briefs

#### Ceremony to observe battle anniversary

The Friends of Middle Creek will be holding a memorial dedication to honor the 147th anniversary of the Battle of Middle Creek.

"We urge the public to come out for this moving ceremony as we pay tribute to those who gave their all in America's darkest hour," said Floyd Davis, with the Friends of Middle

The event is scheduled to begin at 1 p.m. on Saturday, Jan. 10, at the battlefield site in Prestonsburg.

For more information, call Floyd Davis at (606) 886-6323, or Heather Grass at hgpope@hotmail.com.

3DAY FORECAST

Today



Tomorrow



High: 42 • Low: 23

Sunday



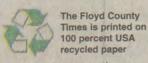
High: 34 • Low: 25

Get up-to-the-minute weather forecasts at floydcountytimes.com

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Friday, January 9, 2009

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Volume 83, Issue 3 • 75 Cents

## County audit details several weaknesses

by SHELDON COMPTON STAFF WRITER

PRESTONSBURG - An annual state audit of the Floyd County Fiscal Court issued earlier this week points to weaknesses in payroll functions, records kept for the county's public properties corporation funds and compliance with administrative codes, as

well as urging county officials to soon find a buyer for East Kentucky

The report, issued by State Auditor Crit Luallen for the fiscal year ending June 30, states that the fiscal court lacks "adequate segregation of duties over the payroll functions.'

More specifically, it is pointed out that one person enters payroll informa-

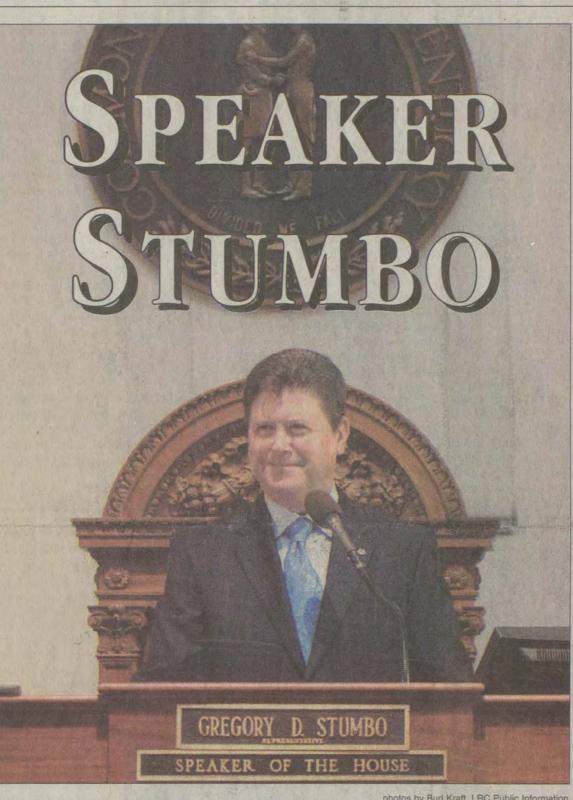
tion into the computer system, prepares the documentation, which includes leave time balances, prepares checks, transfers money from the county's funds into the payroll revolving account and reconciles the retirement bank account.

The audit maintains that because a single employee handled these duties, the result was that payroll functions and oversight were not provided, leading to a number of issues.

Among these issues were that Floyd County Judge-Executive R.D. "Doc" Marshall was underpaid by \$2,762 and Floyd County Jailer Roger Webb found his yearly salary cut short \$4,741.

These two county positions are the

(See AUDIT, page five)



photos by Bud Kraft, LRC Public Information House Speaker Greg Stumbo, D-Prestonsburg, assumes control of the House chamber on the Speaker's rostrum following his election to the chamber's top position.

## Native elected to highest House office

by SHELDON COMPTON STAFF WRITER

FRANKFORT - Following a floor vote Wednesday, state Rep. Greg Stumbo has yet another political title - Kentucky's speaker of the House.

In interviews Tuesday, the day House Democrats officially endorsed Stumbo for the seat by a margin of three votes, the longtime legislator and former Kentucky Attorney General called his unseating Jody Richards the "pinnacle" of his

Attempts to reach Stumbo for comment were unsuccessful as

(See STUMBO, page five)



Stumbo was congratulated by Rep. Brent Yonts, D-Greenville, following Stumbo's election to the top leadership position in the Kentucky House of Representatives.

## Boy killed in massive pileup on U.S. 23

by SHELDON COMPTON STAFF WRITER

PRESTONSBURG - Though the latest reports available as of press time Tuesday evening stated there were no fatalities resulting from a seven-vehicle pileup at the U.S. 23 entrance to Town Branch near Bull Creek Trade Center, statements from officials are now saying an 8-year-old boy died late that night following the accident.

Officials with the Prestonsburg Police Department have reported that Seth Lafferty, 8, died after he was transported to Cabell-Huntington Hospital in West Virginia.

The accident, the third major accident at the site

in less than six months, involved seven vehicles and what police have determined was three separate crashes that ended in a massive pileup that choked off a half-mile stretch of U.S. 23 Of the three separate crashes that formed the pile-

up, one wreck in particular was categorized as the most severe, involving three vehicles and sending five people to the hospital, including Lafferty. According to police two of the drivers were iden-

tified as Hiram Carroll, 52, of Printer, and Crystal Jarvis, 31, of Prestonsburg, Lafferty's mother. Both were transported to hospitals.

Lafferty was a passenger in Jarvis's vehicle along

(See CRASH, page five)

### Woman charged with taking checks from attorney

by JARRID DEATON FEATURES WRITER

PRESTONSBURG - A Floyd County woman has been charged with forging a large number of checks from the law office of Ned Pillersdorf, with the majority of the checks being cashed for an amount over \$300.

Tara M. Johnson, 27, of Beaver, allegedly took 37 checks from Pillersdorf's office and cashed them for over \$300 per check from October through

Johnson, also known as Tara Gray and Tara Hamilton, is charged with 37 counts of theft by unlawful taking and 38 counts of second-degree

Johnson is also charged with third-degree assault, resisting arrest, second-degree fleeing or evading police, and disorderly conduct for an alleged altercation with officers from the Floyd County Sheriff's Department when they went to serve a warrant on the theft and forgery charges.

Johnson was arraigned on all charges on Thursday in Floyd District Court.



#### **Obituaries**

#### Elmer (Dick) Greer

Elmer (Dick) Greer, 80, of Prestonsburg, died Monday, December 29, 2008, at his res-

Born September 29, 1928, in Pigeon, he was the son of the late Colbert and Drucilla Mullins Greer. He was a disabled coal miner, and a member of the Spurlock Church of Christ, in Printer.

He is survived by his wife, Bertha Bryant Greer,

Other survivors include four sons: Jerry (Tammy) Greer of Prestonsburg, Larry (Karen) Greer of Pikeville, Fred (Dorothy) Greer of Allen, and Kenneth (Wanda) Greer of Prestonsburg; six daughters: Ruth (Randy) Hall of Grethel, Tessie (William) Jarrell, Melissa (Wendle) Riddle, and Betty (Robert) Shell, all of Prestonsburg, Bessie (Ed) Carver of Printer, and Violet (Todd) Blanton of Nappance, Indiana; 28 grandchildren; 35 great-grandchildren; and numerous nieces and nephews.

In addition to his parents, he was preceded in death by a son, Delmer Greer; four brothers and five sisters: Leon (Red) Greer, Clyde Greer, Claude Greer, Delmer Greer, Lexie Salisbury, Gladys Conn, Draxie Hancock, Bessie Mullins, and Flossic Carver.

Funeral services were held Thursday, January 1, 2009, at 1 p.m., at Nelson-Frazier Funeral Home, in Martin, with Richard Bowens, William Jarrell, and Bruce Coleman officiating.

Burial was in the Boyd Cemetery, in Hi Hat, under the direction of Nelson-Frazier Funeral Home.

Visitation was at the funeral (Paid obituary)

#### 000

#### Oliver Bascom Hall

Oliver Bascom Hall, age 77. of Betsy Layne, passed away Thursday, January 1, 2009, at his residence.

He was born June 6, 1931. in Honaker, a son of the late Lonnie Hall and Gracie Meade Hall. He was a retired coal miner, and a member of the Betsy Lavne Church of God. Survivors include his ex-

wife and companion, Eula Hall; a son, William "Billy" Hall of Hesperia, Michigan; daughters: Jeannie Majeske of Tecumseh. Michigan, and Fave Steimel of Rochester, Michigan; three stepsons: Randy Lee, Danny and Dean Hall, all of Craynor; two stepdaughters: Nanetta Yates of Honaker, and Eulana Hall of Betsy Layne; two brothers: Larry Hall of Printer, and Leonard Hall of Harold; four sisters: Alma Dozmati of Akron, Ohio, Velma Salisbury of Spring Hill, Florida, Emma Lou Celensky of New Port Ritchie, Florida, and Janice Pullium of Hazard; 12 grandchildren, one who lives locally, Brandon Hall; and two great-grandchildren: Shannon Hall and Dustin Justice.

In addition to his parents, he was preceded in death by three brothers: Astor, Foster, and James Hall; and two sisters: Patricia Moore and Hazel Parsons.

Funeral services for Oliver Bascom Hall were conducted Saturday, January 3, at 1 p.m., at the Hall Funeral Home Chapel, in Martin, with

Randolph Akers officiating. Burial was in the John Hall Cemetery, in Honaker, under the professional care of Hall Funeral Home.

Visitation was at the funeral (Paid obituary)

#### 000

#### Wanda Sue Jones

Wanda Sue Jones, 66, of Prestonsburg, died Monday, January 5, 2009, at Highlands Regional Medical Center.

Born May 28, 1942, in Floyd County, she was the daughter of the late Raymond and Dovie Hanshoe Gearheart. She was a homemaker, and a member of the Faith Independent Freewill Baptist Church.

She is survived by her husband, Clinton (Buddy) Jones.

Other survivors include a son, Roger (Kim) Jones of Wayland; a daughter, Angela (Jimmy) Music of Lackey; three brothers: Glen Gearheart of Shelby, Ohio, Douglas Gearheart of Willard, Ohio; and a sister, Deborah Howell of Hucysville; six grandchildren, and four great-grandchil-

In addition to her parents, she was preceded in death by a son, Jeffrey Jones; two brothers: Quintin Gearheart and Randall Gearheart; and a sister, Geneva Baldridge.

Funeral services were held Thursday, January 8, at 11 a.m., at the Nelson-Frazier Funeral Home, Martin, with Donnie Patrick, Clarence Combs, and others, officiating.

Burial was in Highland Park, . Memorial Staffordsville, under the direction of Nelson-Frazier Funeral Home.

Visitation was at the funeral (Paid obituary)

#### 000 Seth Addison Lafferty

Seth Addison Lafferty, age 8, of Prestonsburg, passed away Tuesday. January 6, 2009, at Cabell-Huntington Hospital, in Huntington, West Virginia.

He was born September 19. 2000, in Prestonsburg, the son of Adam Lafferty of Martin, and Crystal Gail McCown Jarvis of Prestonsburg; and was a stepson of Tonya Lafferty and James Jarvis. Seth was a student at Allen Elementary; and attended Allen Baptist Church.

In addition to his parents and step-parents, survivors include two brothers: Curtis Leslie of Prestonsburg, and Noah Lafferty of Martin; two stepbrothers: Scott Jarvis and Logan Jarvis, both of Banner; a sister, Savannah Lafferty of Martin, and a stepsister, Lita Jarvis of Banner; his paternal grandparents: Rex and Sandy Lafferty of Minnie; and his maternal grandfather, Wayne Wright of Hager Hill.

He was preceded in death by a sister, KayLeAnn Ambrose: and his maternal grandmother, Barbara Wright.

Funeral services for Seth Addison Lafferty will be conducted Saturday, January 10, at 1 p.m., at the Hall Funeral Home Chapel, in Martin, with Clergyman Graydon Howard officiating.

Burial will follow in Gethsemane Gardens, in Prestonsburg, under the professional care of the Hall Funeral Home.

Visitation is after 6:00 p.m., Thursday, at the funeral home. (Paid obituary)

#### AG settles allegations of predatory lending with Countrywide Mortgage Company

FRANKFORT — Attorney Jack Conway General announced this week a settlement resolving allegations of predatory lending practices against Countrywide Financial Corporation.

Kentucky has joined other states requiring this sub-prime lender to provide loan modifications to assist up to 395,000 borrowers nationwide from a foreclosure relief fund of \$150 million. Of this amount, \$1.64 million is reserved for Kentucky borrowers. Approximately 2,500 Kentuckians will be offered loan modifications to restruc-

ture their Countrywide mortgage loans. Countrywide, which was acquired by Bank of America this past summer, has agreed to restructure more than \$262 million of outstanding debt owed by Kentucky borrowers under this agreement.

This settlement announced Monday resolves allegations that Countrywide developed and used unfair and deceptive practices in its loan origination and servicing business. Many Kentucky borrowers were sold mortgage loans which were unaffordable, leading to increased defaults and forcelo- or was more than 120 days sures. Under this settlement delinquent on October 8, 2008; agreement, cligible borrowers will be offered the opportunity to modify their mortgage loans

to make their monthly payments affordable. The program will cover borrowers with subprime mortgage loans, including adjustable rate loans with initial "fixed" teaser rates and pay-option adjustable rate mortgages.

"This mandatory loan modification program will provide immediate relief to Kentucky borrowers who are facing foreclosure. The goal is to help these borrowers remain in their homes into the future with an affordable mortgage loan," General Conway said.

Eligible Countrywide customers will receive a letter from the Kentucky Attorney General's Office and Bank of America. These letters will be mailed as soon as this new program is implemented. Customers who meet the following four criteria will receive a letter offering to modify the terms of their mortgage loan:

Must hold Countrywide-originated mortgage loan, secured by owneroccupied property;

First loan payment was due between December 21, 2004 and December 31, 2007;

■ Loan has been foreclosed

Six or fewer payments

loan (the Attorney General in consultation with Bank of America retains authority to expand coverage if warranted).

As part of this agreement, Countrywide has agreed to a range of "best practices" changing its future lending practices. In the Assurance of Voluntary Compliance filed today in Franklin Circuit Court, the company denies all allegations against it and does not admit to any wrongdoing. However, the following changes shall be implemented by Countrywide and Bank of America including:

■ The suspension of foreclosure sales on loans likely to qualify for the loan modification program until an affirmative decision has been made on the borrowers eligibility;

Establish an early identification and contact program for borrowers who are having problems making their monthly

■ Discontinue offering pay option adjustable rate mortgages and curtailing the offering of "low-documentation" or

"no-documentation" loans; Establish a Foreclosure Relief Fund of \$8.5 million nationwide to provide payments to borrowers who lost their home through foreclosure where the borrower was sold a

loan and the borrower defaulted early during the loan term (within 6 months after closing) or at the time the interest rate reset. These loans were not properly underwritten and these homeowners could not afford the loan from the incep-

Establish a fund to assist borrowers who do not qualify loan modification Payments from this fund will be made to borrowers for relocation assistance;

Loan modification and late fees will be waived; and

Countrywide will waive prepayment penalties on subprime and pay option ARM

Bank of America's Nationwide Homeownership program Retention Countrywide customers is currently under development. If you have a Countrywide mortgage Ioan and would like additional information about these programs or whether you are eligible for relief under this settlement, please Countrywide's website at www.countrywide.com . A fact sheet is also available for you to review. Countrywide customers can also call toll-free at 1-800-669-6607. Anyone facing imminent forcelosure should call immediately.

#### were made over the life of the subprime or pay option ARM Workshops provide tools for managing energy costs in Kentucky schools

FRANKFORT — The rising cost of energy and increases in energy consumption continue to challenge school district budgets across the com-

monwealth. In fact, according to the Kentucky Department for Energy Development and (DEDI), Independence Kentucky's K-12 public schools spent 108 percent more on energy during the 2007-2008 school year than in 2000-2001. Much of this increase resulted from higher energy prices and increased facility use.

In response, DEDI is funding four energy management workshops for K-12 schools in 2009. "Energy costs are increasing and energy management programs can provide real solutions and savings," said John Davies, acting director of the Division of Energy Efficiency and Conservation. "These savings can have both a positive environmental and fiscal impact on Kentucky's

The workshops will assist schools in meeting a requirement of Kentucky House Bill 2 from the 2008 legislative session, which stipulates that each board of education enroll in the Kentucky Energy Efficiency Program for Schools (KEEPS) on or before Jan. 1, 2010. These one-day workshops will provide a stepby-step systems approach for creating both district and school-level energy management programs. Attendees will receive an overview of energy management, and learn about tools and curriculum to help develop an interdisciplinary team. Separate training tracks - one for administration, operations and facilities staff; the other for curriculum specialists and teachers - will target the technical and educational aspects of developing a successful energy management program.

The workshops are distinctive in that they require staff with different roles within a school district to work towards a common goal. Kentucky educators must teach about energy because it is tested in grades four, seven and 11; administrators must address tight budgets because of rising energy costs. Four workshops are scheduled:

Feb. 24, Thomas & King Conference Center. Georgetown

Feb. 26, Cave City Convention Center, Cave City ■ March 5, Morehead State

University, Morehead March 6, London Community Center, London

or technical strategies, the to help them meet their specif-NEED (National Energy Education Project.

NEED Project in partnership with the

Kentucky Pollution Prevention Center's Kentucky Energy Efficiency Program for Schools, the Kentucky School Plant Managers Association and Kentucky Green and Healthy Schools.

The workshop registration materials are posted online at www.energy.ky.gov/media/ev

"Whether it is curriculum workshop will give tools to both teachers and facility staff ic energy goals as well as the goals of the district as a whole," says Karen Reagor, state director of the Kentucky Development)

The workshops will be facilitated by the Kentucky

#### EKU hosts 8th annual Diversity Conference Feb. 11-12

RICHMOND — Eastern will feature nationally Kentucky University's College of Education, the Southeast/Southcentral Educational Cooperative, the Center for Renewal of Schools and the Education Professions, the Kentucky Collaborative for State Agency Children, the EKU Office of Enrollment Management, and EKU AmeriCorps will host the eighth annual Diversity Conference Feb. 11-12 in the Perkins Building on the EKU

campus. conference, "Addressing Diversity through the Unending Circle of Hope,"

acclaimed school improvement expert Henry Pankey, wheelchair-bound teacher/coach/administrator Jeff Eben and highly-sought speaker Dr. Zack Clements. Also, the conference will feature "Living Voices: The Right to Dream," a program that depicts the struggle and sacrifice for civil rights in America.

The conference is designed for P-12 public school teachers, counselors and administrators; college and university faculty, staff and students; and educators and staff in the KECSAC programs.

"As educators, we must always strive to provide an environment which honors and respects every student and family that we serve, regardless of any circumstance or situation that creates a barrier to education or feeling of selfworth," said Tom Bonny, assistant director of the Southeast/Southcentral Educational Cooperative.

Workshop topics include "Read My Lips: How I Survived Being Deaf," "What Successful Schools Do," Cultural "Addressing Differences in Our Schools," "Serving the Disabled," "If

She Only Knew Me: Understanding Your Learner," "Serving English Language Learners," among other topics.

The conference fee is \$150 per person with registration by Feb. 1 and \$175 per person for those registering after that date. The cost includes all materials as well as breakfast and lunch each day.

Participants will be eligible for 12 hours of EILA/PD credit. For more information or registration materials, contact Tom Bonny at 859-622-8330 or tom.bonny@cku.edu.

#### John Michael Rose

(August 22, 1942 - December 18, 2008

John Michael Rose, 66, of Fowler, Colorado, died peacefully in his sleep as a result of metastasized pancreatic cancer, Thursday, December 18, 2008.

John joined the Air Force when he was 17 years old and served cight years in Japan and Germany as well as several bases in the United States. Upon retiring from the air Force, he lived in Colorado, an advisor to local,



state and federal governments and a champion for the economic development sustainability of the Arkansas Valley and rural Colorado. He was committed to improving quality of life and heavily involved in the creation of the Arkansas Valley Preservation Land Trust and the Arkansas Valley Water Preservation Groups.

In thanks for his service to rural Colorado, then Congressman Bob Schaffer saluted John in the Congressional Record in 2002, saying before the United States House of Representatives that, "John Rose is a good neighbor, and he typifies the Western values I hold dear. He is a valuable member of his community and I am proud to have represented such a vigorous conservator in the Congress. John is a man of integrity who does the right thing, even when it isn't the easiest thing to do."

John was born in New Albany, Indiana, August 22, 1942, the son of the late Bertha Maxine Stevens and Thomas Edwin Kent Rose. He is survived by his loving wife of 42 years, Jolean "Jolly" Lucas Rose, a daughter, Nancy Robin Rose (Gary) Reed, Fowler, Colorado; and a son, John Lucas "Luke" (Aimee) Rose, Fort Washington, Maryland; and five grandchildren.

Besides his wife and children, he is survived by his two sisters, Nancy Allen Rose of Kalispell, Montana, and Elizabeth Ann Rose of Kirksey, Kentucky. He is preceded in death by two brothers, William Kent "Bucky" Rose and Thomas Edwin "Tom" Rose, both of Prestonsburg, Kentucky.

A memorial service was held on Friday, December 26, 2008, at the Rocky Ford Chamber of Commerce, Rocky Ford, Colorado.



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## For the Record

Marriage Licenses

Vickie Jo Hamilton, 36, of Conley; divorce. Dana, to Bradley P. Newsome, 35, of Ivel.

Christa Lynn Ward, 33, of David, to Okie Douglas Boyd, 20, of Banner.

Jessica Caudill Collins, 32, of Emma, to BJ Wood, 28, of

Amanda Maric Collins, 28, of Prestonsburg, to James L. McCoy, 40, of Pikeville.

#### Civil Suits Filed

Nationwide General Insurance Company Timothy Johnson; complaint.

Atlantic Credit and Finance Inc. vs. Lisa Morgan; complaint.

Donna Charles vs. Kenneth Charles; divorce.

Angela Derossett vs. Parker Derossett; divorce.

Darlene Conley vs. Larry

Discover Bank vs. Patty S. McBride; complaint.

Audie Yates vs. Virginia Drilling Company; complaint.

Inez Deposit Bank vs. Leila Harvey; complaint. Janiel M. Franklin vs. Roy

Stewart III; petition for child support and healthcare insur-

Julie Hall vs. Hayes Hall; petition for healthcare insur-

Mr. Metal Recycling Inc. vs. Tommy Lee Cordle; complaint.

**Small Claims Filings** Eric C. Conn vs. Ricky J.

Hale; debt collection. Eric C. Conn vs. Elijah Barnes; debt collection.

Eric C. Conn vs. Sonya Sprouse; debt collection.

Eric C. Conn vs. John Burchett; debt collection.

Charges Filed

Darrell Newsome, Melvin; theft by unlawful taking, criminal mischief.

Michael Newsome, 44, Melvin; theft by unlawful taking, criminal mischief.

Danzey Newsome, Melvin; theft by unlawful taking, criminal mischief.

Michael Newsome Jr., 22, Melvin: theft by unlawful taking, criminal mischief. John M. McKenzie, 36,

ton endangerment, theft by unlawful taking. Clarence Riley Sumpter, 35, Allen; fugitive from another

Prestonsburg; first-degree wan-

Bryan D. Adams, 31, Printer; fourth-degree assault,

two counts terroristic threatening, criminal mischief.

Dwayne Fitch, 38, Betsy Layne; criminal mischief.

Isaac Courell, Lexington; alcohol intoxica-

Jeffery D. Titlow, 44, Dwale; alcohol intoxication, public intoxication, possession of marijuana, open alcoholic beverage container in a motor vehicle.

Margaret Newsome, 36, Beaver; disorderly conduct.

James Rufus Newsome, 33, Beaver; alcohol intoxication, Christopher Cox, 23, Garrett; fourth-degree assault.

Timothy N. Jent, 36, Canada; operating a motor vehicle while under the influence of alcohol or drugs, driving DUI on a suspended license, public intoxication, operating on a suspended

Clinton W. Thomas, 34, Prestonsburg; public intoxica-

Brett Spears, 20, McDowell; criminal trespassing, criminal mischief.

William D. Stevens, 36, Prestonsburg; two counts possession of a controlled substance, two counts prescription in improper container.

Tennika M. Howell, 28, Columbus, Ohio; public intoxication; possession of marijuana, use or possession of drug paraphemalia.

**Property Transfers** 

Gregory Adkins to Anna Akers and Carlos Akers, propcrty located at Branhams Creek.

Melissa Gaye Akers Adkins to Anna Akers and Carlos Akers, property located at

Branhams Creek.

Brenda Auxier to Michael Scott Hunter, property not list-

Bill Blair to City of Prestonsburg, property not list-

Christina Blair to City of Prestonsburg, property not list-

Ester Blair to Michael Scott Hunter, property not listed. Shirley Blair to Michael Scott Hunter, property not list-

Shirley Blair to City of Prestonsburg, property not list-

Wilma Bradley to City of Prestonsburg, property not list-

Linda Caudill to City of Prestonsburg, property not list-

PRESTONSBURG, KENTUCKY 606-886-2696

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1/09/09 - 1/15/09 Cinema 1-Held Over MARLEY & ME (PG), Mon.-Sat. 7:00-9:00; Sun. (1:30) 7:00-9:00.

Cinema 2-Starts Friday, Jan. 9

Yes Man (PG-13), Mon.-Sat. 7:00-9:00;

STRAND

## Jones' drugged driver bill passes Senate Judiciary Committee

FRANKFORT - The Senate Committee approved Thursday Sen. Ray S. Jones' bill that strengthens Kentucky's DUI (Driving Under the Influence) laws.

With this bill, Scn. Jones continues his fight to curb the rising drug problem in Eastern Kentucky into a third legislative session.

Senate Bill 5 would establish a per se DUI offense for driving with a detectable level of an illegal substance or a controlled substance for which the person does not have a valid prescription. However, if the person has a valid prescription and has complied with the dosage and any drug-related restrictions, the proposed amendment would not apply.

The number of arrests for driving under the influence of a controlled substance are rapidly increasing, and may soon surpass alcohol-related DUIs,' said Senator Jones, who filed the same bill during the 2007 and 2008 legisla-

State highway crews either of January 7.

stayed over after their regular

shifts yesterday evening or

came back out during the night

in District 12's seven counties

- Lawrence, Johnson, Martin,

Floyd, Knott, Pike, and

Letcher. Squalls and high

tive sessions. Both bills passed the ment officers have at their disposal Senate, but failed to pass the House of Representatives.

Senate Bill 5 would also reduce the alcohol concentration from 0.18 to 0.15 for establishing an aggravating circumstance which allows for imposition of increased penalties for driving under the influence. This provision is needed to prevent Kentucky from losing federal highway funds.

According to the National Transportation Safety Administration, drugs other than alcohol are involved in nearly one out of every five motor vehicle driver deaths. Alcohol is involved in more than one out of every

"These statistics cannot be ignored because this is not just a Kentucky problem. This is a national problem," said Jones, who serves on the Senate Judiciary Committee. "To aid in getting drugged drivers off the highways, we need to make sure our law enforce-

About two inches of snow

fell in Jenkins just after dark

yesterday. "A monstrous

squall just settled over

Jenkins," said Greg Tackett,

who worked at District 12

headquarters all night.

every available tool to use for the protection of the citizens of Kentucky.

This legislation, which has been long sought after by the Kentucky County Attorney's Association, is aimed at getting drugged drivers off the highways and into the court system where they will be ordered to receive the treatment they need for their addic-

"Currently, our DUI laws make it illegal to drive with any drug, including prescription medications, in your system that impairs the ability to operate a motor vehicle," said Jones. 'Unfortunately, this law, as it is currently written, is very difficult to enforce, and as a result, many drugged drivers are able to avoid prosecution. If we can get drugged drivers off our highways, and into treatment programs, we can take a big step in the right direction."

Senator Jones said this proposed legislation would close the loophole,

which allows drugged drivers to avoid conviction. Under current law, there is a per se DUI offense for driving with a blood alcohol level greater than .08, but there is no per se or quantitative standards for impairment levels for a controlled substance.

The Kentucky County Attorneys Association, Inc. (KCAA) has endorsed Senator Jones' drugged driving bill for the past two years and is expected to take similar action this year. For his dedication to such legislation as the drugged driving bill, KCAA awarded Senator Jones the first-ever Legislative Excellence Award in 2007.

Senate Bill 5 now moves to the State Senate Floor for a vote. If Senate Bill 5 gains approval in the State Senate, it will move to the House of Representatives for further considera-

Jones represents the 31st district, which includes Pike, Martin and Johnson counties.

to determine if spot treating,

salting, or plowing were need-

to be alert and watch for ice on

bridges and in places where

water runs over the road. Even

if the water is not frozen, it

may cause the surface to be

slick. "Safety is the most

important thing," Tackett said.

"If you have to be out in bad

weather, take your time, buck-

le your seat belt, keep your

headlights and taillights clean

and on, and be safe out there."

Motorists should continue

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

606-432-2957

1/09/09 - 1/15/09

Cinema 1-Held Over VALKYRIE (PG-13), Mon.-Sun. 6:55-9:15; Fri. (4:15) 6:55-9:15; Sat.-Sun. (1:55-4:15) 6:55-9:15.

Cinema 2—Held Over BEDTIME STORIES (PG-13). Mon.-Sun. 7:10-9:20; Fri. (4:20) 7:10-9:20; Sat.-Sun. (2:10-4:20) 7:10-9:20 Cinema 3—Held Over

YES MAN (PG-13), Mon.-Sun. 7:05-9:25; Fri. (4:25) 7:05-9:25; Sat.-Sun. (2:05-4:25) Cinema 4 Held Over

SEVEN POUNDS (PG-13). Mon.-Sun.

6:55-9:20; Fri. (4:20) 6:55-9:20; Sat.-Sun. (1:55-4:20) 6:55-9:20 Cinema 5—Held Over THE CURIOUS CASE OF BENJAMIN

BUTTON (PG-13). Mon.-Sun. 8:00; Fri. (5:00) 8:00; Sat.-Sun. (1:50-5:00) 8:00. Cinema 6-Starts Friday, Jan. 9 THE UNBORN (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 7-Starts Friday, Jan. 9 BRIDE WARS (PG). Mon.-Sun. 7:15-9:30; Fri. (4:30) 7:15-9:30; Sat.-Sun. (2:15-4:30)

7:15-9:30. Cinema 8-Starts Friday, Jan. 9 GRAND TORINO (R). Mon.-Sun. 7:00-9:25; Fri. (4:25) 7:00-9:25; Sat.-Sun. (2:00-

4:25) 7:00-9:25. Cinema 9—Held Over MARLEY & ME (PG). Mon.-Sun. 6:55-9:15; Fri. (4:15) 6:55-9:15; Sat.-Sun. (1:55-

4:15) 6:55-9:15. Cinema 10-Held Over TWILIGHT (PG-13). Mon.-Sun. 6:50-9:20.

Cinema 10-Held Over TALE OF DESPEREAUX (G). Fri. (4:15); Sat.-Sun. (2:00-4:15).

#### winds made road conditions "Smaller squalls released hazardous in some areas, espesnow here and there, but there cially during the evening hours was not much accumulation Revised math standards needed,

Senate panel says

Kentucky Department of Education needs to revise math standards so teachers and students can more deeply explore fundamental concepts, Senate Education Committee said Thursday.

Members of the panel unanimously approved Senate Joint Resolution 19, sponsored by Senate Majority Floor Leader Dan Kelly, R-Springfield, and committee chair Sen. Ken Winters, R-Murray, which would direct KDE to revise standards and the state tests that measure students' progress in math.

"This is a case where we need to master the basics," said Sen. Charlie Borders, R-

Kelly cited a report that called current math teaching "a mile wide and an inch deep," with teachers hurriedly covering material on end-ofyear tests rather than focusing on the core concepts that serve as stepping stones to education in higher grade levels.

Alice Gabbard, Director of Diagnostic Intervention for the Center for Kentucky Mathematics, noted that 40 percent of the state's college freshmen are not ready for college-level math courses.

Winters noted that with tuition costs increasing rapidly, the economic effect on Kentucky families is directly impacted by P-12 math skills, because those students must take remedial courses that do not gain them credit toward their degree.

Both Gabbard and Warren County Schools Superintendent Dale Brown said that more narrowly defined standards would help teachers as well as students. "Concise standards will allow teachers to have more efficient practices that would be have a longer-lasting Gabbard said.

Brown, whose district has made an effort to emphasize core standards even within the current state curriculum, said "standards need to be higher, clearer, and fewer."

Such standards, which would consider the findings of the National Council of Teachers of Mathematics and other groups, are already in use in some other parts of the world, such as Singapore and Hong Kong, where achievement is high on international

comparisons, Kelly said. The resolution now moves to the full Senate for its consideration.

like Payne Gap, Mountain, Mountain."

Winter weather keeps road crew out all night

Tackett said temperatures varied all over the district. The lowest, 30 degrees, was in Knott County. Other counties ranged from 31 to 35 degrees

except in the higher elevations overnight. "Our crews were ving each section of roadway treating yesterday evening and all night. Some of them continued spot treating well into the day this morning," Tackett "Maintenance personnel also

monitored all state roads

throughout the night by dri-

Re-loading a salt truck is just one of the many steps in snow and ice removal. Highway District 12 has more than 200 people involved in the process of battling winter weather, flooding, and other weather emergencies. (2) Inside lanes are cleared first, then outside lanes. Motorists should be respectful of the snow plow. They have to drive at a certain speed in order the spread the salt or liquid calcium chloride in the proper amounts. Don't try to pass it; the driver will pull over when it's safe to do so:

#### FLOYD COUNTY SCHOOL DISTRICT WILL HOST A PUBLIC **FORUM ON** WELLNESS, HEALTH, and NUTRITION PLANS

Parents and citizens are invited to attend a hearing to discuss Floyd County Schools Wellness, Health, and Nutrition plans and programs during the current school year, as well as plans for the 2009-2010 school year. This forum will be hosted by the Floyd County Education's Board of Wellness Committee as part of SB172, which has been the law for all Kentucky school districts these past several years. The meeting will take place January 26, 2009, 5:00 p.m., at May Valley Elementary School.

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# Viewpoint

Amendment I

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.

Worth Repeating ...

A committee is a cul-de-sac down which ideas are lured and then quietly strangled.

— Sir Barnett Cocks

#### Our View

# Solution is long past due

Yet again, a horrific crash has occurred on U.S. 23 at the intersection with Town Branch Road. This time, the accident involved seven vehicles and killed an 8-yearold boy.

And of all the facts in that first paragraph, the greatest crime can be found in two words: "Yet again."

For years, local residents have been clamoring for something to be done about this deadly stretch of road, but their pleas have thus far fallen on deaf ears.

We have not yet had the time to comb back through our records to determine the number of people who have died on this stretch of road, but we know that number is astounding. The lack of action is even more so.

What we do know from our extensive experience of reporting on accidents at this location is that most appear to happen when drivers attempt to turn south onto U.S. 23 from either Town Branch Road or the nearby Bull Creek Trade Center.

Some have suggested a traffic light at that intersection would solve the problem, and it probably would to an extent. But we also remember a time when a traffic light was located on the other side of Katy Friend Mountain, at the entrance to the Prestonsburg Village Shopping Center before the road was redone. In those days, there was a well-documented problem with loaded coal trucks coming down the mountain being unable to stop for a red light, due to the momentum from their loads, and we worry that a similar problem would present itself at the Town Branch intersection.

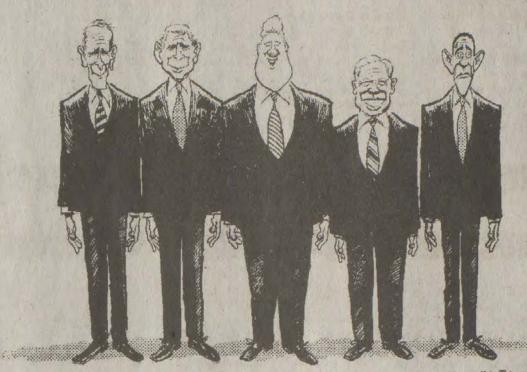
One suggestion we would offer to prevent such problems would be to include a through-lane in the southbound right lane, much as they do at intersections in Ohio and West Virginia. This would allow heavy trucks and others to proceed unimpeded, while still giving motorists entering the road a safe chance to do so.

But while our suggestion might or might not be tenable, the simple fact is that it is not our job to come up with solutions. We elect public officials and we send our taxpayer dollars to pay the salaries of thousands of state employees for that express purpose.

It is long past time for them to do their jobs. Until they do, U.S. 23 will continue to run red with the blood of those who are sacrificed by their negligence.

— The Floyd County Times

#### HISTORIC WHITE HOUSE PHOTO OP (SPOT THE GLY WHO BECOMES PRESIDENT IN 2 WEEKS)



San Diego Union This union - 5-09

#### Guest column

## Onions on pizza or blood pressure control?

by GARY E. APPLEBAUM, M.D.

"Hello, Supreme Pizza, Carmen speaking, how can I help you Dr. Applebaum?"

How do you know my name? "Caller ID my friend, would you like the usual, vegetarian with extra onions delivered to 23 High Side

That would be great.

"Ok Dr. it will be there in 20 minutes and we'll charge it to your credit card on file ok?"

Sure, thank you, goodbye.

Every day we interact with sales or service organizations that have an enormous amount of information about us in their computers. They use this information to provide accurate, efficient and timely service. We've come to expect this and get frustrated when we deal with companies who are "still in the stone age" — sound like your doctor, perhaps?

Most physicians have computer systems to manage the billing for their practices, but less than 10 percent of America's primary care physicians use computers to manage their patients' medical information.

Several studies have measured the

percent of patients who get appropriate care for common medical problems. Results vary, but are mostly in the 50-70 percent range (i.e. blood pressure control). Imagine if you got the right pizza on 60 percent of your orders, or FedEx delivered 30 percent of their packages to the wrong home, or if your bank's ATM only gave you cash 50 percent of the time.

Obviously, these companies would be out of business in short order. All of these industries are motivated to satisfy their customers.

Our health care industry, in contrast, is paid to take care of sick people, not keep people healthy. For the most part, the "medical industrial complex" is more profitable when more people are sick, not healthy. Hence in America, we have Sick Care, not Health Care.

We would all appreciate not having to go over our entire medical history every time we meet another provider. We would also feel a lot safer if we knew that any emergency department could retrieve information about the medications we take, the allergies we have, and the tests we've recently endured. This would save huge sums of money and minimize redundant, uncomfortable and potentially dangerous procedures.

So how can we get American medicine on par with the trucking industry and pizza parlors? If we wait for major health care system reform we will continue to cut down thousands of trees creating millions

of incomplete, inaccurate, eligible un-searchable medical records.

Rather, we should trust that a national system of comprehensive medical records will lead to improved outcomes and decreased costs. While the political landscape for health care system reform is a mine field, who can argue against improved information at your doctors fingertips?

Clearly the country that put a man on the moon in eight years and won a World War in 5 is capable of building a data-base to manage all of its citizen's medical information in a safe, secure, privacy insured system.

The federal government could stage several competitive design and management competitions and develop a plan in less than two years. It could be implemented in less than another two.

The only thing needed to digitize and thereby revolutionize American health care is leadership. So next time your Congressman asks your opinion on health care reform or a politician asks you for a contribution, ask them if they will help you control your blood pressure, or just promise you onions on you pizza.

Gary Applebaum, M.D., is a senior fellow at the Center for Medicine in the Public Interest. He is the former Executive Vice President and Chief Medical Officer of Erickson Retirement Communities

## The Times

Published Sunday, Wednesday and Friday each week

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PUBLISHER
Joshua Byers
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MANAGING EDITOR
Ralph B. Davis
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ADVERTISING MANAGER
Jamie VanHoose
advertising@floydcountytimes.com



#### 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.

positions, with Webb's maximum salary resting at \$84,664 as required by state statute and Marshall's maximum amount at \$73,657.

"The county will make the necessary efforts to assure that the proper effective date is used to calibrate the judge and jailer's salaries," Marshall

two highest paid county offered in a response to the auditor's findings.

> It was determined in the report that if more staff could not be assigned to assist in these duties because of limited staff or budget reasons, then "strong oversight should be provided to the employee responsible for these duties."

The audit also stated that

the county made all bank statements available but did not maintain receipt and disbursements ledgers or prepare a financial statement in order to bring its records for the public properties corporation fund into compliance.

In addition, county officials failed to maintain an accurate and complete schedule of cap-

ital assets, the report said, by failing to include all new additions to the county's list such as all new buildings and vehieles purchased during the fiscal year. These purchases totaled \$431,822, according to the report.

Another point of concern detailed in the audit was compliance with the county's administrative code.

Auditors said their analysis revealed that a county road employee took 48 days of consecutive sick leave without a doctor's excuse and without the supervisor notifying management.

The county's current code states that "each employee is. entitled to three sick days out of the year without a doctor's excuse. Any sick day after the three must be by doctor's excuse only in order to be

"No controls were in place to detect the excessive use of sick time," the report stated. "Furthermore, our test showed that seven employees from the road department have annual balances that exceed what is allowable per the administrative code.'

Marshall has said the county will take the recommendation to implement stronger internal controls for accountability for all failure to com-

"The county has informed each department's supervisor of the need to obtain a doctor's excuse from an employee after he or she has used three sick days within a year," Marshall

A final concern pointed out in this week's state audit was the need for county officials to

■ Continued from p1

make final steps in finding a buyer for East Kentucky Utilities Inc.

The fiscal court assumed control of East Kentucky Utilities Inc. in the fall of 2004, but have been working to sell the gas company, offering extentions in order to hurry along the process as late as last

According to Marshall, the county accepted a bid in June from Kentucky Frontier to buy the company, adding that the sale would be final following approval of the purchase by Public Commission.

The status of East Kentucky Utilities Inc. found its way into the report after county officials omitted financial statements relating to the company, the report stated.



photo by Bud Kraft, LRC Public Information. Rep. Greg Stumbo, D-Prestonsburg, is sworn in as House Speaker by Kentucky Circuit

#### Stumbo

members of the legislature to allow video lottery terminals were in meetings for most of the week in order to break until carly February.

Judge John David Caudill.

Richards, who served as speaker of the House for 14 years, has said he will offer Stumbo his full support.

Stumbo served in the House from 1980 to 2004, serving during all but five of those years as majority floor leader. From 2003 to 2007 he served as attorney general.

Soon after winning the seat, Stumbo struck up a familiar refrain concerning his proposal at racetracks throughout Kentucky, saying he figures to file a bill on the issue this week.

In the past several months Stumbo has pushed the proposal saying the terminals could turn some \$700 million annually toward state revenue. He now contends that on the heels of assuming the position as Speaker that his proposal will receive a full hearing.

"I'm convinced if we don't do something, we're going to lose our horse industry," Stumbo said in interviews last ■ Continued from p1

month. "We may end up with

Stumbo was sworn in Wednesday, along with fellow Floyd Countian, state Sen. Johnny Ray Turner, who was again tapped for leadership as the Minority Caucus Chair in

#### Crash

with his brother, 11-year-old Curtis Leslie, who was also taken to Cabell-Huntington Hospital and treated for injuries.

Carroll's passenger, Connie Hamilton, was transported to Saint Mary's following the accident, police said.

There is currently no update on Jarvis, Carroll, Hamilton or Curtis Leslie's condition at this time, except that Curtis Leslie had suffered from "multiple injuries."

released by Prestonsburg police early Tuesday evening, Carroll turned his 1993 Mercury van from Town Branch Road south onto U.S. 23 into the path of Jarvis's 2004 Dodge four-door.

This initial collision sent Jarvis's vehicle across the southbound lane where it was then struck by a 2006 Ford F-250 driven by Thomas Webb, 47, of Langley.

According to a statement Allen Elementary and attended Allen Baptist Church, Funeral services are scheduled for tomorrow at 1 p.m. at the Hall Funeral Home Chapel in Martin, with burial following in Gethsemane Gardens in Prestonsburg.

■ Continued from p1

The collision remains under investigation by Prestonsburg police, who have asked anyone that might have witnessed the wreck who has not yet spoken to officers to call their Lafferty was a student at department at (606) 886-1010.



#### CRIT LUALLEN AUDITOR OF PUBLIC ACCOUNTS

To The People Of Kentucky Honorable Steven L. Beshear, Governor

Jonathan Miller, Secretary Finance And Administration Cabinet

Honorable Robert Marshall, Floyd County Judge/Executive Members of the Floyd County Fiscal Court

Independent Auditor's Report

We have audited the accompanying financial statements of the governmental activities, the business-type activities, each major fund, and the aggregate remaining fund information of Floyd County, Kentucky, as of and for the year ended June 30, 2008, which collectively comprise the county's basic financial statements, as listed in the table of contents. These financial statements are the responsibility of the Floyd County Fiscal Court. Our responsibility is to express opinions on these financial statements based on our

We conducted our audit in accordance with auditing standards generally accepted in the United States of America, the standards applicable to financial audits contained in government auditing standards issued by the comptroller general of the United States, and the audit guide for fiscal court audits issued by the Auditor of Public Accounts, Commonwealth of Kentucky. Those standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free of material misstatement. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation. We believe that our audit provides a reasonable basis for our opinions.

As described in note 1, Floyd County, Kentucky, prepares its financial statements on a prescribed basis of accounting that demonstrates compliance with the modified cash basis, which is a comprehensive basis of accounting other than accounting principles generally accepted in the United States of America. The financial statements do not include financial data of the East Kentucky Utilities, Inc., an entity that meets the criteria to be reported as a legally separate discretely presented component unit of Floyd County, Kentucky, in accordance with accounting principles generally accepted in the United States of America. As financial data for this entity is not available, the effects of this omission are not reasonably

In our opinion, because of the omission of the discretely presented component unit, as discussed above, the financial statements referred to above do not present fairly, in all material respects, the financial position of the aggregate discretely presented component units of Floyd County, Kentucky, as of June 30, 2008, and the changes in financial position thereof for the year then ended in conformity with the basis of accounting described in Note 1.

In addition, in our opinion, the financial statements referred to above present fairly, in all material respects, the respective financial position of the governmental activities, the business-type activities, each major fund, and the aggregate remaining fund information of Floyd County, Kentucky, as of June 30, 2008, and the respective changes in financial position and cash flows, where applicable, thereof for the year then ended in conformity with the basis of accounting described in Note 1

The county has not presented the management's discussion and analysis that the Governmental Accounting Standards Board (GASB) has determined is necessary to supplement, although not required to be a part of, the basic financial statements. The budgetary comparison information is not a required part of the basic financial statements but is supplementary information required by the Governmental Accounting Standards Board. We have applied certain limited procedures, which consisted principally of inquiries of management regarding the methods of measurement and presentation of budgetary comparison information. However, we did not audit the information and express no opinion on it.

Our audit was conducted for the purpose of forming opinions on the financial statements that collectively comprise Floyd County, Kentucky's basic financial statements. The accompanying combining fund financial statements are presented for purposes of additional analysis and are not a required part of the basic financial statements. The combining fund financial statements have been subjected to the auditing procedures applied in the audit of the basic financial statements and, in our opinion, are fairly stated in all material respects in relation of the basic financial statements taken as a whole.

In accordance with Government Auditing Standards, we have also issued our report dated October 8, 2008, on our consideration of Floyd County Kentucky's internal control over financial reporting and on our tests of its compliance with certain provisions of laws, regulations, contracts, and grant agreements and other matters. The purpose of that report is to describe the scope of our testing of internal control over financial reporting and compliance and the results of that testing, and not to provide an opinion on the internal control over financial reporting or on compliance. That report is an integral part of an audit performed in accordance with Government Auditing Standards and should be considered in assessing the results of our audit.

Based on the results of our audit, we present the accompanying comments and recommendations, included herein, which discusses the following report comments:

2008-1 The Fiscal Court Lacks Adequate Segregation Of Duties Over The Payroll Function

2008-2 The Fiscal Court Should Maintain Proper Records For The Public Properties Corporation Fund 2008-3 The Fiscal Court Should Maintain An Accurate And Complete Schedule Of Captial Assets 2008-4 The Fiscal Court Should Follow Maximum Salary Schedules Provided By The Department

For Local Government 2008-5 The Fiscal Court Should Ensure All Employees Are In Compliance With The Administrative

2008-6 The Fiscal Court Should Pursue A Buyer To Purchase East Kentucky Utilities, Inc.

ectfully submitted Crit Luallen

Auditor of Public Accounts

The above transmittal letter accompanied the audit report presented to the fiscal court. KRS 43.090(2) requires that this letter be published in this newspaper. Copies of the complete audit report, including the accompanying financial statements and additional information, are available in

the reports section of the Auditor of Public Accounts' website at www.auditor.ky.gov or upon request by contacting the Auditor of Public Accounts, 105 Sea Hero Road, Suite 2, Frankfort,

Kentucky 40601-5404 or by calling 1-800-247-9126.

October 8, 2008

just two tracks."

the state senate.

For Turner, this will be his third term in a leadership position, having first been elected as caucus chair in 2003, two years after taking office for the first time. He represents Floyd, Knott, Letcher and Breathitt counties.

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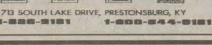














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#### ASSEMBLY OF GOD

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., Salyersville; 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, intersection 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.; Arnold Turner, Minister

Auxier Freewil 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

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.;

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.;

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

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, Betsy 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,

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

Faith Bible Church, an independent Baptist Church, located on 1428, between Allen & Martin; Sunday School, 10 a.m.; Sunday Morning, 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 Egpt. on Rt. 1428; Sunday Service, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m. Elder Donnie Patrick, Minister.

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

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 Reed.

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. Grethel Baptist, State Rt. 3379, (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

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

Left Beaver Regular Baptist Church across from Garth School; 4th Saturday & Sunday 10:00 am, Odd Saturday 6:00 pm.; Gary Compton, Pastor.

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

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 Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; John L. Blair,

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.; William L.

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.; 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,

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-



Fellowship

Carl & Missy Woods Pastors

Sunday School 10:00 a.m. Sunday Worship 11:00 a.m. Sunday Evening 6:00 p.m. Wednesday 7:00 p.m.

Attention Church Organizations, send in a picture of your church, pastor, or youth leaders.

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

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

Service, 10 a.m.; Worship Service, 11 a.m.; Wednesday. 6 p.m.

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 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.

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

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,

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

#### **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.

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,

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 Lemaster, Minister. Community United Methodist, 147 Burke Avenue (off University Drive and Neeley St.); Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Glen "Sandy" Douglass, Rev.

10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Philip T. Smith, 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; Sunday School, 9:45 a.m.; Worship Service, 10:55 a.m.; Youth Service 6 p.m.; Rev Jim Adams, 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,

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, 10:00 a.m.; Sunday Worship Service, 11:00 a.m.; Wed. Bible Study, 7:00 p.m.; Dennis C. Love,

Drift Pentecostal, Drift; Sunday School, 10 a.m.; Worship Service, Saturday/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, Free Pentecostal Church of God, Weeksbury; Sunday School, 10 a.m.; Worship Service, 7 p.m.;

Wednesday/Saturday, 7 p.m.; John "Jay" Patton, 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.; Malcom Slone, Minister Parkway First Calvary Pentecostal, Floyd and Magoffin County Line; ; Worship Service, 6:30 p.m.; Mike D. Caldwell, Minister, 297-

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

#### 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 welcome! THE CHURCH OF JESUS CHRIST

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

OF LATTER DAY SAINTS

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 Revelation, 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, Pastors.

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.

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.

Martin House of Worship, Old Post Office St.; Worship Service, 7

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. morning 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,

Youth Fellowship Center, Wheelwright; Monday-Tuesday, 6 p.m.; Thursday, 7 p.m. Zion Deliverance, Wayland; Sunday School, 10 a.m.; Worship

7:00; Pastors, Paul and Ramona Aiken.

Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m. Prayer Line: 358-2001; Darlene W. Amette, Pastor 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, International Pentecostal Holiness Church, 10974 N. Main St.,

Martin; Rev. Ellis J. Stevens, Senior Pastor. Rising Son Ministries, 114 Rising Son Lane, Prestonsburg, Ky 41653.; Sunday, 11:00 a.m.; Wednesday, 6:30 p.m. Pastor: D.P.

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,

Church of God of Prophecy, Sunday School 10 a.m., Worship

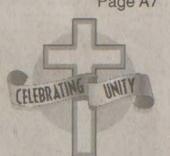




Bill B. Tussey, Pastor

MANPOWER TEMPORARY SERVICES First Commonwealth Bank Building 311 N. Arnold Ave. Ste. 503 Prestonsburg, KY 41653 (606) 889-9710

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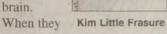


## Stinkin

by KIM LITTLE FRASURE

For years now we have heard the importance of positive thinking and positive speaking. But never have we heard it explained the way Dr. Caroline Leaf does in her book "Who Switched off My Brain"

Leaf explains how our thought waves produce tree like branches in the brain.



are positive thoughts the branches are smooth. When our thoughts are negative the branches appear to have thorns and not only are these thorns visible but they are also transmitting nasty little secretions that cause stress and even sickness to our bodies.

It blew me away to learn that it takes four days for a positive thought to cancel or rid our branches of thorns of negativity in our brains. Sure gives a whole new perspective to the Joyce Meyer bestselling book Battlefield in our Mind doesn't it?

On Dr. Leaf's website it states, "Since 1981, Dr. Caroline Leaf has researched the human brain with particular emphasis on unlocking its vast untapped potential.

She has been received all over the world by a variety of audiences due to her unique ability to link the scientific principles of the brain to intellectual and emotional issues in a simple and practical way.

Through years of research she developed the Geodesic Learning theory (brain-compatible learning) which is a scientifically and statistically proven approach to thinking, teaching and learning.

She has also developed the unique Switch On Your Brain 5-Step Learning Process and the Metacognitive-Map as a learning tool and she has presented her learning theory and Metacognitive-Map courses to over more than 100,000 students worldwide.

She has published articles in academic journals and consumer magazines and has been widely interviewed in newspapers, on radio and on television about her research and theories.

She frequently lectures to both Christian and secular audiences worldwide on diverse topics relating to optimal brain performance including:"

- thinking and learning controlling your
- thought life managing stress
- eradicating toxic
- thoughts overcoming mental,
- emotional, and spiritual strongholds understanding male and
- female brain differences
- wisdom application
- identifying your unique gifts

Amazing, yes it is definitely time we begin to renew our minds with positive thoughts and rid our branches of those nasty little thorns.

Here's to no more stinkin' thinkin

> Til Next Week, God Bless!

## Campbellsville University to host third annual Worship Arts Conference

by CHRISTINA MILLER STUDENT NEWS WRITER

CAMPBELLSVILLE

Campbellsville University's third annual Worship Arts Conference will feature Shane Claiborne (thesimpleway.org), passion artist Charlie Hall (charliehall.com) and many others Feb. 19-20, 2009.

The theme for the 2009 conference, "The Changing Face of Worship: Ageless Worship in a Church Full of Ages," will focus on generational issues, ways in which the younger and older are bringing renewal to the worshiping church, and also how to balance

ancient and contemporary practices.

Shane Claiborne, whose books "Irresistible Revolution" and "Jesus for President" are both top-ten Zondervan bestsellers, will challenge attendees to pursue a life

where worship and justice meet, according to Dr. John Hurtgen, dean of the School of Theology at CU.

Rachael Hurt, a rising musician who is a former Campbellsville University student, is the worship leader for the conference and will lead a pre-conference concert Feb. 18 at 7 p.m. at Ransdell Chapel on Campbellsville University's campus. Worship concerts will be held each night of the con-

ference at Ransdell Chapel: John Mark McMillan (Feb. 19, 7:30 p.m.) and Charlie Hall (Feb. 20, 7:30 p.m.). The public is invited to all the concerts.

Conference sessions include: spirituality of the worship leader, worshiping church as a hospitable church, practical issues of worship arts leadership, use of painting in worship, use of banners to celebrate the Christian calendar and enhance the worship service. song writing and the encouragement of "indigenous worship," and general aesthetics of worship.

Tickets for the two-day conference are \$45 (students \$25), which includes tickets to the Charlie Hall concert. The

Charlie Hall concert alone costs \$12 (students), \$15 (general admission), and \$20 (artist's circle). Tickets may purchased online www.iTickets.com.

For more information, visit www.cuworshiparts.com or contact the School of Theology at (270) 789-5029.

Campbellsville University is a private, comprehensive institution located in South Central Kentucky. Founded in 1906. Campbellsville University is affiliated with the Kentucky Baptist Convention and has an enrollment of 2,601 students who represent 93 Kentucky counties, 27 states and 31 foreign nations.

## Family films on the rise and are the profit-makers in Hollywood

Movieguide Faith & Values Awards Gala and Dr. Ted Bachr's Annual Report, the number of family movies has more than doubled and the number of movies with positive moral content has nearly quadrupled by 388 percent.

"The surprising thing is, Movieguide's top picks turn out to be among the most profitable films Hollywood produced during the year," Dr. Baehr notes.

With top actors and actresses as emcees, and a music and attend the Gala.

Since the inception of the entertainment extravaganza, the 17th annual Movieguide Faith & Values Awards Gala Report to the Entertainment Industry will be held Wednesday, Feb. 11 at the Beverly Hilton Hotel in the heart of Hollywood, Calif.

> More than 400 studio executives, celebrities, producers, filmmakers, television artists, faith-based leaders, opinion leaders and their guests will attend. Nearly 100 representatives from national and international news media will also

Within the context of this spectacular Hollywood awards evening, Dr. Ted Baehr will present Movieguide's Report to the Entertainment Industry. Through careful analysis of box office figures and using Movieguide criteria on all the major movies released in 2008 (nearly 300 a year) by the six studios and major independents dominating the industry, Dr. Baehr will give valuable and unique information to the highest-level Hollywood leaders through a high-impact, multimedia presentation.

Annual Besides the Movieguide Report to the Entertainment Industry, the Gala now features the prestigious \$100,000 Epiphany Prizes for Inspiring Movies & TV and the \$50,000 Kairos Prizes for Spiritually Uplifting Screenplays by Beginning Screenwriters sponsored by John Templeton Foundation. The Epiphany and Kairos Prizes are given to the best movie, television program and scripts that "greatly increase man's love and/or understanding of God."

Also on tap at the Gala are the Faith & Freedom Awards Promoting Positive American Values, and the Grace Awards for Inspiring Performances in Movies & TV, as well as Crystal Teddy Awards for the Ten Best Movies for Families and 10 Best Movies for Mature

Audiences. The prizes and awards seek to acknowledge those movies, TV programs and actors truly deserving of praise, and those persons responsible for bringing them to the screen.

#### GET OUT OF LINE

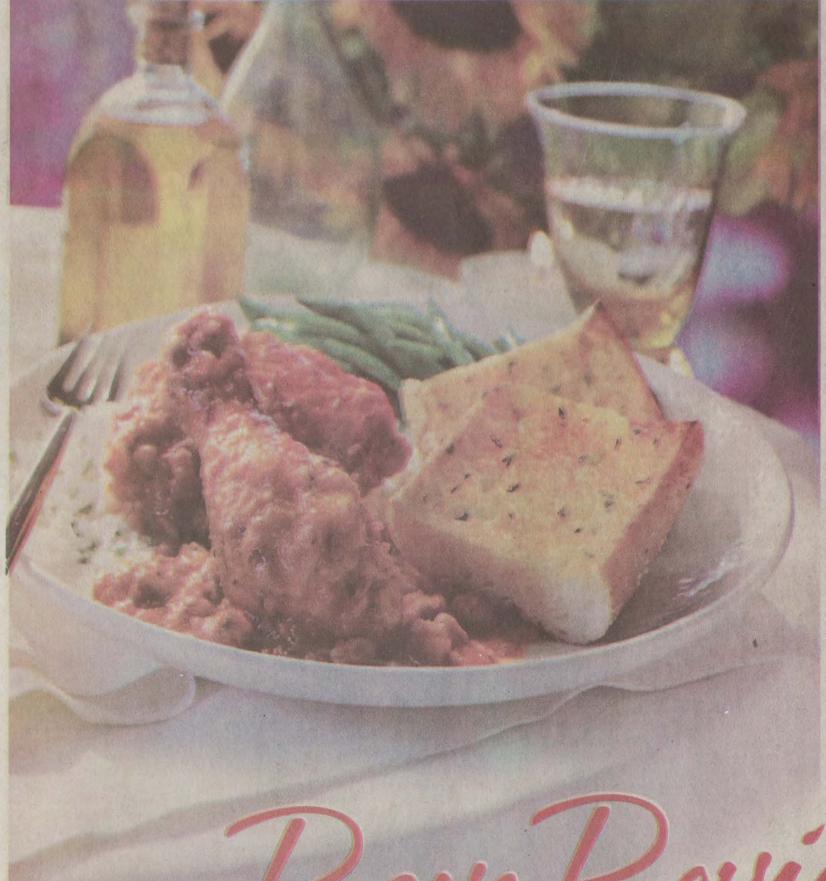


Now you don't have to wait in line for government services and information because now the government is officially online at FirstGov.gov. In an instant, you can print out tax and Social Security forms you used to wait in line for. You'll also find passport and student aid applications and more. FirstGov.gov. Lose the wait.

FirstGov.gov

The official web portal of the Federal Government

For government information by phone, call 1-800-FED-INFO (that's 1-800-333-4636). A public service message from the U.S. General Services Administration.



## Make a restaurantquality meal at home

FAMILY FEATURES

ou don't have to go to an Italian restaurant for an authentically delicious dinner. Thanks to the Scotto family, chefs and owners of Fresco by Scotto restaurant in New York City, and frequent "Today Show" guest chefs, you can turn supper into a celebration that gets you rave reviews.

The Scottos know that fresh herbs, savory sauces and garden vegetables are the keys to good Italian cooking. And they've come up with recipes that let you cook like a chef, too.

"These are delicious, easy-to-prepare recipes; it's like eating the meals we serve at the restaurant, only in the comfort of your home," said Marion Scotto, owner of Fresco by Scotto. "The recipe creation was simple, especially when we began with the flavorful varieties of hearty Prego Italian sauce and authentic, hot and crusty Pepperidge Farm garlic bread."

Of course, the most important ingredient to a great meal is family. So gather everyone around the table to enjoy the company and delicious food.

# Ceviews.



#### Chicken Italiano With Garlic Bread

Prep: 15 minutes Cook: 40 minutes Makes: 6 servings

- 3 pounds bone-in chicken parts 1/2 teaspoon ground black pepper
- cup all-purpose flour
- 3/4 cup olive oil
- small onion, diced cloves garlic, minced
- 3 cups Prego Italian Sausage and Garlic Italian sauce
- 1 package (10 ounces) Pepperidge Farm Garlic Bread

Preheat oven to 400°F for bread.

Season chicken with black pepper. Coat

chicken with flour. Heat oil in a 12-inch skillet over medium-

high heat. Cook chicken in batches until well browned on all sides. Remove chicken from Pour off all but 2 tablespoons oil from skillet.

Reduce heat to low. Add onion and garlic and cook until onion is tender. Stir sauce in skillet. Return chicken to skillet.

Cover and cook 15 minutes or until chicken is cooked through. Meanwhile, bake bread according to package

Cut bread into 2-inch diagonal slices and serve with chicken.

#### Chef Tips to Try at Home

The Scotto family shares some of their restaurant secrets to enhance your home dining experience.

Better Shredding

Mozzarella is easier to work with when you chill it right up until you shred it. For easy cleanup, spray the grater with non-stick spray first.

Quick Garlie

Instead of chopping garlic, smash it with the flat side of a large butcher's

Perfect Herbs

When cooking with fresh herbs, add them at the last possible moment for optimal flavor. Also, tear (rather than cut) delicate herbs such as basil.

Presentation Plus-Up

For a truly restaurant-style touch, warm plates up in the microwave for a few seconds before dishing out food.

For more restaurant tips, visit MyltalianTable.com. You'll also find a printable recipe booklet, an interactive dining tool, a coupon for your next shopping trip and more.

#### Scotto Sunday Sauce With Meatballs

Prep: 25 minutes Cook: 30 minutes Chill: 15 minutes Stand: 5 minutes Makes: 6 servings

- 1/2 cup olive oil
- 3 large onions, diced (about 3 cups)
- tablespoons minced garlic 6 cups Prego Flavored with Meat Italian Sauce
- 4 fresh basil leaves, chopped
- 1 teaspoon crushed red pepper 6 slices thawed Pepperidge Farm
- Texas Toast Garlic, diced 1/2 cup whole milk
- 1 1/2 pounds ground beef
- eggs 1/4 cup grated Parmesan cheese

Heat 1/4 cup oil in a 6-quart saucepot over medium heat. Add 2 cups onions and garlic and cook until onion is tender. Stir sauce, basil and red pepper in saucepot. Remove saucepot from

Place toast into large bowl. Pour milk over toast. Stir and press toast into milk to coat.

Let stand for 5 minutes. Add beef, remaining onions, eggs and cheese to toast mixture. Mix beef mixture thoroughly and shape firmly into 12 (3-inch) meatballs. Place meatballs onto a baking sheet. Cover and refrigerate for 15 minutes.

Heat remaining oil in a 12-inch skillet over medium-high heat. Add meatballs in batches and cook until well browned.

Add meatballs to sauce mixture. Cook over medium heat for 15 minutes or until meatballs are cooked through.

#### Penne Alla Fresco With Texas Toast

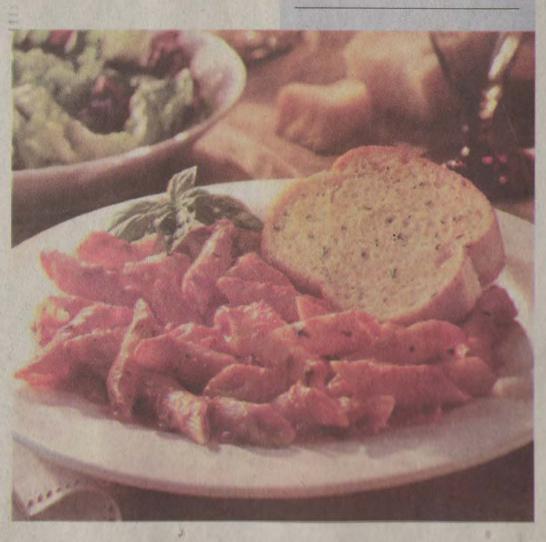
Prep: 5 minutes Cook: 25 minutes Makes: 6 servings

- 16 ounces uncooked penne pasta
- package (11.25 ounces) Pepperidge
- Farm Texas Toast Garlic 3 cups Prego Three Cheese Italian Sauce
- 1/2 cup heavy cream 1/4 teaspoon crushed red pepper
- 3/4 cup freshly grated Parmesan cheese

Preheat oven to 425°F for toast. Cook pasta according to package directions in 4-quart saucepan. Drain pasta well in colander

and return to saucepan. Heat sauce in 2-quart saucepan over mediumhigh heat to a boil. Stir in cream and red pepper. Reduce heat to low. Cook until sauce mixture is hot and bubbling.

Meanwhile, prepare toast according to package directions. Pour sauce mixture over pasta and toss to coat. Sprinkle with cheese. Serve with toast.



Inside

■ Betsy Layne Bobcats

## Hazard routs Rebels in WYMT tourney

#### Patriots defeat Johnson Central

by STEVE LeMASTER SPORTS EDITOR

HAZARD - Allen Central faced a tough draw in the WYMT Mountain Classic. The Rebels hit the Perry Central hardwood Wednesday night with the tall task of facing defending 14th Region champion Hazard in the tournament's opening round. Hazard -

with a solid fanbase in the stands John Dingus added three as Allen beginning to end. The Bulldogs defeated Allen Central 69-25

Michael Campbell and Josh Whitaker led Hazard with 11 points apiece. Hazard - the team favored to win this year's 14th Region All "A" Classic - led 40-11 at the halfway point.

Allan Fugate finished with eight points and Robert Warren added six for the Bulldogs.

Chad Nelson led Allen Central (1-6), scoring seven points. Seth Jarrell scored five points and Chris Stumbo flipped in five. Blake Salisbury netted four points and

of its top rival's gym - led from Central was limited offensively from the opening tip.

Hazard took a 51-10 lead into the fourth quarter.

It was a good night for the 14th Region as Knott County Central defeated Johnson Central 58-46 in another WYMT Mountain Classic matchup.

Tate Cox scored 13 points and Jarrod Amburegy and Zack Davis added 11 apiece for the Patriots.

Cody Parker had a game-high 16 points and seven rebounds for the Golden Eagles.

Hazard 69, Allen Central 25 Allen Central (1-6): Nelson 7,

Jarrell 6, Stumbo 5, Salisbury 4, Dingus 3.

Hazard (8-4): Warren 6, Campbell 11, Martin 3, Kidd 4, Whitaker 11, Back 5, Fugate 8, B. J. Combs 4, Jon Combs 1, Spencer 4, Clemons 8, Olinger 2, Ja.

Hazard......22 18 11 18-69 AC.....5 6 9 5-25



photo by Tony McGuire/Hazard Herald Allen Central Rebel Chad Nelson looked to work his way to the basket against Hazard.

Lady Raiders

by STEVE LeMASTER

SPORTS EDITOR

made the most of an early lead

over Jenkins Monday night in a

non-region matchup between two

familiar foes. The Lady Raiders

outscored Jenkins 21-12 in the

opening quarter and maintained a

lead throughout the remainder of

the game, defeating the Lady

Cavaliers 58-48 at Raider Arena.

ing 43-22 lead at the break following its solid first half stint.

ed scoring as South Floyd pre-

vailed. Ashley Castle led South

Floyd with 13 points, seven steals

and five assists. Kayla Hall and Chelsie Tuttle followed Castle in

the South Floyd scoring column

with eight points apiece. Lindsey

Dye and Kiana Hall added seven

points each for the Lady Raiders.

Andrea Conn scored six points

and Daniel Tackett added five for

South Floyd led 49-40 when

Jessie Tackett and Trista

Jessie Tackett was a force

South Floyd struggled at times

Katelyn Sexton led Jenkins.

One of the 14th Region's most

underrated players, Sexton

poured in a game-high 25 points

for the Lady Cavaliers. Sexton hit

11-of-21 free throws and connect-

ed on a pair of three-point field

goals. She was the only Jenkins

player to reach double figures in

the scoring column.

Damron completed the South

Floyd scoring list with two points

inside for the Lady Raiders, haul-

ing in seven rebounds and block-

from the free throw line, finishing

nine-for-20 from the charity

host South Floyd.

apiece.

ing two shots.

the third quarter closed.

South Floyd owned a convinc-

Nine different players provid-

HI HAT - Host South Floyd

top Jenkins

#### Basketball fans, where are you?

by RICK BENTLEY CONTRIBUTING WRITER

Last night finally brought an end to college football season, one that started way back in August and has been going ever since, except for the two- or three-week sabbatical they took between the regular season and the bowls. High school football is over, and the NFL will be

down to four teams when the weekend

It's still a few weeks before pitchers and catchers report,

Rick Bentley son doesn't begin this year until a week into April.

All this means one thing: Eastern Kentucky, it's pretty well basketball and basketball only.

Those of us who really enjoy football and baseball will sit back and allow the majority of you to enjoy yourselves. You say basketball is your game, that the others are window-dressing. So have at it.

Please.

I mean it. We have a boatload of local high schools in tournaments everywhere. The WYMT, one of the best tournaments around, is going on this week. The All "A" Classic will invade the Expo Center for the first time ever next week. Pikeville College has winners on both sides and will be begin play in Mid-South rugged Conference with a home doubleheader on Thursday night.

We've even got a pro team

If you love basketball - and you tell me you do at every opportunity - it's time for you to rise and shine.

Get out there. See your teams play. You never know what you may enjoy.

Now, let me be honest with you for a minute.

I don't really believe you when you tell me how much you

love basketball. There. I said it.

Look at it through my eyes. You tell me about it. When we're in Wal Mart or wherever, I hear it. "I can't wait till basketball season," you said. "I don't care much for football, but I love basketball," you tell me.

So it's basketball season. Where are you?

Honestly, you can't really tell this is basketball country by the looks of the local crowds. I went to see Shelby Valley, the clearcut 15th Region favorite, a few weeks ago and to be honest the upper bowl of the arena wasn't even needed.

Seriously, this is a terrific team to watch, and while the lower arena was, shall we say, used, it was nowhere near full.

(See FANS, page two)



photo by Tony McGuire/Hazard Herald

BLAKE SALISBURY faced tough opposition inside Wednesday night when Allen Central battled Hazard. Senior Michael Campbell is pictured defending for the Bulldogs.

#### Blackcats race past Sheldon Clark

Burchett leads P'burg with game-high 25 points

by JAMIE HOWELL CONTRIBUTING WRITER

- The INEZ Prestonsburg Blackcats returned from the holiday break well rested and ready to hit the hardwood as they traveled to Martin County on Tuesday for a date with the Sheldon Clark Cardinals. Coach Jack Pack's team has shown promise this young season with strong play from backcourt mates Michael

Burchett and Jody Tackett. fine defensive effort from with the win. The strong play was evident Prestonsburg forced the again Tuesday night as Prestonsburg defeated Sheldon Clark 78-64.

The Blackcats came into the game with an overall 5-6 record, but more importantly a 5-2 record versus 15th Region opponents. Burchett got his team off to a fast start, tossing in eight of his game-high 25 points in the first quarter.

The Blackcats sprinted out to an early 20-10 lead after one quarter and never looked back. Jody Tackett poured in 18 points for the winners. After taking a 30-18 lead into the half, Prestonsburg would outscore Sheldon Clark 25-23 in the third quarter to take a 53-43 lead heading to the fourth and final quarter. A Cardinals into 26 turnovers. Alex Stumbo was the main spark on defense for the Blackcats, forcing six Cardinal turnovers. Stumbo pitched in nine points and pulled down four rebounds for the winning team. Senior forward Austin Gearheart added 10 points and six rebounds. Prestonsburg held Sheldon Clark to 31 percent shooting. Cameron Tincher came off the Prestonsburg bench to finish the game with seven points and five rebounds. Tyler Hall totaled five points for the Blackcats.

The Blackcats were 12for-19 from the charity stripe.

Prestonsburg outscored the Cardinals in the final quarter 25-21 to come away

to 6-6 overall and an impressive 6-2 versus 15th Region

Sheldon Clark was led in scoring by BJ Moore and Dustin Meade, both of whom finished the game with 17 points.

Prestonsburg will take on South Floyd on Saturday in an important 58th District matchup. The Blackcats remain perfect in 58th District play with wins over Betsy Layne and Allen Central. The Blackcats are preparing for a first appearance in the 15th Region All "A" Classic to be held next week at the East Kentucky Expo Center.

Prestonsburg will face South Floyd Saturday in a boys/girls doubleheader.

Nicole Reavis scored eight points and Sierra Kiser added five for the visiting Jenkins team. Kayla Stambaugh, Sarah Corbett and Mercedes Boggs each had two points for the Lady Cavaliers. Jenkins scored nearly half of

its points from the free throw line, connecting on 23-of-48 foul

#### Floyd Jr. NBA/Jr. WNBA to host signups

MARTIN - The Floyd County Jr. NBA/Jr. WNBA Basketball League will host signups for the upcoming season Friday and Saturday. The youth basketball league is for players ages 3-10 (ages apply after Oct.

Signups will be held Friday at the May Valley Gym from 3-6 p.m. On Saturday, signups will be held at the Martin Dairy Queen from 11 a.m.-2 p.m.

The registration fee for the league is \$20. For more information, call 606-447-2021 or 606/226-3704.

#### Hodge to with Pikeville by STEVE LeMASTER

SPORTS EDITOR

EASTERN - Reigning 15th Region Player of the Year Brittany Hodge will continue her education and volleyball playing career close to home at Pikeville College. An Allen Central High School senior, Hodge is scheduled to sign with Pikeville College Monday at 2 p.m.

During her senior season, Hodge registered 220 kills (.289 percent) and had an attack average of .400 percent.

She finished with 100 aces (92 percent serving) and 200 digs (84 percent). The setter finished her career with a schoolrecord 661 kills. In addition, she finished with 758 digs, 449 aces, 203 assists and 19 blocks.

Hodge also earned the following honors as a high school senior: 15th Region All-Tournament Team; District All-Tournament Team; Floyd County All-Conference Team; 15th Region All 'A' Tournament MVP and First Team All-Southeast Kentucky.



**BRITTANY HODGE** 

#### AT RAIDER ARENA: Raiders edge Jackson City, 48-45

by STEVE LeMASTER SPORTS EDITOR

HI HAT - South Floyd got back into the win column Tuesday night, defeating visiting Jackson City in a low-scoring game at Raider Arena. The host Raiders prevailed 48-45.

South Floyd, arguably still one of the 15th Region's youngest teams, improved to 4-11 after posting the win.

"We need everyone we can get," South Floyd Coach Barry Hal said, eluding to the win. "Growing pains are tough."

The Raiders led Jackson City at the end of each quarter, venturing out of the first period

in front 15-2. The stellar start helped to propel the Raiders. South Floyd cooled off in the second quarter and ultimately went into halftime out in front 22-18.

end of the third quarter.

Matt Tackett led South Floyd with 10 points. Tommy Joe Hall was the second-leading scorer for the Raiders, finishing with nine points. The steady South Floyd offensive effort included seven different scorers. Brandon Marson and Corey Paige each had eight points for the Raiders. Shannon Turner tossed in six points for

South Floyd led 35-31 at the the Hi Hat team.

South Floyd hit six threepoint field goals and connected on exactly half (8-of-16) of its free throw attempts.

Pedro Sierra led Jackson City with a game-high 13 points. Gentry Hayes scored eight points and Zach Gayheart added five for the Tigers. Derek Goff and Brian Combs each had four points in the Jackson City loss.



Moore/South Floyd South Floyd guard Brandon Marson lofted a shot during his team's home game versus Jackson Tuesday night.

photo by Greg

15TH REGION BOYS' B	BASKETBALL
Team	Overall
	Record
Phelps	9-1
Lawrence County	9-4
Betsy Layne	8-3
Shelby Valley	8-4
East Ridge	8-5
Johnson Central	7-5
Pikeville	7-6
Prestonsburg	6-6
Magoffin County	5-8
South Floyd	4-11
Sheldon Clark	3-7
Belfry	2-6
Pike County Central	2-10
Paintsville '	2-10
Allen Central	1-6

#### 15TH REGION GIRLS' BASKETBALL

Team	Overall
	Record
Paintsville	9-2
Johnson Central	9-4
Shelby Valley	8-3
Pikeville	8-6
Magoffin County	7-7
Lawrence County	7-8
Phelps	6-3
Sheldon Clark	6-4
East Ridge	6-4
Betsy Layne	6-5
Pike County Central	6-5
South Floyd	4-7
Allen Central	3-4
Belfry	3-9
Piarist School	2-7
Prestonsburg	1-11

#### 14TH REGION BOYS' BASKETBALL

ream	Overall
	Record
Knott County Central	11-4
Letcher County Central	9-2
Perry County Central	9-2
June Buchanan	8-4
Hazard	8-4
Buckhorn	8-6
Estill County	6-8
Lee County	5-5
Cordia	5-6
Leslie County	3-6
Jackson City	3-7
Wolfe County	3-7
Breathitt County	2-6
Powell County	1-10
Owsley County	1-10
Jenkins	1-13
Riverside Christian	0-7

#### 14TH REGION GIRLS' BASKETBALL

leam	Overall
	Record
Letcher County Central	9-3
Owsley County	7-5
Breathitt County	7-5
Perry County Central	.6-7
June Buchanan	5-4
Leslie County	5-6
Knott County Central	5-7
Powell County	5-9
Hazard	4-4
Jackson City	4-4
Lee County	4-8
Cordia	4-9
Wolfe County	3-5
Estill County	2-10
Riverside Christian	0-8
Jenkins	0-8
Buckhorn	0-9

Dairy Queen

of Prestonsburg

#### Fans

Pikeville College has had some nice crowds this year, but many times I'd doubt the parking lot is very full, and there isn't a terrible amount of parking at the gym. And while I haven't been, I know the Center approached 1/3 capacity for a pro game this season.

So if you love basketball so much, why are you staying home?

I wonder. I also know the size of many football crowds, and while they aren't bursting not calling you liars. I'm just

at the seams — I haven't heard any talk of anyone adding onto their stadium - they draw bigger than basketball these days.

I'll predict this: I'd say that at this point, approaching midway of the high school basketball season, there isn't a school around who has drawn more total attendance for all these basketball games than it did during football season when everyone pretty much has five home games.

I'm not mocking you. I'm

wondering what's going on.

When I was covering highschool sports for a living, it wasn't unusual to see packed gyms - at least gyms at 80 percent of capacity - nearly every night. Now most places don't even open up their upper level.

One thing that has hurt, in my estimation, is consolida-People at, say, Wheelwright, had more pride in the Trojans than they do South Floyd. The same for Millard people being more excited about the Mustangs

Continued from p1 (long live the brown and gold)

than they are East Ridge. You could also argue that these newer schools have bigger gyms than the smaller ones we lost in the consolidation, but there's no way that, say, Pike Central draws as many

Johns Creek did 20 years ago. So where are we on game nights?

people now as Mullins and

That, my friends, is the question of the day.

## Centre men drop conference game to DePauw

Bentley hits six treys, leads Colonels with 21 points

TIMES STAFF REPORT

GREENCASTLE, Ind. The Centre College men's basketball team dropped its first SCAC conference game of the season losing 78-74 to the

DePauw Tigers Sunday. The Colonels are now 8-3 on the season and 2-1 in the SCAC.

The Colonels held a lead for most of the first half, even taking a nine point lead over DePauw at one point, but the Tigers went on a 27-10 run to close the first half. The Colonels went into halftime trailing DcPauw, 42-34.

The Colonels rallied in the second half to recapture the lead at the 10:13 mark thanks to a three-pointer from senior guard Kris Bentley (Pikeville), a Prestonsburg High School graduate. The lead then changed hands four times in the closing 10 minutes of the game until the Tigers took the lead for good in the game's

final three minutes. The DePauw win today over Centre snapped the Colonels' 22-game conference regular-season win streak, which was the longest streak in league history.

Bentley led all Colonels in points scored with 21, going 6of-9 from three point land. Fellow senior T.C. Thomason (Russellville) scored 13 points for the Colonels. Junior Danny Noll (Ft. Mitchell) scored 15 points in the loss.

The Colonels are slated to return to action on Friday at home against SCAC rival Rhodes. Tip-off is scheduled for 6 pm.

#### past Raiders

Tibbs leads Betsy Layne over South Floyd

> by STEVE LeMASTER SPORTS EDITOR

BETSY LAYNE - Betsy Layne grabbed another 58th District/Floyd County Conference win Friday night. The Bobcats defeated South Floyd 75-47 in a district boys' basketball game held at the

Bryant Tibbs dented the scoring column for a gamehigh 20 points. Tibbs helped to push the basketball up and down the floor for Coach Junior Newsome's Betsy Layne team. Josh Head added

11 points for the Bobcats. Bryce Adkins scored nine points and Casey Adkins and Colt Stumbo contributed eight apiece in Betsy Layne's winning effort. Dylan Maldonado scored seven points for the host Bobcats.

Betsy Layne led at the end of every quarter. The Bobcats owned the first eight minutes, outscoring South Floyd 17-3 in the opening quarter. Betsy Layne led 34-20 at halftime and 62-30 at the conclusion of the third quarter.

Adam Howell and Adam Slone added three points apiece for the Bobcats. Jordan Newman and Steven Johnson contributed two points each for the home team.

For South Floyd, Brandon Marson scored a team-best 13 points. Tommy Joe Hall scored 11 points and Tyler Mitchell added 10 for the Raiders.

Corey Paige pushed in six points and Dylan Langdon added three for South Floyd. Andrew Vance and Raymond Jones each had two points for the Raiders.

The loss was South Floyd's fifth straight setback.

> Betsy Layne 75, South Floyd 47

South Floyd (3-10) - Hall 11, Paige 6, Marson 13, Mitchell 10, Langdon 3, Vance 2, Jones 2.

Betsy Layne (7-3) - B. Adkins 9, Maldonado 7, Tackett 2, Head 11, Tibbs 20, C. Adkins 8, Newman 2, Howell 3, Johnson 2, Slone 3, Stumbo 8.

SF.....3 17 10 17-47 BL....17 17 28 13-75

#### Host Bobcats hold off Phelps

by STEVE LeMASTER SPORTS EDITOR

BETSY LAYNE - Coach Junior Newsome's latest stint as Betsy Layne head coach continues to afford the veteran victories. Betsy Layne claimed its fourth straight win Saturday, defeating Phelps 59-

The Betsy Layne-Phelps game shaped up to be a matchup between two of the 15th Region's leading boys' basketball teams record-wise. Betsy Layne proved to be the better team Saturday night. The Bobcats outscored Phelps

(See BOBCATS, page three)

#### **CONTACT THE TIMES** SPORTS DEPARTMENT Phone: 606-886-8506

Fax: 606-886-3603

SPORTS FAN

OF THE WEEK

**ATHLETES** OF THE WEEK

Bryant Tibbs, Betsy Layne

Amber Shepherd, Allen Central

#### Two Colonels named to Sporting Network All-America Football Team

TIMES STAFF REPORT

PHILADELPHIA, Pa. -Two Eastern Kentucky University football players were named to the 2008 Sports Network All-America team senior Taylor Long (first team) and senior Brandon Gathof (third team). The Colonels were one of two Ohio Valley Conference squads to have multiple members on the top three teams.

EKU's place kicker the last four years, Long concluded his Colonel career as the program's all-time leader in kicking points (285). The Hopkinsville native made 20 field goals this fall which ranks second nationally at the NCAA Division I FCS Championship

Subdivision) level. During one stretch this fall, Long converted 13 straight field goals including the overtime gamewinner against Austin Peay on Sept. 27. Long then booted a career-best 50-yard field goal in the win over Eastern Illinois on Oct. 25.

Long, a first team All-OVC pick, converted 20-of-27 (74.1 percent) of his field goal attempts this year and finished second in the league in scoring at 7.3 points per game. Long shares the program record for field goals made (49) with Dale Dawson (1983-86) and owns the program record in PATs (138).

Gathof was just the eighth Colonel ever to be named first team All-OVC three times and the first since linebacker secutive winning season.

Justen Rivers (2002-04). The LaGrange native was instrumental in EKU's win over UT Martin on Nov. 22. The safety finished with two interceptions, including one returned 50 yards for a touchdown, and blocked the game-winning field goal attempt as time expired.

Gathof, also a 2007 Sports Network third team All-American, started all 12 games as a senior while finishing second on the squad in tackles (81) and interceptions (five). His six pass break-ups in 2008 were the most on the team.

The EKU football team concluded the 2008 season 8-4 overall while earning the program's 20th Ohio Valley Conference title and 31st con-

## Former MSU assistants continue NFL success

TIMES STAFF REPORT

MOREHEAD Mike Smith, former defensive line coach and recruiting coordinator at Morehead State University, has been named Associated Press National Football League Coach of the Year.

"I'm honored individually, but more so for our coaching staff and our players," said Smith, who led the Atlanta Falcons to an 11-5 record inhis first year with the club.

The Falcons lost in the wild-card round of the NFC playoffs 30-24 to Arizona on Saturday.

After his 1986 season at MSU, Smith had a 12-year stint at Tennessee Tech (1987-98) before moving to the NFL. He spent the first four with the Baltimore Ravens, including helping the team to its first Super Bowl championship in 2000, before joining Jack Del Rio in Jacksonville, where he stayed until taking the Falcons

Two other former Eagle assistants, are leading the Baltimore Ravens. Ravens head coach and former MSU assistant John Harbaugh's squad defeated Miami 27-9 in the wild-card round of the playoffs Sunday to advance. The defensive coordinator for the Ravens is former Eagle defrensive coordinator Rex Ryan. The Ravens will play the top-seeded Tennessee Titans in Nashville on Saturday in a divisional-round game.



photo courtesy of Allen Central Allen Central senior Brittany Hodge - the 15th Region's top volleyball player - will algn with Pikeville College Monday afternoon at ACHS.



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.

#### Food City, BMS make tickets available to

Ticket Caravan headed to Pikeville, Paintsville

TIMES STAFF REPORT

BRISTOL, Tenn. - Earlier in the week, Food City and Bristol Motor Speedway officials made an unprecedented announcement. The two companies unveiled a new joint venture that will make Food City 500 tickets available to area fans for the first time in the event's history. The program kicks off the new year and the 2009 NASCAR racing season in style, with a caravan that hits nearly onethird of Food City's retail supermarkets in a little more than a month.

The Ticket Caravan will visit both Pikeville and Paintsville.

The Food City 500 Fan Appreciation Caravan Tour

made its first stop January 7 at event right here in their own the new Piney Flats location. followed by 28 additional destinations before the second week of February, on a schedule that stretches from Eastern Kentucky to the coalfields of Virginia to middle Tennessee.

Along the way, fans will have a chance to register for Food City and Bristol Motor Speedway prizes, as well as the rare opportunity to purchase tickets to one of the most sought after venues on the NASCAR circuit, the March 22, 2009 Food City 500. As the official soft drink of Bristol Motor Speedway, Pepsi is also co-sponsoring the promotion.

"Our area has some of the most loyal fans in all of motorsports and many of them are also loyal Food City customers. Over the years, they have expressed interest in purchasing tickets or becoming season ticket holders. We felt they deserved an opportunity to experience such an exciting region and we've been working with Bristol Motor Speedway to make that possible," said Steven. C. Smith, Food City president and chief executive officer. "For the first time ever, Bristol Motor Speedway is allocating tickets, along with some of our own to make them available to our loyal Food City shoppers for purchase. It's our way of saying thank you for the generous support and loyalty they have shown throughout the

The caravan will remain at each scheduled Food City location for a four hour period, from 3 p.m. until 7 p.m. The fun-filled events will also feature exciting prize giveaways, including tickets to the Nationwide Scotts Turf Builder 300 on March 21, 2009, Pole Day tickets on March 20, hats, t-shirts, two \$50 Food City Gift Cards and a chance to win a special grand-prize racing package.

Speedway president and general manager Jeff Byrd looks forward to hitting the road. "Food City has been a trusted partner of ours for nearly 15 years - the secondlongest Cup race sponsorship in NASCAR," said Byrd. "The chance for our employees to spend a few days at some of their stores saying thank you is exciting. Many loyal Food City customers are race fans and BMS tickets holders as well. Many others would like to be and now have that chance.'

Ford announced as new official vehicle of Bristol Motor Speedway: Tri-Citics and Charleston Ford Dealer Advertising Group have teamed up to become the official vehicle of Bristol Motor Speedway in 2009. The sponsorship agreement is for three years. The vehicle sponsorship was previously held by General Motors.

"The local Ford dealers are delighted to have this opportunity to showcase our lineup of Day for the March race weekvehicles as the Official Vehicle of Bristol Motor Speedway. We are extremely proud of the vehicles we sell and know race fans will be excited about them as well," said Tri-Cities and Charleston Ford Dealer Advertising Group President, John King.

The Tri-Cities and Charleston Ford Dealer Advertising Group encompasses 40 dealerships in Tennessee, West Virginia, Virginia and Kentucky.

The sponsorship opportunity was initiated by the Tri-Cities and Charleston Ford dealers, independently of Ford Motor Company, through their dealer group advertising fund. Bristol Motor Speedway provides more than 16,000 square feet to display Ford's latest vehicles, including the 2009 F-150, 2010 Mustang, Fusion Hybrid and Taurus. Sponsorship of the Official Vehicle of Bristol Motor Speedway also includes Pole

end on March 20, as well as the popular Transporter Parade, set this year for Aug.

"It is exciting for us to renew our partnership with Ford here at Bristol Motor Speedway," said BMS president Jeff Byrd. "We had a strong relationship with them the first two years after Speedway Motorsports Inc. purchased the track and teaming up with them again in partnership with the dealers of this region is a good fit.

"The list of winners who have steered a Ford into Victory Lane here at BMS reads like a who's who of NASCAR legends. As a matter of fact, Ford drivers have been dominant in the last four August Cup events with Matt Kenseth and Carl Edwards both winning twice. We are anticipating many new and exciting ventures to come from this partnership," added

## Talladega reduces ticket prices for Sprint Cup Series races

SPECIAL TO THE TIMES

TALLADEGA, Ala. Talladega Superspeedway just gave its fans another reason to help celebrate its 40th anniversary, by reducing more than 20,000 Sprint Cup Series tickets to only \$40 each. Tickets in the Gadsden and Lincoln grandstands are now available at the reduced price for both the April 26 Aaron's 499 and the Nov.1 Amp Energy 500 Cup races.

The Gadsden and Lincoln Grandstand tickets normally retail for \$70 and \$75, respectively, creating a savings of more than 40 percent for race

In addition to a new lower ticket price, fans attending the April 24-26 Aaron's Dream Weekend and the Oct. 30-Nov. 1 Amp Energy 500 Weekend will find that some of the best things at Talladega are still free. With more than 15,000 free campsites in three overnight parks, free day parking on track property and a free Kid's Zone in the display

Superspeedway is making life easy for race fans during tough economic times.

2009, Talladega Superspeedway proudly celebrates 40 years of the most competitive racing NASCAR. While the track has seen changes made to the cars that circle its high banks, the surface that they race on and the grandstands that thousands of fans fill twice a year, one constant remains - Talladega Superspeedway is authentic NASCAR racing at its finest.

## Aaron's to sponsor Butler in No. 23 for 18 races

SPECIAL TO THE TIMES

ATLANTA - Aaron Rents Inc. and Scott Shore, president of Erohs Group LLC, have announced a new partnership with R3 Motorsports of China Grove, N.C. - a onc-year agreement through which Aaron's will be the primary sponsor of R3's No. 23 Nationwide Series race team for 18 select races in 2009, with Snellville, Ga., native Ken Butler III as the driver.

Butler, the son of Aaron Rents' chief operating officer Ken Butler, is scheduled to make his Nationwide Series debut at Auto Club Speedway on Feb 21

"All of us here at R3

Motorsports are proud to have reach throughout the NNS sea-Aaron's on board for the 2009 NASCAR Nationwide season," said Rob Fuller of R3 Motorsports. "In today's economic state we feel very fortuto assist with the ever-growing expenses required to run competitively in the Nationwide Series. We look forward to representing the company in the manner which they deserve. This is a huge boost in the confidence level of our young team."

The R3 sponsorship is in addition to Aaron's current team sponsorship with Michael Waltrip Racing and will extend Aaron's marketing

son. The Aaron's Lucky Dog Dream Machine will be on the track for 28 of the 35 NNS races, with 18 races by R3's No. 23 car driven by Butler nate to have Aaron's on board and 10 races with the No. 99 MWR entry driven by Michael Waltrip. The two teams' schedules are divided throughout the season and do not conflict with one another.

"Aaron's continues its marketing presence in NASCAR as strongly as in years past," said Robin Loudermilk, Aaron's president and chief executive officer. "We are pleased to partner with R3 Motorsports in the NASCAR Nationwide Series in 2009."

# N. State (

photos by Greg Moore/South Floyd SHANNON TURNER (33) AND BRANDON MARSON (23) helped to lead host South Floyd over Jackson City on Tuesday in a nonregion matchup at Raider



#### Bobcats

first and final quarters.

Bryant Tibbs continued his potent offensive production, leading Betsy Layne with 18 points. Bryce Adkins and Josh each had 11 points for the Bobcats, a team that currently second behind Prestonsburg in the 58th District standings.

Casey Adkins scored six points and Nathan Martin added five as the Bobcats recorded the non-district win. Richie Tackett added four points for Betsy Layne while Colt Stumbo and Tyler Kidd

scored two apiece.

when it counted most - the deficit in the opening quarter to reach the double figures after the Bobcats cruised out to an 18-8 first quarter lead. Following a Phelps regrouping effort in the second quarter, Betsy Layne clung to a 28-27 lead at halftime.

The Bobcats held a 10point scoring advantage over Phelps in the second half. In one of its best defensive efforts of the season, Betsy Layne outscored Phelps 13-5 in the final quarter.

Dillon Stiltner provided many of the highlights for visiting Phelps. Stiltner, a consistent player for the Hornets, scored a game-high 21 points. Phelps faced a double-digit He was the lone Phelps player

■ Continued from p2

Tonight, Betsy Layne will visit 15th Region favorite Shelby Valley for a game set for a 7:30 p.m. tip-off.

scoring plateau.

Betsy Layne 59, Phelps 48 Phelps (9-1) - Stiltner 21, Hobbs 3, Maynard 6, Campbell 4, Gannon 4, Smith 2, Hager 8

Betsy Layne (8-3) - B. Adkins 11, Martin 5, Tackett 4, Head 11, Tibbs 18, C. Adkins. 6, Stumbo 2, Kidd 2.

Phelps.....8 19 16 5-48 BL......18 10 18 13-59

#### East Kentucky Miners, UNITE Pike host Shoot 3 to be Drug Free Clinic

TIMES STAFF REPORT

PIKEVILLE - The East Kentucky Miners professional basketball organization is continuing its longstanding commitment to the community. The Miners organization teamed up with UNITE Pike on Saturday, Jan. 3, hosting the inaugural Shoot 3 to be Drug Free Clinic at the Pikeville Area Family YMCA. The clinic featured instruction from East Kentucky Miners player and head coach Kevin Keathley. Former University of Kentucky standout Wayne Turner, starting point guard for the Miners, talked with the young basketball players in attendance about the importance of remaining drug-free. Clinic participants received an invaluable amount of instruction from Miners players and the team's head coach during the free clinic.

"We're happy with the turnout we had for the Shoot 3 to be Drug Free Clinic," said East Kentucky Coach Kevin Keathley. "The kids who participated were very attentive and listened throughout the event. The team did a good job of teaching. We want to send a positive drugfree message to the youth of Eastern Kentucky. This is the first of many positive partnerships between the East Kentucky Miners organization and UNITE Pike.'

East Kentucky is undefeated and nearing its CBA opener. The East Kentucky Miners are 8-0 in the 2008-09 season after defeating five different ABA opponents as part of the historic Interleague Challenge.

EK MINERS ONLINE: www.ekminers.com

UNITE PIKE ONLINE:www.unitepike.com

## Third phase of construction at Dover track underway

SPECIAL TO THE TIMES

DOVER, Del. - Phase 3 of Dover International Speedway's "Monster Makeover" is currently underway. Construction crews in Dover have already removed the existing frontstretch pit wall and preparations are underway to install a longer, SAFER (Steel And Foam Energy Reduction) wall in time for the May 29-31, 2009 NASCAR race weekend. The end result will be a wider, safer pit road, and one additional pit stall.

Construction began in mid-December 2008 as crews removed the existing 1160 ft. inside steel retaining wall that separated pit road from the apron and concrete racing surface. The demolition makes way for a new 1592 ft. concrete wall that will be fully equipped with SAFER barrier. The SAFER barrier walls consist of rectangular steel tubing backed by foam blocks and reduces the force of the initial impact of a crash.

The new inside retaining wall will be 432 ft. longer than the previous configuration and will be extended further into Turn 4, allowing the track to add a 43rd pit stall for competitors. The wall will also be set nearly five feet closer to the track apron, eliminating all grass on the frontstretch, while providing more space in the drive lane of pit road. A large plot of grass will also be removed in Turn 4 to make way for the new entrance to pit road.

"This project is another example of our commitment to making capital improvements to the facility to create an 'all-new Dover,'" said Denis McGlynn, president and CEO of Dover Motorsports, Inc. "The first two phases of the Monster Makeover construction focused on adding new amenities for fans of the Monster Mile. This year we'll make modifications to the areas that directly impact the competition, by widening pit

road, and creating a safer environment for the crews who are battling in the trenches on race day.

Dover International Speedway is in the midst of its multi-year, multi-million dollar capital improvement project dubbed the "Monster Makeover." The first phase of construction was completed in 2007 and included, among other things, a new skybox complex, an expansion of the Infield Media Center and continued beautification of the entire property.

In 2008, Dover unveiled the Monster Monument at Victory Plaza, presented by AAA, a 46-foot-tall structure depicting the track's signature character Miles the Monster. Other construction projects included a new main entranceway for fans on race weekend, an expansion of the FanZone display area, and the addition of a new emergency services building.

#### Umpires needed for upcoming season

PIKEVILLE - The Big Sandy Umpires Association is currently seeking umpires for the 2009 high school baseball and softball seasons. If interested in umpiring area high school baseball and softball games during the upcoming season, call Robert Staggs at 606/432-1807 or 606/218-5357.

Phone: (606) 886-8506 Fax: (606) 886-3603 Members: Associated Press Kentucky Press Association

National Newspaper Association

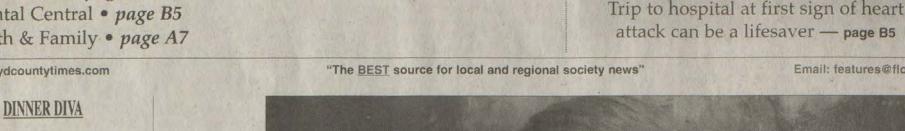
# FLOYD COUNT

#### INSIDESTUFF

- Crossword page B5
- Rental Central page B5
- Faith & Family page A7

www.floydcountytimes.com

Email: features@floydcountytimes.com





John Chandler Dillon will be representing Adams Middle School at the inauguration of President Barack Obama in Washington D.C. on Jan. 20. Dillon will attend the Junior Presidential Youth Inaugural Conference, which is a fiveday program.

#### Cheap eats with soup

A lifestyle of poor diet and lack of exercise kills about 400,000 every year-that's as many who have died from smoking, can you imagine?? And that's only Americans-

> this number does not count the rest of the world that eats poorly

neglects

exercise! YIKES!

and

to

Leanne Ely

It's a tough world out there and today's grocery store is no exception. Here are some tips to navigate the gro-

cery store successfully and buy the healthy foods you need and avoid the unhealthy ones that could kill you! Healthy foods don't need to bankrupt you or make you spend untold hours in the kitchen. Here are some tips for getting healthy happening in your kitchen today:

1) Fast Food. Look for stuff that is fast and easy to make, like sweet potatoes (stab, bake, eat). Cheap cats, massively good for you and filling. And one of my favorite fast foods? SOUP! Yes, soup! (for some great recipes, keep reading!)

2) Go Green. Baby spinach is fast-food friendly too. Not as cheap as sweet 'taters, but worth the cost of admission! I like mine stir-fried (little bit of olive oil and lots of garlic!) and in salads.

3) Brown Rice, You can make a vat of this stuff, scoop into individual freezer bags and freeze for later use if time is of the essence. Having a box of quick cooking brown rice at home isn't a bad idea either, but the long cooking stuff is much less expensive.

4) Grown Your Own. Having a veggie garden is a lot easier than you think. Check out www.squarefootgardening.com for a plan for nearly everyone!

5) Thirst Out. Water is about as economical as it can get. If you want clean and fresh water, check out different water purifiers and start pile driving the water. Cheaper than anything else you can drink!

6) Seasonal Stuff. Buy in season (summer is the time to find cheap watermelon, not the middle of winter), buy locally when at all possible and buy organically.

7) Garlic and Onions. Very inexpensive and will ratchet up the flavor and potency of nearly anything you make, not to mention the antioxidant factors as well. Keep them on hand!

8) Read Labels. And remember, if you have to spend 10 minutes deciphering a food's label with unpronounceable chemical additives and you have no earthly idea what they are, your body doesn't know what they are either. Not only that, but you're going to pay for those expensive chemicals at the cash register and in your own health. Skip anything with fake colors, flavorings or "flavor enhancers"...they all ROB you of your health!

9) Vegetarians Unite. Once a week, go vegetarian. That doesn't mean eating a bunch of soy-based processed foods, but rather choosing a vegetarian meal each week. We had fresh tomato sauce on pasta with chopped fresh oregano and feta cheese sprinkled over the top. The tomatoes and oregano came from my garden and the whole meal was divine!

10) Beans, Beans. The ultimate healthy, yet frugal food, dried beans need to be soaked, cooked and then can be made into a multitude of cheap eats, from soups to chilies to salad. Eat your beans for

corn's sake! Don't become a statistic and

(See DIVA, page four)

# GOING TO THE PARTY

#### Adams student selected to attend inauguration

**by JARRID DEATON** FEATURES WRITER

John Chandler Dillon is going to be a part of history.

Dillon, a 12-year-old student at Adams Middle School, was selected to attend the presidential inauguration of Barack Obama in Washington D.C. on Jan. 20.

Dillion will be part of the Junior Presidential Youth Inaugural Conference, which is designed to provide scholars with a deeper understanding of the history behind the electoral process and the rich traditions surrounding the presidential inauguration.

"I'm really excited," Dillon said. "I was blown out of my mind when I

found out I was selected." Along with attending the inauguration, Dillon, the son of Tommy and Connie Dillon, of Prestonsburg, plans to serve as a paige to Senator Johnny

Ray Turner starting next month. Dillon, who has numerous academic achievements and awards, also created a video on the importance of leadership and voting that will be viewed at the conference and will receive an honorable mention award

for the production.

The Junior Inaugural Scholars will have the opportunity to interact with a major presidential candidate, White House officials, congressional staff members, political experts, former Vice President Al Gore, and others.

The scholars will also have the opportunity to explore numerous historic sites and monument's on the capital and participate in activities designed to expand their knowledge of democratic principles and the presidential election process.

"The conference will provide students with an opportunity to take part

in historic events that coincide with the inauguration of the President of the United States," said Marguerité Regan, dean of academic affairs for the Congressional Youth Leadership Council. "Something that is really wonderful about so many young people gathering in Washington D.C. for this event is that it will provide them with a chance to become more familiar with and attuned to the president who will govern our country over the next four years. We certainly hope this will inspire the next generation of U.S. leaders."

#### FLY LADY

## No magic

There are no magic pills that are going to make you feel prettier, clean your home, turn the frog you met into Prince Charming or miraculously cure your years of depression. If for some reason we woke up one morning 100 pounds lighter to a clean home, greeted by a cup of coffee from your husband and the weight of the world lifted off your shoulders you would think you were dreaming or worse having a nightmare.

These dramatic changes don't happen overnight. It has taken years for us to gain the weight and clutter up our homes. Our depression crept up on us too. In many cases we thought our frog was going to be our prince who would save us. The truth is we are the only ones who can save ourselves from this torture we have put ourselves though. That doesn't change the fact that we want, what we want and we want it now. We just want to be happy! We just want to be loved! We just want, want, want!

Commercials on TV entice us to go out and get it now. For only \$299.95 a month; we can have that car we want but it is very hard to read the fine print that says for 72 months with \$2400 down. We don't look at the real cost is almost double what you would pay if you saved up your money and paid eash for it.

This entitlement attitude is all about filling that need to be happy with stuff! This is why our homes are filled with stuff. This is why we have Hot Spots everywhere because our clutter has taken over all our closets, cabinets and drawers. Oh and let's not forget about that credit card debt that is all we really have to show for our need to be happy.

The debt, the weight and the clutter didn't happen overnight and it is not going to vanish if you make three wishes. We have to take babysteps. But I can hear you now and see you! reaching them. With weight loss, get-I just want to be a size 12 again and ting rid of clutter and reducing debt

live in a clean organized house and be debt free! Then our actions tell the story. We crash and burn! We try to make the magic happen by going on a crash diet, filing bankruptcy and hiring a cleaning crew to come in and fix our homes. The problem here is that we will be back in the same shape much faster than before and probably increased measure.

We didn't establish a plan! Or shall I say babysteps! We want, what we want and we want it now! Only to discover that just because we can make things happen doesn't mean that they will stay that way long. We didn't build the foundation we needed to keep the plan consistent. Our impatience set us up for failure once again.

Half the fun of setting goals is

we can enjoy the process and make it a habit. Did I say that? A habit! That is consistency plain and simple. A way of living that stops our need to search for happiness in those magic pills. We become happy with daily progress toward our goals.

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For more help getting @ 2001 Five any All Rights Reserved rid of your CHAOS:

check out her website and join her free mentoring group at www.FlyLub.net or her book. Sink Reflections published by Bantam and her New York Times Best Selling book, Body Clutter published by Fireside. Copyright 2007 Marla Cilley Used by permission in this publication.



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

A friend of mine recently died of a heart attack. His wife told me that the doctor told her the'd been taken to the emergency room when he first noticed symptoms of a heart attack, he probably would have lived. Can you tell me what kind of symptoms he was talking about? When should you go to the hospital to be checked out for a possible heart attack?

This is very good question because many lives can be saved with prompt action

when a person is having a heart attack, or myocardial infarction in doctor lingo. The key is to know the warning signs.

Heart attacks don't cause the same symptoms in everybody, but most people experience a feeling of pressure, fullness, or squeezing in the center of the chest. The pain may radiate across the chest to the shoulders, neck, arms, jaw or stomach. Some people feel lightheaded, nauseous and weak, or experience shortness of breath. The older you are, the

## family OHIO of heart attack can be lifesaver

more subtle the symptoms may be. In the first 60 minutes, the chances of people over 70, the only sign may be a decrease in alertness.

As a general rule, chest pain and discomfort is the most common heart attack symptom in both men and women. However, women are more likely to experience some of the other common symptoms like shortness of breath, nausea and vomiting, as well back or jaw pain.

Many people who experience these warning signs attribute them to a simple case of heartburn or indigestion. They may take a "wait and see" attitude, waiting hours to see if the symptoms will go away by themselves. As the time ticks away, they will have a smaller and smaller chance of survival, if they are,

indeed, actually having a heart attack. If a heart attack is treated within survival improve significantly. However, half of all heart attack sufferers wait more than two hours before getting help. This is probably what happened to your friend's husband, unfortunately.

If you experience the warning signs of a heart attack, you should wait no longer than two minutes to see if they subside. If they don't, call 9-1-1 right away. Tell the operator that you think you're having a heart attack and need to get to the hospital. Loosen restrictive or uncomfortable clothing. It's also a good idea to take an aspirin tablet while you're waiting for the ambulance, because aspirin can help restore blood flow through a blocked artery. If you do this, make sure you tell the paramedics and the ER doctor that you've taken aspirin.

Don't worry that your symptoms might be a false alarm. Ambulance crews and ER doctors are used to seeing people who think they're having heart attacks but really aren't. Believe me, doctors who work in hospital emergency departments would much rather examine a "false alarm" than hear that another person died because he or she didn't want to go to the hospital.

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Family Medicine(r) 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.

#### Diva

please don't think healthy food is out of your reach or budget! It's not hard, it's enjoyable and the cool thing about eating healthy, grown in the ground food is you always know what you're eating-no labels necessary!

Here is a healthy, but cheap soup recipe you can make for well under 10 bucks a family!

Cream of Butternut Bisque

Serves 4 I teaspoon butter

1 small onion, chopped

1 3/4 cups butternut squash, peeled and chopped

1 can chicken broth

1/2 teaspoon nutmeg 1/8 teaspoon white pepper

3/4 cup half and half In a saucepan over medium heat, melt butter. Add onion and cook till onion is translu-

Add butternut to onion and cook just a minute. Now add the chicken broth, turn up the heat and bring to a boil. Reduce heat to low and let simmer covered) till squash is tender, about 15 to 20 minutes.

Using a potato masher, mash the squash in the saucepan. If you like your soup really smooth, you can puree it in batches in a food processor or blender, but if you like a little more texture, use the potato masher. Mash or process to desired consistency.

Add squash back to saucepan (if you used your blender or processor) otherwise, just add the spices and half and half and bring soup to almost boiling point (but don't boil it or you will curdle the ■ Continued from p4

soup). Serve hot. Per Serving: 117 Calories; 7g Fat: 4g Protein; 12g Carbohydrate; 2g Dietary Fiber; 19mg Cholesterol; 222mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean

Meat; 1/2 Vegetable; 1 1/2 Fat. LC SERVING SUGGES-TIONS: Serve with a big spinach salad.

SUGGES-SERVING TIONS: Add whole grain rolls.

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For more help putting dinner on vour table check out Leanne's website 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 pub-

#### Super Crossword **FOREIGN FILMS**

7 Contempo-

8 "Don't touch

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9 Ginger -

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90 Little laugh

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tists' org.

17 Escort 18 Command to Fido 25 Immobile class 26 "La Rondine" rendition 28 Energy 33 "For shame!"

34 Albeniz or Asimov 35 Peripatetic Polo 36 "Gracious me!"

38 Pitch in 39 Numskull 40 Onassis' nickname

41 Catchall

abbr.

42 DEA officer 84 Chilean pianist 43 Theatrical 87 Without Joseph 44 Literary reservation pseudonym

88 Bonaparte's 45 Thrill buddy 48 Motorcycle 89 Ward (off) 91 Shoe width feature 94 Farm 49 Wagon part 50 Hammer feature 95 Examine head 96 PD alert

52 Marsh sight 53 Olive -98 Coll. brass 59 Monty's 99 Forsyth's milieu The -File" 60 '82 Jeff Bridges film 100 Firstborn 61 Volcano 101 Rock's -

Speedwagon part 62 Clerical 102 Blessed garb sound? 63 Baseball's 103 Mercedes of "The Fisher Speaker 65 Genghis King" 66 Curly coif 106 Shatner 67 Supportive co-star

107 Absinthe 68 Blue hue ingredient 70 Tasty tuber 108 Famous 71 Weaken 109 Perched on 72 Agt. 73 Got off 111 Proverb preposition 113 Shape 74 Quiche creator 115 Turner or

75 - Romeo

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78 Swerve 116 Rob Roy's 79 Gen. Robt. refusal 117 Writer Rand 81 Experiment 118 "- not! 119 Math abbr. 82 Checked 120 Vein

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contents 83 "Scent of a 121 Bell and Barker

## Rental & Cel

by TOM DOTY TIMES COLUMNIST

Lots of heavy hitters pooled their talents for this week's releases, with mixed results for renters.

"Pincapple Express" The people who brought you "Knocked Up" are responsible for this comedy which also features a little action and a whole lotta yuks. Seth Rogen and James Franco (who first appeared together in CBS' "Freaks and Geeks") costar as stoners who find themselves thrust into a case of mistaken identity while they're holding.

"Righteous Kill" -Viewers probably expected more from the first film that ever gave Robert DeNiro and Al Pacino a ton of scenes together, but this effort about a cop who moonlights as a vigilante is too light bear their heavyweight talents.

"The Wackness" — This stoner comedy is also pretty good and may herald a trend alongside "Pineapple Express" of featuring main characters who deal in marijuana. Here Ben Kingsley stars as a psychologist who takes a student under his wing in exchange for free drugs. What should have

been a lightweight dramedy gets some heft from the casting of Josh Peck (TV's "Drake and Josh") as the student. A little light but much better than it has any right to be.

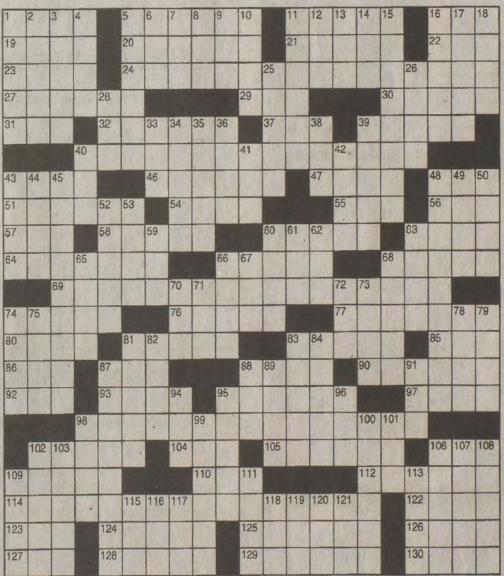
■ "Bangkok Dangerous" Nicholas Cage rocks a terrible haircut in this remake of an Asian action flick, and that's about the only thing worth looking at here. Rent the orig-

Next week look for the "Appaloosa" with Ed Harris and Viggo Mortenson, as wellas Keifer Sutherland in "Mirrors."

#### Horne-Wilder

Seldon and Ramona Horne,

of Prestonsburg, announce the engagement of their daughter, Kimberly Dawn Horne, of Lexington, to Joe Michael Wilder, of Nicholasville, son of Mike and JoNell Wilder, of Perryville. Kimberly is a graduate of Georgetown College and the University of Kentucky College of Nursing. She is employed at Central Baptist Hospital. Joe is a graduate of the University of Kentucky. He is employed at **National City** Bank. They will be married on May 30, 2009, at Northeast Christian Church in Lexington.



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#### **Employment**

Full time employee wanted to work in antique & gift shop. Must have appreciation of old things & new things & clean. Benefits depending. References required, experience necessary. Call 886-9995.

Experienced ONLY Tower Climber needed for local work. Job also includes two way radios and car kit installs. Must have driver's license and pass screening. Must have references! Excellent benefits Package available. Please send resume to PO 873, Prestonsburg, Ky 41653.Call 3181.

House of hair has immediate openings for stylist and hair technicians. Please call 377-2164, or 794-4360 and 377-6090.

an opening for a director of nursing at Prestonsburg health care center. Fulltime position. We offer competitive pay and benefits. For more information please call

606-886-2378.

HELP WANTED

A Cleveland Ohio & Andrew Texas company expanding in the Eastern, Ky area. 14 people needed to start in permanent full time positions leading to management. Approximately \$300- \$500 a week to start as per written agreement. No experience necessary. We will train those who qualify. Interested parties only call Monday,

January 12th, 9am

- 5pm. 606-788-

Now hiring caring individuals to work with people with developmental disabilities in the Floyd County area. Candidates must possess good communication & writing skills. Also must be able to pass criminal background check, drug screen, must have license. All training will be provided with 1 week paid vacation and Please bonuses. call 606-946-2078 or fax resume to

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606-946-9225.

Johns of Prestonsburg. Call 606-886-2800.

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Post office Now Hiring! Avg pay \$20/hr, \$57k/yr, incl Fed ben, OT. Placed by ADSOURCE not affiliated w/ USPS who hires. Call 1-866-668-5257.

Community Connections is hiring for a Direct Care Providers for the Pikeville area. Paid training, no experience necessary. A criminal background check is required for position. Apply in person at Community Connections 4663 US 23 South Ivel, Ky 41602. Phone Number 606-874-

Miller Bros. Coal, LLC is seeking qualified applicants for the position of Surface Mine Planning Engineer.

1900.

Mining Engineering degree and experirequired. ence Competitive salary and benefits pack-Interested applicants should

send their resume in confidence to 1801 Watergap Rd Prestonsburg ky 41653.Phone inquiries accepted. 100 Workers need-

Assemble ed. crafts, wood items. \$480/wk. Materials provided. Free information Pkg 24 Hr. 428-4649.

HELP WANTED Majeure, responsidependable adult female to provide part time in home are for elderfemale. References required. No smokplease. Interested parties 1-859-533-

unfinished homemade house was taken from a carport in Prestonsburg. The house is about 3

feet tall; colors are brown, tan and yellow. A 74 yr old was building it with his for his grandchildren. Its return would be greatly appreciated. If you hear anything or see this doll house, please call 886-1010 and give the information. You will be rewarded for the

For sale: Eight pair of American Eagle jeans & 3 pair of Levis Jeans. All jeans approximately 2- 3 times only. They were purchased a few months ago. Size 34 x 30. \$10 each or all of them for \$100. If interested 226-5345. Leave message if

NEEDED: time house cleaner. Must be animal friendly. 9 miles outside Prestosnburg. Toward Salyersville. Call 606-886-8761.

no answer.

Sale or lease

Office space for rent. 3,000 aq ft, 2 bath. 10 individual rooms suitable for professional office. Call 794-6204 for more information. Located on 1320 North Lake Drive, Prestonsburg, Ky. Downtown

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1 BR, apartment for rent. Utilities & Appliances nished. Located between Prestonsburg No Painstville. pets. No parting. \$525 per month \$250 deposit. Call 791-6016.

2 Br, townhouse for

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in the Area.

miles from House for rent. Prestonsburg. Located at 239 Hardwood flooring Francis Court, Prestonsburg. 2 br, with all amenities. . No HUD accepted. Call 358-9483 or 794-9484.

APT FOR RENT Branham height Apt Wheelright KY, is now accepting applications for one bedroom Handicap accessible Apt. rent is income. Contact Ashely. 452-4777

rent. Located on 4

Houses

2 full baths. \$500 mth plus utilities. Call 886-6362.

For rent- 3 br house located 3 miles from downtown Prestonsburg on Stephens Br/ Cliff Rd. \$600 month plus utilities.No inside pets and no smoking. For information call 367-1047 or 606-886-2416 .after 7

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#### HIGHLANDS EREGIONAL

The Medical Center of Eastern Kentucky.

Come grow with us !!

Highlands, a growing premier healthcare facility in Prestonsburg, is currently recruiting for a

**Director Medical-Surgical Services Full-Time** 

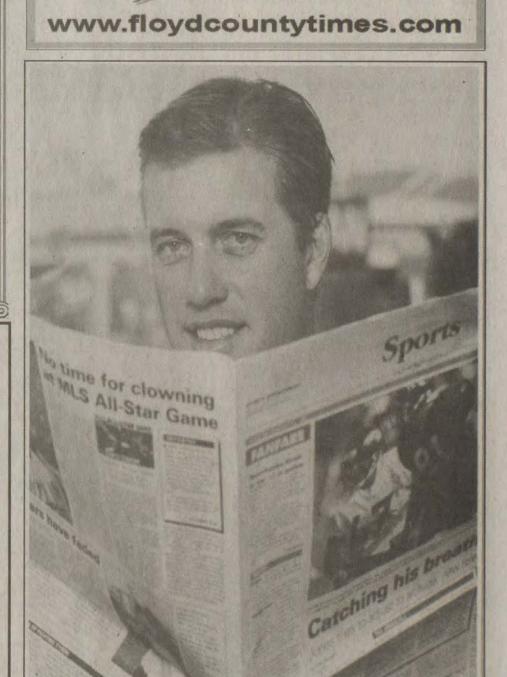
The ideal candidate will be responsible for implementing the organizational and the departmental mission, vision, and goals. Under the director of the Vice President of Patient Care, the Director assures service development, personnel management, and resource allocation and control in order to support and enhance patient care on the Med/Surg Units of Second and Fourth Floor. Administrative responsibilities include: annual work plan development, budget preparation, performance reviews, performance improvement programs, professional development programs for staff, and preparation and maintenance of regulatory requirements, such as JCAHO, OSHA, etc.

Graduate of accredited nursing program with current Kentucky license, BSN required, MSN/MS preferred. Three years experience in administrative management role preferred. Specialty certification as a Nurse Executive preferred.

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Interested applicants may apply to the **Human Resources Department Highlands Regional Medical Center** 5000 Kentucky Route 321, Prestonsburg, Ky 41653 (606) 886-7531 • Fax (606) 886-7534 E-Mail: tclark@hrmc.org

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> NOTICE OF INTENTION TO MINE Pursuant to Application Number 836-0342 NW

In accordance with KRS 350.055. notice is hereby given that Frasure Creek Mining, LLC, 4978 Teays Valley Road, Scott Depot. 25560. (304) WV 204-1455 applied for a permit for a surface coal mining and reclaoperation mation located 1.7 miles northeast of Hippo, Kentucky in Floyd The pro-County. immediate posed operation will disturb 373.34 surface acres and will ages! Call for an underlie 4.92 acres,

boundary will be Litsey, 378.31 acres.The proposed operation Brenda is approximately 0.8 Adrian miles south from KY 1210 junction with Marie Alum Lick Road and located 0.2 miles Bradley southwest of Caney Creek.The pro-Bradley, posed operation is Bradley, located on the Bradley, Martin USGS 7 1/2 minute quadrangle Silveus, map. The operation Silveus, will use the moun-Peggy taintop removal and auger methods of surface mining. The Edward surface area to be disturbed is owned George Thornsbury, et. al, Evie Thornsbury, et. Shade and Patricia K. Pitts, Lou Ellen Pitts, et. al., Big Branch Holding Company, LLC, Damron, Ousley. Danny Rosie Reffitt, Craig

Ousley, et. al, Betty

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within the permit Litsey,

Gordon Ousley, Bradley, James and Rose Bradley, Ronald and Jackie Sally R. Kessie, Charles E. Abby Adam Bradley, Johanna L. Kenneth Earl and Stephens and Sianna Risner, Mont Ousley Heirs, Sadie Shepherd, J.T. and Anna Lea Thornsbury, Phyllis Reffett, Glen Hurd-Estate, Curt and Anna Howard and Harrison D. Reffet. The operation will underlie land owned Patricia K. Pitts, Lou ence Big Branch Holding days

Charles Mont Ousley Heirs The application Ousley, Donald and has been filed for public inspection at the Department for Surface Reclamation and Enforcement's Prestonsburg Regional Office 3140 South Lake Drive, Suite 6 Prestonsburg, KY 41653. 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. This is the final

advertisement comments, objections, or requests Shade and for a permit confermust Ellen Pitts, et. al., received within 30 of today's Company, LLC and date.



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