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Deputies discover meth lab in trailer park

by SHELDON COMPTON
STAFF WRITER

PRICE — Members of the Floyd County Sheriff's Department busted up a residential meth lab early yesterday morning and arrested two suspects they believe were responsible for attempting to maintain it.

Jeffery M. Williams, 19, and Brent Tyler Breedlove, 20, both residents of Hamilton's Trailer Lot in Price, were arrested under the direction of Floyd County Sheriff John K. Blackburn at approximately 3:30 a.m. Thursday after police discovered meth cooking

in the bathroom of the trailer the two shared.

"While serving court papers at a mobile home park residence in Price, Lt. Gary Tackett and Sgt. Delmas Johnson noticed a strong odor of what they thought to be meth emitting from the residence," Blackburn said. "Returning shortly with an investigative team and gaining entry into the home, a meth lab was discovered cooking in the bathroom of the residence."

Both Williams and Breedlove were arrested on 13 charges, including man-

(See METH, page five)



Sheriff's Department officers arrested two Price residents early Thursday morning after discovering a meth production setup under a sink in the bathroom of their residence.

HIGH BAS

—page B1

briefs



Carrie Jo Woods

Doctor's employee arrested

by SHELDON COMPTON
STAFF WRITER

ASHLAND — A Louisa woman was arrested earlier this week after police charged her with more than 70 counts of forging prescriptions to obtain controlled substances.

Carrie Jo Woods, 29, was taken into custody by state police following an investigation spanning half a year.

The investigation into Woods began in July of last year when police received a call from D. Pramit Bhasin in reference to a report that the 29-year-old had been filling forged prescrip-

(See DRUGS, page five)

A NEW START



photo by Sheldon Compton

Gary Little Jr. was one of 11 inmates graduating from drug programs at the Floyd County Detention Center Thursday afternoon. Pictured from left to right are WestCare counselor Paula Johnson, Floyd County Judge-Executive R.D. "Doc" Marshall, Little, Floyd County Jailor Roger Webb and Lifeline counselors Shirley Combs and Tommy Nelson.

Jail drug program funded through 2010

by SHELDON COMPTON
STAFF WRITER

PRESTONSBURG — Several inmates graduated from substance abuse programs at the Floyd County Detention Center Thursday afternoon, a trend that will continue through funding that has been secured through 2010, said Jailor Roger Webb.

"This is something that is educational for their future abstinence from drug abuse," Webb said of the four inmates finishing a six-month program provided by WestCare pilot program director Paula Johnson and an additional seven inmates who graduated from a 12-week program instructed by Tommy Nelson.

Webb said there is a clear need for substance abuse programs that becomes apparent with even a cursory glance at the statistics over the past year.

Through all of 2008, 155 inmates were housed at the Floyd County Detention Center. Of those, 54 percent were directly connected to drug-related charges. A more alarming statistic reveals that some 95 percent of those inmates were indirectly connected to drug-related

charges. "Substance abuse recovery is a long process and they have to have guidance and instructions along the highway to accomplishing abstinence from drugs," Webb said. "The longer we can keep a person in the program, the more successful that person will be."

The program will be secure through 2010 with \$276,000 in funding, according to Webb.

Johnson said that since beginning in 2006, 81 inmates have taken part in the program.

"We target state inmates that have a history of substance abuse or have been convicted of a drug-related charge," Johnson said just before Thursday's graduation. "The program has been very successful and state officials hope to expand them throughout the state to at least reach more regional jails."

Johnson is one of only two directors of pilot programs in the state. The other is in neighboring Pike County.

And during a time when overcrowded jails are a statewide concern, the program, along with other alternatives, serves a dual purpose in helping lessen that

load, according to Webb.

"Without the cooperation of our judges and prosecutors and public defenders looking into these matters of early release and home incarceration, our jail would probably be looking at housing 200 inmates a day here with only 102 beds," Webb said.

Johnson agrees, saying jails are currently "backed up with people who need treatment."

There are currently 14 programs such as WestCare's across the state, with the two pilot programs in Floyd and Pike under way to gauge the success rate for plans to expand that number.

And concentrating on treating inmates struggling with substance abuse will not only help those individuals in their personal lives, but will also translate to less crime, according to Webb.

"Drug and alcohol abuse is a disease, not a crime," said Webb. "And that disease leads to the crime."

Those graduating Thursday included Jessie Tackett, Gary Little Jr., Jeremy Bryant, Carl Lackey, Brittany Spurlock, Angela Ritchie, Tony Baril, Michael Brooks, Ricky Yates, Rodney Scott and Jason Osborne.

Mine fined for 'reckless' violation

by SHELDON COMPTON
STAFF WRITER

WHITESBURG — A Letcher County coal mine has been issued a civil penalty for failing to follow an approved roof control plan.

CSA Mining's Number 2 Mine located in Whitesburg is now facing a fine of \$147,300 for what the U.S. Department of Labor has described as "a flagrant violation" they say could have led to a collapsed roof at that location.

"Roof collapses in underground coal mines are a leading cause of serious injury and death," said Richard E. Stickler, acting assistant secretary of labor for mine safety and health. "It is unacceptable that a mine operator would cut corners on safety measures set up to maintain roof control."

On July 7, Mine Safety and Health Administration (MSHA) inspectors issued the mine operator an "unwarrantable failure order" for a "reckless disregard" to comply with approved plans for roof control.

Specifically, the citation pointed out that although the plan stipulated that roof bolts be at least 60 inches, the bolts at CSA's Letcher mine were "altered" to 36 inches. These bolts were installed for primary support, federal officials said.

In addition, 24 of the 62 altered roof bolts were also not properly installed, said Department of Labor spokesperson Amy Louviere in a statement issued

(See MINE, page five)

Blasting to cause delays on Mountain Parkway

JACKSON — Beginning Monday, Jan. 19, motorists using the Mountain Parkway in Wolfe County can expect delays for blasting near the bridge crossing Swift Camp Creek and Bear Branch Road. The blasting area is located at milepoint 43.7, in the vicinity of Campton Lake.

Periods of blasting will take place intermittently for several days, weather permitting, beginning Monday. The road will be closed during blasting operations and traffic in both directions will be stopped. Bear Branch Road is already closed due to the construction.

The blasting is part of an ongoing project to widen the Mountain Parkway to four lanes between Exit 43 and Exit 46. Specifically, the blasting is for

(See PARKWAY, page five)

2 DAY FORECAST

Today



Mostly sunny

High: 17 • Low: 3

Tomorrow



Some showers

High: 58 • Low: 32

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

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Obituaries

Harvey Caudill Jr.

Harvey Caudill Jr., 66, of Mt. Sterling, died Monday morning, January 12, 2009, at UK Chandler Medical Center.

He was born November 14, 1942, in Floyd County, the son of the late Harvey Caudill Sr. and Rebecca McGuire Steele.

Survivors include a daughter, Brenda Coots of Dalton, Georgia, and two grandchildren, and two great-grandchildren.

In addition to his parents, he was preceded in death by a son, Bobby Caudill; two brothers: Vigus and Clyde Steele; and two sisters: Ruby Steele and Mildred Nelson.

Memorial services will be held Sunday morning, January 18, at 10 a.m., at the Little Ella United Baptist Church, located on Hwy. 1050 in Jeffersonville.

Arrangements, under the direct care of Coffman Mortuary Parlor, Mt. Sterling.

(Paid obituary)

□□□

Solomon Caudill Jr.

Solomon Caudill Jr. age 60, of Martin, passed away

Tuesday, January 13, 2009, in the Cabell-Huntington Hospital following an extended illness.

He was born July 19, 1948, in Martin, the son of Mary Magdalene Hale Caudill of Martin, and the late Solomon Caudill.

He was a former coal miner; a member of the Fitzpatrick Baptist Church; and a former board member of the Maytown Volunteer Fire Department.

Survivors, in addition to his mother, Mary Magdalene Hale Caudill of Martin include his wife, Noris Ann George Caudill; his daughters, Victoria Ann (Tim) Reynolds of London, and Tabatha Lynn Caudill of Richmond; a sister, Linda Margaret Caudill of Martin; and two who were like brothers, John David Caudill and Bobby Caudill; and two grandchildren: Lycin Marigrace Caudill and Shyla Rynnea Reynolds.

Funeral services will be held Saturday, January 17, at 3:00 p.m., in the Hall Funeral Home Chapel in Martin, with Tommy Reed and Bob Varney officiating.

Burial will be in the Hale

Family Cemetery, in Martin, under the professional care of Hall Funeral Home.

Visitation is at Hall Funeral Home.

(Paid obituary)

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Nolene McGuire Hatfield

Nolene McGuire Hatfield, age 83, of Jackson, Ohio, passed away peacefully, surrounded by her family, on Monday, January 12, 2008, at Holzer Medical Center of Jackson.

She was born in Prestonsburg, to a family of modest means on August 20, 1925.

Her mother, Mary, died when she was a child, and she was adopted by her grandparents, Betty and Henry McGuire.

Despite her modest circumstances, Nolene pursued education strongly, and was awarded degrees by Pikeville College and Ohio University.

She pursued a career in elementary education, was principal of an elementary school for a time, and then ultimately specialized as a teacher of

children with special needs.

During her teaching career, she amassed a vast collection of colorful earrings, most costing less than 25 cents, received as gifts from her special needs students. She wore every single one of them in careful rotation, to make each child feel special and appreciated.

After retiring from her teaching career, she worked tirelessly for the Disabled American Veterans, serving as the commander of the DAV Auxiliary, Jackson Post, for several years. She was also active in politics, and was named Democratic Woman of the Year by the governor in 1980.

In addition to her parents, she was preceded in death by her husband, Frank Hatfield; two stepchildren: Juanita Haley and Marion Hatfield; four siblings, Betty Jean McGuire, Loraine Calhoun, James Palmer McGuire and Thomas Pigman Jr.

She is survived by three daughters: Sarah DeRossett, (Rodney Alsup), Betty Jo DeRossett, (Frank Heisel) and Lynn Orsborn (Mary Warren); two grandchildren:

Craig and Chontelle Kight, and two great-grandchildren: Cole and Nolan Kight.

She will be remembered by her family and friends as a generous and loyal mother, grandmother, sister, friend, neighbor and teacher.

Funeral services were held at Eisnaugle-Lewis Funeral Home on Thursday, January 15, at 1:00 p.m., with interment in the Oak Hill Cemetery.

Visitation was at the funeral home on Wednesday, from 4 to 8 p.m.

Online condolences to www.e-k-lewisfuneral.com

(Paid obituary)

□□□

Ralph Hill

Ralph Hill, 57, of Deane, died Sunday, January 11, 2009, at the UK Hospital, in Lexington.

Born January 30, 1951, in Wheelwright, he was the son of Aggie Johnson Hill and the late Grover Hill. He was a disabled factory worker.

He is survived by his wife, Pauline Bryant Hill.

Other survivors include two sons: Ralph Wade Hill, and

Floyd Scott Hill, both of Hunt, Indiana; three stepsons: Chuck Beady of Hunt, Indiana, Gary Dwayne Bryant of Martin County, and Ronnie Schaner of Indianapolis, Indiana; a daughter, Kitty Hill of Hunt, Indiana; a stepdaughter, Tina Renee Hay of Deane; five brothers: Ray Hill, Earl Hill, and Richard Hill, all of Wheelwright, George Hill of Weeksbury, and Johnny Hill of Burn, Indiana; two sisters: Edna Johnson and Helen Hill, both of Melvin; and six step-grandchildren.

In addition to his father, he was preceded in death by a brother, Don Hill.

Funeral services will be held Wednesday, January 14, at 11 a.m., at the Joppa Old Regular Baptist Church, in Melvin, with ministers of the Old Regular Baptist Church officiating.

Burial will be in Buckingham Cemetery, in Bevinville, under the direction of Nelson-Frazier Funeral Home, Martin.

Visitation was at the church.

(Paid obituary)

AG settles with Dell, Dell Financial Systems over customer service issues

FRANKFORT — Attorney General Jack Conway, along with the attorneys general of 33 other states, announced this week an agreement with Dell Inc. and its subsidiary, Dell Financial Services LLC, resolving an investigation into financing promotions, rebate offers, technical support and repair policies.

Under the agreement filed in Franklin Circuit Court, Dell and Dell Financial Services admit no wrongdoing but agree to pay \$1.5 million in restitution to eligible consumers who file claims postmarked by April 13. Dell will also pay an additional \$1.85 million to the states for reimbursement of legal costs and other expenses, of which Kentucky will receive

\$46,667. Dell cooperated fully with the attorneys general during their investigation.

"This agreement will provide restitution to consumers who were promised one price and charged another and it will ensure that Dell delivers on promises to provide quality customer service," General Conway said. "The agreement also requires prompt distribution of promised rebates and timely disclosures to customers about their computer purchase financing, so they will know the exact terms of the deal."

The multistate investigation looked into Dell's sales practices after customers complained about an array of issues. Some applied for zero-percent financing, then were

charged higher interest rates. Others had trouble obtaining warranty service on their Dell computers, or said they never received promised rebates.

Under the settlement, Dell agreed to the following:

FINANCING AND CREDIT OFFERS

■ Clearly inform customers about the terms of credit offers, and that applying for credit does not guarantee qualification for a financing promotion.

■ Clearly disclose at the time of approval for financing a purchase, whether the customer qualified for a financing promotion and that the customer has a three-day right to cancel the order.

■ Set up procedures for

making timely refunds and credits on returned items.

WARRANTIES AND SERVICES

■ Tell customers whether telephone troubleshooting or remote diagnosis is required before they can get on-site or warranty service.

■ Take care of warranty work within 30 days of a warranty claim.

REBATES

Give customers all required rebate documentation at the time of delivery or providing the service, and pay rebates on time (either by the time shown in the rebate offer, or 30 days if no time is specified).

ADDITIONAL PROCEDURES AND POLICIES

■ Quickly respond to the states when they forward customer complaints to Dell, and keep records of those complaints for three years.

■ Substantiate claims Dell makes about the quality of customer service (such as "award-winning").

The following states participated in the settlement: Arizona, Arkansas, California, Connecticut, Delaware, Florida, Illinois, Iowa, Kentucky, Louisiana, Maine, Maryland, Massachusetts, Michigan, Mississippi, Missouri, Montana, Nebraska, Nevada, New Mexico, North Carolina, Ohio, Oklahoma, Oregon, Pennsylvania, Rhode Island, South Carolina, South Dakota, Tennessee, Utah, Washington, West Virginia, Vermont, and Wisconsin.

CONSUMER REFUND REQUESTS:

It's not yet known how many consumers in Kentucky or nationwide may be entitled to refunds under the settlement. Consumers may be eligible for refunds only for verifiable out-of-pocket losses on issues covered by the agreement (financing promotions, rebates, and warranty service concerning a product or service bought between April 1, 2005, and April 13, 2009.)

The deadline to submit claims is April 13, 2009. Claims not postmarked by April 13, 2009, will not be eligible. The amount of money issued to individual consumers depends on the number of eligible recipients and the total amount claimed.

Kentucky residents may download a claim form at <http://www.ag.ky.gov/dell> or may call 1-888-432-9257 to request a claim form by mail.

UK helps improve life in Floyd County

LEXINGTON — Residents of Floyd County may not realize the ways the University of Kentucky continually touches their lives, by providing education to 112 young Floyd Countians in the 2008-09 academic year, assisting business people, advising homemakers and agricultural enterprises and offering guidance on health care.

UK's 2008-09 academic year began with 11 Floyd County freshmen, 13 sophomores, 13 juniors and 36 seniors attending classes, along with 39 others pursuing graduate degrees or professional degrees in nursing, medicine, pharmacy and law.

Meanwhile, Floyd Countians already entrust vital parts of their lives to professionals who learned their skills at UK. The county has 36 lawyers, 29 nurses, 11 physicians, 34 pharmacists and 17 dentists who earned their degrees at UK.

And UK's impact promises to continue far into the future, as UK launches more research programs and economic development initiatives designed to improve prosperity and the quality of life of for every Kentuckian.

"The University of Kentucky takes great pride in knowing it is the Commonwealth's flagship, land-grant university," said UK President Lee T. Todd Jr.

"With that title comes the responsibility of making sure Kentuckians in all 120 counties feel the impact of UK's education, research and outreach. Our Top 20 mandate did not call on UK to become a leading American university for the sake of rankings and statistics; it challenged us to help change conditions in every corner of the Commonwealth. And we remain committed to doing just that."

"The federal research dollars that UK brings to the state has a large direct impact on the state economy. However, these research dollars are only a small part of the total impact UK has on the state," said Ken Troske, director of the UK Center for Business and Economic Research.

For instance, Floyd County boasts 1,477 alumni of UK, but the university's impact stretches beyond those who have studied in its classrooms by assisting regional and local economic development efforts.

"The education students receive from UK turns them into more productive workers and citizens," Troske said. "In turn these students help raise the wages of other workers in the state; are less likely to commit crimes; are healthier; and are more informed participants in the political process. All Kentuckians benefit direct-

ly from UK, even those who never set foot on campus."

Meanwhile, more than 350,000 patients relied on the UK Chandler Medical Center, which includes the UK Chandler Hospital, the Kentucky Clinics and the Kentucky Children's Hospital - for their health care in the fiscal year that ended June 30, including 6,934 patient visits by Floyd County residents.


In Floyd County, local residents consulted with UK Cooperative Extension agents Heather Nelson, Ray Tackett and Theresa Scott on a broad range of issues, providing information on medical issues, healthy recipes, household budgeting, and weather precautions important to both farmers and homeowners. Across Kentucky, families using this service — the nation's third largest Extension service — reduced their health care costs by \$24 million. Meanwhile, farmers saw their revenues rise by \$25 million.

Business people in Floyd County obtained information 10 times about better methods of improving competitiveness. The advice offered by consultants of UK's Kentucky Small Business Development Centers (KSBDC) resulted in an average annual increase of sales by its clients of nearly \$546,329. Statewide, KSBDC's services helped gen-

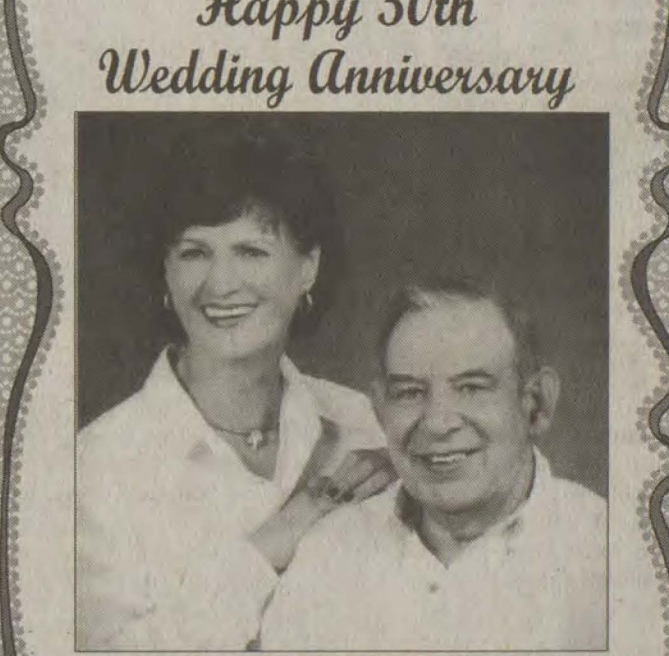
erate more than \$92.6 million in sales and helped create 806 jobs and save 295 others.

Floyd County's men and women who work in area manufacturing plants may have benefited from increased job opportunities created by improved efficiency and productivity resulting from the consulting services of UK's Industrial Extension Service. This program, and UK's Center for Manufacturing, advises nearly 320 companies a year on ways to heighten profitable operations, and most of these companies are in Kentucky.

UK's future economic impact also will extend into Floyd County, as coming generations seek their degrees both on the campus in Lexington and on the Internet via Kentucky's Commonwealth Virtual University. Better earnings, a more educated work force and a higher tax base — the evidence of real prosperity — can be expected.



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For the Record

Marriage Licenses

Britta Ann Spurlock, 21, of Lexington, to Kristopher Mikel Branham, 30, of Lexington.

Emily M. Miracle, 33, of Ivel, to Kenneth D. Charles, 36, of Pikeville.

Samantha Kay Vance, 20, of Hi Hat, to Joseph Cory Slone, 19, of Hi Hat.

Michele Renea Barnett, 33, of Wheelwright, to Harold Kent Mullins, 49, of Wecksbury.

Civil Suits Filed

McDowell ARH vs. Joseph Bakay; complaint.

Walter Mortgage Company vs. Eugenia L. Crider; complaint.

Asset Acceptance LLC vs. Garland Case; complaint.

Jonathan Sizemore vs. Michael Darnell; complaint.

Chase Home Finance LLC vs. Daniel Raines; complaint.

April Ratliff vs. Tony Ratliff; petition for healthcare insurance.

Ky. Foster Care vs. Vicky Hall; petition for healthcare insurance.

Tracey Ellis vs. William H. Garrett Jr.; divorce.

Timmy Bryant vs. Bredeanna Conn; motion for change of venue.

Bank of New York, Mellon

Trust Company vs. Teresa Shepherd; complaint.

Leah Groce vs. Amanda Wheeler; petition for custody.

Maryann Hall vs. Lance Hall; divorce.

Jessica Sparkman vs. Virginia A. Sloan; complaint.

Angelina Lockridge vs. Jeremy Lockridge; petition for healthcare insurance.

Sabrina Johnson vs. Darrin Johnson; divorce.

Charges Filed

Eric S. Risner, 32, East Point; public intoxication, possession of a controlled substance, prescription in improper container.

Calch J. Hall, 20, Mousie; theft by unlawful taking.

Darvin Cole, 26, Salyersville; operating a motor vehicle under the influence of alcohol or drugs, criminal littering.

Michael Morrison, 26, Salyersville; alcohol intoxication.

James Neal Sisco, 34, Meally; public intoxication.

Laura Beth Hall, 26, Beaver; alcohol intoxication, criminal trespassing.

Brittany Story, 20, Beaver; possession of marijuana.

Sandra Johnson, 35, Teaberry; failure to send child to school.

Patricia Adkins, 65, Harold; failure to send child to school.

Jeanne Blackburn, 35, Dana; failure to send child to school.

Missy Lynn Mullins, 34, Honaker; cruelty to animals.

Rita Cole Prater, 44, Martin; harassment.

Michael C. Mullins, 45, Honaker; cruelty to animals.

Dustin Shaun Brown, 26, Garrett; contempt of court/violating an emergency protection order.

Megan E. Little, 22, Lexington; alcohol intoxication.

Dana S. Rapley, 21, Grant Pass, Ore.; alcohol intoxication.

Allan S. Perry IV, 21, Florence; alcohol intoxication, theft by unlawful taking, criminal trespassing.

Brandon L. Endicott, 26, Prestonsburg; fourth-degree assault.

Thomas M. Brown, 20, Prestonsburg; theft by unlawful taking.

Howard T. Lemaster, 35, Paintsville; three counts theft by unlawful taking, giving officer false name or address, forgery.

Lily Goodman, age not listed, Findlay, Ohio; theft by unlawful taking.

Jason Chaffins, 23,

Hindman; two counts receiving stolen property, fleeing or evading police, public intoxication.

Matthew Lee Ritchie, 25, Garrett; two counts receiving stolen property.

Dennis Henson, 31, Hueysville; first-degree wanton endangerment, second-degree assault.

Tracy Owens, 41, Garrett; no tail lamps, no or expired registration receipt, operating a motor vehicle while under the influence of alcohol or drugs.

Inspections

Wayland Senior Citizens, Wayland, regular inspection. Violations noted: food contact surface of equipment and utensils not clean, improper storage of clean equipment and utensils, improper handling of clean equipment and utensils, improper storage of single-service articles, improper dispensing of single-service articles. Score: 96.

Big Lots, Prestonsburg, regular inspection. Violations noted: toilet room doors not self-closing. Score: 98.

Family Dollar Stores, Prestonsburg, regular inspection. Violations noted: none. Score: 100.

Hardee's, Prestonsburg, regular inspection. Violations noted: cloths used for food and non food contact surfaces not stored and rinsed frequently in water sanitizing solution, food contact surface of equipment and utensils not clean, floors not drained properly, floors not clean, floors not in good repair, light fixtures not shielded as required. Score: 95.

Taco Bell, Prestonsburg, regular inspection. Violations noted: food not protected during preparation, food not protected during storage, sanitary towel or hand drying device not provided at lavatory or handwashing sink, floors not in good repair, floors not clean, walls, ceiling, attached equipment not in good repair. Score: 94.

Saint Joseph Hospital,

Martin, regular inspection. Violations noted: food contact surface of equipment and utensils not clean, walls, ceiling, attached equipment not clean. Score: 97.

McGuire Trailer Park, Prestonsburg, regular inspection. Violations noted: lots not numbered systematically, 15-foot setback not maintained, small amount of debris found around park. Score: 94.

Hyden's Mobile Home Park, Prestonsburg, regular inspection. Violations noted: lots not numbered systematically, 15-foot setback not maintained. Score: 96.

McDonald's, Martin, regular inspection. Violations noted: cloths used for food and non food contact surfaces not stored and rinsed frequently in water sanitizing solution, floors not clean. Score: 98.

Property Transfers

Amanda Gail Adkins to Dorsia Little and Jack Little, property located at Dana.

Phillip Adkins to Dorsia Little and Jack Little, property located at Dana.

Deannie Castle to Brenda Gail Biliter, property located at Prater Creek.

Marlene Castle to Brenda Gail Biliter, property located at Prater Creek.

Christian Church of Jesus Christ to Floyd Skeans, property located at Elkhorn.

Dawn Renee Compton to Estill Compton, property located at Middle Creek.

Henry Edward Compton to Estill Compton, property located at Middle Creek.

Tammy Hamilton to Bertha Hamilton and Ledis Hamilton, property not listed.

Wilburn Hamilton to Bertha Hamilton and Ledis Hamilton, property not listed.

Dolly Hughes to Ricky B. Hughes, property at Buckeye Branch.

Oliver Hughes to Ricky B. Hughes, property at Buckeye Branch.

Barbara Sword to Brenda Gail Biliter, property located at Prater Creek.

PBH introduces high-def endoscopy from Olympus

PAINTSVILLE — High-definition television (HDTV) is making its way from the living room to the hospital room. Now, Paul B. Hall Regional Medical Center (PBH) is among the first hospitals in Eastern Kentucky to introduce the technology as part of a new endoscope platform to help doctors diagnose diseases in the upper and lower gastrointestinal tract, including Barrett's esophagus. Colorectal cancer (CRC) is the second leading cause of cancer-related deaths for men and women combined in the U.S.

Compared to conventional systems, high-definition endoscopy, combined with Narrow Band Imaging, provides doctors with sharper images and better contrast, which in turn may help them to better detect bleeding and lesions during examinations when using the wide-angle colonoscope, gastrocscope, and bronchoscope. As a result, patients may receive more accurate diagnoses. The new system can also shorten procedure times for patients.

Dr. Milot Faria, FACS, FRCS, is one of the doctors at Paul B. Hall who already uses the new endoscope platform, the world's first to deliver both HDTV and Narrow Band Imaging (NBI) technologies. Called EVIS EXERA II(tm), the 180 series from Olympus provides doctors with enhanced observation capabilities, and has been shown to reduce overall procedure time when used with a new wide-angle scope offered

as part of the 180 series.

"The Evis Exera II is one of the most efficient and innovative medical technologies to be offered to surgeons in recent years," said Dr. Faria. "High definition endoscopy has proven to be of remarkable assistance in colorectal diagnosis among others."

The HDTV signal from the endoscope platform's video processor is designed to produce an impressive 1080 lines of resolution, more than twice the number of scan lines used by conventional systems, offering doctors breathtaking images of the colon with a high level of detail and color. NBI is a new image processing technique which takes advantage of the scattering and absorption properties of human tissue, thereby improving visual contrast on mucosal surfaces during endoscopic observation of the GI tract.

The result is remarkably clear views of anatomical structures and fine capillary patterns of mucous membranes, which are normally difficult to distinguish.

The American Cancer Society (ACS) projects that colon and rectal cancer will kill 55,170 Americans this year. The ACS also points out that the 5-year survival rate for people whose CRC is treated in an early stage, before it has spread, is greater than 90%.

The ACS recommends that beginning at age 50, both men and women should be screened for colon and rectal cancer. People with CRC risk factors, such as a personal history of CRC or adenomatous polyps or a strong family history of CRC or polyps, should talk to their doctor about starting CRC screening earlier and/or undergoing screening more often.

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Cinema 5—Starts Friday, Jan. 16
PAUL BLART: MALL COP (PG). Mon-Sun. 7:10-9:20; Fri. (4:20) 7:10-9:20; Sat-Sun. (2:10-4:20) 7:10-9:20.

Cinema 6—Held Over
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—Held Over
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. 16
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Cinema 9—Held Over
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 10—Held Over
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Viewpoint

Amendment 1

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

Worth Repeating ...

I passionately hate the idea of being with it, I think an artist has always to be out of step with his time.

— Orson Welles

Guest View

Outsmarted

It was not lost on anyone that the president-elect of the United States, riding the crest of his popularity, and the Democratic leadership of the U.S. Senate were outsmarted last week by a state politician who won his last election almost 20 years ago.

When and if Roland Burris claims the Senate seat from Illinois formerly occupied by Barack Obama, it will represent the greatest climb-down by an incoming president since Sam Nunn turned Bill Clinton around on the issue of gays in the military at the start of Clinton's first term.

Fortunately for Obama, the voters are much more concerned with the economy and Obama's effort to fix it than they are with the infighting over the Illinois Senate seat.

But politicians keep score on each other all the time. And, after a near-perfect month of transition operations, Obama has stumbled twice in two weeks, first being caught unaware by the investigation of New Mexico Gov. Bill Richardson, his choice for commerce secretary, and then being outmaneuvered by Burris and his tawdry sponsor, Illinois Gov. Rod Blagojevich.

There are lessons for Obama in both incidents, starting with the importance of really knowing the other players in the game. Obama has had such a rapid rise in national politics that there are many key figures in both parties he barely has had time to size up.

But Richardson was a familiar fellow traveler on the 2007-08 presidential campaign trail, and Obama should have known that there were reports of a grand jury investigation of pay-for-play in New Mexico.

As for Blagojevich, Obama had to know, from his years in Springfield and Chicago, about the governor's tawdry and ruthless reputation. But Obama seriously underestimated him.

Harry Reid, the Senate majority leader, got all 50 members of his caucus to sign a statement vowing they would never accept a Senate appointee from Blagojevich's tainted hands, after prosecutors had published excerpts of wiretaps in which the governor had salivated obscenely over the way he could cash in on Obama's Senate vacancy.

Obama personally endorsed that hard-line stand against seating anyone "tainted" by Blagojevich, issuing a statement that backed Reid and the others. But Burris was no more impressed than Blagojevich had been.

When the governor called the senators' bluff, Burris launched a public relations blitz on television, insisting that it would be unfair to punish him for the governor's alleged sins. Ignored for the moment was the fact that Burris had been rejected by the voters in three straight Illinois Democratic gubernatorial races and in one primary for mayor of Chicago. Had the Democratic-controlled Legislature ordered a special election, the odds against Burris would have been enormous.

But Burris' ego is limitless. And it turned out that Reid had, once again, failed to do his homework or line up his votes. When Chicago black congressman Bobby Rush played the race card, questioning why anyone would stand in the way of Burris succeeding Obama as the lone African-American senator, you could feel a wave of anxiety go through Democratic ranks.

Soon, Sen. Dianne Feinstein, D-Calif., the outgoing chairman of the Rules Committee and a potential candidate for California governor next year, publicly called on Reid to relent. The Congressional Black Caucus weighed in on Burris' behalf. By the time Burris sat down with Reid and Majority Whip Dick Durbin of Illinois, the fight was effectively over and Burris was gracious about accepting their surrender. Obama conceded as well, saying that if the Senate seated Burris, "then I'm going to work with Roland Burris just like I work with all the other senators."

Obama justifiably figured that Burris was not worth a knockdown fight when he has so many bigger battles ahead of him. But the lesson that other politicians have drawn is that Obama might not always be able to count on his congressional allies and they may not be able to count on him. That is not the way he wanted to begin.

— *The Indianapolis Star*



Letters

Spend tax money to stop tragic deaths

I've been reading The Floyd County Times for years, and I was reading Friday's paper and I agree that the "solution is long past due."

My two step-children lost their loving mother at the same intersection at Town Branch and U.S. 23 around two months ago. I've tried to sit down and write a letter to the editor time and time again, but my tears fade the ink and I stop writing.

I don't understand why they took our tax dollars to build a bridge on the other side of Town Branch, when they could have spent them on the

other side, whether the money was needed to try to improve the safety of this deadly intersection.

Our tax dollars can't replace our loved ones' lives, but the taxpayers' dollars need to be used in the right way, which is safety to prevent these tragedies from happening again.

Timothy King
Prestonsburg

Guest column

A weight-loss plan for the new administration

by MORGAN DOWNEY

At this time of year, millions of Americans are hoping the new administration will solve our seemingly intractable problems at home and abroad. Millions are also hoping to lose weight in the new year. The two are not unrelated.

Over the past three decades, obesity has increased among all segments of the population, in the United States and abroad. Obesity is now recognized as the fuel behind many major health problems and a significant cause of increasing health care utilization and health care costs.

The efforts of the last eight years have been largely educational: tell people they should lose weight, eat more nutritiously, exercise more and hope. It has not worked. Other than surgery, nothing works very well to lose significant amounts for a long period of time.

If we do not know how to truly prevent obesity or create a long term treatment, what should a new administration do? It should do the next best thing: focus on how to create the conditions where it is more likely than not that we will find effective strategies for prevention and treatment in the future. So here are three ideas for the new administration.

First, the president-elect's no-sweets-heavy-exercise regimen, while admirable, is no substitute for

sound policies. Federal efforts show little outcome because no one is in charge of coordinating research, prevention and treatment of obesity.

Better research is the sine qua non of the future of obesity. Perhaps 90 percent of what we know about obesity has been learned since the discovery of leptin in 1994. Too many people believe that we know everything we need to know about obesity and do not need any more research. That's not true. A great deal is known but there are many more questions than answers. Scientific credibility on issues around body weight is sorely needed. Every hour on television another weight loss program or product is hyped as being based on doctor's advice or scientific study. What can help on both fronts is for the administration to create a National Institute of Obesity Research at the National Institutes of Health. A new entity like this can reenergize researchers on obesity, provide leadership to other federal agencies, states and local governments and provide much needed focus on the social and economic impacts of obesity. Furthermore, a director who is articulate can help lead policymakers and the public away from harmful and dangerous products and keep a focus on developing effective interventions. A National Institute can support research on childhood obesity programs, environmental solutions and be a focus of international efforts.

The NIH bureaucracy opposes "disease specific" research but their interests should not trump the public health needs and the best use of taxpayer dollars.

Second, as part of the health care

reform package, remove the bias against drugs for weight loss in the Medicaid statute and change the exclusion of these drugs under Medicare Part D. There are few fans of pharmaceutical companies in a Democratic Congress and administration and there are even fewer who favor drugs to treat obesity. Nonetheless, there is a huge treatment gap. We do not have the drug treatment options for obesity we have for high cholesterol, hypertension or diabetes. Recently, major pharmaceutical companies have dropped or cut back on their programs to develop drugs for obesity. One reason is that insurance companies will not reimburse for most obesity treatments, including counseling, drugs and surgery. For the pharmaceutical industry, it just does not make economic sense to invest in drugs which were not going to be reimbursed. This is where leadership by Medicaid and Medicare is critical. If these programs support obesity products, private insurance may follow. A National Institute of Obesity Research can help shape clinical trials needed by the FDA and speed the process along.

Third, look to multiply your opportunities. For example, you can use the public works part of the economic stimulus package to construct new gyms in schools, sidewalks, playgrounds, green spaces and biking/walking trails to encourage more physical activity.

Downey is the former executive vice president of The Obesity Society and has worked in obesity advocacy and education for over 10 years.

The Times

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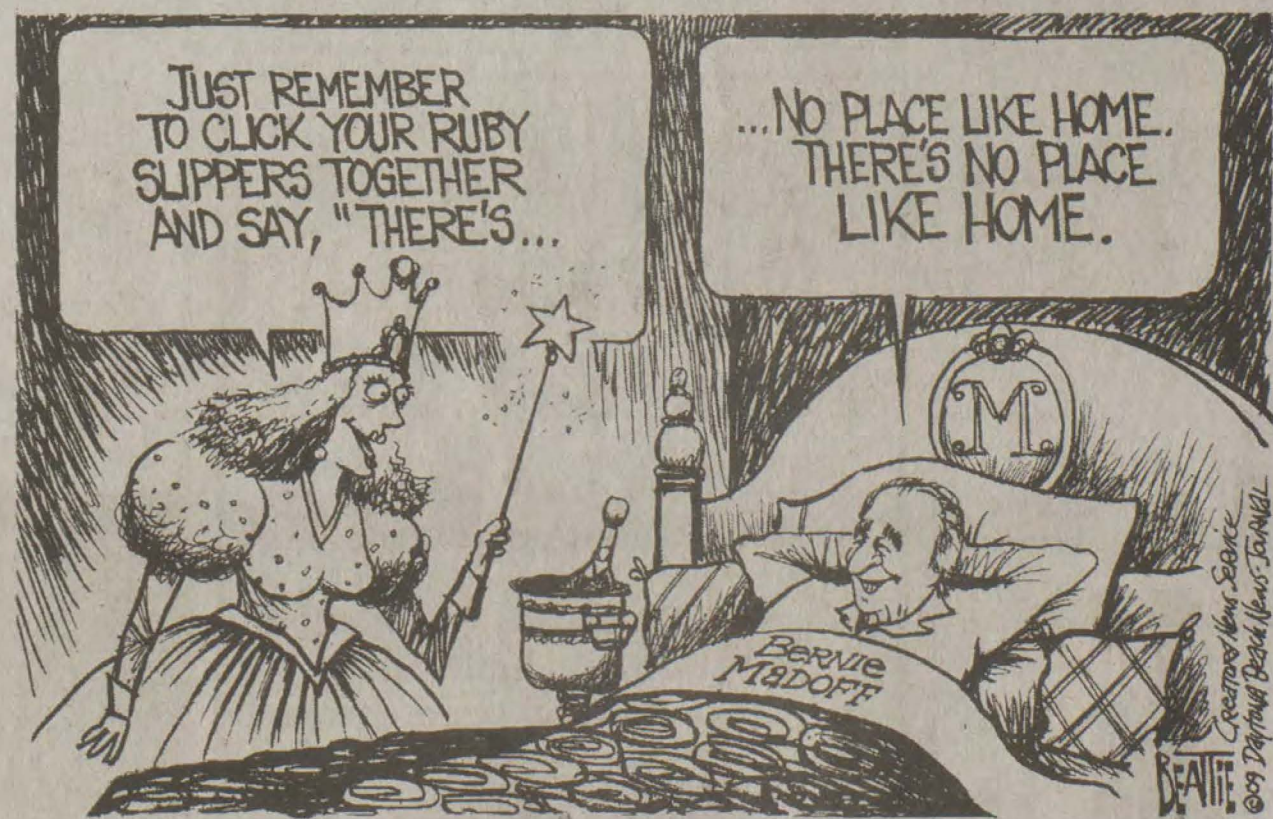
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Governor seeks to shore up unemployment benefits

FRANKFORT — Gov. Steve Beshear Thursday announced the formation of a bipartisan task force to recommend long-term changes to the Unemployment Insurance (UI) Trust Fund to ensure its long-term viability.

Due to the enormous demands of the global economic crisis, Kentucky, like many states, is now depleting

its UI Trust Fund at an accelerated rate. Kentucky now has about \$50 million in the fund, which represents a little more than two weeks of payments on claims. That's down from \$116 million in December and \$175 million in October, a reflection Gov. Beshear said of the rapid decline in the national economy.

Under provisions of the

Social Security Act, the federal government makes funds available to states so that unemployment insurance benefits are not interrupted. As a first step, Gov. Beshear has asked the U.S. Department of Labor to prepare a line of credit that would be made available to Kentucky when the time is appropriate.

"This is merely a short-

term solution to a long-term complex issue," said Gov. Beshear. "By taking this initial step, we can assure those who are eligible for unemployment insurance benefits will continue to receive assistance. No one will see a disruption in their benefits."

"We now must take a hard look at the system to ensure that its components are reflec-

tive of the significant changes the economy has experienced in the past quarter century."

Since 2002, Kentucky has paid out more in unemployment benefits each year than it has taken in through employer contributions. The difference has been made up by drawing down reserves that were accumulated in earlier years in the UI Trust Fund.

To address this challenge, the governor is creating a task force to study the UI system. The group — consisting of employers, employees and members of the General Assembly as chosen by leadership of both houses — will make recommendations to enable the system to generate sufficient funds to temporarily assist displaced workers; provide a cushion for future economic downturns; and treat

employers equitably while positioning them to be competitive with those in other states. Its goal will be to restore the UI system to solvency and stability.

The taskforce will be chaired by Helen Mountjoy, secretary of the Cabinet for Education and Workforce Development. It will begin meeting in February and is expected to have recommendations delivered to Gov. Beshear this summer that may be considered by the legislature in 2010.

"This will not be an easy task," the governor said. "No effective solution can be crafted solely on decreasing employee benefits or on raising employer contributions. Both employers and employees must be part of the solution."

House, Senate budget committees take look at governor's proposal

FRANKFORT — Questions about Governor Steve Beshear's \$475 million plan to balance the current fiscal year's state budget were asked Tuesday of state budget officials by House and Senate budget committee members.

House Appropriations and Revenue Chairman Rep. Rick Rand, D-Bedford, who presided over part of a joint meeting of the House and Senate Appropriations and Revenue committees, asked Acting State Budget Director John Hicks if his office has a contingency plan should no new revenue be available this fiscal year, and what the impact would be. Most of state government—except corrections, Medicaid, state per pupil "SEEK" funds and few other areas—faces 4 percent cuts under the governor's current plan, which includes \$81 million in new revenue that Beshear is asking lawmakers to raise by increasing taxes on tobacco products.

Hicks said state Cabinet secretaries would have to consider what else could be cut, although there is no "concrete

plan" to make more cuts at this time. Hicks said the 4-percent cuts alone will have the impact of 8-percent annual cuts since the reductions are being made mid-year.

"The approach our Cabinets had to take with mid-year reductions is not the most practical," said Hicks, calling options "limited."

Still, lawmakers seem uncertain whether the tax increase will clear the House and Senate. While presiding over a portion of the meeting, Senate Appropriations and Revenue Chairman Sen. Charlie Borders, R-Russell, asked whether Hicks knows of any negative economic impact from the governor's proposed 70-cent increase in the cigarette tax, adding "...at this point in time, I don't hear any discussion in the Senate about raising taxes."

Borders also asked if the administration is moving forward with necessary cuts, "anticipating that the Legislature will be there with you to substantiate those." Hicks said yes.

"There are actions being

taken in order to take the necessary steps to close the spending gap," said Hicks.

Responding to Sen. Robert Stivers, R-Manchester, who had Hicks clarify that the state is not yet behind this fiscal year in terms of revenue growth, Hicks said the state will be in "negative growth" for the fiscal year if forecasted revenues for the remainder of the year are correct.

Gov. Steve Beshear has proposed raising \$81.5 million in new revenue through the proposed 70-cent tax hike on cigarettes, an increase in taxes on other tobacco products and snuff and revenue from floor stock taxes and extra collections as part of his budget plan. The remainder of funds to close the projected spending gap would come from \$147 million in spending cuts—with few exemptions including school per pupil SEEK funding, corrections and Medicaid—fund transfers, 3-day state employee furloughs

and using a portion of the state's budget reserve "rainy day" fund.

Rep. Derrick Graham, D-Frankfort, asked that the administration look at how much money could be saved by eliminating certain contract employees before furloughing state employees. Graham said he believes doing the former could save more than the \$8 million the governor expects to save from furloughs.

"If we are looking at furloughing state employees, we should look at eliminating those contracted employees who we can eliminate," said Graham, adding that the administration should look carefully at the furlough plan before implementing it.

The House and Senate budget committees will meet separately on the governor's proposal over the next two days. Testimony from state agency heads on how their institutions are handling the budget crisis is on each committee's agenda.

Drugs

tions from his office. Woods was an employee of Dr. Bhasin.

Woods was arrested following an investigation led by Kentucky State Police Det. Jim Goble. She was charged

with 77 counts of obtaining a controlled substance by forgery and false statement, and was lodged at the Greenup County Detention Center.

The case remains under investigation by Det. Goble.

Mine

this week.

"A crosscut had been mined to a depth of 25 feet in by the last permanent supports, rather than the approved depth of 20 feet," the statement read. "A roof bolt heading and bearing plate had been sheared, leaving 64 square feet of unsupported roof."

A flagrant violation as

defined by the Department of Labor is "a reckless or repeated failure to make reasonable efforts to eliminate a known violation" that "could have been expected to cause death or serious bodily injury."

Civil penalties of this nature can lead to fines of up to \$220,000 for each violation.

Parkway

Continued from p1

piers for a new bridge to be constructed for Mountain Parkway traffic. The existing bridge will then be demolished and a new one will be built to replace it, enabling four-lane traffic when the project is completed.

During the blasting closures, traffic can detour

through Campton if desired. Eastbound traffic can leave the Mountain Parkway at Exit 43 and follow Spur Route 15 south and Route 191 east, and return at Exit 46. Westbound traffic can use Exit 46 and follow Route 191 west and Spur Route 15 north to re-enter the parkway at Exit 43.

Meth

Continued from p1

ufacturing methamphetamine, possession of a controlled substance, five counts of first-degree wanton endangerment specifying arresting police officers and six additional counts of first-degree wanton endangerment.

According to the arrest citation, issued by Sgt. Steve Montgomery with the Floyd County Sheriff's Department, both suspects had methamphetamine "cooking" in the bathroom of the trailer.

A background check performed following the arrests revealed Williams was also wanted in Noblesville, Ind., on three felony counts of theft.

Following the discovery, a haz-mat team was called to the

residence to remove the dangerous chemical, Blackburn said.

Meth can be made from common household chemicals and products. These ingredients are mixed and "cooked" to make the drug, a process that can create a lethal and volatile environment that has led to numerous explosions in the past several years around the region.

Blackburn has urged anyone who may suspect or have information about a meth lab operation to contact his office at (606) 886-6171. Those who call with information are not required to give their name, Blackburn said.

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New Bethel Assembly of God, Burning Fork Rd., Salsyville; 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.

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Ball Branch Regular Baptist Church, Mousley Ky; Worship Service, 9:30; Every third Sat. and Sun. of each month; Roger Hicks, Pastor; Ralph Howard, Asst. Pastor. Contact Kermit Newsome 606-377-6881 for more information.
Benedict Baptist, Slick Rock Branch, Cow Creek; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Gordon Filch, Minister.
Betsy Layne Free Will Baptist, Betsy Layne; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Tracy Patton, Minister.
Big Sandy Community and Technical College Baptist Student Union, J 102; Wednesday, 11:30 a.m.; Vera Joiner, 886-3863, ext. 67267.
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Brandy Keg Freewill Baptist, Corn Fork; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Roger Music, Minister.
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, Minister.
Daniels Creek Baptist Fellowship Church of God, Banner. Services: Saturday night, 7 p.m.; Sunday morning, 11 a.m.; Sunday night, 7 p.m.; Henry Lewis, Minister.
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Faith Freewill Baptist, 1/4 mile above Worldwide Expt. 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 Howard, Minister.
First Baptist, Prestonsburg, 157 South Front Street; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wed., 6:30 p.m.; Jerry C. Workman, minister.
Fitzpatrick First Baptist, 1063 Big Branch, P.O. Box 410, Prestonsburg, KY 41653; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Pastor Tommy 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 Trusty.
Katy Friend Freewill Baptist, 2 miles up Abbott; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Chad Blair, Pastor.
Lackey Freewill Baptist, Lackey; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Johnny J. Collins, Minister.
Lancer Baptist Church, 71 Cooley St., Prestonsburg, Sunday School, 10:00 a.m. Morning Worship, 11:00 a.m., Evening Worship, 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, Minister.
Ligon Community Freewill Baptist, Ligon Worship Service, Sunday, 11:00 a.m. Thursday, 7 p.m.
Little Rosa Regular Baptist Church of Jesus Christ, (Indian Bottom Association) Services: 1st Saturday & Sunday every 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, Minister.
Maytown First Baptist, Main St., Maytown; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6 p.m.; Bob Varney, Minister.
McDowell First Baptist, McDowell; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6 p.m.; Gene Bracken, Minister.
Middle Creek Baptist, Blue River; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; William L. Hunt, Minister.
Lighthouse Baptist, 2194 KY Rt. 1428, Prestonsburg; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Donald Crisp, Minister. home phone 285-3385
Pleasant Home Baptist, Water Gap Road, Lancer; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Mark Tackett, Pastor.
Prater Creek Baptist, Banner; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; J.B. Hall, Pastor. Phone: (606) 874-3222.
Rock Fork Freewill Baptist; Garrett Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Wendell Crager, Minister.
Rock Fork Regular Baptist, Garrett; Worship Service, 9:30 a.m.; Jerry Manns, Pastor; Willie Crace Jr., Assistant Pastor.

Devotional Spotlight

Spurlock Bible Church
Jim Stephens
Pastor

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

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

Salt Lick United Baptist, Salt Lick, Huesyville; Worship Service, 2nd & 4th Sunday, 10:30 a.m.; Pastor, Allen Chaffins, phone 946-2123.
Sammy Clark Branch Freewill Baptist, Dana; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m.
Stephens Branch Missionary Baptist, Stephens Branch; Sunday Service, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.
The Third Avenue Freewill Baptist; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m. Phillip Ramey, Pastor.
Tom's Creek Freewill Baptist, U.S. 23 (north of Layne Brothers); Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Chuck Ferguson, Minister.
Tom Moore Memorial Freewill Baptist; Cliff Road; Sunday 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, Huesyville; 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 Ferrarri, Minister.

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

CHRISTIAN
First Christian, 560 North Arnold Avenue; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Jim Sherman, Minister.
Victory Christian Ministries, 1428 E.; Sunday School, 11:30 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Sherm Williams, Minister.

CHURCH OF CHRIST
Betsy Layne Church of Christ, Betsy Layne; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Tommy J. Spears, Minister.
Prestonsburg Church of Christ, 88 Hwy. 1428; Worship Service, 10 a.m. and 6 p.m.; Wednesday, 7 p.m.; Richard Kelly and Nelson Kidder, Ministers.
Harold Church of Christ, Harold; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Willie E. Meade, Minister.
Highland Church of Christ, Rt. 23, Hager Hill; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.
Huesyville Church of Christ; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Chester Vamey, Minister.
Lower Toler Church of Christ, Harold; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wednesday, 6:30 p.m.; Lonie Meade, Minister.
Mare Creek Church of Christ, Stanville; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m.
Martin Church of Christ, Martin; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m. Gary Mitchell, Minister.
Maytown Church of Christ, 66 Turkey Creek Rd., Langley; Sunday Bible Study 10:00 a.m., Sunday morning worship 11:00 a.m., Evening Worship 6:00 p.m., Wednesday Bible Study 6:00 p.m.
Upper Toler Church of Christ, 3.5 miles up Toler Creek on right; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Tommy Dale Bush, Minister.
Weeksbury Church of Christ; Sunday School, 10 a.m.; 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, Pastor.
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.m.; Charles Heater Jr., Minister.
The Ligon Church of God of Prophecy, Saturday Services, 7:00 p.m.; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Ralph Hall, Pastor.

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

LUTHERAN
Our Savior Lutheran, Sipp Bays Road 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.; Mearl Music, Minister.
Betsy Layne United Methodist, next to B.L. Gymnasium; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Randy Blackburn, Minister.
Allen Christ United Methodist, Allen; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. & 6 p.m.; Wednesday, 7 p.m.; Kenneth Lemaster, Minister.
Community United Methodist, 147 Burke Avenue (off University Drive and Neely St.); Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Glen "Sandy" Douglass, Rev.
Elliot's Chapel Free Methodist, Rt. 979, Beaver; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Philip T. Smith, Minister.
Emma United Methodist, Emma; Sunday School 10 a.m., Sunday Worship Service 11 a.m.; Pastor David Profit.
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.
Salsbury United Methodist, Printer; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday Bible Study, 6 p.m.; Bobby G. Lawson, Minister.
Wayland United Methodist, Rt. 7, Wayland; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.; Jack Howard, Pastor.
Wheelwright United Methodist, Wheelwright; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Bobby Isaac, Minister.
Vogle Day United Methodist Church, Harold; Sunday School, 10:00 a.m.; Sunday Worship Service, 11:00 a.m.; Wed. Bible Study, 7:00 p.m.; Dennis C. Love, Pastor.
Drift Pentecostal, Drift; Sunday School, 10 a.m.; Worship Service, Saturday/Sunday, 7 p.m.; Wednesday, 7 p.m.; Ted Shannon, Minister.

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, 359-9263; Church, 886-3459, leave message. Everyone welcome!

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS
The Church of Jesus Christ of Latter-Day Saints; Sacrament Mtg., 10:00 a.m.; Sunday School, 11:20 a.m.; Relief Society/Prelithood/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.

OTHER
Pastor Atha Johnson welcomes everyone to attend services at the **CHURCH OF GOD OF PROPHECY TRAM KENTUCKY**. Sunday school 10 a.m., Worship service 11 a.m.
Drift Independent, Drift; Sunday, 11 a.m.; Thursday, 6:30 p.m.
Grace Fellowship Prestonsburg, (next to old flea market), Sunday School, 10 a.m. Worship, 11 a.m. Bill Stukenberg, Pastor 889-0905.
Faith Deliverance Tabernacle, West Prestonsburg; Sunday School, 10:30 a.m.; Thursday, 7 p.m.; Don Shepherd, Minister.
Faith 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.
Martin House of Worship, Old Post Office St.; Worship Service, 7 p.m., Saturday/Sunday.
Old Time Holiness, 2 miles up Arkansas Creek, Martin; Sunday School, 11 a.m.; Worship Service, 7 p.m.; Friday, 7 p.m.; John W. Patton, Minister.
Spurlock Bible (Baptist), 6227 Spurlock Creek Rd., Prestonsburg; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Jim Stephens, Minister. 886-1003.
Town Branch Church; Sunday School 10 a.m. except for first Sunday in each month; Worship Service, Sun. 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, 7:00; Pastors, Paul and Ramona Aiken.
Youth Fellowship Center, Wheelwright; Monday-Tuesday, 6 p.m.; Thursday, 7 p.m.
Zion Deliverance, Wayland; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m. Prayer Line: 358-2001; Darlene W. Arnette, Pastor
Taylor Chapel Community Church, formerly the old Price Food Service building, located 1 quarter mile above Worldwide Equipment, Rt. 1428. Sun. Bible Study, 10 a.m.; Sun. Morning Service, 11 a.m.; Sun. Evening, 6:30 p.m. Kenny Vanderpool, Pastor.
International Pentecostal Holiness Church, 10974 N. Main St., Martin; Rev. Ellis J. Stevens, Senior Pastor.
Rising Son Ministries, 114 Rising Son Lane, Prestonsburg, Ky 41653; Sunday, 11:00 a.m.; Wednesday, 6:30 p.m. Pastor: D.P. Curry.
Church of God of Prophecy, Sunday School 10 a.m., Worship Service 11 a.m., Sunday Night - 6 p.m., Wednesday Night - 6 p.m. Pastor Glenn Hayes. West Prestonsburg.
House of Refuge, Rock Fork; Sunday Evening Worship 6 pm, Monday Bible Study 7:30 pm, Wednesday Prayer Meeting 7:30 pm, Bill B. Tussey, Pastor

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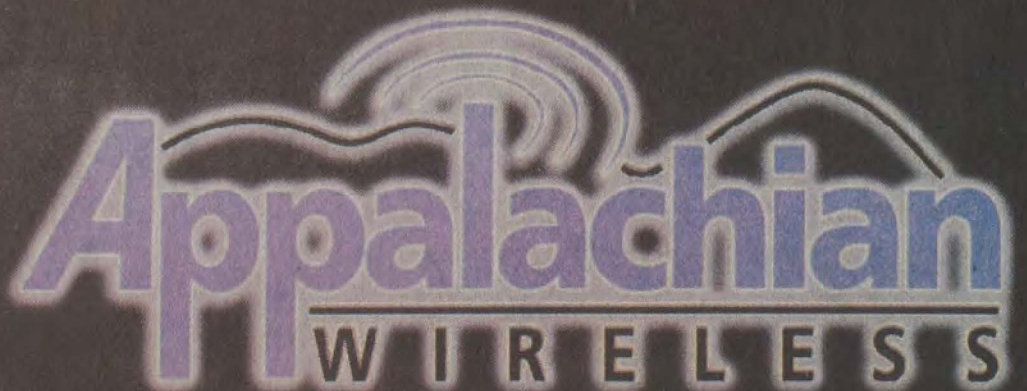


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FLOYD COUNTY Sports

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Staggs promoted to interim PC AD

TIMES STAFF REPORT

PIKEVILLE — New President Dr. Michael Looney believes in promoting from within, so when he looked for an interim director of athletics, he didn't go far.

Robert Staggs, a Pikeville College alumnus who currently coaches two sports, was tabbed for the job.

Staggs has coached volleyball for five seasons and is set to begin his sixth at the helm of the softball team. In years past, he has been an assistant with the baseball, women's basketball, men's basketball and football teams.

In addition to his other duties, as many other responsibilities," Staggs is also the co-huddle coach of the Pikeville College chapter of the Fellowship of Christian Athletes.

Staggs takes the reins from Ron Damron, who was AD in addition to his role as Vice-President for Student Services as well as women's bowling coach. He will remain on in his other duties.

"As I learn more about scholarship athletics, I felt the need for an athletics director who doesn't have

than I have in the past." Staggs is a graduate of Pikeville High School and Pikeville College, where he received a Bachelor's Degree in Business Management and an Associate Degree in Mine Management.

A former high school football, baseball and softball official, Staggs officiated the state football finals in 1991, 1997, 2000 and 2008. He was also a finalist for the Kentucky State High School Athletics Association football official of the year in 1997.

He and his wife Nanette reside at Cedar Creek.



Robert Staggs

**Knott County Sportsplex
Upcoming Events Schedule**
January 17-18: EKBA/YBOA Winter Slam, Boys' 14th Region Tournament
January 30-February 1: BCI Boys & Girls State Qualifier
February 7-8: EKYA/YBOA Boys & Girls Tournament
February 14-15: EKBA/YBOA 1st Chance Qualifying Tournament
February 27-March 1: BCI Boys & Girls Hardwood Hoopfest
March 7-8: EKBA/YBOA Boys & Girls Tournament
March 14-15: EKBA/YBOA 2nd Chance Qualifying Tournament

All 'A' still gets high marks

by RICK BENTLEY
TIMES COLUMNIST

It was 1990 when the All "A" Classic first tipped off. The small-school tournament was the hit of the winter, with a feverish atmosphere at Pikeville High School all week long.

From there the tournament only gained momentum. Already steeped in rivals from around the

15th Region, the New T.W. Oliver Memorial Gymnasium was packed every night for wall-to-wall basketball. It was, quite simply, the place to be.

It was that way for most of the 90s. The writers' wing of the local media had a table that sat in the end zone near the football field, and that table rocked. Rumors floated by it from the beginning of the PIT in early January through the All "A" later in the month. Our table was also conveniently located near the pass gate, meaning every coach and official who came to the tournament stopped by for a chat.

Coaches being fired, players transferring and jokes a-plenty passed by the place Dave Scott, Ed Taylor and I did what passed for work. It was a fantastic time to be a small-town sportswriter. Officials working games in progress were even known to stop by to ask our opinion about close calls during breaks in play. It was awesome.

Then, over time, things began to change. Consolidation cost us many of our better small-school teams. Sportswriters, seeking better pay or following a higher calling, moved on. A tournament which once featured all but a handful of our 15th Region teams faded to nearly a half-dozen in time.

With consolidation went the passion many had, and some of the better Single-A teams were lost. Former champion Elkhorn City was gone, as was powerful Feds Creek and former finalist Wheelwright.

About four or five years ago I went back to the All "A" Classic, still being played at Pikeville High School. I was stunned by what I saw. The old post-season abandon had been replaced by, to be honest, disinterest. Hardly anyone was there. Only one radio crew was in operation, and WPRG, and that was about it.

Another thing that started changing was who was considered "A" schools. These days, Shelby Valley and Sheldon Clark, players of Triple-A football, somehow qualify. It steals some of the thunder.

But someone, somewhere,

(See ALL, page two)



Allen Central High School senior Brittany Hodge has signed to play volleyball and continue her education at near-by Pikeville College.

Hodge signs with Pikeville College

TIMES STAFF REPORT

EASTERN — Pikeville College Coach Robert Staggs has once again dipped into the local talent pool for his latest volleyball signee, inking the 15th Region Player of the Year.

Brittany Hodge of Allen Central High School signed a letter of intent Monday to play collegiate volleyball at Pikeville College.

Hodge had 220 kills as a senior for the Lady Rebels, finishing with a .400 attack percentage and a .289 kill percentage. She also had 100 aces and was a 92 percent server and finished with 200 digs.

"Those numbers obviously show a player who is skilled both in the front row and the back," said Staggs. That's the kind of versatility we want when we bring someone to this level, and

Brittany certainly has shown it on the high school level."

Hodge was the regional player of the year as selected by the Kentucky Volleyball Coaches Association. In addition, she was named to



the Floyd County All-Conference team, was the 15th Region All 'A' Classic MVP, and was selected First Team All-Southeast Kentucky. In addition, she was all-tournament in both the 54th District and 15th

Region tournaments.

For her career, she finished with 661 kills, 203 assists, 449 aces, 758 digs, and recorded 19 blocks.

"Brittany is the kind of athlete we want at Pikeville College," said Staggs, who projects her as an outside hitter at the college level. "We look forward to bringing her here to continue her education and to add her skills to our program."



Elliott finishes prep football career at John Hardin High

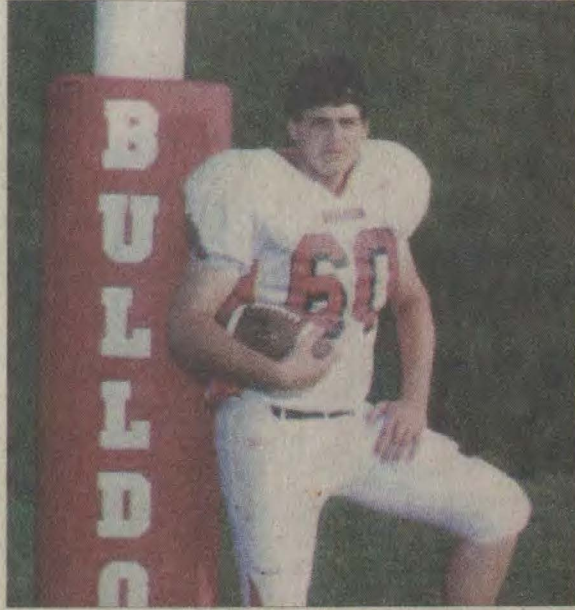
TIMES STAFF REPORT

ELIZABETHTOWN — Earlier in the school year, Floyd County native Matthew Corey Elliott concluded his senior football season at John Hardin High School. Elliott, an offensive lineman, played right tackle for the Bulldogs.

John Hardin finished the 2008 season 12-2, falling to Christian County in the Class 5A State Semifinals. The Bulldogs claimed district and

regional titles. John Hardin outscored its opponents a combined 582-239.

Elliott is the son of Matthew Elliott and Regina Rae Hughes Elliott, formerly of Floyd County. He is the grandson of Alma Jean Hughes Patton and the late Bobby Gene Hughes; and the step-grandson of Wendell Patton. Elliott is also the grandson of Linden Elliott and the late Gertrude Elliott.



MATTHEW ELLIOTT

Lady Bear Hinton named MSC Player of the Week

TIMES STAFF REPORT

PIKEVILLE — It's been a great first year at Pikeville College for Natiera Hinton. This week, the Mid-South Conference joined the applause.

Hinton, a 6-0 sophomore from Rock Hill, S.C., was named women's basketball player of the week on Monday night for games ending Jan. 10.

Hinton averaged 22.5 points

and 16.5 rebounds per game to earn her first conference award of the season.

"Natiera is a very good player for us," Coach Bill Watson said of the Marshall transfer. "She's been a consistent performer all season, and we'll need that to continue beginning Thursday night."

Hinton began the week with 18 points and pulled down nine rebounds in the Lady Bears' 78-

47 win over Virginia Intermont College. Hinton concluded the week with 27 points and 24 rebounds the second most in Pikeville history in a 70-60 win over Brescia University on Saturday.

Hinton finished the week connecting on 56.7 percent (17-of-30) of her shots, including making half of her four three-pointers. She also made 9-of-13 from the free throw line.

Hinton leads the MSC in scoring at 20.5 points and is fifth in rebounding, pulling down 7.9 per game.

In addition, she leads the team with a shooting percentage of 53.0 percent and is third on the team from the line, hitting 75.3 percent.

Pikeville was back in action Thursday night at home versus Campbellsville. The game ended too late to make this edition.



photo courtesy of WYMT
Evan Lawson of Allen Central High School earned one of WYMT Mountain Classic scholarships. More scholarship winners from Floyd County appear inside today's edition.

Johnson Central turns back visiting Blackcats

by STEVE LeMASTER
SPORTS EDITOR

PAINTSVILLE — Johnson Central grabbed an early lead and never faltered on its home floor Tuesday night, defeating visiting Prestonsburg 71-49.

The Blackcats — minus senior Austin Gearheart who was recently sidelined with an injury — trailed at the end of each quarter in the road game played at the Golden Eagle Fieldhouse.

Senior forward Ian Welch led Johnson Central, scoring a game-high 17 points. Welch was one of four Johnson Central players to reach double figures in the scoring column. Mike Conley collected 13 points as the Golden Eagles prevailed.

JK Hall and Cody Parker added 11 points apiece for host Johnson Central.

Jo Whitaker, a proven floor-leader for the Golden Eagles, netted nine points in the 15th Region victory.

Johnson Central held Prestonsburg to 10 points or less in each of the first two quarters, outscoring the Blackcats 19-10 in the first period. Prestonsburg led 34-18 at intermission and continued to play in the second half.

Senior center Steven Patrick paced Prestonsburg with 16 points. Patrick led a trio of Prestonsburg players in double figures. Michael Burchett scored 13 points and Jody Tackett tossed in 11 for the Blackcats.

Johnson Central improved to 10-5 after posting the win. Prestonsburg dropped to 7-7 with the loss.

JC 71, P'burg 49
Prestonsburg (7-7) — Burchett 13, Tackett 11, Patrick 16, Tincher 6, Jamerson 3.

Johnson Central (10-5) — Dale 4, Whitaker 9, Bratton 6, Hall 11, Welch 17, Parker 11, Conley 13.
P'burg.....10 8 13 18-49
JC.....19 15 16 21-70

Kentucky set to face Tennessee in Border Bowl

by STEVE LeMASTER
SPORTS EDITOR

WILLIAMSBURG — Kentucky will host Tennessee on Saturday in the National Guard Border Bowl at University of The Cumberlands. Prestonsburg High School players selected for the Border Bowl were Seth Setser, Allen Craynon and Austin Gearheart. Ian Welch and Chase Richardson were chosen to play in the high school football all-star game. Over 100 players and 20 coaches arrived in Williamsburg on Wednesday. The teams practiced for the first time at Williamsburg and Whitley County Wednesday night.

Kickoff for the Border Bowl on Saturday is set for 1 p.m.

Second Annual Mobility-Impaired Deer Hunt



Jenny Wiley State Resort Park and the Kentucky Department of Fish and Wildlife hosted the Second Annual Mobility-Impaired Deer Hunt January 3-4. Five of the 12 participating hunters harvested a deer during the event.



15TH REGION BOYS' BASKETBALL

Team	Overall Record
Shelby Valley	11-4
Johnson Central	10-5
Phelps	9-3
Betsy Layne	9-4
Lawrence County	9-5
Pikeville	9-6
East Ridge	9-7
Prestonsburg	7-7
Sheldon Clark	6-7
Magoffin County	6-10
South Floyd	4-13
Belfry	3-8
Pike County Central	3-11
Paintsville	3-12
Allen Central	1-8

15TH REGION GIRLS' BASKETBALL

Team	Overall Record
Johnson Central	11-4
Paintsville	10-3
Magoffin County	9-6
Pikeville	9-7
Phelps	8-3
Shelby Valley	8-4
Lawrence County	8-8
East Ridge	7-8
Sheldon Clark	6-6
Betsy Layne	6-6
Pike County Central	6-7
South Floyd	5-8
Belfry	4-9
Allen Central	3-5
Piarist School	2-8
Prestonsburg	2-11

All

saw this as an event worth saving, and took the reins. I don't know who it was, but someone took what is - in my estimation - the last best chance the tournament has to be saved and made it a reality. I hope it works.

Last night, the All "A" Classic tipped off again. This time, it's in a new home. For the first time ever, the smallish-school event will be played in its entirety at the East Kentucky Expo Center. This move, in my estimation, is fantastic.

On Monday night, Jason Booher told us on The Sports

Guys organizers saw it as an opportunity to allow athletes from smaller schools who may never make it to March's regional tournament to play in the Expo Center. That is an outstanding idea.

It will work, we hope, in other ways as well.

While the atmosphere of the old Pikeville High gym won't be matched - there's something about a packed-to-the-rafters high school gym that's hard to replace - playing it in our newest palace can - will - breathe some much-needed fresh air into the old event.

I believe in the All "A" Classic. With all due respect to the participants, I still believe it should be contained to the smallest of schools, but at any rate, it's an event worth saving. It's not their fault they're allowed entry, and I wish them well.

If it can be saved, moving it to the Expo Center is the way to do it.

I hope at some point over the next week something magical can happen. I hope someone puts on a show like Todd Conley and Jeremy Hall did on the tournament's most famous night. I hope someone

Continued from p1

makes a name for himself, puts his stamp on the event, like Jody Thompson did in his only All "A" appearance. I hope a star is born, like happened when Murray Garvin led Pikeville to the first title by setting a single-tournament scoring mark that probably still stands.

I hope this week will be memorable.

We deserve it. The athletes of our region deserve it.

And, for those of us who remember the event in its infancy, the All "A" Classic deserves it too.

State tournament tickets go on sale

TIMES STAFF REPORT

LEXINGTON - Tickets to the 2009 National City/KHSAA Boys' and Houchens/KHSAA Girls' State Basketball Tournaments are on sale through the KHSAA office and online at khsaa.org. At this time, only full tournament sets of tickets

(one ticket to each of the eight sessions) are available. Lower arena seats are priced at \$116 each and upper arena seats are priced at \$66 each. Tickets will be on sale through the KHSAA until Feb. 27.

Beginning March 2, tickets will only be available through the Rupp Arena (boys) and Diddle Arena (girls) box

offices and/or the venue's respective online ticketing agent.

UPCOMING EVENTS/MEETINGS: Jan. 30 Sweet 16 Draw Show, WKYT-TV and Insight outlets live at 1 p.m. (ET); Feb. 2-7-Regional Swimming & Diving Meets; Feb. 13-14-Pannell Swim

Shop/KHSAA State Swimming & Diving Meet; Feb. 13-14-Regional Wrestling Tournament; Feb. 19-21-State Wrestling Championships, Frankfort; Feb. 23-28-District Basketball Tournaments.

National City Trophy Tour underway

TIMES STAFF REPORT

LEXINGTON - For the sixth consecutive year National City, as title sponsor of the Boys' Sweet 16 State Basketball Tournament, is again touring the championship trophy at selected games. The 2009 eight-stop tour kicked off Wednesday, Jan. 14 at the Holmes at Covington Catholic game in Covington.

On the tour, students are able to pick up scholarship application forms on each stop (forms may also be accessed through the KHSAA website). Again this year, 16 boys and 16 girls (one boy and one girl from each region) will receive a one-time \$1,000 scholarship courtesy of National City. Scholarship recipients will be

invited to the Championship game of the National City/KHSAA Boys' Sweet 16 and be recognized on the floor at halftime during the contest. The scholarship application deadline is Friday, Feb. 20.

For additional information, contact Butch Cope at the KHSAA.

Following is a list of remaining trophy tour stops: Jan. 20-Owensboro at Apollo; Jan. 23-Boyd County at Ashland Blazer; Jan. 30-Warren Central at Bowling Green; Feb. 6-Ballard at Jeffersontown; Feb. 7-Boyle County at Danville; Feb. 13-South Laurel at North Laurel; Feb. 14-Lexington Catholic vs. Scott County at Memorial Coliseum, Lexington.

Shelby Valley wins 50th straight at home

by STEVE LeMASTER
SPORTS EDITOR

ROBINSON CREEK - Fifteenth Region boys' basketball favorite Shelby Valley rolled past another opponent Tuesday night, reaching a milestone in the process. Shelby Valley defeated county rival Pike Central 103-56, securing its 50th straight home win.

Elisha Justice, a player who has battled back from an injury, led Shelby Valley with 17 points. Ashley Hatfield added 16 points for the host Wildcats.

Shelby Valley scored 23 or more points in each quarter en route to the monumental win.

Taylor Newsome netted 12 points for the Wildcats. Tyler Newsome and Curby Tackett added 10 points apiece for homestanding Shelby Valley.

The Wildcats led 23-17 at the end of the first quarter and took a 48-30 lead into halftime. Shelby Valley pulled away convincingly in the third quarter, outscoring Pike Central 31-16 in the first eight-minute stretch following the intermission period.

Michael Thompson paced Pike Central with 14 points. Hobo McCoy had 11 points for the Hawks.

Shelby Valley hasn't lost at home since the 2004 season. Lexington Catholic defeated a homestanding Shelby Valley squad on February 24, 2004.

Clay County owns the record for the most consecutive home wins. The Tigers won 119 home games from 1984-1993.

Coach Jason Booher's Shelby Valley team is due to return to action at home on February 3 versus Johnson Central.

CONTACT THE TIMES SPORTS DEPARTMENT

Phone: 606-886-8506

Fax: 606-886-3603

ATHLETES OF THE WEEK

Jody Tackett, Prestonsburg

Jessie Tackett, South Floyd

CB Trevard Lindley to return to Kentucky for senior season

TIMES STAFF REPORT

LEXINGTON - After exploring the possibility of entering the National Football League draft, All-America cornerback Trevard Lindley announced Wednesday that he will stay at the University of Kentucky for his senior season in 2009.

Lindley has helped the Wildcats to winning seasons and bowl victories in each of his three years at UK, including a 25-19 triumph over East Carolina in the AutoZone Liberty Bowl on Jan. 2.

"I sat down with my family, and also talked to Coach Brooks, to discuss what I wanted to do," Lindley said. "I want to get bigger and stronger and continue to improve."

Lindley also said that team goals for the coming year factored into his decision.

"We're trying to accomplish more than the last three seasons - compete for the SEC championship, go to another bowl and win it," Lindley said. The art studio major noted that staying in school will enable him complete his degree in May, with a tentative plan of going to graduate school or working toward a second major in the fall.

Bowl wins in three consecutive seasons was something never done before in the 118-season history of Wildcat football; going to a fourth-straight bowl would be another unprecedented feat if the Cats can reach post-season play in

2009.

Lindley has played a key role in the accomplishments of the last three years. He has started every game from 2006-08, totaling a UK career-record 34 pass breakups, along with nine interceptions, seventh-best in school history.

As a junior in the '08 season, Lindley earned second-team All-America honors from the Walter Camp Football Foundation, third-team All-America from Phil Steele's College Football and was a consensus first-team All-Southeastern Conference choice. He led the team with four interceptions and 11 pass breakups while leading the SEC in total passes defended with an average of 1.15 per game.

Additional highlights of Lindley's year included a 28-yard interception return for a touchdown vs. South Carolina and an interception of Florida's Tim Tebow, one of only two pickoffs the 2007 Heisman Trophy winner sustained during the '08 regular season. Lindley also had an interception in the season opener at Louisville and returned it to the two-yard line, setting up a Kentucky touchdown.

Lindley has made numerous game-changing plays in his career, helping the team win at least seven games a season for the first time since 1949-50-51. A list of additional crucial plays Lindley made in big Wildcat wins in 2006-07 follows.

- Game-clinching interception vs. Georgia in 2006.

- Acrobatic end-zone interception plus a fumble recovery in 2006 bowl win over Clemson.

- Interception and long return on first play of 2007 win over then-No. 9 Louisville.

- 66-yard fumble return for a touchdown in 2007 win at Arkansas.

- Fourth-quarter interception in 2007 win over No. 1 LSU, the eventual national champion.

- Caused a fumble and had three pass breakups in 2007 bowl win over Florida State.

Lindley's decision means that all three Kentucky juniors who went through NFL draft evaluation, along with All-SEC defensive end Jeremy Jarmon and All-SEC line-backer Micah Johnson, have decided to return to the Wildcat lair in 2009.

"I advised Trevard that he should strongly consider his option (of going to the NFL) because he was rated fairly high," Coach Rich Brooks said. "I'm excited, and a little surprised, about his decision to return."

"This enhances our chances of being a much better football team next year, when you have one of the top cornerbacks in the nation return. With seniors like Trevard Lindley, Micah Johnson and Jeremy Jarmon, our defense should be very strong going into the 2009 season."

EKU cheerleading squad set to compete at Nationals

TIMES STAFF REPORT

RICHMOND - The Eastern Kentucky University Cheerleaders and Colonel will join more than 3,000 of the country's top college cheerleaders and dancers at the Walt Disney World Resort in Orlando, Fla., to participate in the UCA College National Championship this weekend. Teams from 43 states and 152 universities and colleges are

scheduled to compete in the 2009 event.

The Colonel will face four other mascots when he competes in the Open Mascot division on Friday. Also competing Friday evening in the Girls "4" Partner Stunt Group are seniors Ashley Bradley, Brittany Brown, Amy Ellis and Leslie Nelson who will perform a one-minute routine set to music. The entire cheerleading team will compete on

Saturday in the Small Co-Ed Division I in their 2.5-minute routine set to music featuring cheers as well as stunts and tumbling.

ONLINE:
www.varsity.com



of Prestonsburg

SPORTS FAN OF THE WEEK



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Reds announce cities, dates for 2009 Winter Caravan

TIMES STAFF REPORT

CINCINNATI – The 2009 Reds Winter Caravan presented by CincinnatiUSA.com is scheduled to make 16 fan stops in five states covering four days and more than 3,000 miles. The caravan kicks off Thursday, Jan. 22 and will include fan stops that will be open to the public along with Hot Stove stops at Reds on Radio Network affiliates.

The 2009 tour will consist of three separate caravans touring simultaneously. The stops open to the public will be free, and at each public stop the Reds will raffle off two tickets to the 2009 Opening Day game against the New York Mets on April 6.

The very popular Reds Winter Caravan provides fans with the opportunity to interact with Reds Manager Dusty Baker, President of Baseball Operations and General Manager Walt Jocketty, current and former players, broadcast-

ers and other members of the front office staff.

At each stop, the group will field questions from fans, sign autographs and pose for photographs. Sales representatives will be on hand to discuss season tickets and group sales, while the Reds Hall of Fame, the Reds Community Fund and Cincinnati USA Regional Tourism Network also will attend selected stops.

In addition to the public stops, the Caravan will be visiting three hospitals: Nationwide Children's Hospital in Columbus, Kentucky Children's Hospital in Lexington, and The Children's Medical Center in Dayton.

The Southern Tour makes stops in West Virginia, Kentucky and Tennessee and includes Hall of Fame broadcaster Marty Brennaman, Gold Glove-winning second baseman Brandon Phillips, broadcaster Chris Welsh, 2007 No. 1 draft pick Devin Mesoraco, Reds Hall of Famer Lee May,

VP and Assistant GM Bob Miller, Senior Special Assistant to the General Manager Gene Bennett (Thursday only) and Reds mascot Gapper.

The Northern Tour makes stops in West Virginia and Ohio and includes Jocketty, broadcaster Thom Brennaman, Reds Minor League Player of the Year Chris Valaika, Reds COO Phil Castellini, Reds Hall of Fame pitcher Tom Browning (Thursday and Friday), infielder Jeff Keppinger (Thursday and Friday), pitcher Mike Lincoln (Saturday and Sunday), former player and current coach Billy Hatcher (Saturday and Sunday) and Reds mascot Mr. Redlegs.

The Western Tour makes stops in Kentucky, Indiana and Ohio and includes Baker, broadcasters George Grande and Jeff Brantley, outfielder Chris Dickerson, utilityman Jerry Hairston Jr. (Thursday only), 2008 No. 1 draft pick Yonder Alonso (Thursday-Saturday morning) and the

Reds newest mascot Rosie Red.

Reds CEO Bob Castellini will be making appearances at stops in Louisville (Thursday at Louisville Slugger Field), Lexington (Saturday at Fayette Mall) and Columbus (Sunday at Polaris Fashion Place).

Fans can visit www.reds.com/caravan for up-to-date information, maps and photos from the 2009 Caravan. Among this year's Caravan stops are Lexington, Huntington (W.Va.) and Charleston (W.Va.).

Reds re-sign Jerry Hairston Jr., Cincinnati Reds President of Baseball Operations and General Manager Walt Jocketty has announced the re-signing of free agent IF/OF Jerry Hairston Jr. to a 1-year contract through the 2009 season.

Hairston, 32, in 80 games for the Reds last season hit .326 and played 6 positions (7g at 2B, 1g at 3B, 34g at SS,

24g in LF, 17g in CF, 12g in RF). The team went 25-19 when he batted in the leadoff spot.

One of the Major Leagues' most versatile players, Hairston has appeared in 530 career games at second base, 265 games in the outfield, 40 games at shortstop, 13 games at third base and 1 game at first base.

Reds sign Willy Taveras: Cincinnati Reds President of Baseball Operations and General Manager Walt Jocketty today announced the signing of free agent OF Willy Taveras to a two-year contract through the 2010 season.

"Willy Taveras fills two significant needs for our ball club, a speed base stealing threat at the top of the order and superior defense in center field," said Jocketty.

Taveras, 27, in 133 games last season for the Colorado Rockies hit .251 and led the Major Leagues with 68 stolen bases and a .907 stolen base

percentage (68-for-75). His .907 stolen base percentage in 2008 was the highest by a Major League player, with a minimum of 60 stolen bases, since those statistics have been compiled (since 1920 in the American League, since 1951 in the National League). The previous stolen base percentage record of .896 was established by the Pirates' Tony Womack in 1997 (60-for-67).

"With the addition of Willy Taveras and Ramon Hernandez, along with Alex Gonzalez and Brandon Phillips, our defense substantially improves up the middle," said Jocketty.

Since 2005, Taveras leads the majors with 207 infield hits and ranks fifth in stolen bases with 168. In 2005 he won The Sporting News' National League Rookie of the Year Award and finished second to Philadelphia's Ryan Howard in the BBWAA Rookie of the Year Award voting.

Kentucky baseball team ranked 23rd in writers poll

TIMES STAFF REPORT

LEXINGTON – After earning a No. 19 national ranking in the preseason Collegiate Baseball Newspaper top-40, the Kentucky baseball team has been selected No. 23 in the preseason National Collegiate Baseball Writers Association poll, it was announced.

Kentucky, who finished the 2008 campaign with a school-record 44 wins and an appearance in the Ann Arbor NCAA Regional Championship game, has now been ranked in three consecutive preseason polls, dating back to the 2007 preseason. The Wildcats earned a No. 20 ranking in 2008 and a No. 27 spot in 2007 by the Collegiate Baseball Newspaper. UK was also ranked No. 25 by the NCBWA in the 2008 preseason.

UK, winners of 122 games over the last three years – the fourth-best total in the Southeastern Conference, returns one of the top pitching staffs and defensive units in the SEC in 2009. The Wildcats led the SEC in nearly every category in 2008, including ERA, batting aver-

age, slugging percentage, on-base percentage, doubles, sac bunts, sac flies and fewest home runs allowed. UK ranked second in the conference in fielding percentage, setting a new school record with a .974 clip.

The Wildcats lost several key components from the 2008 ballclub, including first-team All-America outfielders Sawyer Carroll and Collin Cowgill. The outfield duo led UK in nearly every category, with Carroll posting an SEC-leading .419 average, 83 RBI, as well as 19 homers. Cowgill, a Lexington native, ripped 19 homers and hit for a .361 average, stealing 23-of-27 bases. In addition, second baseman Ryan Wilkes exhausted his eligibility, posting a .374 average and a perfect 1.000 fielding percentage in 2008. Wilkes, a native of Harrison, Tenn., claimed the award as the top defensive second baseman in the nation, earning a Rawlings Gold Glove accolade. On the mound, UK lost veterans Greg Dombrowski, Andrew Albers, Brook Baber, Aaron Lovett and Scott Green.

UK has been bolstered on the mound in 2009 by the

return of first-team All-SEC starting pitcher Chris Rusin and Saturday starter James Paxton. The Wildcats also return freshman All-America shortstop Chris Wade, and the top returning third baseman in the SEC – Chris McClendon. Center fielder Keenan Wiley also returns, after posting a .327 average in each his freshman and sophomore seasons.

In his first season at the helm of the UK program, head coach Gary Henderson hauled in the fourth-best recruiting class in the nation and the tops in school history. Middle infielder Andy Burns and 6-foot-8 right-hander Alex Meyer highlighted the class, along with fellow Louisville Slugger High School All-Americans Braden Kapteyn (RHP/IF) and Cory Farris (OF/C).

Kentucky opens the 2009 season with the Caravelle Resort Tournament, hosted by Coastal Carolina in Conway, S.C. UK will open with Troy, before facing James Madison and Coastal Carolina. The Wildcats' home opener is Feb. 27 at Cliff Hagan Stadium, facing off with Western Michigan in a four-game set.

UK women's program picks up transfer from LSU

TIMES STAFF REPORT

LEXINGTON – Freshman point guard Crystal Riley of Arlington, Tenn., has transferred from LSU to play women's basketball at the University of Kentucky, Coach Matthew Mitchell has announced.

"I am very happy to announce the addition of Crystal Riley to our basketball team," Mitchell said. "She is a player I was familiar with and thought highly of coming out of high school. For us to have the opportunity to coach her here at Kentucky truly excites me. She is a very versatile point guard and she has tremen-

dous court vision. Crystal also has the valuable combination of being able to distribute the ball so her teammates can score and being a legitimate scoring threat as well. She is a great penetrator and good shooter and she will help our team in a significant way."

Prior to signing with LSU, the 5-5 point guard was rated the 11th-best point guard in the nation and the 59th player overall in the Class of 2008 by Hoopgurlz.com. She was a three-year all-district, all-city and all-metro selection under Coach Reginald Jones at Hillcrest High School in Memphis, Tenn., and was a 2008 Class AA

Miss Tennessee Basketball finalist. She averaged 21.0 points per game as a senior and 15.0 points and five assists as a junior. As a sophomore, she helped lead Hillcrest to the Class 4A state championship while earning all-district, all-regional and all-state honors. Riley also excelled in the classroom as she was a member of the National Honor Society.

Riley, one of nine freshmen on LSU's roster, averaged 1.8 points and 1.4 rebounds in six games this season. She will have three years of eligibility remaining at UK and will be eligible for game action after the fall semester of 2009.

Bobcats upend Phelps, 50-46

TIMES STAFF REPORT

PHELPS – Betsy Layne claimed another win on the road Tuesday night, defeating Phelps 50-46 in a close 15th Region boys' basketball matchup.

Four players reached double figures in the scoring column for the Junior Newsome-coached Betsy Layne boys' basketball team.

Josh Head was the leading scorer for Betsy Layne, exiting the floor with 13 points. Nathan Martin netted 12 points and Bryant Tibbs added 11 for the Bobcats. Bryce Adkins also

reached double figures for Betsy Layne, finishing with 10 points.

Prevailing in a close game, Betsy Layne owned a lead at the end of each quarter. The Bobcats dominated in the opening quarter, outscoring Phelps 15-7. Betsy Layne (9-4) led 25-22 when the game entered half-time.

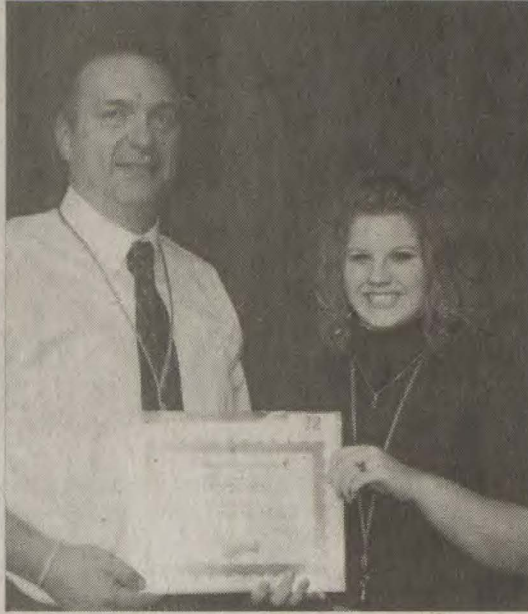
Dillon Stiltner paced Phelps with a game-high 27 points. Stiltner was the lone Phelps player to reach double figures in the scoring column. The Hornets dropped to 8-3 after suffering the setback.

Betsy Layne led 37-34 at the conclusion of the third quarter.

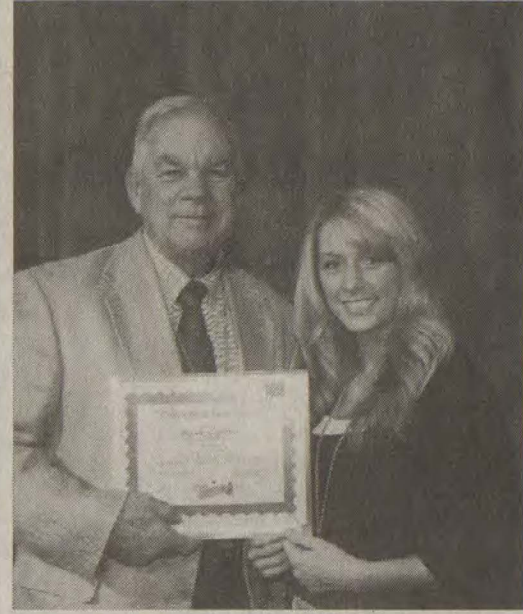
Betsy Layne 50, Phelps 46
Betsy Layne (9-4) – B. Adkins 10, Martin 12, Tibbs 11, Head 13, Tackett 1, Slone 3.

Phelps (8-3) – Stiltner 27, Maynard 3, Campbell 5, Gannon 2, Smith 3, Hager 6.
BL.....15 10 12 13-50
P.....7 15 12 12-46

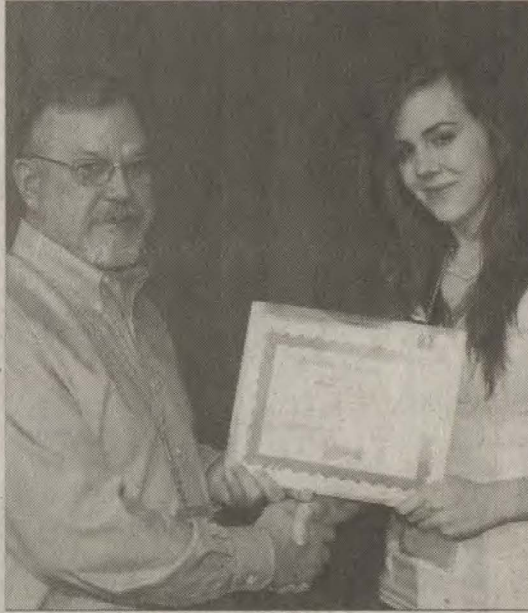
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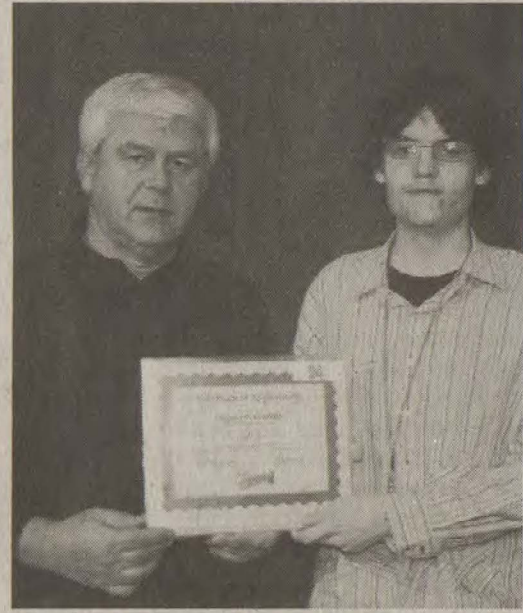
Ariel Hopkins, Betsy Layne



Brandt Frasure, South Floyd



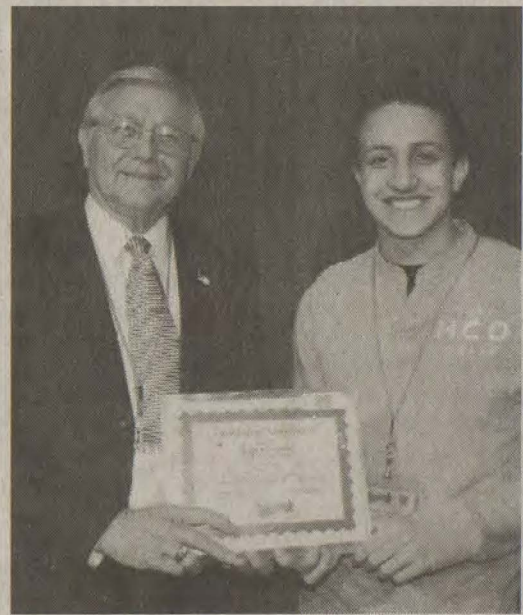
Elizabeth Burchett, Plarist



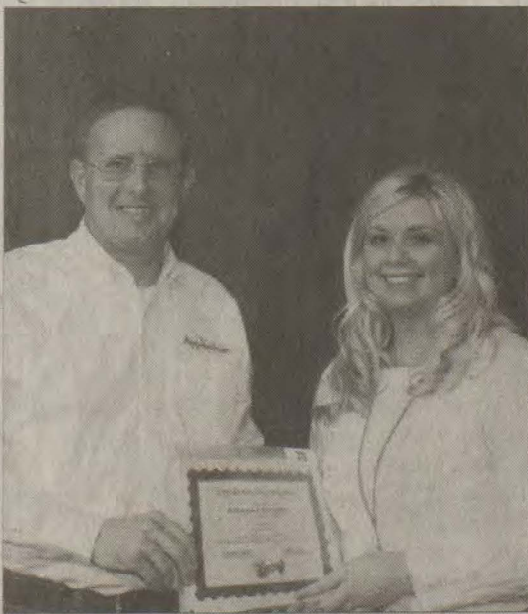
Jeremy Keathley, Prestonsburg



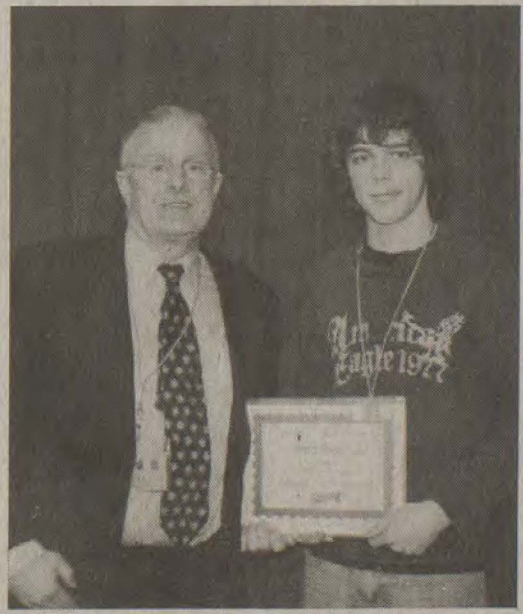
Julia Burchett, Plarist



Kody T.D. Little, South Floyd



Samantha Stewardson, Betsy Layne



Shane Williamson, Prestonsburg

MSU junior guard Stephens earns OVC Newcomer of the Week award

TIMES STAFF REPORT

MOREHEAD – Morehead State University junior guard Tiffanie Stephens has been named Ohio Valley Conference Newcomer of the Week for her efforts last

week in the Eagles' games against Tennessee State, Tennessee Tech and Jacksonville State.

Stephens came off the bench to score a career-high 21 points in just 22 minutes against Jacksonville State.

She went a perfect 8-for-8 from the free throw line versus the Gamecocks. She scored 12 points, including four three-pointers and added nine points in the Tennessee Tech contest.

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.

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Lifestyles



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FAMILY MEDICINE

Healthy lifestyle can limit complications from bundle branch block— page B5

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DINNER DIVA

ABC's of weight loss

I admit, I am one of the few that didn't watch Oprah the first week of January. It wasn't that I didn't want to; I just didn't get around to it. Life is like that sometimes!



Leanne Ely

In any case, I feel a certain kinship with her. Like Oprah, my highest weight was 237 pounds, exactly. And like Oprah, I lost a bunch of weight (70

pounds for me). Though Oprah didn't know she had a thyroid issue, I did and still managed to lose weight, or as I like to call it, body clutter.

To have kept off my big weight loss for as long as I have (nearly 5 years), I finally feel like I know the secret to it all. It's as basic as ABC. Let me explain?

First there is A for awareness. Being aware that food can either be a friend or foe is critical. Food is necessary for existence but quality food and the right amounts are necessary for weight loss. Keeping that in the front of your mind is essential.

Then there is B for balance. Not all days and all meals are created equal. There are times when you eat really well and there are times you do not. If you keep in mind the bad times and balance that out with extra exercise the next day, plus deliberately cutting back on your calories, you'll be able to maintain that balance.

And last there is C for choice. There are moments when your resolve is close to crumbling and honestly, that drive thru is looking real good. To set yourself up for making good choices, there has to be forethought and planning. Keeping snacks in your purse or car or knowing what to choose on a fast food menu in case of extreme emergency is how good choices are made. I keep small bags of raw almonds in my purse and if I'm going somewhere and will be on the road for any length of time, I take a cooler with food in it, rather than take a chance at the drive thru. It's not hard to do and just requires a little planning.

Learning the ABC's started us reading classic literature and forming deep thoughts. Basics are the foundation for all great works and if we lose sight of this and don't keep the underpinnings to the first things we learn as we start this battle, in the long run, we lose the war.

My advice for Oprah, if I may be so bold, is to stay in sync with those basics, relishing them, appreciating them and to be all about them. It is on that foundational path that much is learned and where you will continually learn as well. This is where the body clutter between your ears can be lost and you can finally start to love yourself just as you are. It's not about the next thing, this is The Thing and it works.

□□□

For more help putting dinner on your 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 publication.



photos by Jarrid Deaton

The interior of the Smart Fortwo Passion Coupe is surprisingly roomy, with plenty of space for the driver and a passenger. To see the car in person, visit Auto Traders on North Lake Drive in Prestonsburg.

SMALL, BUT SMART

Tiny car offers a lot underneath the hood

by JARRID DEATON
FEATURES WRITER

PRESTONSBURG — It's usually the flashy sports cars or the gigantic SUVs that draw the most stares from people passing by, but one car at Auto Traders in Prestonsburg is getting a lot of attention for being the opposite of most head-turning vehicles.

The Smart Fortwo Passion Coupe, an automobile manufactured by Mercedes-Benz and owned by Daimler AG, is small enough to fit inside the back of most large SUVs. With its minute stature and 3-cylinder rear engine, the Smart Fortwo gets 50 miles per gallon, but it doesn't sacrifice speed, as it is registered for 100 MPH. It also has a unique 5-speed automated manual transmission with paddle shifters.

The Smart Fortwo measures eight feet and eight inches in length and is a little over five feet tall. The width of the car is also a little over five feet.

"It's a great car," said Jason Bentley,

with Auto Traders. "It's very safe, also, and it really has a lot of room for two people."

While some people might question the safety of such a small vehicle, the 2008 Smart Fortwo achieved the highest ratings from the Insurance Institute for Highway Safety for front and side crashworthiness.

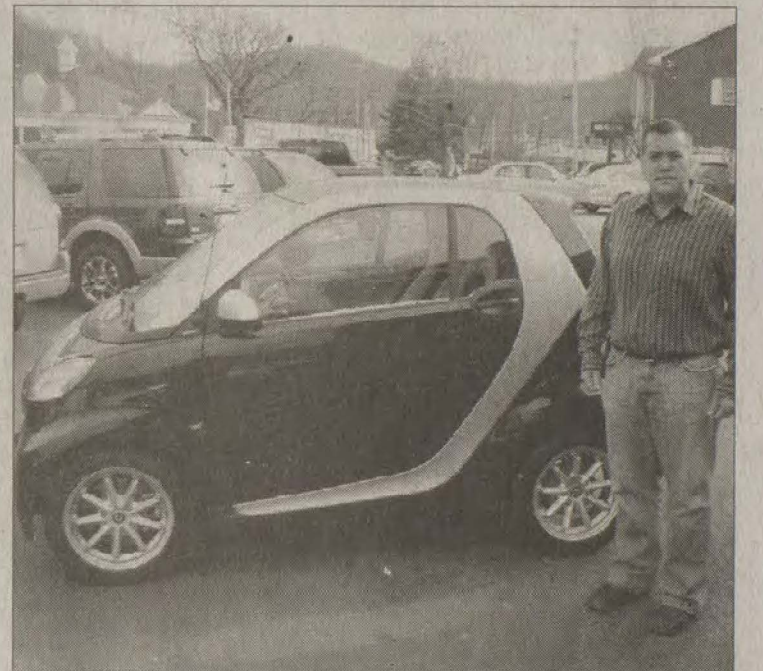
According to Bentley, it took Auto Traders a year-and-a-half on a waiting list to get the Smart Fortwo on their car lot.

"People really need to stop by and check it out for themselves," Bentley said. "We have two of them to choose from."

The Smart Fortwo, already very popular in Europe, went on sale in the United States in January of 2008.

For more information on the Smart Fortwo, including pricing, options, and videos of the car in action, visit <http://www.smartusa.com>.

To see the Smart Fortwo in person, call Auto Traders at (606) 889-8942, or visit the car lot on North Lake Drive in Prestonsburg.



Jason Bentley, with Auto Traders, stands beside the Smart Fortwo Passion Coupe at the car lot in Prestonsburg.

Weight-loss berry claiming Oprah endorsement makes wallets slim and consumers angry, warns BBB

Better Business Bureau is warning consumers to be wary of online ads relying on celebrity endorsements to sell acai-berry related weight loss products. BBB has received thousands of complaints from consumers nationwide who thought they were signing up for a free-trial offer of acai berry weight loss products that were supposedly endorsed by Oprah, Rachel Ray and other celebrities; in the end, the free trial cost them, month after month.

The acai berry has been featured on national TV shows and praised by doctors and celebrities for its high level of antioxidants. Marketing claims about the acai include that it fights cancer and aging and promotes dietary health and weight loss — and these claims are working, with sales of acai products approaching \$15 million last year, up from \$500,000 per year. Producers of acai berry supplements, juices and tea have been very successful peddling their goods in ads on the Internet and on social networking Web sites such as Facebook. In November alone, more than 1.5 million people searched for the term on Google. Online ads and Web sites often include a photo of a celebrity — such as Oprah — and claim that she endorses the acai as a weight loss miracle.

"BBB can't speak to the restorative or weight loss properties of acai-based products, but we are taking companies to task for their misleading sales and marketing practices," said Charlie Mattingly, president and CEO of the BBB in Louisville. "Many businesses across the country are using the same selling model for their acai products: they lure customers in with celebrity endorsements and free trial offers, and then lock them in by making it

extremely difficult to cancel the automatic delivery of more acai products every month."

Following are two companies that exemplify dozens of other businesses operating nationwide that sell acai-related items with a similar sales model:

■ BBB serving Fort Worth recently received a large volume of complaints against FX Supplements.com, a Web site selling products such as Acai Berry Maxx and Maxx Slim Hoodia. The company offers a risk-free trial of their products for the cost of shipping and handling. However, if consumers do not cancel within the trial period they are sent additional bottles every month and are billed \$85.90. Complaints show that the trial period fluctuates between 10 and 14 days from when the consumer requested the free trial-not from when they received the product.

Complainants stated they had difficulty canceling their subscription; some made numerous calls to the phone number listed, found the number out of service, continually busy or were sent to voicemail. Complainants also had a difficult time canceling their subscription via the e-mail provided. In some cases the e-mail address did not work or the complainant continued to be billed even after multiple e-mails. Several customers reported that they were forced to close down bank accounts and cancel credit cards to stop recurring charges.

■ In the last 12 months, the BBB serving Central, Northern and Western Arizona has received more than 1,400 complaints for a company called Central Coast Nutraceuticals which operates several Web sites selling acai, hoodia and male

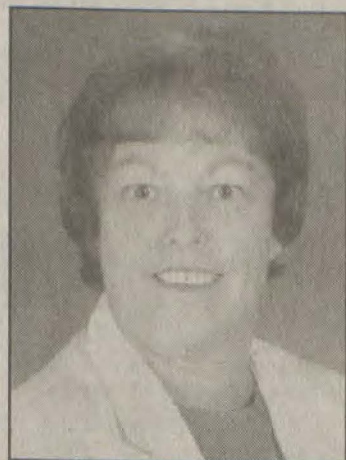
enhancement products. The company uses Oprah-endorsements of the acai berry in ads touting its weight-loss benefits and offers a free trial of acai-related products including supplements and tea. Due to the company's negative option, if, after the free-trial, the consumer no longer wishes to receive a monthly supply they must cancel their subscription or they will be billed \$40 monthly.

The complaints against the company all tell a similar tale of how difficult it was to contact the company and cancel the subscription - including enduring 75 minutes on hold. Additionally, consumers complain of unauthorized charges on their credit card or bank accounts for products they did not order. Central Coast Nutraceuticals has earned an F grade from BBB for a large volume of unanswered and unresolved complaints.

"These companies are simply abusing general acai berry endorsements from well-known, trusted celebrities by using it as a tacit endorsement of their company and products specifically," says Mattingly. "Consumers trust Oprah and unfortunately, if they are tricked into believing that she is putting her stamp of approval on a product then they are definitely more likely to purchase it."

Before purchasing acai products, BBB recommends checking out the seller first. BBB maintains a free online database with more than four million reports on businesses at www.bbb.org. Additionally, consumers shopping online should look for the BBB seal on Web sites and click on the seal to confirm its legitimacy. And of course, consumers can always contact BBB directly with questions, concerns and complaints.

American Heart Association
Fighting Heart Disease and Stroke
Choose Healthful Foods



Family Medicine

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

Healthy lifestyle can limit bundle branch block complications

and left atria, and moves through an area called the atrioventricular, or AV, node. From there this specialized pathway separates into two branches that go to the heart's lower chambers, or ventricles. The left branch goes to the left ventricle and the right branch to the right ventricle.

A bundle branch block occurs when one of the branches of the bundle of His has been damaged and no longer transports the electrical impulses it receives. This causes the ventricles to contract in a less coordinated manner.

A bundle branch block may be caused by many things; the most common one is a heart attack. Enlarged hearts or inflamed hearts can also cause a branch to be damaged. Also, after heart surgery, the scarring can interrupt the impulses in a branch.

Other relatively common causes of a BBB include high blood pressure (hypertension) or an infection of the heart muscle. And, some people are born with heart abnormalities that cause problems with one or more of the branches.

Most people who have a BBB don't know they have it. It is commonly picked up on a routine EKG that might be done as part of a workup for high blood pressure, elevated lipids or diabetes. When there are symptoms, they are usually very non-specific, like fainting, dizziness, or slow heart rate. So, in general, it's not considered a dangerous condition.

There is no known treatment for BBB, but treating the underlying cause, when possible, is the place to start. For instance, if you have high blood pressure it needs to be brought

under control. Also, some people with left-sided BBB who develop a severe slowing of the heart rate known as bradycardia need to have a pacemaker put in. But for most people a few lifestyle adjustments can go a long way toward preventing heart disease or the worsening of an existing BBB. These include not smoking, getting some exercise, keeping your cholesterol down and your weight under control.

□□□

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@familymedicine-news.org.

Since you answer so many questions about different types of illnesses, I was wondering if you've ever heard of Bundle Branch Block. I overheard somebody talking the other day about the fact that he had Bundle Branch Block. I've never heard of anything like that. Is it dangerous?

We first need to review the anatomy and function of the heart to help you understand what a bundle branch block (BBB) is. Electrical signals from within the

heart muscle cause it to contract a number of times each minute. These contractions can be heard by your doctor through a stethoscope as a "beat," and you can sometimes be aware of them yourself. Each beat is the result of stimulation by electrical signals that travel through a specific pathway in the heart. This dedicated pathway — making use of very specialized heart muscle tissue — is called the bundle of His, pronounced "hiss."

The bundle of His pathway starts in the upper heart chambers, the right

Rental Central

by TOM DOTY
TIMES COLUMNIST

Two genre pictures out-classed their comedic competition this week with a quartet of releases of film that deserve a second chance on home video.

■ "Appaloosa" — Good old-fashioned westerns don't get much better than this effort from actor/director Ed Harris. He stars alongside Viggo Mortenson as a pair of lawmen who hire themselves out to troubled towns. The pair find their friendship tested when a young woman insinuates herself between them as they square off against a corrupt rancher. Harris doesn't try to reinvent the wheel here and succeeds by sticking close to the source material (a novel by Robert Parker). Jeremy Irons is also quite good as the rancher, but Rene Zellweger gets the

best moments as an opportunistic woman.

■ "Swing Vote" — Kevin Costner has a few good scenes in this improbable comedy that rests on a contrived plot that finds his slacker dad character being wooed by both parties when his vote can break an election. Despite some clever moments from Costner, this is only a reminder that he was better cast in 1990s comedies like "Bull Durham."

■ "My Best Friend's Girl" — Standup comic Dane Cook gets a starring vehicle here, but should have waited for a better script. He is well cast as an obnoxious boor but the plot is ridiculous. It involves Cook's engaged buddy setting bride-to-be up on a date with Cook so that she'll realize how well she has it. We all know what's gonna happen next, and even the stunt casting of Kate

Hudson as the girl does little to sweeten this overdone exercise in stilted yuks.

■ "Mirrors" — The director of "High Tension" returns with this well-crafted horror yarn that was, once again, taken from an Asian film. Kiefer Sutherland stars as an ex-cop who is forced to take a job as a security guard for a department store when he is booted from the force after his partner is killed on the job. The store is filled with the titular objects, which are haunted. It all leads back to the store's former incarnation as a mental health facility that was the site of a gruesome massacre, and things quickly escalate to a dark conclusion that's pretty non-Hollywood. Worth a look.

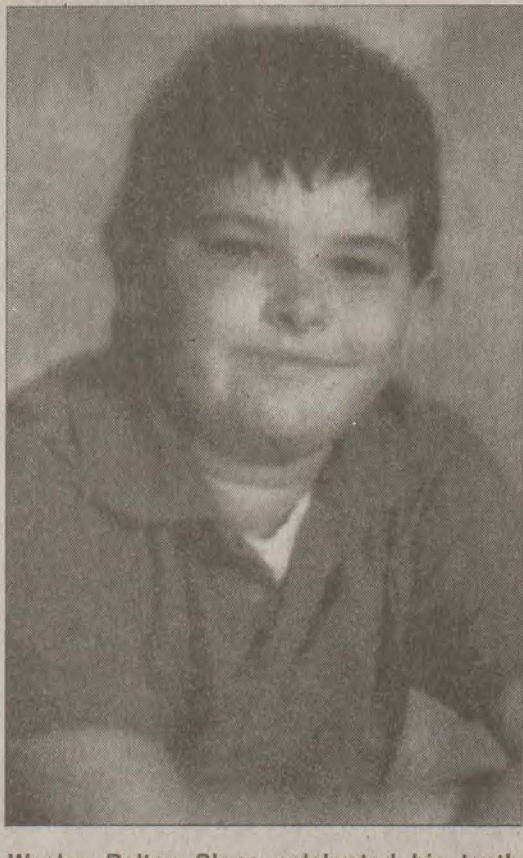
Next week look for Mark Wahlberg in "Max Payne" and check out the return of Jigsaw in "Saw 5."



Breanna Danyelle Anderson was born on Dec. 9, 2008, at Pikeville Medical Center. She is the daughter of Phillip and Danya Anderson, of Melvin. She was 7 pounds and 7.9 ounces, and 20.5 inches long. Her maternal grandparents are Janet Fraley, of Martin, and Dana P. Fraley, of Beaver. Her paternal grandparents are JoAnn Samons and the late Freddie Samons, of Martin, and Pete Anderson, of Ypsilanti, Mich.



Alexandria Jaye Willis turned 2-years-old on Dec. 23. She celebrated her birthday at Gymboree Plan and Music with her friends, and then another birthday party with family at Chuck E. Cheese. Alexandria is the daughter of Terry and Shirley (Wise) Willis, of Richmond, and the granddaughter of Jimmy and Valerie Wise, of Dwale, Terry Willis, Sr., of Pocatello, Idaho, and Virginia Willis, of Wasco, Oregon.



Wesley Dalton Slone celebrated his tenth birthday on Dec. 6, with friends and family. The theme of his party was "Happy Feet." Wesley is the son of Virgil Slone Jr. and Robin Slone, of Meally, and the grandson of Joyce Slone and the late Virgil Slone of Hi Hat. He is also the grandson of the late Jerry Wayne Robinette, of Virginia Beach, Va., and Charles T. Collins and Rosetta Collins, of Prestonsburg. Wesley attends Porter Elementary.

Super Crossword SWEET GNAW-THINGS

- | | | | | | |
|------------------------|-----------------------------------|-------------------------------------|---------------------------------|------------------------------|----------------------------|
| ACROSS | 51 "Taras Bulba" author | 99 Winter hazard | DOWN | 41 Sib's kid | 87 McCarthy's trunkmate |
| 1 Pugilistic poke | 54 Emulate Pinocchio | 100 Trattoria treat | 1 Secure spot | 42 On the — vive (alert) | 89 West. alliance |
| 4 Silenced a squeak | 55 Brandy cocktail | 101 TV chef Martin | 2 — mater | 43 Summer coif | 92 Brace |
| 9 Fuel source | 58 Protect with plastic | 103 "Shuffle" (77 song) | 4 Speak freely | 44 Tristan's tootsie | 95 Asta's mistress |
| 13 "Turandot" tenor | 61 Resident | 104 Seaweed product | 5 Roth — | 46 Actress Skye | 96 Snarl |
| 18 Heady quaff | 64 "Yours, Mine and —" ('68 film) | 105 Bobby's flashlight | 6 Exist | 50 Take the honey and run | 97 Banned pesticide |
| 19 Savanna sight | 65 Keatsian creation | 108 Rodent's Olympic motto? | 7 Temptation location | 52 Mayberry town drunk | 102 Shake up |
| 20 Lhasa — | 66 Redact | 112 Broad st. | 8 Earl — Biggers | 53 "Why don't we?" (50 film) | 104 Actor's actor? |
| 21 Arbus apparatus | 67 "The Bartered Bride" composer | 114 "Gotchal!" | 9 Living room | 56 Sadistic | 107 Pillbox, e.g. |
| 22 Rodent's favorite | 70 Serenade accompaniment | 115 Article | 10 Antipollution grp. | 57 In the saddle | 109 Bit of a beach |
| 24 Lost in thought | 72 TV's "South —" | 116 "— Night" ('58 hit) | 11 "The — Jungle" | 59 Saying | 110 Medical grp. |
| 25 Nuclear | 74 Road curve | 121 Matches | 12 Carry | 60 Cheerful | 111 TV's "Eight is —" |
| 26 Brimming | 75 Rodent's educational level? | 125 Inception | 13 Purrfect pet? | 62 Bk. convenience | 113 Screwdriver ingredient |
| 27 Join up | 79 Dit's cousin | 129 Cartoonist Charles | 14 Grandpa McCoy | 63 Neighbor of Thailand | 118 Spouse |
| 29 Take into account | 82 Read quickly | 131 Writer Charles | 15 Rodent refreshment? | 68 Used the microwave | 120 Composer Wilder |
| 31 Hook's mate | 83 Actress Virna | 133 Fictional rodent? | 16 Pisces follower | 69 Digression | 122 Prod. |
| 32 — reaction | 84 Peeper protectors | 135 Rink rental | 17 Sapphire side | 71 Prose piece | 123 Binchy's "— Road" |
| 34 Diva Ponselle | 88 Oomph | 136 List ender | 21 Future officer | 73 Boat bottom | 124 Tend the sauce |
| 36 Moon crawler | 90 Tokyo, once | 137 "Peer Gynt" composer | 23 "We've Only Just —" (70 hit) | 76 Atlanta campus | 126 Wallop |
| 38 Relative of — | 91 Like some cellars | 138 Psychic Geller | 28 Hockey legend | 77 Indentation | 127 Architect Saarinen |
| 39 Rodent cheese-cake? | 93 It may suit you | 139 Veronica of "Hill Street Blues" | 30 Urban transport | 78 Mintz or Whitney | 128 Small combo |
| 45 Laundry problem | 94 Closet freshener | 140 Surrender | 33 Sugar amts. | 79 Johnny of "Chocolat" | 130 Gibson or Tillis |
| 47 Frigga's fellow | 96 Calculator features | 141 Big revolver? | 35 Barbecue | 80 Soap additive | 132 Unbalanced dressing? |
| 48 Young boxers | | 142 Sticky stuff | 37 Christmas visitors | 81 City of rodents? | |
| 49 Relished a roast | | | 39 Voting venue | 85 Architect Jones | |
| | | | 40 Turn of phrase | 86 Window | |

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- Use descriptive words to identify your items
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NAME _____
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Write your ad here:

(approximately 18 letters per line)

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The FLOYD COUNTY TIMES does not knowingly accept false or misleading advertisements. Ads which request or require advance payment of fees for services or products should be scrutinized carefully.

AUTOMOTIVE

Ford Econoline 15 passenger church van for sale. New tires and belts. \$1500. OBO. Contact Trimble chapel church at 874-2324 or Mike Ousley at 606-263-4240

Employment

Experienced ONLY Tower Climber needed for local work. Job also includes two way radios and car kit installs. Must have valid driver's license and pass drug screening. Must have references! Excellent benefits Package available. Please send resume to PO Box 873, Prestonsburg, Ky 41653. Call 886-3181

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

We currently have 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.

Position available- Part time- Position requires secretarial skills with computer knowledge. Must be willing to travel 3-4 times per year. Book keeping skills a plus. Call Chris or Norman @ 606-433-1444 for application.

Abbott Engineering, Inc is currently seeking qualified applicants for the position of permitting technician. The applicant should have experience in completing all aspects of surface and deep mine permits for submittal to regulatory authorities. The applicant should also have experience with the following computer programs: AutoCAD, SEDCAD, and REAME. Please send resume to Abbott Engineering, Inc, 3073 KY Route 321, Prestonsburg, Ky 41653 or by email to thoward@abbot-engineering.com.

Abbott Engineering, Inc, is currently seeking qualified applicants for the position of surveying crew chief. The applicant

should have experience in surface or underground surveying. Please send resume' to **Abbott Engineering, Inc**, 3073 Ky Route 321, Prestonsburg, Ky 41653 or by email to thoward@abbot-engineering.com

News paper route available. From Allen to Wheelwright \$1,200 profit potential. Must be able to be bonded. Call 1-800-274-7355.

Drivers needed. Potential income of up to \$300-\$500 Apply in person at Papa Johns of Prestonsburg. Call 606-886-2800.

Experienced parts specialist needed. Apply in person only Napa at 810 South Lake Drive in Prestonsburg. Full benefits package. Pay commiserates with experience. Ask for Phillip.

Mystery shoppers! Earn up to \$150 per day. Undercover shoppers needed to judge retail & din-

ing establishments. Experience not required. Call 877-341-3504.

Prestonsburg Health Care Center has openings for full time C.N.A.'s. 6a / 6pm. We offer competitive wages and benefits. If interested call Lynn Fletcher 886-2378.

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 level, Ky 41602. Phone Number 606-874-1900.

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

Mining Engineering degree and experience required. Competitive salary and benefits package. Interested applicants should send their resume in confidence to 1801 Watergap Rd Prestonsburg ky 41653. Phone inquiries not accepted.

Services

If you need brick, block, stone, fireplaces built or trailers under pinned. Call 606-424-2969 or 606-668-3906.

Misc.

Needed: Someone to care for a disabled young female in my home. References and drug test required. Medical experience a plus. Call after 7 pm 478-2820.

HELP WANTED Mature, responsible, dependable adult female to provide part time in home care for elderly female.

References required. No smoking please. Interested parties call 1-859-533-9679.

Business Opportunity: Looking for individual who would be interested in assisting in the development, maintenance and operation of an over night camping facility and horse trailhead in the Dewey Lake area. Send resume no later than Feb 5th to : PO Box 522, Prestonsburg, Ky 41653.

A unfinished homemade doll 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 hands 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 informa-

tion. You will be rewarded for the return.

For sale: Eight pair of American Eagle jeans & 3 pair of Levis Jeans. All jeans worn 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 call 226-5345. Leave message if no answer

REAL ESTATE

Houses

Notice of property for sale. Eight acres more or less property for sale at the mouth of Bull Creek and Meadows Branch. Located near the Prestonsburg job core, near city water and sewage. Approximately 1/2 acreage is level and out of the flood plane. Suitable for residential or commercial use. If

interested contact 606-874-2330. Serious inquires only.

Sale or lease

Office space for rent. 3,000 sq 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 from Jerrys. 01/7 tfn

Commercial space for rent conveniently located at 834 South Lake Drive. Call 889-6510 or 886-0255.

RENTALS

APARTMENT

1 BR apartment for rent in Prestonsburg. \$350 month plus utilities and deposit. Call 889-6510.

2 apartments for rent. 1- 2br and a 1 br studio apartment. Both located in Prestonsburg. Also a 2 br mobile home for rent. Deposit required. Call 789-2287 or 424-0765.


For Rent: Two room efficient apartment fully furnished with bills paid. Located in Prestonsburg. Ideal for one individual only. Call 886-5959 and leave call-back number.

2br, 1 bath house for rent. Also 1 br, apartment for rent. Both located in Prestonsburg. No pets. Call 886-8991.

Town house apartment for rent. 2 br, 1 1/2 bath, stove, fridge, dw, w/d hook up, city limits at US 23 & Hwy 80. \$650 mth plus utilities with \$400 deposit. No pets. 1yr lease. 606-237-4758



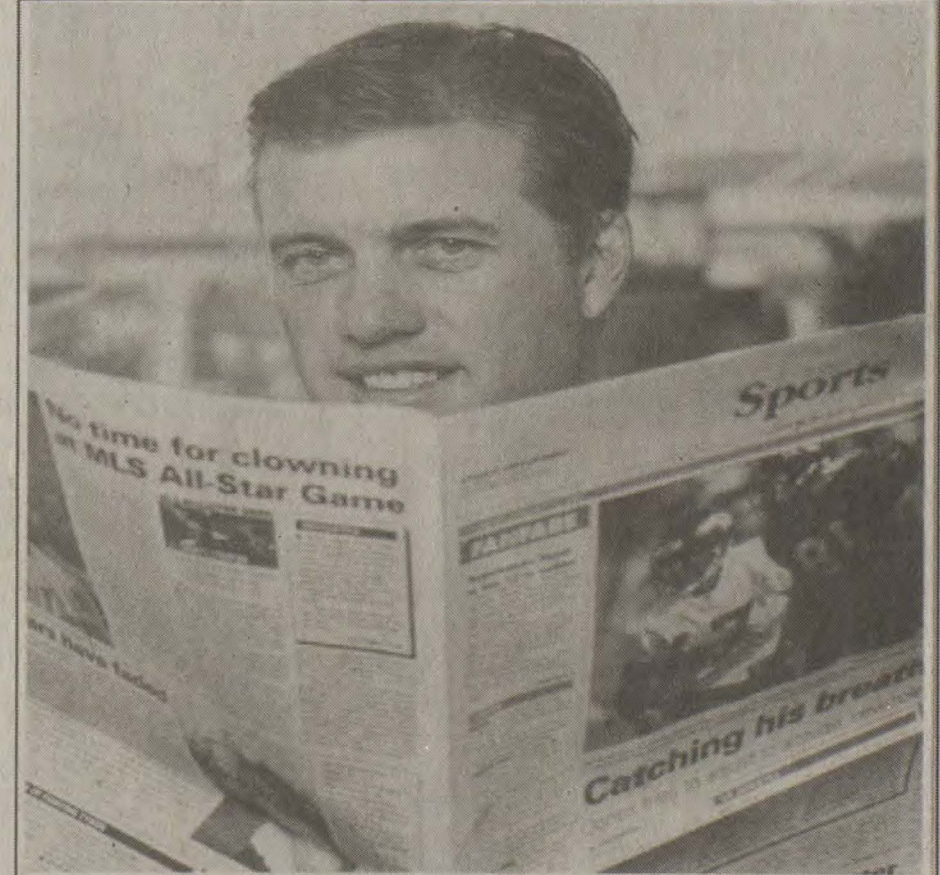
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Big Sandy Community & Technical College
 Coordinator of Financial Aid
Example of duties: Function as a first-time supervisor of other financial aid office staff as assigned by the Director to oversee the operations of the following processes: Return to Title IV, CAP grant and KEES scholarship, manage and process all loan applications for the department, stay abreast and ensure compliance with federal regulations, work with technical and high school counselors to inform students of the various types of financial aid available, remain current and knowledgeable in financial affairs to advise and explain financial aid programs to students, instructors, counselors and colleagues, determine eligibility of students applying for financial aid, calculate award amounts, process the following: verifications, recalculations, loan applications, and other paperwork related to financial need, counsel students and parents who are applying for financial assistance which includes presentations at high school workshops, run queries to ensure students are paid correctly, identify ISIRS not processed due to errors, and submit a list of those students who have applied for aid but have not submitted an application for admission, and other duties as assigned. **Minimum Requirements:** Bachelor's degree (related field) and two years related experience, or equivalent. **Minimum Monthly Salary:** \$2,735.00
Procedure for Application: Formal applications are available at Big Sandy Community & Technical College, Office of Human Resources, Johnson Administration Building, Room 110, or via email: jackie.cecil@kctcs.edu, by phone: (606) 886-7370, or by the web: http://www.kctcs.edu/employee/collegejobs/kctcsstaffapplication.pdf. Applicants must submit a letter of interest, a completed staff application, current resume with list of references, three original, current letters of recommendation and all college transcripts to Jackie B. Cecil, Director of Human Resources, One Bert Combs Drive, Prestonsburg, Kentucky 41653. Applications will be accepted until the position is filled. Review of applications will begin January 27, 2009.



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 Become a Kentucky organ & tissue donor.
 Sign the back of your drivers license or place a Donor Dot on it & tell your family of your wishes.
 For information contact:
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Kentucky Circuit Court Clerks Association
 Organ And Tissue Donation Awareness
 PSA

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

2 Br, townhouse for rent. Located on 4 miles from Prestonsburg. Hardwood flooring 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 based on income. Contact Ashely. 452-4777

Houses

House for rent. Located at 239 Francis Court, Prestonsburg. 2 br, 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. Central heat / air. For information call 367-1047 or 606-886-2416 after 7 pm.

For Rent : 3 br house above Eastern. \$500 per month \$500 deposit plus utilities. No pets no hud. References required. Call after 5:00 pm 606-358-4515

Mobile Homes

New federal lending program for landowners. No down payment & low monthly payments. Complete improvement packages available. Will also remove existing homes. Call 866-597-2083.

Mobile homes and work vans for sale. Newly remodeled 14 x 70 mobile home for sale \$5,000. Also 12 x 40 mobile home for \$2,000. 1999 Dodge work van for sale. Also 1997 ford work van. If interested call - 886-8441 or 259-1181.

Gov't funds available first time buy-

ers who own land or family land - 0 - down no closing cost your land is your credit. Call 877-310-2577.

2 br mobile home for rent. Located on Rt 321 between highland hospital and Davis produce. Central heat & air. With w/d hookup. \$325 month plus deposit. References required. Seniors welcome. Call 606-789-5973.

\$0 down, no closing costs! We will put in a new home. Call 276-679-1100.

Special FHA Finance Program \$0 Down if you own land or use family land. We own the bank your approved. Call 866-597-2083.

For rent: 1 br mobile home at Sizemore. Call 606-377-6346.

Why settle for less in 2009? We can put you in the home of your dreams!! Call today! 276-679-1100.

Nice 2 br Mobile home for rent. Located in Prestonsburg Call 874-0875 or 226-

3207. **2br Mobile home** for rent. Located on Cliff road. Call 886-3047 or 226-3047.

Owner must sell !! Lot and 2br and 2 bath SW. Priced for quick sale. Call - 859-498-7725. Financing available. Low monthly payments.

Priced to sell!! 3 br, 2 bath double wide. Owner financing available. If you have land we'll finance you. Call to pre-qualify. Call 859-498-7725.

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Legals

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, WV 25560, (304) 204-1455 has applied for a permit for a surface coal mining and reclamation operation located 1.7 miles northeast of Hippo, Kentucky in Floyd County. The proposed operation will disturb 373.34 surface acres and will underlie 4.92 acres, and the total area within the permit boundary will be 378.31 acres. The proposed operation is approximately 0.8 miles south from KY 1210 junction with Alum Lick Road and located 0.2 miles southwest of Caney Creek. The proposed operation is located on the Martin USGS 7 1/2

minute quadrangle map. The operation will use the mountaintop removal and auger methods of surface mining. The surface area to be disturbed is owned by George Thornsby, et. al, Evie Thornsby, et. al, Shade and Patricia K. Pitts, Lou Ellen Pitts, et. al., Big Branch Holding Company, LLC, Chris Damron, Danny Ousley, Rosie Reffitt, Craig Ousley, et. al, Betty Litsey, Charles Litsey, Gordon Ousley, Donald and Brenda Ousley, Adrian Bradley, James and Rose Marie Bradley, Ronald and Jackie Bradley, Sally R. Kessie, Charles E. Bradley, Amy Bradley, Abby Bradley, Adam Bradley, Johanna L. Silveus, Earl and Peggy Stephens and Sianna Risner, Mont Ousley Heirs, Edward L. and Sadie Shepherd, J.T. and Anna Lea Thornsby, Phyllis Reffett, Glen Hurd-Estate, Curt and Anna Howard and Harrison D. Reffett. The operation will underlie land owned by Shade and Patricia K. Pitts, Lou Ellen Pitts, et. al., Big Branch Holding Company, LLC and Mont Ousley Heirs

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 of the application. All comments, objections, or requests for a permit conference must be received within 30 days of today's date.

NOTICE OF INTENTION TO MINE Pursuant to Application Number 836-8066, Amendment

In accordance with KRS 350.070, notice is hereby given that Frasure Creek Mining, LLC, 4978 Teays Valley Road, Scott Depot, WV 25560, has applied for an amendment to an existing surface coal mining and reclamation operation located 0.8 miles southeast of Allen in Floyd County. The amendment will add 36.40 acres of surface disturbance making a total area

of 214.48 acres within the amended permit boundary. The proposed amendment area is approximately 0.7 miles west northwest from Route 1426's intersection with Allen-Banner Road and located 0.6 miles south of Levisa Fork. The proposed operation is located on the Harold U.S.G.S. 7-1/2 minute quadrangle map. The surface area to be disturbed by the amendment is owned by Adams Real Estate Limited Partnership and Frasure Creek Mining, LLC. The operation will use the refuse disposal method of surface mining. The application has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Prestonsburg, KY 41653-1410. Written comments, objections, or requests for a permit conference must be filed with the Director, Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, KY 40601.

30 days of the date of this legal publication.

NOTICE OF INTENTION TO MINE Pursuant to Application No. 836-5422, Amendment No. 1

In accordance with the provisions of KRS 350.070, notice is hereby given that Matt/Co, Inc., 439 Meadows Branch, Prestonsburg, Kentucky 41653, has applied for an amendment to an existing underground coal mining and reclamation operation, located 1.0 mile north of Dana, in Floyd County. The proposed operation will disturb 0.0 surface acres, and will underlie an additional 374.0 acres making a total area of 806.96 acres within the amended permit boundary.

The proposed amendment area is approximately 0.2 mile southeast from Johnson Fork Road's junction with Cecil Branch Road, and located within Johnson Fork.

The proposed amendment is located on the Harold U.S.G.S. 7-1/2 minute quadrangle map. The amendment will underlie land owned by J.R. Conn, Randy Hayes, et al, Junior Williams, Keith Williams and Industrial Fuels Minerals Company.

The amendment application has been filed for public inspection at the Department for Natural Resources, Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, Kentucky 41653. Written comments, objections, or requests for a permit conference must be filed with the Director, Division of Mine Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601.

PUBLIC NOTICE

Brian Alan Cramer, 1065 Town Branch Road, Prestonsburg, Ky. 41653, hereby declares intention(s) to apply for a Retail Liquor license no later than February 16, 2009. The business to be licensed will be located at 341 University Drive, Prestonsburg, Ky. 41653, doing business as Pig-in-a-Poke BBQ Restaurant. Liquor will be served by the drink. The (owners), principal officers and directors; limited partners; or members are as follows: Brian Alan Cramer. Any person, association, corporation, or body politic may protest the granting of the license(s) by writing the Department of Alcoholic Beverage Control, 1003 Twilight Trail, Frankfort, Ky. 40601-8400, within

REQUEST FOR PROPOSALS

The Big Sandy Area Development District is receiving bid proposals for providing Title III B, C1, and C2 Services to the elderly, sixty years old and older, in the Floyd County Area for fiscal year 2010, covering the period July 1, 2009, through June 30, 2010. Title III B is Supportive Services, Title III C1 is Senior Citizens Center Congregate Meal Services, and Title III C2 in Home Delivered Meal Services. Proposals are being solicited and accepted for FY10 contracts. Contracts will be awarded for one-year duration. The awarding of contracts for FY10 will be based upon the merit of the proposals submitted, previous program performance and/or experience, and the availability of funds.

Submission of proposals ends February 23, 2009, at 4:30 p.m. For further information, and bid packets, please contact Liz Hamilton, Big Sandy ADD, 110 Resource Court, Prestonsburg, KY 41653. 1-800-737-2723, or email: Elizabeth.hamilton@bigsandy.org

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 SOLD! 2004 Ford Mustang \$10,800.00. 40th Anniversary Edition. V6, Gas Saver!! Glossy Red. Call AB Motors 606-886-1922 606-434-5551	 SOLD! 2005 Dodge Ram 4x4 SLT \$17,900.00. NADA price \$19,300. Local, 1-owner, 4-door, 4-WD, auto. Looks brand new, inside & out, charcoal in color. Call AB Motors 606-886-1922 606-434-5551	 SOLD! 2002 Toyota Sienna \$9,999.00. NADA price \$12,000. Local, 1-owner, Carfax certified, champagne in color. Heated leather seats with sunroof, V6, Gas Saver!! Call AB Motors 606-886-1922 606-434-5551

HOME FIRES America's Biggest Disaster Threat

4 Out Of 5 Americans Are Unaware That Home Fires Are The Most Common Disaster Threat.

Preparedness is your best defense against deadly fires. Use these checklists to make your home safe and prepare your family.

- To prevent fires before they start:
- Never leave burning candles unattended
 - Keep fuel (paper, clothing, bedding) at least three feet away from heat sources

- To stay safe from fires:
- Create a home fire escape plan
 - Practice your plan at least twice a year
 - Install smoke alarms and escape ladders
 - Replace smoke alarm batteries at least once a year
 - Purchase and learn how to use fire extinguishers safely

Visit www.redcross.org or contact your local American Red Cross chapter today to learn more.



Smart Cooking

FAMILY FEATURES

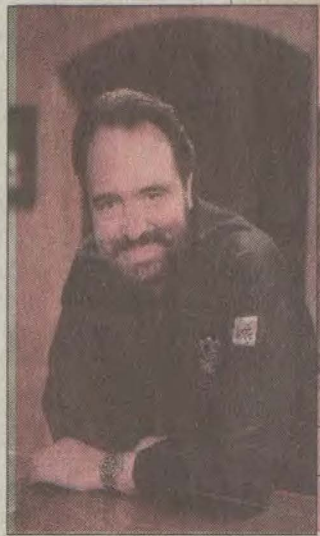
It's possible to indulge in delicious food packed with flavor and still eat healthy. It just takes some smart cooking.

Chef Nick Stellino is a cookbook author and television host who feels every meal can be a celebration with the right — and healthy — ingredients. He creates interesting and mouth-watering new ways of introducing one of the world's oldest and healthiest menus to your family table with ease (and applause). "Mediterranean cuisine is filled with aromatic olive oils, fruity vinegars, crunchy nuts, exotic spices, whole fruits and vegetables, lean meats and fish and legumes," he says. "It's all delicious and healthy!"

Olive oil and fruity vinegars are staples of Mediterranean cooking, and Chef Stellino loves some of the new flavor combinations available. "I like using Pompeian OlivExtra Plus with Omega-3 DHA because it delivers added health benefits along with great flavor from its blend of robust-tasting Pompeian Extra Virgin Olive Oil and milder-tasting canola oil," he says. "Also, Pompeian Açai Pomegranate Infused Red Wine Vinegar and Blueberry Pomegranate Infused Red Wine Vinegar are enriched with antioxidants and offer two unique flavors that add zest to salads, vegetables and marinades."

Adding bold, bright flavors to healthy foods you'll love to eat — now that's smart cooking.

For more recipes and cooking videos, visit Pompeian.com.

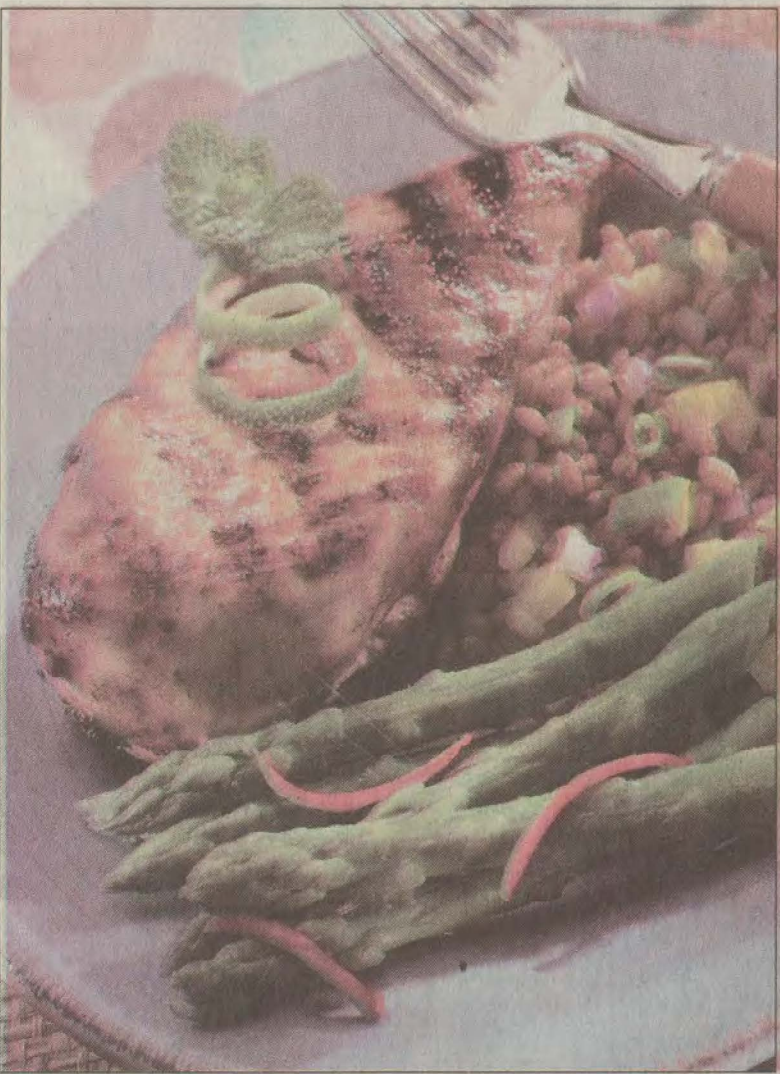


Chef Nick Stellino,
cookbook author
and television host

Cooking Smarts

Look for ingredients that bring health and nutritional benefits to the table along with great taste. Products and natural foods that have Omega-3 DHA and antioxidants give your body the healthy boost it needs.

- Omega-3 DHA supports brain, eye and heart health throughout life.
- The American Dietetic Association (ADA) recommends 500 mg/day DHA and EPA, in addition to two servings of fish per week, preferably fatty fish.
- Antioxidants help fight the damaging effects of free radicals that have been associated with chronic disease and aging.
- Açai (ah-sci-ee) is a Brazilian rainforest fruit considered tops in antioxidant values.
- Blueberries and pomegranate juice also rank higher than many foods.



Sweet Lime and Blueberry Pomegranate Vinegar Marinated Chicken Breasts

Serves 4

- 4 4-ounce boneless skinless chicken breasts, rinsed and patted dry
- Sweet Lime and Blueberry Vinegar Marinade recipe
- 1 medium lime, cut in wedges

Pour marinade over chicken breasts and turn pieces several times to coat evenly. Marinate 30 minutes.

Preheat a lightly oiled grill rack or grill pan over medium high heat. Remove chicken from marinade (discarding excess marinade). Cook chicken 4 to 6 minutes on each side or until no longer pink in center.

Serve with lime wedges.

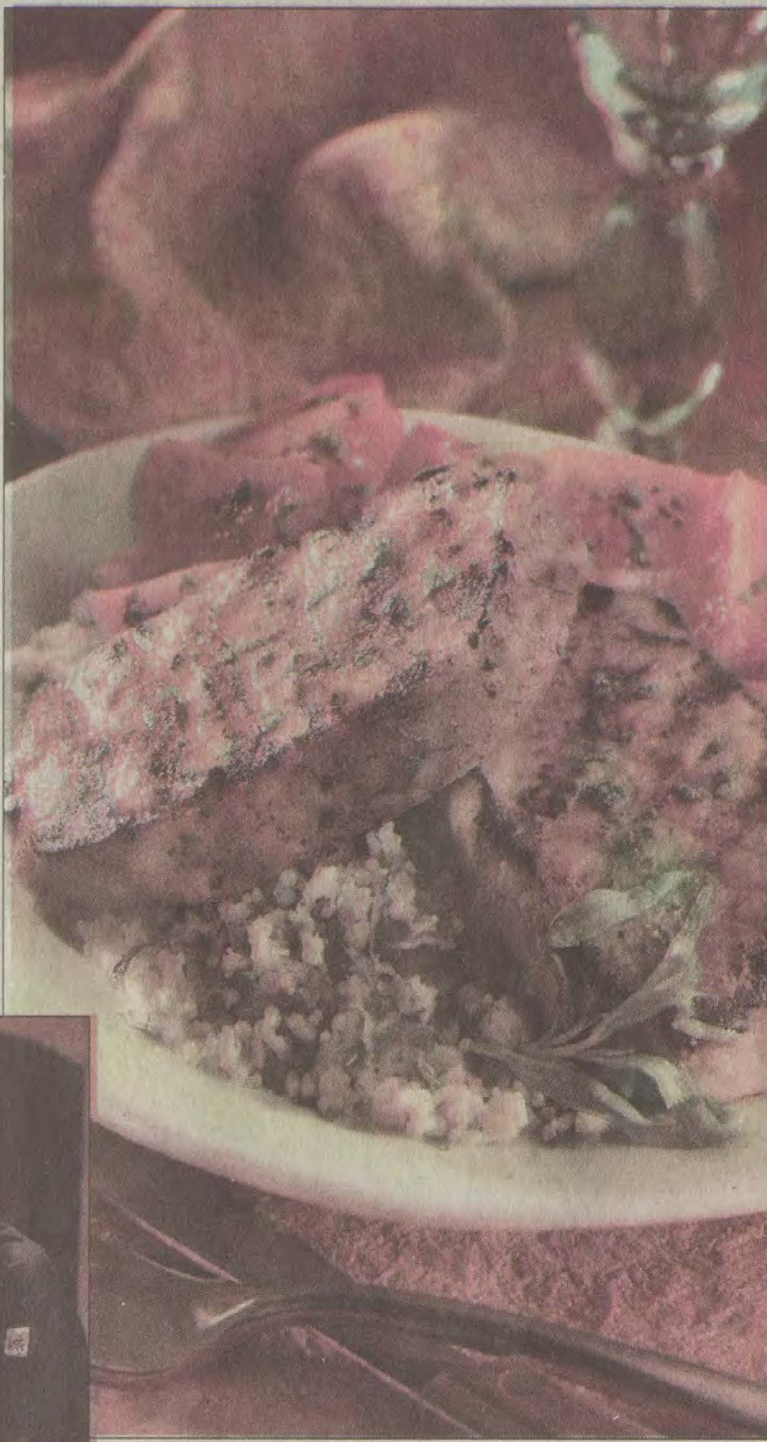
Sweet Lime and Blueberry Vinegar Marinade

Serves 4 (makes about 3/4 cup marinade total)

- 1/4 cup Pompeian Blueberry Pomegranate Infused Red Wine Vinegar
- 1/2 cup packed mint leaves
- 1 tablespoon grated lime rind
- 3 tablespoons lime juice
- 2 tablespoons Pompeian Extra Light Tasting Olive Oil
- 1 1/2 tablespoons sugar
- 3/4 teaspoon salt

Combine all ingredients in a blender, secure with a tight-fitting lid and puree until smooth.

Nutrition information per serving, 1/4 of recipe: 170 calories, 5 g total fat (1 g saturated fat, 0 g trans fat), 65 mg cholesterol, 290 mg sodium, 3 g carbohydrate, 0 g fiber, 2 g sugars, 26 g protein, Vitamin A 6%, Vitamin C 15%, Calcium 2%, Iron 6%



Blueberry Pomegranate-Tarragon Marinated Pork Chops

Serves 4

- 4 4-ounce boneless pork chops
- Blueberry Pomegranate-Tarragon Marinade recipe
- Paprika to taste

Pour marinade over pork chops and turn pieces several times to coat evenly. Marinate 30 minutes.

Preheat a lightly oiled grill rack or grill pan over medium high heat. Remove pork chops from marinade (discarding excess marinade). Sprinkle both sides with paprika. Cook pork 4 minutes on each side or until barely pink in center.

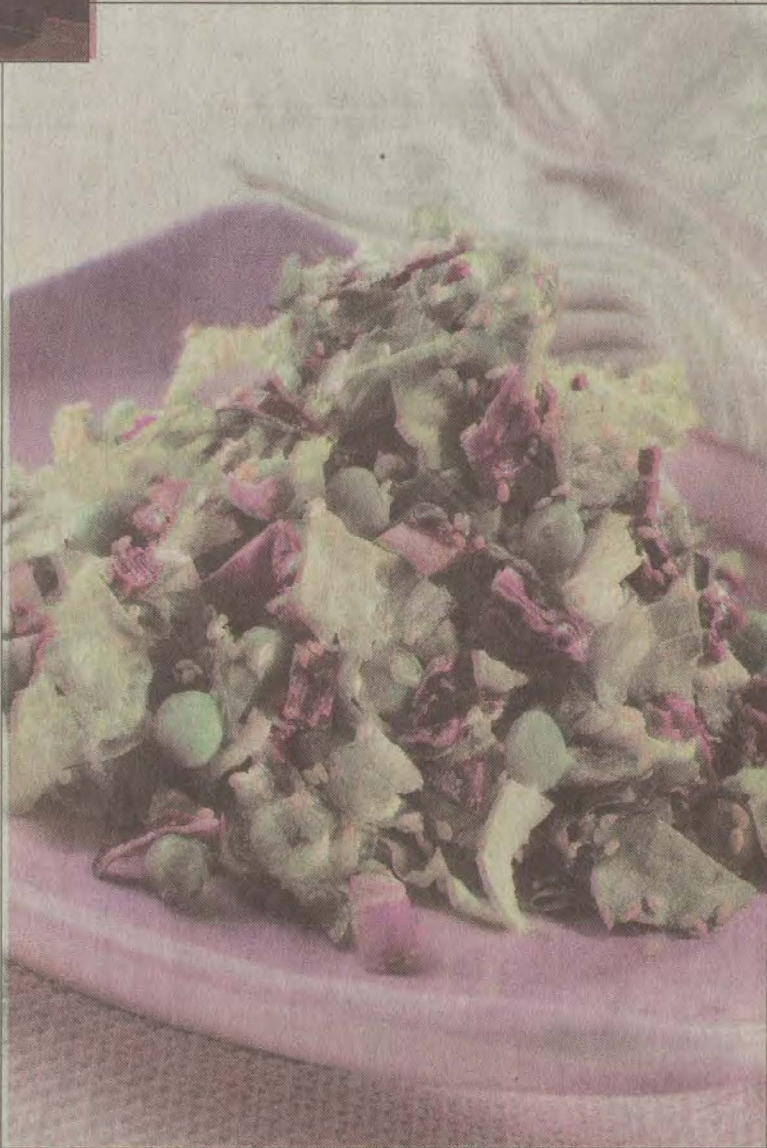
Blueberry Pomegranate-Tarragon Marinade

Serves 4 (makes about 1/2 cup marinade)

- 1/3 cup Pompeian Blueberry Pomegranate Infused Red Wine Vinegar
- 2 tablespoons Pompeian Extra Virgin Olive Oil
- 1 tablespoon lemon juice
- 1 tablespoon Dijon mustard
- 1 1/2 teaspoons dried tarragon
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 1/2 teaspoon coarse ground black pepper

Combine all ingredients in a jar, secure with a tight-fitting lid and shake vigorously.

Nutrition information per serving, 1/4 of recipe: 190 calories, 9 g total fat (2.5 g saturated fat, 0 g trans fat), 65 mg cholesterol, 260 mg sodium, 1 g carbohydrate, 0 g fiber, 0 g sugars, 24 g protein, Vitamin A 0%, Vitamin C 4%, Calcium 4%, Iron 6%



Vegetable and Romaine Chopped Salad

Serves 4 (1 cup salad per serving)

Dressing:

- 1/4 cup Pompeian OlivExtra Plus
- 1 1/2 to 2 tablespoons Pompeian Açai Pomegranate Infused Red Wine Vinegar
- 2 tablespoons whole grain Dijon mustard
- 2 medium garlic cloves, minced
- 1 teaspoon sugar
- 1/4 teaspoon salt or to taste
- Coarsely ground pepper to taste

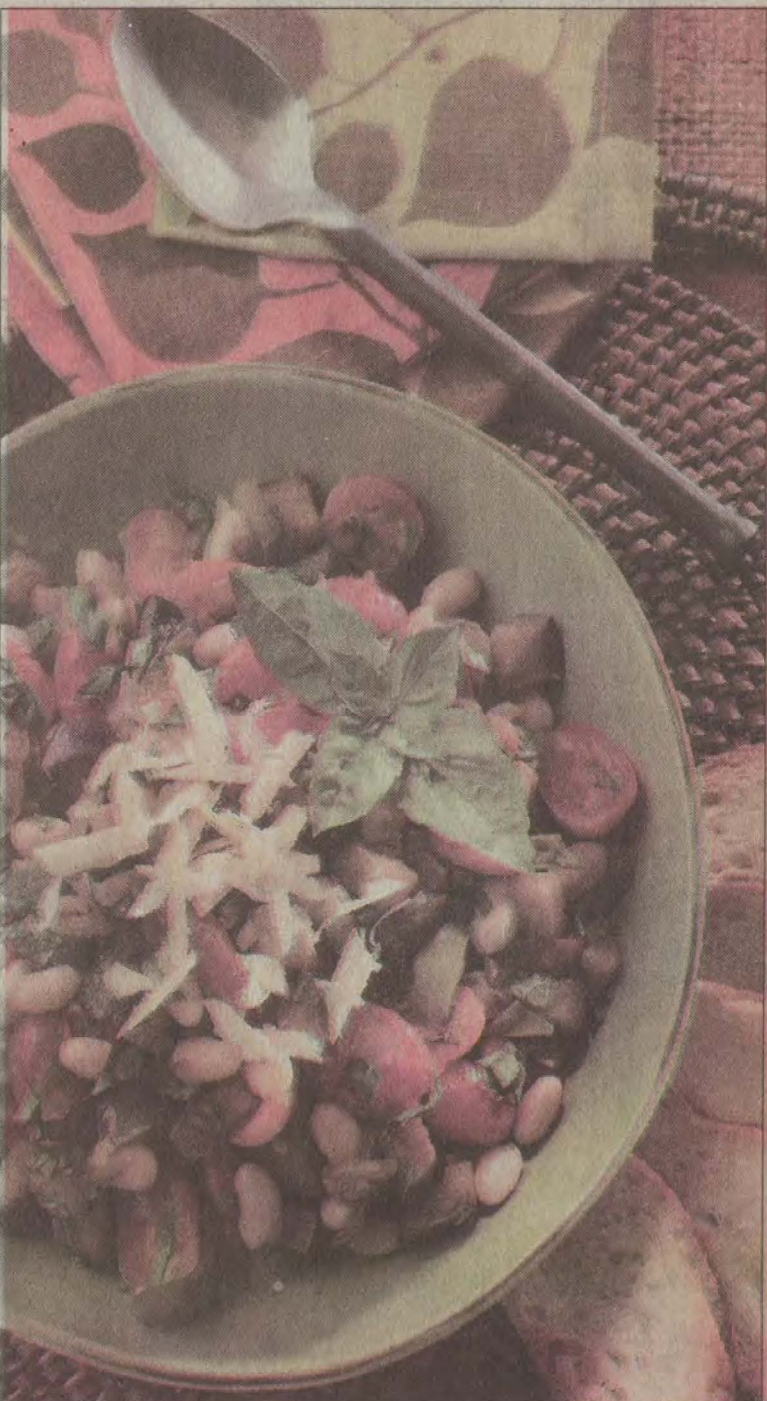
Salad:

- 3 cups chopped romaine lettuce
- 1 cup chopped red cabbage
- 1/2 cup frozen green peas, thawed
- 1/2 medium celery stalk, thinly sliced
- 1/4 cup chopped red onion
- 1 1/2 teaspoons sesame seeds, toasted

Combine dressing ingredients in a jar, secure with a lid and shake vigorously until well blended.

Combine salad ingredients in medium bowl. Toss salad with one half the dressing (about 1/4 cup) until well blended. Refrigerate remaining dressing up to 1 week for later use.

Nutrition information per serving, 1/4 of recipe: 100 calories, 8 g total fat (0.5 g saturated fat, 0 g trans fat), 0 mg cholesterol, 150 mg sodium, 8 g carbohydrate, 3 g fiber, 3 g sugars, 2 g protein, Vitamin A 60%, Vitamin C 45%, Calcium 4%, Iron 6%



Asiago, Eggplant and Tomato Ratatouille

Serves 8 (1/2-cup servings)

- 1/4 cup Pompeian OlivExtra Plus
- 1 1/2 cups chopped green bell pepper
- 1 cup chopped onions
- 8 ounces eggplant, cut into 1/2-inch cubes (3 cups)
- 2 medium, fresh garlic cloves, minced
- 1 pint sweet grape tomatoes, halved
- 1/2 of a 15.5-ounce can, preferably no salt added cannellini or navy beans, rinsed and drained
- 1/3 cup Pompeian Burgundy Cooking Wine
- 3 tablespoons Pompeian Red Wine Vinegar
- 1/4 teaspoon dried red pepper flakes
- 1/2 cup chopped fresh basil, or to taste
- 1 ounce grated asiago cheese

Heat 1 tablespoon oil in large nonstick skillet over medium high heat. Cook peppers and onions 4 minutes or until onions are translucent, stirring frequently. Add eggplant and garlic; cook 5 minutes or until eggplant is tender. Stir in tomatoes and beans, and cook 3 minutes. Add wine, vinegar, and pepper flakes. Cook 2 minutes or until tomatoes are slightly soft.

Remove from heat, stir in basil and salt and pepper to taste. Sprinkle evenly with cheese.

Nutrition information per serving, 1/8 of recipe: 130 calories, 8 g total fat, (1 g saturated fat, 0 g trans fat), 5 mg cholesterol, 115 mg sodium, 11 g carbohydrate, 4 g fiber, 3 g protein, Vitamin A 10%, Vitamin C 40%, Calcium 6%, Iron 4%