have a first and superior lien (subject only to any appropriate liens of and Floyd County, Kentucky, and sale fees and costs) upon the herein above described real property. Any remaining proceeds shall be distributed in accor-

dance with the Order of Sale.

Terms of Sale
(a) At the time of sale, the successful bidder, if the other than the Plaintiff, shall either pay cash or 10% of purchase price, with the balance on credit for thirty (30) days.

(b) The successful bidder shall be required to execute a bond with good surety thereon for the unpaid purchase price of said property, if any, bearing interest at the rate of twelve percent (12%) per annum, from the date of sale until paid, having the force and effect of a Judgment.

(c) The property shall be sold subject to any easements and restrictions of record in the Floyd County Clerk's Office, and such right of redemption as may exist in favor of the United States of America and/or the record owners thereof, pursuant to 28 U.S.C. 2410 or KRS 426.530.

(d) The purchaser shall be required to assume and pay all Floyd County, Kentucky, real property taxes for the year 2009, and all subsequent years which are not yet due and payable. Any and all delinquent Floyd County Kentucky, real estate taxes will be paid from the sale proceeds.

(e) In the event the Plaintiff is the purchaser of the above described property, for an amount equal to, or less than, its first lien, it shall take a credit against said lien for the amount of the bid, and no bond shall be

required of the Plaintiff, and it shall only be obligated to pay court costs, the fees and costs of the Master Commissioner, and any real estate taxes assessed against the real estate.

Any announcements made on date of sale take precedence over printed matter contained herein.

This 9th day of March, 2009.

William S. Kendrick Master Commissioner P.O. Box 268 Prestonsburg, KY 41653 (606) 886-2812

CERTIFICATE OF SERVICE

This is to certify that the original was forwarded to Floyd Circuit Court Clerk, with true and correct copies of the foregoing duly mailed, postage prepaid, this the ____ day of _____, 2009, to:

Hon. Christopher M. Hill
Christopher M. Hill and Associates, P.S.C.
641 Teton Trail P.O. Box 817 Frankfort, KY 40602
Counsel for Deutsche Bank National Trust Company

Hon. Lawrence R. Webster
Webster Law Offices
P.O. Box Drawer 712 Pikeville, KY 41502
Counsel for Defendant, Bobby Reffitt and Mildred Reffitt

Hon. Michael S. Endicott
225 Court Street P.O. Box 181

Paintsville, KY 41240
Counsel for Defendants, Harriet Ann Schumacher, Robert Reffitt, Linda Reffitt, Shirley Reffitt, Claude Reffitt, Barbara Morrison, Bonnie Whitaker, Wilma May.

Hon. Darrin W. Banks
Porter, Schmitt, Banks & Baldwin P.O. Box 1767 Paintsville, KY 41240
Counsel for Intervening Plaintiff, Kentucky Fair Plan

Hon. William S. Kendrick
Floyd County Master Commissioner P.O. Box 268 Prestonsburg, KY 41653

William S. Kendrick Master Commissioner

NOTICE OF INTENTION TO MINE Pursuant to Application No. 836-5499 Renewal

In accordance with KRS 350.055, notice is hereby given that FCDC Coal, Inc., 587 North Lake Drive, Prestonsburg, KY 41653, has applied for renewal to an existing underground coal mining and reclamation operation located 1.23 mile northwest of Hunter, in Floyd County. The surface area is 9.45 acres, and the operation will underlie an additional 2,884.58

acres, for a total acreage of 2,894.03 within the permit boundary. The permit area is approximately 1.36 mile southwest from KY 122's junction with KY 2030, and is located on Akers Branch, 0.57 mile southwest of Left Beaver Creek. The latitude is 37 degrees, 31 minutes, 18 seconds; and the longitude is 82 degrees, 45 minutes, 45 seconds.

The permit area is located on the Martin, Harold, and Wayland U.S.G.S. 7 1/2 minute quadrangle maps. The surface area is owned by Orpha and Clive Akers, Jack Bates. Permit area underlies land owned by Orpha and Clive Akers, Willie Wright, Earnest Duddleson, Rhonda Halbert Estate, Eugene Akers, Lowell Martin, KY WV Gas, Charles Ray Patton, Luther Hicks, William Hagens, Charles Brent Gibson, Oakie Sheppard, Ralph Hagens, Bud Hayes, Marion Hayes, Roland Jones, Chattie Dingus, Perry Conn, Johnnie Estate, Vernon Martin, Alice Martin, Bessie Helton, Charles Salisbury C/O Morgan Salisbury, Marie Salisbury, J.D. Salisbury Estate, Orpha Akers, Alice Gibson Martin, et al., Gordon Carroll, Marie Stelbasky, C.M. Wise, Mander Moore, Virgil Moore, Jack A. Fisher, Trustee, James Slone, James Hayes,

Forest Dudley, Thomas Scalt, Leo Harmon, The Elk Horn Coal Corp., W.F. Martin Estate C/O William Martin, Mae Salisbury, Floyd County Solid Waste, Jerry Collins, Tramble Mitchell, Fred O'Brien Jr., Curtis A. Ousley, Bee Halbert, Thomas E. Martin, Gaylord Martin, Ruth Salisbury, Vernon Salisbury, Sally Brooks, Rodney Case, Albert Cole, Clyde Sheppard, Vina Duckles, Audrey Salisbury, Anna Salisbury Gibson Estate, Tom Salisbury Estate, Bert Salisbury, Maxie Hayes Estate, Mildred Salisbury, Thomas and Evelyn Martin, Ralph Moore, Martin Heirs c/o Sheridan Martin, Sheridan Martin, and Jack Bates.

The renewal has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Prestonsburg, KY 41653. Written comments, objections, or requests for a permit conference must be filed with the Director, Division of Permits, #2 Hudson Hollow Complex, U.S. 127 South, Frankfort, KY 40601.

NOTICE OF INTENTION TO MINE Pursuant to Application No. 836-8057 Renewal

In accordance with KRS 350.055, notice is hereby

given that Prater Creek Coal Corporation, 750 Town Mountain Road, Pikeville, Kentucky 41501, has applied for renewal of a permit for a loading facility, coal processing facility, affecting 26.35 acres, located 0.25 mile east of Ivel, in Floyd County.

The proposed facility is approximately 0.25 mile southeast from U.S. 23's junction with Ivel Road, and located 0.25 mile southeast of the Levisa Fork of the Big Sandy River. The latitude is 37°35'22". The longitude is 82°39'53".

The proposed facility is located on the Harold U.S.G.S. 7 1/2 minute quadrangle map. The surface area is owned by Appalachian Land Company, J.K. Stratton Heirs, and Windell Stratton. The operation will affect an area within 100 feet of public road, Ivel Road. The operation will not involve relocation or closure of the public road.

The application has been filed for public inspection at the Division of Mine Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, Kentucky 41653-1410. Written comments, objections, or requests for a permit conference must be filed with the Director, Division of Mine Reclamation and Enforcement, No. 2 Hudson Hollow Road, Frankfort, Kentucky 40601.

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FAMILY FEATURES

Trimming the grocery budget doesn't require cutting back on healthy foods. It just takes a little planning and nutrition know-how.

Fresh produce is a key ingredient in eating well. At about 25 cents per serving, potatoes are one of the best values in the entire produce department. One medium-sized potato provides 45 percent of your daily value of vitamin C, more potassium than a banana, zero fat and only 110 calories. There are many healthy preparation tips and topping ideas that let you enjoy potatoes while keeping fat and calories low.

Heart-smart cooking also calls for healthy fats to give energy, help in the absorption of fat-soluble vitamins and beta-carotene, and slow digestion. One of the healthiest cooking oils in the world is canola oil. It has the lowest amount of saturated fat of any common culinary oil (half that of olive oil) and is free of trans fat and cholesterol. The FDA authorized a qualified health claim for canola oil on its potential to reduce the risk of coronary heart disease. Just 1.5 tablespoons a day, which costs pennies, may help protect your heart.

These recipes combine nutrition and smart shopping into family-friendly recipes that do the body — and the wallet — good.

For more healthy recipes using potatoes and canola oil, visit www.potatogoodness.com and www.canolainfo.org.

Recipe cost analysis is based on food prices from www.peapod.com.

Turkey Burger With Baked Chips

Turkey Burger

This recipe costs about \$2.21 per serving.

Preparation Time: 10 minutes
Cook Time: 15 minutes
Yield: 4 burgers

- 4 tablespoons canola oil, divided
- 1/4 cup finely chopped red onion
- 1 apple, peeled, cored and finely diced
- 1/4 cup chopped green onion
- 1 clove garlic, finely diced
- 1 pound ground turkey
- 2 teaspoons Dijon mustard
- 1/3 cup peach chutney
- 1/2 cup dry bread crumbs
- Salt and pepper to taste

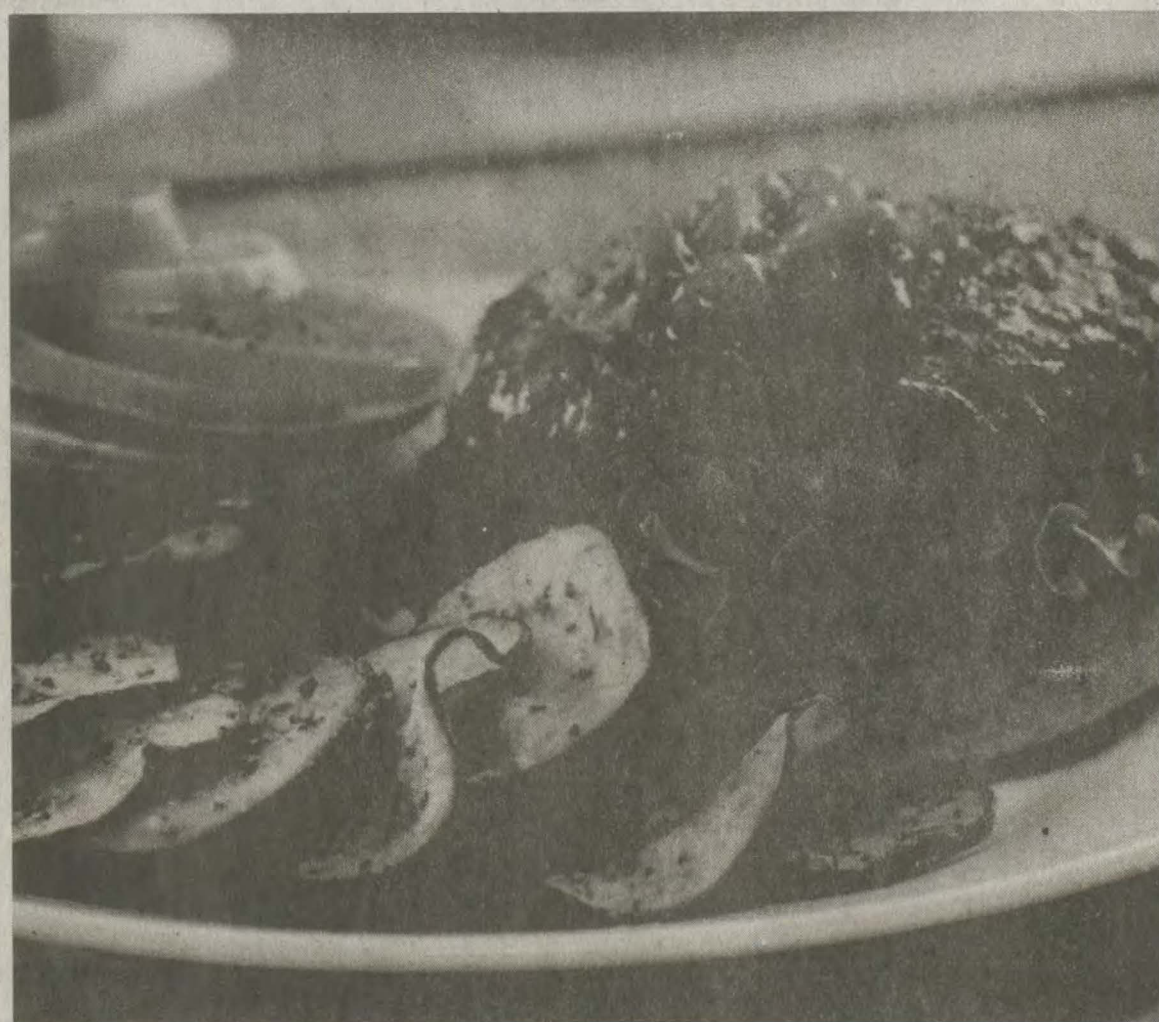
In medium-size fry pan, heat 2 tablespoons canola oil. Sauté red onion, apple, green onion and garlic for 3 to 5 minutes, over medium-low heat.

Place ground turkey in large mixing bowl. Add apple mixture, mustard, peach chutney, bread crumbs, salt and pepper. Form into burgers.

In large fry pan, heat remaining 2 tablespoons canola oil. Cook burgers over medium heat until juices run clear, approximately 15 minutes. Cooking time will depend on thickness of burgers. Turn once during cooking time. Serve on whole wheat roll with side of baked chips.

Nutritional Analysis (per burger): Calories, 420; Fat, 26 g; Saturated Fat, 4.5 g; Cholesterol, 95 mg; Sodium, 370 mg; Carbohydrates, 25 g; Fiber, 2 g; Protein, 23 g; Vitamin C, 18 mg; Potassium, 376 mg

Nutrition ON A BUDGET



Baked Chips

This recipe costs about \$0.27 per serving.

Preparation Time: 10 minutes
Cook Time: 15 minutes
Yield: 4 servings

- Canola cooking spray
- 4 small Russet potatoes
- 1 tablespoon canola oil
- 1/2 teaspoon salt
- 1 to 2 teaspoons herb blend of your choice

Preheat oven to 425°F. Line baking sheet with foil and coat with cooking spray (for easier clean-up). Cut potatoes crosswise into very thin slices about 1/8 inch thick.

Place potato slices and canola oil into large re-sealable plastic bag. Seal bag and toss to coat well. Open bag and spread potato slices evenly on prepared pan. Sprinkle with salt and herbs if desired. Bake about 15 minutes or until golden brown.

Nutritional Analysis (per serving): Calories, 80; Fat, 3.5 g; Saturated Fat, 0 g; Cholesterol, 0 mg; Sodium, 370 mg; Carbohydrates, 10 g; Fiber, <1 g; Protein, 1 g; Vitamin C, 3 mg; Potassium, 374 mg



Warm Potato Salad

This recipe costs about \$1.95 per serving.

Preparation Time: 10 minutes
Cook Time: 10 minutes
Yield: 4 servings

- 4 small red potatoes, washed and cut into 1-inch wedges
- 1 cup green beans, cooked
- 1 small red pepper, cut into strips
- 1 can (5 ounces) solid albacore tuna, broken into bite-size chunks
- 1/3 cup canola oil
- 2 tablespoons white wine vinegar
- 1/4 cup chopped chives
- 1 tablespoon whole grain mustard
- 1 teaspoon sugar
- 1/2 teaspoon black pepper
- Salt to taste

In medium saucepan, simmer potatoes in lightly salted water for about 10 minutes, or just until tender. Drain.

In bowl, combine potatoes, green beans, red pepper and tuna. Set aside.

In small bowl, combine canola oil, vinegar, chives, mustard, sugar, pepper and salt. Mix well. Pour over salad ingredients and toss lightly to combine. Serve immediately.

Nutritional Analysis (per serving): Calories, 290; Total Fat, 20 g; Saturated Fat, 1.5 g; Cholesterol, 20 mg; Sodium, 330 mg; Carbohydrates, 15 g; Fiber, 2 g; Protein, 13 g; Vitamin C, 33 mg; Potassium, 461 mg

Potato Pancakes

This recipe costs about \$0.65 per serving.

Preparation Time: 18 minutes
Cook Time: 12 minutes
Yield: 8 pancakes

- 4 medium Yukon Gold potatoes
- 1/4 cup hot milk
- 2 tablespoons canola oil margarine or canola oil butter blend
- Salt and pepper to taste
- 1/2 cup grated carrots
- 1/4 cup finely chopped onion
- 1/4 cup chopped green onions
- 2 tablespoons freshly chopped parsley
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 to 3 tablespoons canola oil


Quick and easy microwave mashed potatoes: Place whole potatoes (do not poke) into microwave-safe dish. Cover dish. (If covering dish with plastic wrap, poke small hole in plastic.) Microwave on high for 9 minutes or until potatoes are done. Use oven mitts to remove dish from microwave; carefully remove cover from dish due to steam build-up. Add milk, canola oil margarine or butter blend, salt and pepper to taste. Using potato masher, mash potatoes to desired consistency.

To prepare pancakes: In large mixing bowl, combine mashed potatoes, carrots, onions, parsley, flour, salt and pepper. Mix well.

In large fry pan, heat canola oil. Spoon vegetable mixture, about 1/3 cup at a time, to form pancakes. Cook pancakes over medium heat for 3 to 4 minutes per side, or until cooked through and golden brown. Add additional canola oil as needed to cook remaining pancakes.

Nutritional Analysis (per pancake): Calories, 120; Fat, 6 g; Saturated Fat, 1 g; Cholesterol, 0 mg; Sodium, 180 mg; Carbohydrates, 15 g; Fiber, 1 g; Protein, 2 g; Vitamin C, 16 mg; Potassium, 57 mg



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YESTERDAYS

Items taken from The Floyd County Times,
20, 30, 40, 50, 60, 70 years ago. *page B2*

INSIDESTUFF

- Byrd Scholarships • *page B3*
- Robinson Scholar • *page B3*

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EVERYBODY'S SCIENCE

**Partnerships
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by **SANDY MILLER HAYS**
AGRICULTURAL RESEARCH SERVICE

You could think of this as the scientific version of that old Zen question, "If a tree falls in the forest and no one hears it, does it make a sound?": If a scientist invents something absolutely wonderful, but there's no way to get that marvelous invention to the marketplace and into the hands of the consumer, has it really done anyone any good?

I think the second question is easier to answer than the first one. If a wonderful new invention never makes it past the lab door, I don't see how it could do anyone much good or be anything except just another scientific oddity.

Fortunately, that's not a problem at the Agricultural Research Service (ARS), which has a very aggressive program of seeking out industry partners to not only take a good scientific idea from the realm of possibility to the world of reality, but also to get that end product into the market.

In 2008 alone, ARS participated in 230 "cooperative research and development agreements," or CRADAs, with external partners, including companies and universities. In that same year, ARS contributed research that led to 116 new invention disclosures and 29 patents. And in the decades since the passage of the Federal Technology Transfer Act of 1986—which requires federal laboratories to actively seek opportunities to transfer technology to industry, universities, and state and local governments—ARS has been

(See **SCIENCE**, page four)

POISON OAK

**They're just
dandy**

by **CLYDE PACK**

"They're baaaaack."

That line became well-known because of the 1982 movie, "Poltergeist."

This time however, I'm not referring to a sprite, but to a sprout, those millions upon millions of little yellow sprouts that dot the landscape, and seem to thrive here in eastern Kentucky.

Many simply call them dandelions. But depending upon your point of view, they're also known as nothing more than a nuisance, or simply as pests. Some spend hundreds of dollars trying to get rid of them every spring.

Their scientific name is *Taraxacum officinale*, which I suppose is Latin for "stubborn." The lawnmower has yet to be invented that can destroy the little critter. Mow them to the ground, and by dawn's early light the next day, there they are...back again.

Actually, depending on where you live, the dandelion goes by many names. Although they're in the sunflower family, in some parts of the country, they're known as the Irish daisy, lions root, bittanwort and priest's crown. They're also known as wild endive, yellow gowan, and the clock flower.

And back in the days before there were drugstores on every corner, they were also used as medicine for various ailments, from a liver tonic, to a cure for warts, calluses, and bee stings.

Furthermore, the green leafy part of the flower is also good eating and good for you, so when Granny

(See **OAK**, page four)



The Special Olympics team from Champion Supports and Services take their first lap around the track at Josh Francis Field in Prestonsburg on Saturday.

photo by Jarrid Deaton

SOMETHING SPECIAL

Prestonsburg hosts Special Olympics event

by **JARRID DEATON**
FEATURES WRITER

PRESTONSBURG — It didn't take long for the excitement of the 197 athletes to become noticeable at the Special Olympics event in Prestonsburg on Saturday.

While waiting for the event to start, the athletes lined up in front of the scoreboard of Josh Francis Field with their teams and managers. Costumed icons like Ronald McDonald, Smoky the Bear and others paid them a visit, and the athletes quickly started cheering and chanting, exhibiting the kind of energy that is usually only seen at high-profile sporting events with overflowing crowds. Their enthusiasm never wavered, and intensified as

Former University of Kentucky basketball player Jeff Sheppard spoke to the athletes and recited the Special Olympics oath along with them.

"Let me win, but if I cannot win, let me be brave in the attempt," Sheppard and the Special Olympians recited together.

After Sheppard spoke, Lonnie Salyer completed the torch-bearing lap around the track escorted by the roaring motorcycles of the Brothers of the Wheel. This display also brought cheers and clapping from the participants.

"It was fantastic. It was a really good day and the weather was great," said Cindy Hackworth, competition manager of the event. "Everybody had a great time, and all the sponsors and volunteers helped to make the event a huge success."

The athletes competed in various track and field events throughout the day as the crowd comprised of family, friends and other supporters cheered them on.

"It's so great to see these special athletes be so excited," said Emily Friend, of Salyersville.



Lonnie Salyer prepares to take his lap around the track as the torch bearer for the Special Olympics in Prestonsburg on Saturday. Following Salyer were Teddy Frazier and Jessica Conley, of Faith Runners, and The Brothers of the Wheel motorcycle club.

"They get to have a lot of fun, be around supportive people, and enjoy the thrill of competition. I really enjoy watching the Special Olympics events."

The area and regional level competitions serve as qualifying events for athletes who wish to

advance to state competition. In the sports of bowling and track and field, athletes must qualify for state events by participating in their respective area tournament or competition.

The 2009 State Summer Games is scheduled for June 5-7 at Eastern Kentucky University.

HCTC student magazine 'Kudzu' to start posting poems online April 23

HAZARD — Hazard Community and Technical College's literary magazine, "Kudzu," is making a bold move. They've decided to post selected works from earlier issues through their MySpace page.

"It's time we stepped into the 21st century," jokes Scott Lucero, Professor of English and coordinator for Evening With Poets and the Spring Writers Conference, both held at HCTC. "We've had the MySpace page for a while and it just sort of clicked with us to make better use of the social networking site."

The new issue of "Kudzu" will be unveiled at this year's Evening

with Poets on April 30 at 6:30 p.m. in the Stephens Library of the Hazard Campus. None of the work featured in this new issue will be posted on the MySpace page.

"For now," continues Lucero, "we want the online stuff to celebrate voices from our past. And anyone who wants a copy of the new issue can come out April 30."

Ashley Mullins, HCTC student and former student editor of "Kudzu," will have work featured early on in this experiment. "I think this is a swell idea. It would be great promotion for the magazine and I'm sure the people who will be featured will enjoy being featured like that."

She added, "As writers we try to tell a story so someone understands our experience, our life. If we can get more people reading what we say this way then it could only be a good thing. Plus, there's nothing like a little publicity to boost the writer's frail ego."

The poems will debut on April 23, one week before Evening With Poets. For more information, contact Prof. Scott Lucero at 800-246-7521, ext. 73200 or 606-487-3200. You can email him at Scott.Lucero@kctcs.edu. You can visit the magazine's MySpace page at www.myspace.com/kudzu-magazine



HCTC student and former "Kudzu" editor Ashley Mullins will be among the first writers featured in the online version of the Hazard student publication.

Yesterdays

Continued from p2

Price; Charles Perry, 73, of Hi Hat, at U.K. Medical Center; Nancy Ann Conley, 75, at her home at Garrett; Zetta Goodman, 67, of Garrett, at the Pikeville Hospital; Sarah Hamilton, 63, of Risner, at the Prestonsburg Hospital; Mrs. Fonda Duff, 24, formerly of Langley, at St. Mary's Mercy Hospital, Gary, Indiana; Buck Ousley, 33, of Pyramid, the result of a sawmill accident in Lackey; Mrs. Pearl Thacker, 45, of Pikeville, at Pikeville Methodist Hospital; Mrs. Elizabeth Messer, 94, of Garrett and Bonita Springs, Florida, April 4, in Jewish Hospital, Louisville.

There died: Edward Murphy, 69, of Careoaplis, Pa., husband of Patsy Combs Murphy, formerly of Dema; Mrs. Catherine Howard Smith, 68, at her home here.

Seventy Years Ago
(April 29, 1939)

At a mass meeting in the Maytown gymnasium, Saturday afternoon, citizens interested in the proposed Turkey Creek-Stone Coal road were promised the support of County Judge Edward P. Hill. Prestonsburg's "Pack Horse Library," will entertain the public at "open house." To be inspected by visitors are not only the approximately 2,000 volumes in the library, but also the bookbinding equipment, with which workers are repairing old books.

Planned to promote the civic, commercial, industrial and social future of Prestonsburg and the county, the Prestonsburg Co-Operative Business Association was formally organized at a meeting of more than 50 local businessmen. James J. Hatcher of Ky. W.Va. Gas Co., was elected president of the organization.

There died: Bill Williams, 2, son of Mr. and Mrs. Bill Williams, Garrett; Mrs. Mary Miller Kenny, 35, formerly of Floyd County, at Methodist Hospital, Pikeville; Lee Patton, 56, Northern, at his home; Mrs. Alice Hall, wife of J.P. Hall, at her home, at Honaker; William Newsome, 60, at his home at McDowell.

Sixty Years Ago
(April 21, 1949)

Telephone service in Prestonsburg has been extended by an expenditure of \$44,438.92 during the past 12 months, officials of the Southern Bell Telephone Company have announced. The Allen exchange gained 50 telephones during the past year at an expense of \$13,218.76.

The employment picture in the five-county area served by the district office here of the Kentucky Employment Service, dark through last month, was no brighter in the early days of April, Glen S. Anderson, Kentucky Employment Service manager, said this week.

Wayland, Garrett, Maytown, Martin, McDowell, Wheelwright, Betsy Layne and Prestonsburg high schools again have been rated "A" in accredited standings by the Southern Association of Colleges and Secondary Schools.

Concurrently with Monday's announcement that the national Red Cross quota of \$60,000,000 has been over-subscribed, came a statement from J.R. Hurt, Floyd County Red Cross chairman, saying Floyd County has done its full part in reaching that goal.

There died: Mrs. Nelis Howard Stephens, 49, at her home at Manton. She was a daughter of John and Patty Whittaker Howard; Sgt. Bill Roberts, 23, a son of Sidney and Nancy Roberts, and a native of Minnie, killed in action in France; Mrs. Mary Newman, 60, at her home at Carpenter, Ohio, with burial at Hi Hat; Susie May Sizemore, 42, at her home on Town Branch.

Fifty Years Ago
(April 23, 1959)

The Prestonsburg City Council voted, Monday night, to advertise for bids on street-servicing at Lancer and in the Porter Addition, here. The Howard K. Bell Engineering Company, Lexington, completed a survey of the area where sewer lines are needed.

Dr. John G. Archer is the new president-elect at the Kentucky Academy of General Practice, it was announced in Louisville, Tuesday.

Discovery by Deputy Jailer Ray Click, last Thursday, of two backsaw blades secreted in a hollow space in a cell door, may have forestalled a wholesale jail delivery.

Representatives of eastern Kentucky non-union coal operators and United Mine Workers were scheduled to meet in Frankfort, today, in another attempt to iron out the contract controversy between the two groups. The refusal of many truck mine operators to agree to a wage hike, and the terms of the protective wage clause, was, in the main, remaining steadfast after 46 days, punctuated by two killings and other violence.

Born: to Mr. and Mrs. Ralph Torrech of Norfolk, Va., their second son, Larry Edwards. Mrs. Torrech is the former Patsy Marcum.

GED graduates may now
apply for Byrd Scholarships

Kentuckians who have taken the GED test since July 2008 and achieved at least a 2700 composite score may apply for a Robert C. Byrd Honors Scholarship. The scholarships, worth up to \$1,500 a year, are administered by the Kentucky Higher Education Assistance Authority (KHEAA).

GED graduates may apply through Zip Access at www.kheaa.com. To apply, sign in to Zip Access with your user ID and password. Those who have not used Zip Access should register to create a user ID and password. Interested GED graduates should apply

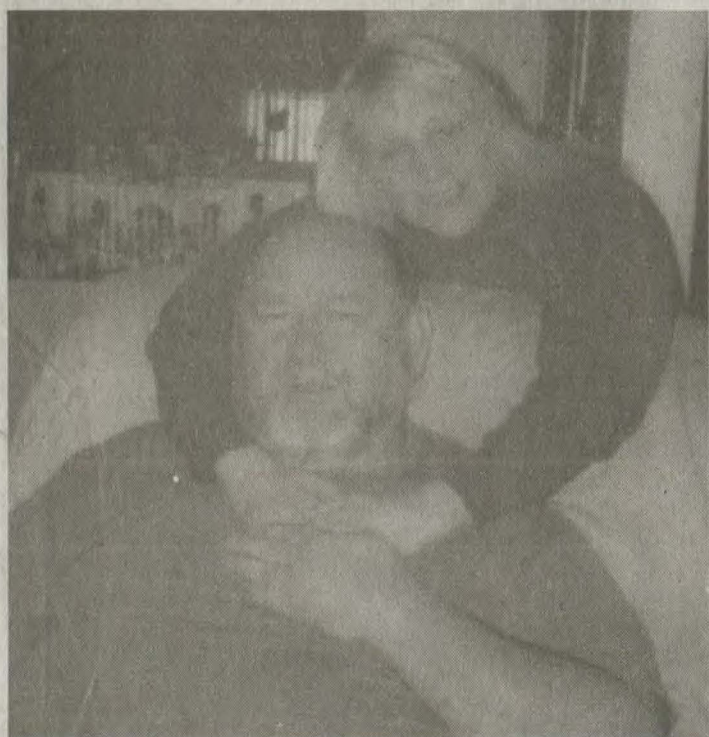
as soon as possible because adult education counselors must certify applicants for consideration before the June 30 deadline.

The Byrd Scholarship is named for longtime U.S. Sen. Robert C. Byrd of West Virginia, who authored the legislation establishing the program in 1985. Kentucky receives enough funding to award 90 scholarships to high school seniors and GED graduates each year, 15 from each of the state's six congressional districts. GED recipients are chosen by an independent panel, based on GED scores and adult education counselor

recommendations. For more information about Byrd Scholarships, call Beth Lane at (800) 928-8926, ext. 6-7229.

To learn how to plan and prepare for higher education and to access the Free Application for Federal Student Aid, go to www.GoHigherKY.org. For more information about Kentucky scholarships and grants, visit www.kheaa.com; write KHEAA, P.O. Box 798, Frankfort, KY 40602-0798; or call (800) 928-8926. For information about low-cost student loans, visit www.studentloan-people.com; write The Student Loan People, P.O. Box 24328, Louisville, KY 40224-0328; or call (888) 678-4625.

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Harvey Sizemore, of Minnie, will turn 52 on April 22. He plans to celebrate his birthday with family.



Tiffany Greene, a student at Allen Central Middle School, was recently selected as a Robinson's Scholar finalist. Greene is the daughter of Susan Greene, of Martin, and Joe Greene, of Printer.

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Science

involved in well over 1,000 CRADAs.

With the economy on everybody's minds these days, ARS is also finding ways to generate new jobs based on its technologies. In September 2007, ARS closed the deal on its first Partnership Intermediary Agreement, with the Maryland Technology Development Corporation. The idea is to focus on technology-based business development—in other words, to get ARS technology into the hands of businesses that can use that technology to grow and add jobs in the process. ARS entered into a second PIA in December 2008, with the Mississippi Technology Alliance.

After passage of the Federal

Technology Transfer Act, ARS was quick off the mark when its Avian Disease and Oncology Laboratory in East Lansing, Mich., in 1987 became the first federal lab to sign a CRADA with a private company.

That CRADA was with Embrex, Inc., now part of the Pfizer Poultry Health Division in Durham, N.C. The product was an in-the-shell vaccination technique to help protect poultry against a costly ailment called Marek's disease. Since then, ARS has had six more CRADAs with Embrex to use the same technique against avian coccidiosis, salmonella and other viral diseases.

Today, ARS' East Lansing lab works with a whole range of companies to protect poultry against viral diseases: Aviagen in Huntsville, Ala.; Cobb-Vantress, Inc., in Siloam Springs, Ark.; Hy-Line International in Des Moines, Iowa; and Hendrix Genetics in The Netherlands.

But if you're not a chicken

farmer, perhaps Marek's disease isn't something that excites your interest. So here's another example of ARS teamwork with external partners that might hit a little closer to home.

It's about to be cookout season (if you haven't already fired up the grill). But if your backyard is anything like mine, you'll find yourself sharing your "fun in the sun" with a blitzkrieg of bloodthirsty mosquitoes.

ARS scientists in Gainesville, Fla., are aiming to ease that situation a bit. They're busy evaluating a whole range of compounds from a large chemical library to figure out which active ingredients are most effective at killing mosquitoes and other disease-carrying insects.

Working under a CRADA with a chemical company, the ARS scientists are using a highly efficient analysis system to screen large numbers of these compounds in a fairly short

period. The system enables the scientists to quickly screen and test each chemical's potential as an insecticide.

The laboratory tests have already uncovered several compounds that are more toxic to mosquitoes than the currently registered insecticides, the scientists report.

This work involves not only industry, but the military. A U.S. Department of Defense initiative called the Deployed War-Fighter Protection Research Program has provided funds and promoted industry collaborations and partnerships to advance this important research.

Now there's a terrific positive example of your tax dollars at work!

The Agricultural Research Service is the chief in-house scientific research agency of the U.S. Department of Agriculture. You can read more about ARS discoveries at <http://www.ars.usda.gov/news>.

Continued from p1

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Oak

Continued from p1

would pick her wild greens, she'd always include dandelions.

Back in the 1940s, in those days when entertainment was anywhere we could find it, the dandelions' brief appearance on the landscape also became a source of amusement for coal-camp kids, as we'd hold the bright yellow flower under someone's chin. If it reflected color, we'd say, "Oh, you like butter." It made little sense to me then, and even less now, but since grownups did it, too, so did we.

We'd also reach the same conclusion if we tickled someone under the chin with a dandelion and they'd laugh. Also, we were very much aware that it was good luck for a bride to include a couple of fresh dandelions in her wedding bouquets, and terribly bad luck would follow if you ever picked a dandelion in a grave yard.

Then, when the flower would turn to seed, after it would morph into a little white puffy golf ball-size orb, we could tell the future by blowing on it. For instance, if we'd take a big long breath and blow, ever how many seeds were left is how many children you'd have. If you could blow three times like that and still have one seed left, it meant your true love was thinking of you. And, if one big blow removed all the seeds, you could make a wish and it'd come true.

It takes about two or three weeks for them to run their course. By then, of course, the gentle breezes of spring will have carried those puffy little parachute-like seeds hither and yon, to assure that come next spring, there'll be more than there were before. Personally, after the winter we've just had, as far as I'm concerned, dandelions are a welcome sight.

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