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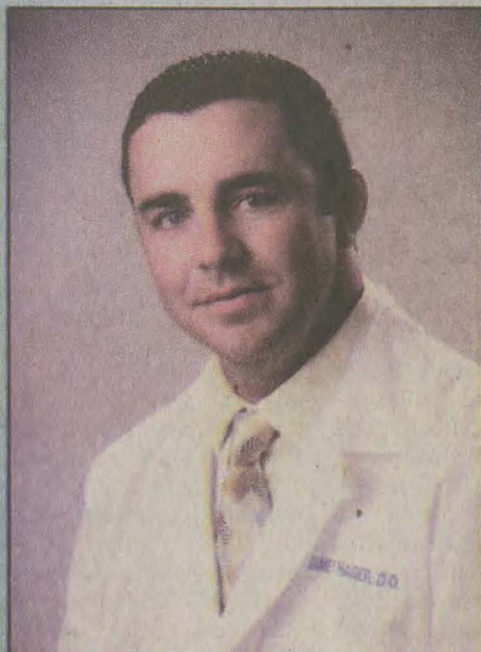
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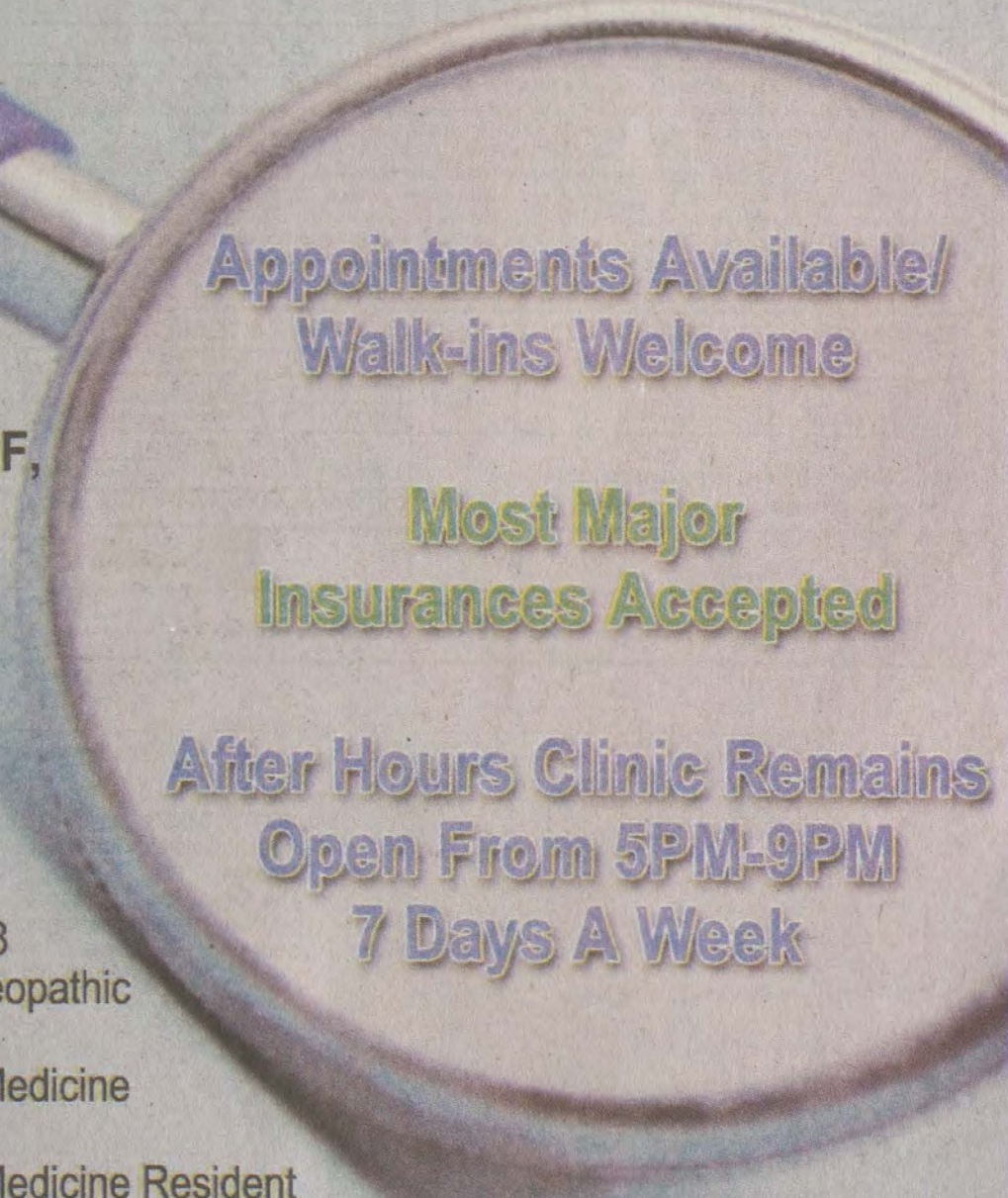
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| Sports Physicals | EKG/Spirometry Testing |



BILLIE CHANEY-RATLIFF, PA-C
 Pike County Native
 University of Kentucky
 Physician Assistant Program
 completed 2000



JAMEY HAGER, D.O.
 Pike County Native
 Pikeville College Graduate 1998
 Pikeville College School of Osteopathic
 Medicine Graduate 2002
 University of Kentucky Family Medicine
 Residency completed 2005
 University of Kentucky Family Medicine Resident
 of the Year 2003-2004
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MOVIES FROM
THE BLACK LAGOON

'Trailer Park of Terror'

by TOM DOTY
TIMES COLUMNIST

"Tales From the Crypt" gets Southern fried in this horror effort that was based on a comic book series set in the titular locale.



Tom Doty
Times Columnist

The story begins in 1981 and focuses on the colorful characters who inhabit a rundown trailer park. It centers on Norma, who pines for a

better tomorrow, which she hopes will come courtesy of the preppy dude who is taking her out to the big dance at the high school.

She gets all dolled up for the occasion, which doesn't go unnoticed by the other residents, who get to picking on her. This diverse bunch of losers and degenerates include:

- Marv, the park's resident criminal overlord whose enterprises include, but are not limited to, prostitution and hijacking trucks.

- Miss China, who operates a massage parlor out of her unit.

- Skank, a sweaty butcher who prides himself on his jerky.

- Larlene, a 400-pound meat-a-holic who rocks a mildewed mu mu and a protective cloud of body

(See LAGOON, page three)

This Town, That World

Editor's Note: For years, Floyd County Times founder and former publisher Norman Allen wrote a weekly column that looked at Floyd County through his eyes. His columns are being reprinted due to request.

Somehow, I have a feeling that Dog Days will come a little early this year.

IMPROVEMENT PLANNED

For some years now this has served on occasion as a fishing column—devoted, mainly, to the trials, tribulations and disappointments of one so-called fisherman—but there is a strong possibility that I'll soon turn this matter of fishing, and maybe hunting, over to my two sons. If they will tell the truth, their failures in all departments should equal mine. And that should fill a column.

HOW AWFUL!

We expect strip mining to be stopped, any day now, since that UK chemist has warned that the water is being so contaminated that Kentucky bourbon will lose its place in the market. If this runoff from strip mines will do that to spirits, what won't it do to bodies?

FROM A MUSTARD LOVER

This by mail from W.J. Hall, Ft. Campbell, Ky., formerly of Puncheon:

"This is to express my deep compassion for you over your defeat last spring for Poke Warden. I used to live on Right Beaver, and I sure do know the great value of poke. But you have company. I'm in every bit as bad a predicament; my wife's mad at me and it goes to

(See ALLEN, page two)

BOOK REVIEW Interesting characters drive 'Ocean'

by JARRID DEATON
FEATURES WRITER

The highest praise I can give to a book of short stories includes placing it in close proximity to the bookshelf to "The Stories of Breece D'J Pancake," and that's exactly where Jim Tomlinson's "Nothing Like an Ocean" now sits.

"Nothing Like an Ocean" is filled with characters that will seem familiar to most readers in Kentucky and this part of the country in general, but there is also an

element of something alien and unknown, which makes them memorable and their fictional lives seem raw, real, and vital.

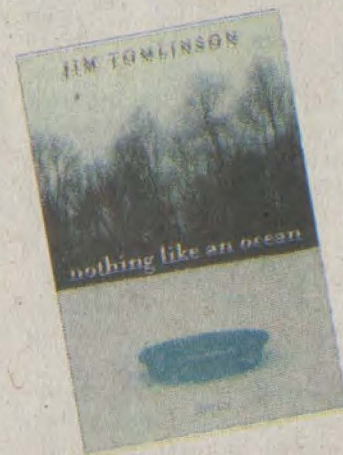
One of the stories in the collection, "The Persistence of Ice," deals with a school teacher writing a letter to his hospitalized father. The letter deals with the teacher's attempt to take on what he sees as unruly, graffiti-happy students, and ends in an unexpected and explosive way.

These unexpected twists and odd and interesting characters are present in every story, from the title tale

to a flash fiction piece that includes a blow-up doll. These characters and the situations they find themselves in remind me of why I enjoy living in this weird, wonderful, and sometimes dangerous commonwealth.

Tomlinson, a resident of Berea, was the winner of the prestigious Iowa Short Fiction Award for his debut collection, "Things Kept, Things Left Behind."

"Nothing Like an Ocean" was released in March by the University Press of Kentucky.



PMC to offer free health, vascular screenings

PIKEVILLE — Pikeville Medical Center will conduct free health screenings in conjunction with the Remote Area Medical (RAM) expedition at Pike County Central High School on June 27-28.

The hospital will offer free blood pressure, glucose, cholesterol, EKG, echocardiograms and peripheral vascular disease (PVD) screenings from 6 a.m. to 6 p.m. on June 27 and from 6 a.m. to 2 p.m. on June 28.

"Pikeville Medical Center is committed to building healthier communities," said PMC Chief Operating Officer Jerry Johnson. "Our involvement with RAM is another way we are reaching out to meet the health care needs of our region."

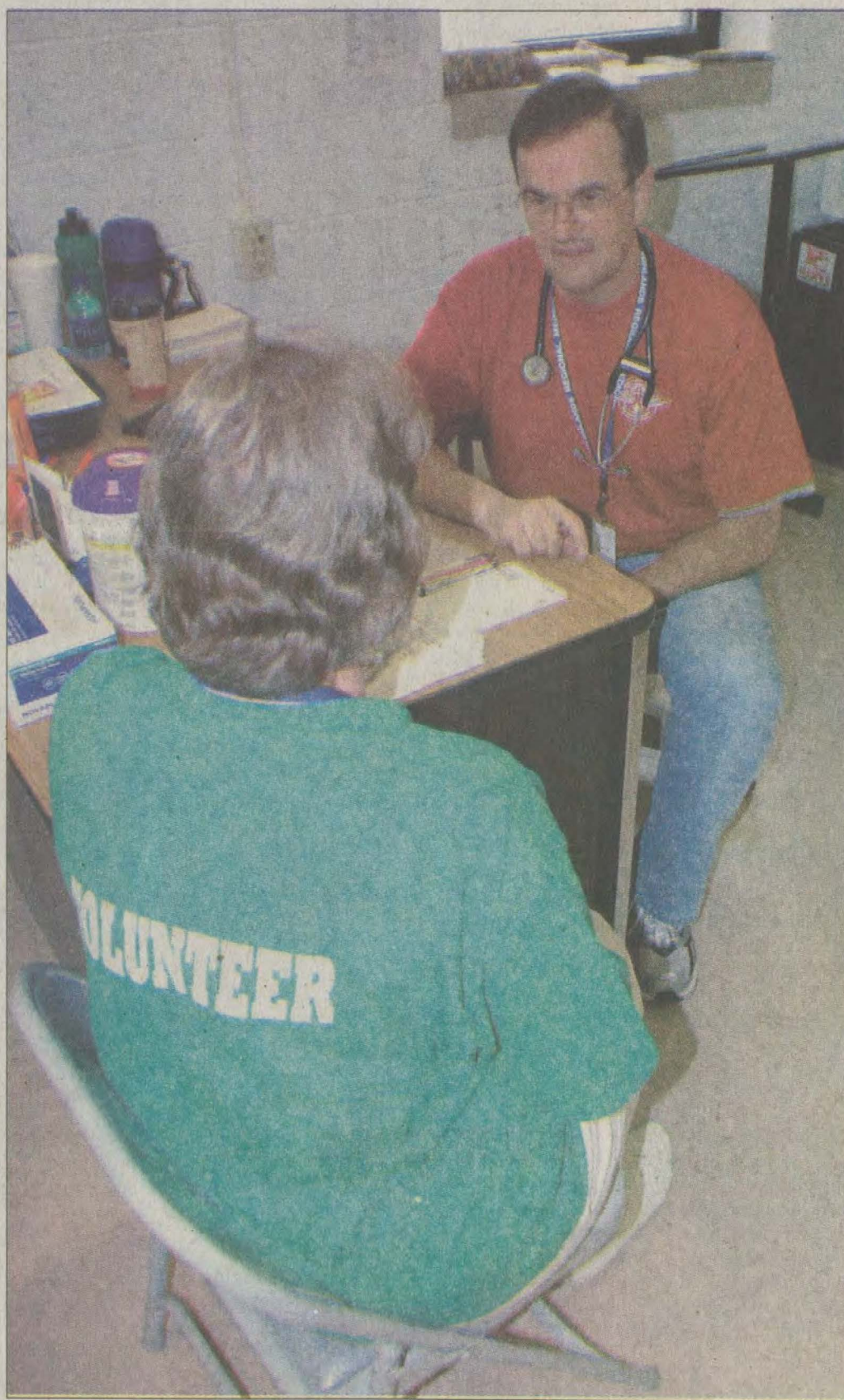
After the nation's economy spiraled downward last year, PMC stepped up to help area residents by hosting free health screenings at various locations. After seeing the need presented by area residents who sought services at those screenings, PMC officials decided to open the Free Health Screening Center in March.

The facility, located on North U.S. Route 23 in Pikeville (beside Advance Auto Parts), offers free blood pressure, glucose, cholesterol, EKG and PVD screenings Monday through Friday from 8:30 a.m. to 4:30 p.m.

"With people dealing with so much, it is easy to lose focus on your health," Johnson said. "Our efforts to provide these free services fall in line with our Christian mission of providing quality health care to our region."

At RAM, Pikeville Medical Center's Heart Institute will offer free vascular screenings in conjunction with the hospital's screening center at RAM. Interventional Cardiologist Dr. Bill Harris, who leads the Heart Institute, will perform ankle-brachial index screenings, which helps determine if a person has a heart blockage.

Pikeville Medical Center's Heart Institute is among the nation's best cardiac programs, becoming one of the first 10 hospitals in the nation — and the first in Kentucky — to earn the highest accreditation from the Society of Chest Pain Centers.



Dr. Bill Harris, who leads Pikeville Medical Center's Heart Institute, consults a patient during last year's Remote Area Medical (RAM) Expedition at Pike County Central High School. Harris and volunteers from the Heart Institute will provide free vascular screenings at this year's RAM event, which is set for June 27-28, at Pike County Central High School.

DINNER DIVA

Summer rubber chicken



In the midst of summer, even grilling outside can get tedious and hot. Sure, you've kept the house cool by going outside to do your cooking, but baby it's hot outside!

So what do you say we grill once, and get three meals out of it? This is what I do to get Rubber Chicken—Summer Rubber Chicken that is (I will share my winter Rubber Chicken with you later). How do you do that you say? Glad you asked, check it out—

Day One: Marinate as much chicken as you need to make three meals. Let's say you are a family of 5; you will use 12

chicken breasts total (which is how many are often in 2 bags of individually frozen chicken breast halves; the boneless ones). What I do is marinate 12 breasts in two zipper topped plastic bags (6 each) with teriyaki sauce, balsamic vinegar, a squeeze of lemon or lime, garlic powder, oregano and a liberal grinding of pepper. Or if I'm in a huge hurry, I'll split a bottle Italian salad dressing between the two bags and call it a day. Remember, the longer you marinate, the more time the flavors of your marinade have to infuse themselves in your chicken. In other words, I'd do this first thing

in the morning so your chicken is wonderful that night.

On your outdoor grill, barbecue ALL of the chicken, reserving 6 cooked breasts for later. I will serve coleslaw, green salad and maybe a potato salad with the meal. The breakdown of the 12 breasts is 6 used the first night (your husband or teenager will volunteer to eat the extra one), 3 used the second night and the last night, 3 used again.

Day Two: Take 3 of the leftover chicken breasts and cube them for

(See DIVA, page two)

inside lifestyles

CAR TALK
Reader wants advice on safely pulling prank
— page B3

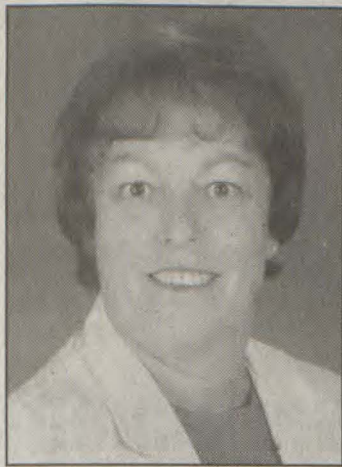


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Worship DirectoryB4
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Fun & Games

page B4





Family Medicine

OHIO UNIVERSITY
College of Osteopathic Medicine

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

Swimmer's ear need not spoil reader's summer

Summer has begun again, and I dread it. Every summer at least one of my children gets swimmer's ear. This invariably comes on in the middle of the night or on a holiday, and so we end up with a long, pricey emergency room visit, where we just get ear drops that take care of things in a few days. Can you tell me more about swimmer's ear? Is there anything I can do to prevent this?

As you well know, swimmer's ear is a very common summer ailment, especially

for children, but it also can occur all year round — anytime your children go swimming or get water in their ears from bathing. Typically it occurs in just one ear, but it can afflict both at the same time.

Swimmer's ear is most commonly caused by the bacteria *Pseudomonas aeruginosa*, which causes an infection in the external ear canal, but it can also be caused by fungi or viruses. This kind of ear canal infection is not the same as the middle ear infection that often occurs in children. The moist warm ear canal is a great place

for bacteria from "dirty" water to grow. The ear canal also can become contaminated by dirty cotton swabs (not fresh out of the package), fingernails, bobby pins or any other foreign object stuck into ear canals to clear out ear wax or scratch an itch.

Usually the symptoms include severe, acute pain in the affected ear, sometimes accompanied by itching and drainage. By the time these symptoms come on, however, the infection typically has been smoldering for several days.

Generally, once the infection sets in, you will need prescription medication to make the problem go away. If it is not too late at night or a holiday, your family doctor can easily take care of this problem.

There are things you can do to prevent swimmer's ear. Make sure your children avoid sticking objects into

their ear canals, even cotton swabs. They should never scratch the insides of ears with their fingers or any other foreign objects. If your children have chronically itchy ear canals, go to the doctor and get a diagnosis and treatment to avoid frequent ear canal scratching.

When swimming or bathing, you can use disinfected ear plugs or a bathing cap to keep water out of your children's ears. Make sure they get all of the water out of their ears after a swim — a feat normally achieved by simply tilting the head and hopping once or twice (but never on a wet, slippery surface!). Also, after swimming or bathing, you can safely dry out your children's ear canals with a hair dryer set on the lowest setting. Just a few seconds of the warm, dry air can significantly reduce the likelihood of getting an infection.

There are over-the-counter ear drops that can be used after swimming or bathing to help remove trapped water and prevent infections, too. These are usually vinegar- or alcohol-based drops. Although they can prevent an infection, they are not to be used to treat an existing infection.

Keep your family doctor's number on hand, but these preventive methods may be your best bet for a more enjoyable summer.

□□□

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.

GOOD HEALTH

Deadly heat strokes are preventable

DEAR DR. DONOHUE: This summer I am running a basketball camp for teenagers. I have not done this kind of work before, and I am a bit leery on a number of issues. One that bothers me is heat injuries. Could you supply some guidelines that I could follow? -- R.W.

ANSWER: Heat-caused injuries rank third as the cause of death in high-school athletes. That might sound overblown, but it's true. There are not that many sports-related high-school deaths, so that's one reason heat deaths are ranked so high. One such death is one too many, as heat-related deaths are preventable.

It takes up to 10 days to fully acclimatize to heat. You should assume your campers are not acclimatized. Have them take it very easy in the first few days. Practice sessions on days one to three should be held in the early-morning hours, should be limited to three hours and should not be all that strenuous.

Be sure that water is accessible at all times. In more extended practices, have sports drinks that contain sodium and potassium also available.

If you can obtain the wet-bulb temperature index, use it. It was devised by the United

States Marines and takes into account temperature, humidity and wind speed. At wet bulb indexes of 90 and greater, practices should be suspended. If you cannot obtain this information, there are many charts readily attainable that correlate temperature with humidity and indicate when physical exertion is dangerous.

Exertional heatstroke is the most serious heat injury. Affected boys or girls might be sweating profusely or have dry skin. They're weak, dizzy and often complain of headache. Body temperature is 104 F (40 C) or higher. This is an emergency and, if you don't have the facilities to handle it, make advance arrangements for quick transportation to a hospital.

The child should be taken to a cool place, and all constrictive clothing should be removed. He or she should be covered with wet sheets or sprayed with cold water and be exposed to fans. In the best of circumstances, the child should be put in a tub of cool water. Mental changes are one of the hallmarks of heatstroke. If the child isn't able to drink fluids, intravenous fluids should be administered.

□□□

DEAR DR. DONOHUE: I

have a plantar wart. What do I do for it? -- C.R.

ANSWER: A plantar wart is a wart on the bottom of the foot (the planta). It's the work of a virus from the same virus family that causes all warts.

Try one of the proprietary remedies found in all drugstores: DuoFilm, Trandermal patch, Mediplast, Sal-Acid and Compound W. They contain salicylic acid, a fairly reliable wart remover.

Or you might want to try the duct-tape remedy. Cover the wart with duct tape and leave the tape on for six days. Remove it and soak the foot in warm water to soften the wart. Then file the wart gently with a pumice stone or emery board, both drugstore items. Repeat the sequence until the wart is gone.

Are you certain this is a wart? If you're not, get a doctor's opinion.

□□□

Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475.

Salome's Stars Weekly Horoscope

ARIES (March 21 to April 19) A change of season reinvigorates the Lamb, helping to overcome the effects of a recent slower-paced period. This is a good time to restate your feelings for that certain someone.

TAURUS (April 20 to May 20) You might not like using your authority to correct a workplace situation, but that's what being placed in charge is all about. Besides, you have people ready to lend support if need be.

GEMINI (May 21 to June 20) Your creativity continues to run high and helps guide you to make some fine choices in the work you're doing. Keep the weekend free for those special people in your life.

CANCER (June 21 to July 22) Don't be surprised if you experience a sudden spurt of energy strong enough to pull you out of that recent period of indecision and put you back in charge of your own goals.

LEO (July 23 to August 22) This is a good time for Leos and Leonas to set new goals regarding health, educational choices and possible career moves. The plans you make now could be a blueprint for your future.

VIRGO (August 23 to September 22) You might have much to offer a potential employer, but it can all be overwhelmed by too many details. Let the facts about you speak for themselves without any embellishments.

LIBRA (September 23 to October 22) This is a good week to balance your responsibilities

to your work-a-day world with your obligations to the people in your private life. Expect news that could lead to a change in plans.

SCORPIO (October 23 to November 21) A changing attitude on the part of a once determined adversary could cause changes down the line. Be prepared to take advantage of an unexpected new opportunity.

SAGITTARIUS (November 22 to December 21) You'd be a truly wise Sagittarius to be skeptical about an offer that doesn't answer all your questions. Even a colleague's testimonial doesn't replace facts that aren't there.

CAPRICORN (December 22 to January 19) It's a good idea to avoid spending on unnecessary purchases this week in order to keep a money reserve against a possible upcoming (but, fortunately, temporary) shortfall.

AQUARIUS (January 20 to February 18) More information is what you should demand regarding that workplace situation that recently came to light. Don't be surprised at who might turn up as one of your supporters.

PISCES (February 19 to March 20) You might still be in a "treading water" mode, but by midweek, a shift in your aspect favors taking a more active role in pushing for the changes you feel are necessary. Good luck.

BORN THIS WEEK: You exude a warm, caring attitude that comforts everyone who comes into your life.

Allen

show that one can't buy friendship.

"She hoed in the garden about all day, and had to quit on account of darkness, and there was still one row to hoe, and to help out, I got up before the sun rose and hoed it. Now she says I dug up the mustard, and that I did it on purpose, because nobody could have helped seeing it.

"I tried to patch things up, I agreed with her and said, 'You are right. No one could help seeing the mustard, and I did see it, but thought it had grown up itself, because I couldn't imagine anyone with little enough sense to sow it where hoeing had to be done.'

"This didn't help a bit. If anything it made matters worse."

ON DIETING

I have been pondering the

matter of a diet, but Arbor Jones has been far from encouraging. When I discussed this matter with Mr. Jones, who known whereof he speaks, and asked him what he was permitted to eat, these days, he said it all in one snort: "Anything I hate!"

THE ALIBI

Lenna Moore had planned to buy space in this week's paper and use it to clear his fair name. But inasmuch as I hinted, some weeks back, when he had not been seen around, that he had been called to Washington about the Watergate matter, I am atoning for that rumor and stating here that he is not the Moore who was mentioned time and again in Monday's televised Senate hearing of the case. At the time, he was busy cleaning bluegill which his daughter

and son-in-law had caught. And if that isn't alibi enough, I have another which I hesitate to use.

NO SPATTING

The story is told of the two oldtimers who engaged in a heated political argument and indulged in a spitting contest. They wound up in court, and one was represented by a lawyer who had a way with words that failed to please.

When the barrister addressed the jury and explained that his client's adversary spat first, the old boy mulled over that word, "spat," and finally rose to his feet.

"It," he quavered indignantly, "was no sech thing as a spat. He plain spit. If we'd 'a' spat, we'd 'a' fit, and he wouldn't be here to tell about it."

Diva

Chicken Taco Salad. Use a bag of pre-washed salad (I like the spring mix), shredded cheese, a can of drained and rinsed black beans, chopped green onions, chopped cilantro, chopped tomatoes and anything else you like. Toss altogether with a little Italian dressing and you've got a nice dinner. You can make quesadillas to go with

this salad, if you like.

Day Three: Take the remaining chicken breasts and chop for Summer Chicken Salad Sandwiches. Add chopped hard-boiled egg, chopped red onion, pesto (you can buy it in a jar or make it if you have a bounty of basil), mayo (use low fat), salt and pepper to taste. Serve on hearty wheat rolls with sliced

tomato and leaves of Romaine lettuce. Add a tossed salad and you're there!

There you have it—Summer Rubber Chicken. Chicken cooked once and stretched into 3 tasty and easy meals! Notice we never turned on any appliance in the kitchen—your kitchen will stay cool and so will you!



Kenneth and Geneva Hall, of Cynthiana, wish to announce the engagement and forthcoming marriage of their son, Derrick Hall to Jamie Ayler, the daughter of Danny and Glenda Ayler, of Carrollton.

Jamie is a 2000 graduate of Carroll County High School in and a 2005 graduate of University of Kentucky with a Bachelor's degree in Business Administration with an emphasis in Marketing and Management. She is employed by Brand Advertising Group of Lexington. Derrick is a 2001 graduate of Harrison County High School in and a 2006 graduate of Thomas More College in Crestview Hills with a Bachelor's degree in Business Administration and Psychology. Derrick is employed by First Investors Corporation in Lexington. Derrick's maternal grandparents are the late Ishmael and Effie Hall, of Topmost, and his fraternal grandparents are Walker and Ella Ruth Hall of Beaver. Jamie's maternal grandparents are George and Joyce Conway, of Carrollton, and her fraternal grandparent is Betsy and the late Fred Ayler of Carrollton. The wedding will be August 15, 2009 at Carrollton Christian Church in Carrollton, and following the honeymoon in St. Luca the couple will reside in Lexington.

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U.S. General Services Administration

Reader wants advice on safely pulling a prank

by TOM and RAY MAGLIOZZI

Dear Tom and Ray:
My name is Victor, and as an upcoming college freshman, in a fit of my newfound freedom, I want to add a comical touch to my car (when and if I ever get one). I was thinking about gluing a coffee mug onto the roof of my car right above the driver's seat, as if I forgot my morning coffee. I think it would be funny to see me driving down the highway, 70 mph, with my forgotten drink clinging to the roof of my car for dear life. I have two questions: (1) What glue do you guys suggest so as not to have the paint eaten off the roof of my car? Or some other form of attachment to keep the mug on the car? (2) Do you guys think this is funny? Because I want my most honorable Car Talk Guys' stamp of approval of humor before I go ahead with my prank on the world. Thank you very much. — Victor



TOM: I think it's very clever, Victor. I know there are serious people all over the place who will disagree with me, but I think we all need a few more laughs these days. So I'm for all for it.

RAY: I think the only concerns you need to consider relate to safety. First of all, you don't want the cup to fly off when you're going 70 mph and hit some other car in the windshield. Or even just scare another driver if it comes flying at him.

TOM: So, forget about glue. I wouldn't trust a commercial glue in that situation, at those speeds. What you need are sheet-metal screws!

RAY: Right. We know, since you're an entering college student, that any car you buy will be old, ugly and crying out to have a few holes drilled in its roof.

TOM: I'd suggest that you use a plastic mug. In fact, we have a nice Car Talk travel mug at the Shameless Commerce division of our Web site,

www.cartalk.com. Unfortunately, at \$14.95, it might be worth more than your car.

RAY: In any case, take the plastic mug, place it where you want it on the roof, and then drill four screws right through the bottom of the mug. Be careful that the screws aren't too long, or they'll stick down into the passenger compartment.

TOM: Right. Then when you go over speed bumps, you'll bounce up and get four holes in your head. And it's clear you don't need any MORE holes in your head, Victor.

RAY: Then, to prevent leaks into the car, cover the tops of the screws with a clear, silicone caulk. And draw a bead around the outside of the cup, too, to prevent water from coming in underneath it.

TOM: I have a few concerns about the distraction it may provide to other drivers. I wouldn't want anybody getting obsessed about your coffee mug and causing an accident while frantically trying to signal you to pull over. But I think the vast majority of people will just smile and shake their heads.

RAY: Right. It's not like you're attaching a baby bassinet to the roof with a blanket billowing out of it. Uh-oh. I hope we didn't just give Victor another idea.

Dad wins argument about where to store battery

Dear Tom and Ray:

My son, who transports cars for a living, says that we should not put a car battery on the garage floor for more than a few moments while we're moving it from one place to another. In other words, we should never store it on the garage floor. Why? He claims that it will discharge. He says it happens to them all the time. Now, I'm an electrical engineer. Nothing in my knowledge, training or experience tells me anything about cement garage floors being in any way, shape or form conductive, or in any way a cause of battery discharge. Which one of us is nuts? — Tom

RAY: Your son is. We've always been told not to leave car batteries on garage floors, too. But that's so other mechanics won't trip over them and crack their heads.

TOM: Cement is not conductive. You're right about that. But any rechargeable battery — that's left anywhere — eventually will lose its charge. Rechargeable batteries are particularly quick to discharge. Just like your cell phone's battery runs down when it's sitting on the kitchen

counter overnight.

RAY: There are some people who have told us that this old myth comes from the days when battery casings were made out of wood. If the battery acid spilled out, it could make the wood wet, and create a conductive path to a moist cement floor. I wasn't around when batteries were made out of wood, so I don't know. My brother was around, but nowadays, he can't remember anything before the Teapot Dome Scandal.

TOM: Another theory is that garage floors are simply colder than, say, workbenches. And, as every electrical engineer knows, chemical reactions slow down in lower temperatures. So, while the battery might not be discharging on the cement floor, it might be cooling off, and be less able to pump out its power temporarily.

RAY: That's why we store all of our unsold batteries on our living-room sofas, Tom. Tell your son that's what he needs to do, too.

Get more Click and Clack in their new book, "Ask Click and Clack: Answers from Car Talk." Got a question about cars? Write to Click and Clack in care of this newspaper, or e-mail them by visiting the Car Talk Web site at www.cartalk.com.

Rental Central

by TOM DOTY
TIMES COLUMNIST

Novelists ruled this week as two adaptations of books were released with a full range of results.

■ "Inkheart" — The family will enjoy sitting down to this romp that was adapted from Connelia Funke's popular series of children's books. Brendan Fraser stars as parent who should stop telling bedtime stories, as they have a knack for coming true. This effort strays far from the source material but that's not a bad thing when the end result is entertaining.

■ "Confessions of a Shopaholic" — Despite the fact that Sophie Kinsella has written a shelf full of novels about a compulsive shopper

this film is bad enough to make future entries unlikely. The problem is that this lighter than air effort treads the same ground as other films of late (like "Sex and the City" and any comedy set in the New York fashion Magazine industry) and nowhere near as well. Despite the fact that Kinsella's books started this trend in movies and Television this adaptation arrives too late to the party. In New York that may be hip but when it comes to trends it pays to get their early.

■ "Pink Panther 2" — Steve Martin settles into his second outing as Inspector Clouseau with ease and delivers a top-notch yuk-fest. He continues to mangle the English language and trip all over himself in this outing,

which finds the clumsy Inspector teaming up with sleuths from all over the globe to catch a team of International thieves. The other detectives turn out to be equally adept at tying themselves up in knots and it all feels familiar but goes down easy.

■ "Simon Says" — This week's dud comes from the slasher genre and follows five unlikable characters who incur the wrath of the titular madman as they investigate a gold mine. Even the presence of Crispin Glover can't save this dog, which continues the time honored 1980s tradition of knocking off a gaggle characters that the audience doesn't care about.

Next week brings another "Street Fighter" movie and John Cena in "12 Rounds."

Lagoon

funk, while constantly sniffing the air for her next meal.

■ Roach, a guitar-strumming handyman/Greek chorus, who comments on much of the action in "Rockabilly" verse.

The group can't resist the urge to needle Norma's date, and he takes it pretty well until a shoving match ensues with Marv. Things get a little heated and end with the date accidentally, and quite fatally, impaled on a fence.

Norma breaks down and storms out of the park in a huff. Here is where the horror angle comes into play, as she runs into a mysterious man (Trace Adkins in an amusing cameo that has him outfitted in way too much leather for a Georgia summer) who offers her the answer to her prayers — a sawed off shotgun.

Turns out that he's some kind of demon, so there's probably a catch, but Norma didn't listen to her Charlie Daniels records enough and proceeds to shoot up her neighborhood like the O.K. Corral.

The action cuts to the present and we meet a gaggle of unstable teens whose parents have turned them over to "Vertical Trinity Ministries" for guidance. They're your typical pack of obnoxious movie teens (nowhere near as colorful as the previously introduced characters), whose bus will inevitably break down outside the trailer park, despite the fact that they have been warned to take another route.

The park appears to be a great place for shelter and Norma is a gracious host ... that is, until everyone bunks down and is then systematically hunted down and killed by the zombified versions of the trailer park residents.

What follows is a decent night of carnage, though you may find yourself rooting for the zombies. They are at least

entertaining, while the juvenile characters come off as apathetic brats who blame all of their problems on their parents.

Though it eventually degenerates into a "Hostel" type parade of slaughter, the film still manages to be entertaining. Mostly it's because the zombie versions of the residents retain all of their original characteristics and must now deal with the decomposition blues and infighting (on top of being dead and consigned to their moldy trailers for an eternity).

Hats off to director Steve Goldmann for keeping this one moving at a good clip and maintaining a sense of fun while still delivering on the requisite chills.

The performers are good, too, with Nichole Hiltz standing out as Norma.

Movie buffs will also get a kick out of a cameo by veteran character actor Tracey Walter. The ferret-like Walter is best known for his stint as the Joker's number one guy in Tim

Burton's "Batman." Here he plays the local yokel who tries to warn characters about the danger of passing through the trailer park. Luckily no one ever listens to these guys, but they pop up in most horror movies. Walt Gorney from "Friday the 13th" being a prime example.

The DVD also features a hilarious extra which finds all of the zombies being interviewed for a documentary. The actors are hilarious here. They improvise some great bits, proving that this franchise has a ton of talent in place and ready for more mayhem. Here's hoping the DVD sales are healthy enough to warrant another visit. The concept is open ended enough to merit future installments and they wouldn't have to work too hard to top the "Saw" series, which probably should have folded after part two.

Best line: "I know it's kind of musty in here, but pretend like it ain't."

2008, rated R.

Strange ... but true

by SAMANTHA WEAVER

■ It was American novelist, actor and politician Gore Vidal who made the following observation: "Today's public figures can no longer write their own speeches or books, and there is some evidence that they can't read them either."

■ Saba, an island in the Dutch West Indies, is the only place in the Caribbean whose native population is predominantly blonde.

■ In Bohemia -- once a country, now a region within the Czech Republic -- it was illegal in the 15th century to sell hops outside the country.

In fact, it was considered such a heinous crime that the punishment for violating the law was death.

■ The very first 9-1-1 emergency call was made on Feb. 16, 1968, in the small town of Haleyville, Ala. It commemorates the event every year with a 9-1-1 festival.

■ Vinegar will dissolve the shell of a hard-boiled egg.

■ Those who study such things claim that between 10 percent and 20 percent of the Union Army during the Civil War was under the age of 18. Records show that 127 of those soldiers enlisted at the tender age of 13.

■ Are you a somniloquist?

You may be one without realizing it -- just ask your significant other if you're not sure. He or she should be able to tell you if you have a habit of talking in your sleep.

■ Much has been made of the epidemic of obesity in the United States. One study of the problem has turned up the following interesting comparison: It seems that the average portion of food served in America is 25 percent larger than that served in France.

Thought for the Day:
"Society is like a stew. If you don't keep it stirred up you get a lot of scum on the top."
— Edward Abbey

This man is working to lower health care costs, prevent global warming and reduce our nation's dependence on foreign oil

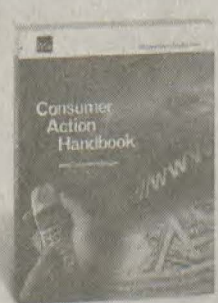
SO WHY WOULD YOU WANT TO KILL HIM?



Cycling is one of the best ways to improve your health, protect the environment and reduce consumption of foreign oil. But even if you don't ride a bike, you can help do your part by watching for cyclists on the road and driving with care. In Kentucky, bicycles have the same rights to use roads and highways as cars and trucks. But keep in mind that cyclists are at greater risk of injury or death in the event of a wreck. That is why it is important to use caution and courtesy when you encounter a bicycle. Pass them only when it is clear, give them a few extra feet when passing, and never do anything to startle a cyclist, such as blowing your horn, passing too close or yelling at them.

Save a life. Share the road.

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A public service message from the U.S. General Services Administration.



Spice up summer favorites

A Flavor Icon Turns 70

FAMILY FEATURES

If there was an official taste of summer, it would no doubt belong to Old Bay. This zesty, distinctive spice blend was created 70 years ago to add a punch of flavor to crabs, shrimp and fish. This unmistakable seafood staple in the iconic yellow and blue can has grown into a nationwide must-have, driven by the unbridled passion of its fans.

To celebrate its 70th anniversary, Old Bay is sharing three exciting dishes that will be sure to shake up your next summer gathering with family and friends.

Crispy Jalapeño Honey Chicken with Tomato-Corn Confetti

Prep Time: 20 minutes
Cook Time: 15 minutes

- 3 plum tomatoes, chopped
- 1/2 cup drained canned or thawed frozen whole kernel corn
- 1 green onion, thinly sliced
- 1 tablespoon lemon juice
- 2 tablespoons plus 1 teaspoon honey, divided
- 5 teaspoons Old Bay® Seasoning, divided
- 3 teaspoons finely chopped jalapeño pepper, divided
- 1 egg
- 3/4 cup unseasoned dry bread crumbs
- 1/4 cup flour
- 1 tablespoon McCormick® Parsley Flakes
- 1 1/2 pounds boneless skinless chicken breast halves
- 2 tablespoons oil

1. Mix tomatoes, corn, onion, lemon juice, and 1 teaspoon each of the honey, Old Bay Seasoning and jalapeño pepper in medium bowl. Refrigerate until ready to serve.
2. Mix remaining 2 tablespoons honey, remaining 2 teaspoons jalapeño pepper and egg in shallow bowl. Mix bread crumbs, flour, remaining 4 teaspoons Old Bay Seasoning and parsley flakes on separate plate. Dip chicken breast in honey mixture. Coat evenly with bread crumb mixture. Repeat dipping and coating of chicken breast with honey and bread crumb mixtures.
3. Heat oil in large nonstick skillet on medium heat. Cook chicken 5 to 7 minutes per side or until cooked through. Serve chicken with Tomato-Corn Confetti.

Makes 6 servings.

To oven-fry chicken: Coat chicken as directed with honey and bread crumb mixtures. Place on baking pan sprayed with no stick cooking spray. Drizzle chicken with 3 tablespoons oil. Bake in preheated 425°F oven 15 to 20 minutes or until chicken is cooked through.

Nutrition Information Per Serving:

314 Calories, Fat 10g, Protein 31g, Carbohydrates 25g, Cholesterol 108mg, Sodium 682mg, Fiber 2g

Ultimate Sweet and Spicy Grilled Salmon

Prep Time: 5 minutes
Cook Time: 10 minutes

- 1 tablespoon firmly packed brown sugar
- 1 tablespoon Old Bay® Seasoning
- 1 pound salmon fillets
- Oil

1. Mix brown sugar and Old Bay in small bowl. Brush salmon lightly with oil. Rub generously with seasoning mixture.

2. Grill over medium-high heat 8 minutes per inch of thickness or until fish flakes easily with a fork.

Makes 4 servings.

Test Kitchen Tip: Old Bay® Rub may be substituted for the Old Bay® Seasoning and brown sugar.

Nutrition Information Per Serving: 184 Calories, Fat 8g, Protein 24g, Carbohydrates 4g, Cholesterol 62mg, Sodium 431mg, Fiber 0g



Shrimp Bruschetta

Prep Time: 20 minutes
Cook Time: 15 minutes

- 1 pound cooked shrimp, finely chopped
- 1 plum tomato, finely chopped
- 2 tablespoons finely chopped green onion
- 2 teaspoons olive oil
- 1 egg white
- 2 teaspoons Old Bay® Seasoning
- 1/4 teaspoon McCormick® Garlic Powder
- 1 loaf French bread
- 2 tablespoons mayonnaise

1. Mix shrimp, tomato, green onion, olive oil, egg white, Old Bay and garlic powder in medium bowl until well blended.
2. Slice bread into 24 (1/2-inch thick) slices. Place on baking sheet; broil until lightly toasted on both sides. Spread lightly with mayonnaise. Spoon shrimp mixture evenly over bread slices.
3. Bake in preheated 350°F oven 8 to 10 minutes or until heated through and lightly browned.

Makes 24 servings.

Nutrition Information Per Serving: 54 Calories, Fat 2g, Protein 3g, Carbohydrates 6g, Cholesterol 21mg, Sodium 147mg, Fiber 0g

Summer's Spicy Secret

A spice that once belonged solely to the Chesapeake Bay area, Old Bay is now shared enthusiastically around the country and is used as a "secret" ingredient for all types of dishes from grilled chicken and salads to corn-on-the-cob and more.

- Take corn to another level and shake directly on the cob.
- Shake it on the grill when cooking chicken, fish and steak.
- Jazz up potato and pasta salads.
- Spice up hard-boiled, scrambled, and deviled eggs or egg salad.
- Put some bang into burgers and mix with ground meat.
- Create sandwich heaven by adding to mayonnaise.
- Garnish the rim of your glass for Bloody Mary drinks.
- Sprinkle on popcorn and fries.

For more tasty recipes or to join the Old Bay Nation Fan Club, visit www.oldbay.com.

fun & games

Amber Waves

by Dave T. Phipps



Out on a Limb

by Gary Kopervas



R.F.D.

by Mike Marland



The Spats

by Jeff Pickering



Just Like Cats & Dogs

by Dave T. Phipps



LAFF-A-DAY



King Crossword

ACROSS

- 1 Donate
5 Floor cleaner
8 Sail support
12 Mideast gulf
13 First lady?
14 Reverberate
15 Approach
16 Quebecois, e.g.
18 Half a pair of winter boots
20 Teeny bit
21 October birthstone
23 Deposit
24 Southwestern saloons
28 Vegan's no-no
31 Lingerie item
32 Shy
34 Hot tub
35 Collections
37 Flour receptacle
39 Hostel
41 Con game
42 Sent packing
45 Grassy plains
49 Australia's capital
51 Audition hope
52 Bedouin
53 Where (Lat.)
54 Story
55 Depend (on)
56 Soviet

Grid for King Crossword with numbers 1-56.

- spacecraft
9 Severe trial
10 Carpet style
11 Coloration quality
17 Rock concert need
19 Skewer
22 Actor Lorenzo
24 Couric's network
25 Exist
26 Countrywide
27 "The Jungle" author
29 Gorilla
30 Paving material
33 Rotary phone feature
36 Persnickety
38 Intelligence
40 Born
42 Cicatrix
43 Tortoise's opponent
44 Conga, e.g.
46 Ark builder
47 Earthenware pot
48 Appear
50 Bat stat

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Weekly SUDOKU

by Linda Thistle

Sudoku grid with numbers 2, 4, 8, 9, 6, 5, 9, 7, 1, 6, 9, 5, 5, 6, 8, 8, 3, 1, 3, 4, 7, 2, 5, 1, 9.

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: **

Moderate ** Challenging *** HOO BOY!

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Trivia test by Fifi Rodriguez

- 1. COMICS: What was the name of Calvin's teacher in "Calvin & Hobbes"?
2. LANGUAGE: What does it mean when something is described as being "draconian"?
3. GEOGRAPHY: What is the capital of Ecuador?
4. MATH: What is the sequence in Fibonacci numbers?
5. ADVERTISING SLOGANS: What product "takes a licking and keeps on ticking," according to its 1950s advertising slogan?
6. LITERATURE: What Southern author often wrote novels set in the fictional "Yoknapatawpha County"?
7. ENTERTAINERS: In what year did actress Grace Kelly become the Princess of Monaco?
8. FOOD & DRINK: What vegetable is used in making sauerkraut?
9. TELEVISION: What was Marge Simpson's maiden name on the sitcom "The Simpsons"?
10. HISTORY: In what U.S. city was the Democratic National Convention held in 1968?

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HOCUS-FOCUS BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Apples added to tree. 2. Overall buttons are missing. 3. Cow has more spots. 4. Cloud is missing. 5. Tree and scenery is added. 6. Boy's right arm is visible.

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: S equals T

UWMSHNW UQYZ MJAH S
JQI LMNB SOM S
BFYMB O HKBHFWLSQKI
FWPWBSNQMKB: "BAPPWK
QZFMLS."

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Feature film about big cars that splash unsuspecting pedestrians: "Sudden Impact."

CryptoQuip

King Crossword

Answers for King Crossword: 1. Donate, 5. Floor cleaner, 8. Sail support, 12. Mideast gulf, 13. First lady?, 14. Reverberate, 15. Approach, 16. Quebecois, e.g., 18. Half a pair of winter boots, 20. Teeny bit, 21. October birthstone, 23. Deposit, 24. Southwestern saloons, 28. Vegan's no-no, 31. Lingerie item, 32. Shy, 34. Hot tub, 35. Collections, 37. Flour receptacle, 39. Hostel, 41. Con game, 42. Sent packing, 45. Grassy plains, 49. Australia's capital, 51. Audition hope, 52. Bedouin, 53. Where (Lat.), 54. Story, 55. Depend (on), 56. Soviet, 9. Severe trial, 10. Carpet style, 11. Coloration quality, 17. Rock concert need, 19. Skewer, 22. Actor Lorenzo, 24. Couric's network, 25. Exist, 26. Countrywide, 27. "The Jungle" author, 29. Gorilla, 30. Paving material, 33. Rotary phone feature, 36. Persnickety, 38. Intelligence, 40. Born, 42. Cicatrix, 43. Tortoise's opponent, 44. Conga, e.g., 46. Ark builder, 47. Earthenware pot, 48. Appear, 50. Bat stat.

Weekly SUDOKU

Answers for Weekly Sudoku: 2, 7, 4, 6, 5, 1, 3, 9, 8, 5, 3, 1, 8, 4, 9, 6, 2, 7, 6, 9, 8, 3, 7, 2, 1, 4, 5, 1, 5, 3, 4, 9, 6, 8, 7, 2, 9, 2, 6, 5, 8, 7, 4, 3, 1, 4, 8, 7, 2, 1, 3, 5, 6, 9, 7, 6, 5, 9, 3, 8, 1, 2, 7, 6, 4, 9, 5, 3, 3, 4, 9, 1, 2, 5, 7, 8, 6.

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of Prestonsburg. No pets, references and security deposit required. Call 889-9747 or 886-9007.

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face acres, and will underlie 459.00 acres, and the total area within the permit boundary will be 461.22 acres.

The proposed operation is approximately 0.9 mile east from KY 1929's junction with Ned Fork Road, and located 0.01 mile east of Ned Fork. The latitude is 37 degrees, 25 minutes, 13 seconds. The longitude is 82 degrees, 41 minutes, 22 seconds.

TO MINE Pursuant to Application No. 836-0362

The surface area is owned by The Elk Horn Coal Company LLC, Miller Bros. Coal LLC, et al., Charles & Melvina Tackett, Denzil Hall, Eric Frasure, Elisha Hall, Glenn Dale Spradlin, Silas & Lona Akers, Doc Jr., & Debbie Reynolds, Maggie Mitchell, Willis & Joyce Newman, Delmer & Omea Frasure, Milford Adams, Edgel Moore and Betty Carrol. The operation will underlie surface area owned by The Elk Horn Coal Company LLC, Miller Bros. Coal LLC, et al., Charles & Melvina Tackett, Denzil Hall, Eric Frasure, Elisha Hall, Glenn Dale Spradlin, Silas & Lona Akers, Doc Jr., & Debbie Reynolds, Maggie Mitchell, Willis & Joyce Newman, Delmer & Omea Frasure, Milford Adams, Edgel Moore, and Betty Carrol. The application has been filed for public inspection at the Department for Natural Resources, Division of Mine Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Prestonsburg, Kentucky 41653. Written comments, objections, or requests for a permit conference must be filed with the Director, Division of Permits, No. 2 Hudson Hollow, Frankfort, KY 40601-4321.

Now available at Quik Silver a large 1 br with garage and hardwood floors. Beautiful kitchen and screened in back porch. \$575. monthly plus deposit. NO pets and no HUD. Call 226-1925 or 886-8583 or 285-9639.

2 BR apartment for rent. Located in Prestonsburg. \$700 per month includes utilities. Also 1 br, in Prestonsburg. \$500 month with utilities included. Call 794-0249.

For Rent: 2 br house in Martin. Good location. Deposit & references required. Call 285-3025 Mon-Sat 9am-5pm.

Mobile Homes
View our new homes on display at www.4aluvhome.com/046. Call 606-474-2083. For more info.

Legals
NOTICE OF INTENTION TO MINE Pursuant to Application No. 636-5036 Renewal No. 5

In accordance with the provisions of KRS 350.055, notice is hereby given that Premium Elkhorn Coal Corporation, P.O. Box 1028, 131 Big Bridge Road, McDowell, KY 41647, has filed for renewal of a permit for an underground coal mining operation, located 2.6 miles southeast of East McDowell, in Floyd County. The proposed operation will disturb 2.22 sur-

face acres, and will underlie 459.00 acres, and the total area within the permit boundary will be 461.22 acres. The proposed operation is approximately 0.9 mile east from KY 1929's junction with Ned Fork Road, and located 0.01 mile east of Ned Fork. The latitude is 37 degrees, 25 minutes, 13 seconds. The longitude is 82 degrees, 41 minutes, 22 seconds. The proposed operation is located on the McDowell U.S.G.S. 7 1/2 minute quadrangle map. The surface area to be disturbed is owned by Alvin Gayheart and the Orbin Moore heirs, c/o Nancy Hall. The operation will underlie land owned by Alvin Gayheart, Henry Keathley, John & Ida Mae

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, Suite 6, Prestonsburg, KY 41653-1410. Written comments, objections or requests for a permit conference must be filed with the Director, Division of Permits, No. 2 Hudson Hollow, Frankfort, KY 40601-4321.

Now available at Quik Silver a small 1 br apartment. Washer and dryer provided. \$575 monthly includes water, sewage and garbage. No HUD or No pets. Call 226-1925 or 886-

A Newly remodeled 2 br Apartment for rent. Located on old 114 behind the Mtn Arts Center in Prestonsburg. No pets and no HUD. Call 606-205-9510 or 606-263-4323.

House for rent. 4br, 2 baths. No pets and no smoking. Located in Knott County. Call 606-438-6104 or 447-2200.

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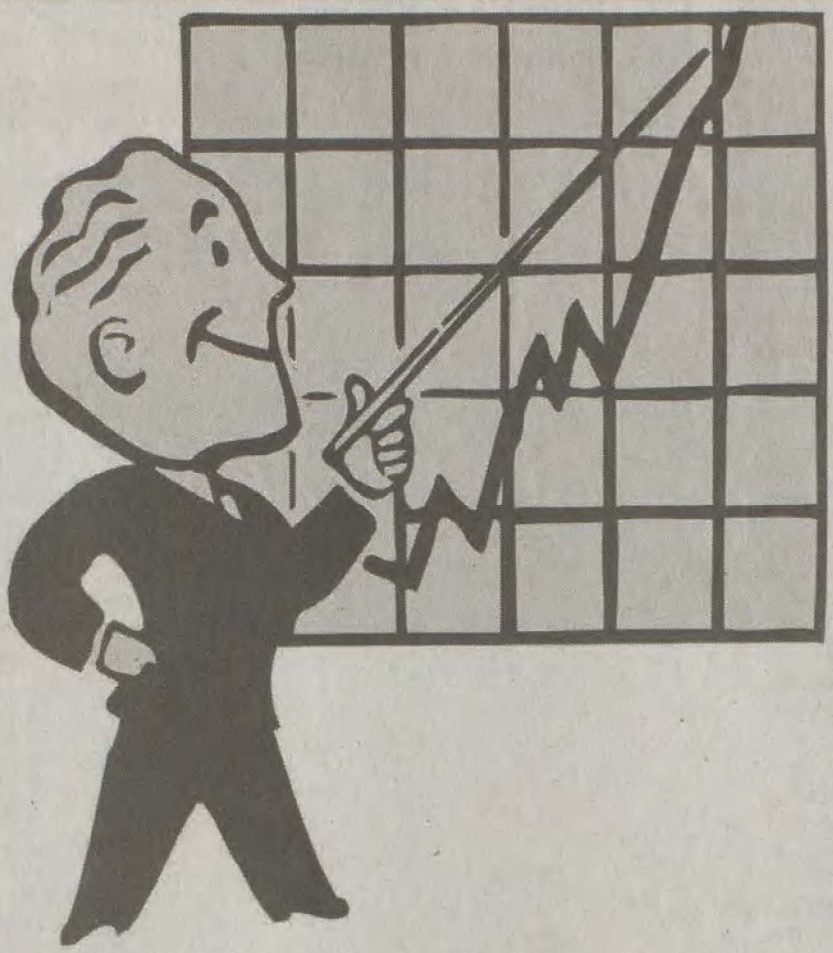
LOTS FOR RENT Dwale Mobile home Park, off US 23 near

Outside Sales Representative

Our company is always growing and therefore we are always hiring top professionals with outside sales experience. As an Outside Sales Representative, you will be responsible for developing and retaining current and new customer opportunities. We provide great training and all of the tools you will need to have a successful sales career. We are looking for individuals who will reside and work in the Prestonsburg, KY and surrounding area. Our Fortune 100 company offers an excellent training program, competitive compensation program, promotional programs and incentives. Benefits include medical, dental, vision, paid vacation, retirement plan, 401k plan with match, tuition assistance and more. Please send confidential résumé to resourceshuman70@yahoo.com BOE/M/D/V

NOTICE OF INTENTION

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mit conference must be filed with the Director, Division of Permits, No. 2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601.

NOTICE OF BOND RELEASE Permit No. 836-0334
Phase I Increments 3, 4, 23, 33, 34
Phase II Increments 2, 5, 8, 10, 19, 20, 21,


In accordance with KRS 350.093, notice is hereby given that Miller Bros. Coal, LLC, 1801 Watergap Road, Prestonsburg, Kentucky 41653 has applied for Phase 1 Bond Release on permit number 836-0334. Increment Numbers 3, 4, 23, 33, 34 and Phase 2 bond releases on permit number 836-0334, Increment Numbers 2, 5, 8, 10, 19, 20, 21, which was last issued on 09-29-08. The application covers an area of approximately 849.28 acres located 2.79 miles northeast of Hueysville in Floyd County. The permit area is approximately 1.5 miles northeast from Rout 2029's junction with KY Route 7, and located in Salyers Branch and Raccoon Branch of Saltlick, and Grassy Creek of Licking River. The latitude is 37°

30'45". The longitude is 82° 53'27". For Increment No. 2, approximately 25 percent of the original bond amount of \$344,400.00 is included in the application for release. For Increment No. 3, approximately 25 percent of the original bond amount of \$276,000.00 is included in the application for release. For Increment No. 4, approximately 85 percent of the original bond amount of \$226,400.00 is included in the application for release. For Increment No. 5, approximately 85 percent of the original bond amount of \$1,098,400.00 is included in the application for release. For Increment No. 8, approximately 25 percent of the original bond amount of \$818,500.00 is included in the application for release. For Increment No. 10, approximately 25 percent of the original bond amount of \$616,100.00 is included in the application for release. For Increment No. 19, approximately 25 percent of the original bond amount of \$344,400.00 is included in the application for release. For Increment No. 20, approximately 25 percent of the original bond amount of \$276,000.00 is

included in the application for release. For Increment No. 21, approximately 85 percent of the original bond amount of \$226,400.00 is included in the application for release. For Increment No. 23, approximately 85 percent of the original bond amount of \$1,098,400.00 is included in the application for release. For Increment No. 33, approximately 25 percent of the original bond amount of \$818,500.00 is included in the application for release. For Increment No. 34, approximately 25 percent of the original bond amount of \$616,100.00 is included in the application for release. Written

comments, objections, and requests for a public hearing or informal conference must be filed with the Director, Division of Mine Reclamation and Enforcement, #2 Hudson Hollow, Frankfort, Kentucky 40601, by August 12, 2009. A public hearing on the application has been scheduled for August 13, 2009 at 9:00 AM, or soon thereafter as may be heard, at the Department for Natural Resources, Prestonsburg Regional Office, 3140 South Lake Drive, Prestonsburg, Kentucky 41653. The hearing will be cancelled if no request for a hearing or informal conference is received by August 12, 2009.

Home for Sale by Owner



Own your own hollow. Great location in very clean community between Prestonsburg and Paintsville, 1.4 miles off U.S. 23. 20 acres of land, 3 or more house seats already developed, and potential for several more or small farm for horses or whatever. Great potential for almost anything. Totally remodeled brick ranch with 3 bedrooms and 1.75 baths. Located on left fork of Little Paint Creek, at East Point.
 Must see to appreciate. \$239,000.00.
 Call for an appointment
 887-0068 or 886-3076

ORDINANCE NO. 06-09
AN ORDINANCE ADOPTING THE CITY OF MARTIN, KENTUCKY
ANNUAL BUDGET FOR FISCAL YEAR JULY 1, 2009, through JUNE 30, 2010

Estimating Revenues and Resources and appropriating funds for the operation of City Government. WHEREAS, an annual budget proposal and message has been prepared and delivered to the City Council;
 WHEREAS, the City Council has reviewed such budget proposal and made necessary modifications. NOW therefore be it ordained by the City of Martin:
 The Annual Budget for the fiscal year beginning July 1, 2009, and ending June 30, 2010, is hereby adopted as attached.
 This ordinance shall be of effect on July 1, 2009.
 1st Reading: May 26, 2009
 2nd Reading: June 23, 2009
 Advertised: June 26, 2009

THOMASINE ROBINSON, MAYOR
 CITY OF MARTIN

ATTEST:
 JENNIFER ISON
 UTILITIES CLERK

CITY OF MARTIN
2009-2010 BUDGET

INCOME

Alcohol Beverage License	\$ 1,800.00
Alcohol Beverage Tax	30,000.00
Bank Franchise	24,945.00
Business License	4,000.00
Community Center	
Housing Authority	105,000.00
Rent	6,000.00
Other	2,600.00
County Fee	18,000.00
Fire Department	45,000.00
Franchise Tax	2,500.00
Insurance Tax	146,000.00
Interest Income	155.00
LGEA	10,000.00
Municipal Aid	30,000.00
Occupation Tax	228,000.00
Other Income	2,500.00
Police Department	
Housing Authority	10,000.00
KLEFRF	5,700.00
Other	2,000.00
Property Taxes	36,500.00
Property Delinquent Tax	10,000.00
Red, White & Blue	7,000.00
Reimbursement	
(Payroll Liability, Health Ins & IRA)	82,000.00
Unloading Permits	800.00
Vehicle Tax	2,500.00
Savings Account	6,500.00
TOTAL INCOME	\$ 819,500.00

Expenses

Community Center	
Repairs	\$ 8,000.00
Supplies	10,500.00
Utilities	18,250.00
Fire Department	
Operating Supplies	19,500.00
Payroll	2,400.00
Truck	22,000.00
General Fund	
Advertisement	2,000.00
Bank Loan (Ins.)	35,400.00
Bereavement	850.00
Contract Labor	16,000.00
Dues & Subscriptions	500.00
Electric	23,500.00
Entertainment	800.00
Fuel	12,000.00
Insurance (Worker's Comp, etc)	16,500.00
Legal and Professional Fees	6,000.00
Other	1,000.00
Phone	3,000.00
Repairs	4,000.00
Supplies	12,000.00
Trash	10,200.00
Water	400.00
Health Insurance	41,000.00
Payroll	392,000.00
Maintenance	
Auto	2,000.00
Repairs/Supplies	3,000.00
MRA	10,500.00
LGEA	10,000.00
Police	
Fuel	32,000.00
Rent	2,400.00
Repairs	3,000.00
Supplies	6,000.00
Postage and Delivery	1,200.00
Public Services (Payroll, Liability Health Ins & IRA)	68,000.00
Recreation	
City	4,000.00
Parks	5,000.00
Christmas	2,000.00
4th of July	4,500.00
Red, White & Blue	6,000.00
Savings Account	2,000.00
TOTAL EXPENSE	\$ 819,500.00

Water Budget 2009-2010

Sewer Budget 2009-2010

<u>Collections</u>	180,000.00
<u>Expenses \$</u>	
Advertisement	500.00
Bond Payments	16,800.00
Dues	1,000.00
Fuel	3,000.00
Lease	200.00
Telephone	1,500.00
Insurance	10,000.00
Rental	600.00
Repairs	3,000.00
Samples	2,000.00
Supplies	1,500.00
Training	200.00
Water Purchases	115,000.00
Salaries	25,000.00
<u>Total Expenses</u>	<u>180,000.00</u>

<u>Collections</u>	200,000.00
<u>Expenses \$</u>	
Advertisement	\$500.00
Auto	\$1,000.00
Bond Payments	\$67,000.00
Chemicals	\$8,000.00
Contract Services	\$2,000.00
Dues	\$200.00
Electric	\$30,000.00
Fuel	\$6,000.00
Garbage	\$3,500.00
Pager	\$300.00
Insurance	\$12,500.00
Rental	\$3,000.00
Repairs	\$8,000.00
Samples	\$5,000.00
Supplies	\$5,000.00
Telephone	\$2,500.00
Training	\$500.00
Water	\$15,000.00
Salaries	\$28,000.00
<u>Total Expenses</u>	<u>\$200,000.00</u>

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Faith and Family



National 'Faith in Action Sunday' set for Oct. 11

VISTA, Calif. -- The third annual "Faith In Action Sunday" -- which challenges churches to literally close their doors on a Sunday morning and go out and serve their communities -- will take place on Oct. 11 this year.

"Faith in Action" was developed by World Vision, Zondervan and Outreach, Inc.

in 2007 to encourage churches, ministries and small groups to serve and meet practical needs in their local communities.

The "Faith in Action" movement is quickly becoming a viral online community of service-minded churches, collecting photos, videos and testimonies via RSS feeds from other popular sites, such

as Facebook, Twitter and YouTube. A new web site -- www.putyourfaithinaction.org -- has been developed to support this growing movement.

"Faith in Action" also utilizes an online social network to connect churches with one another's stories and successes. Participants can find more resources to equip their congregations for service at www.putyourfaithinaction.org/interact.

John Ortberg, best-selling author and pastor, is the national spokesman for "Faith in Action." He called the initiative "a dynamic program that galvanizes your congregation to be the hands and feet of Jesus in meeting real needs in your local community."

Richard Stearns, president for World Vision, agreed. "Faith in Action" is a powerful way to demonstrate the love of Jesus to our neighbors," he said.

"Churches all over the U.S. -- even churches that are financially stressed themselves --

Churches across America to close doors on Sunday to serve communities during tough economic times

have made a genuine difference to their struggling and hurting neighbors with the 'Faith in Action' program," said Eric Abel, vice president of marketing for Outreach, Inc.

Churches have organized food drives and helped the elderly and needy with home repairs. Some groups cleaned and landscaped public areas or private homes. Some maintained women's or homeless shelters. And one church adopted a school and committed to performing regular clean-up and gardening tasks.

The "Faith in Action" program includes an awareness building campaign that educates the church on the power of "loving our neighbors." The program also helps church members invite people in their community to join in serving. Small group materials are also

available in Spanish.

"Pastors are raving about the results, saying it really made a difference in their communities. Their members can't wait to do it again," said Abel.

More than 800 churches have signed up for "Faith in Action Sunday" to date, although some have chosen alternative dates for the event. Some are joining together to do community-wide and even city-wide events.

The theme for this year's "Faith in Action Sunday" is "Don't go to church. Be the church," said Abel.

"First Lady Michele Obama recently went on national television asking Americans to volunteer in their local communities. 'Faith in Action' is a great way to show the world that service is not just a one-time initiative, but for follow-

ers of Jesus Christ, is a way of life," he said.

"I recommend 'Faith in Action' to any church that wants to mobilize for greater community outreach," said John O'Neal, pastor of Grace Lutheran Church in Des Moines, Wash., one of the churches that participated in "Faith in Action Sunday" in 2008.

Eric Marsh, pastor of Long Beach Grace Brethren Church in California, said, "Faith in Action" is a way to kick-start a church's focus on external service. It's not just the one-day thing."

World Vision (www.worldvision.org) is the world's largest Christian humanitarian relief organization. Outreach, Inc. (www.outreach.com) is a leading provider of outreach and evangelistic material for churches.

KIM'S KORNER

Seeking clarity

by KIM LITTLE FRASURE

Many of us very often seek for clarity in our lives and decisions we face. The following was sent via an email from Prime Time with God by Os Hillman.

May you be enlightened and enjoy.

"For my thoughts are not your thoughts, neither are your ways my ways, declares the Lord. As the heavens are higher than the earth, so are my ways higher than your ways" (Isaiah 55:8-9).

God speaks to his children in many varied ways. God has said that his ways are not our ways. If left to our reasoning, we will fail to fully walk in the full counsel of God, which leads to poor decisions.

Thus, our goal is to avoid being deceived and to develop a listening ear that hears the voice of God with confidence. Our goal is to have such intimacy with God that we can walk in the full blessing of our decisions and to be assured they are not based on our own reasoning alone. This does not mean that we do not use the intellectual and logical skills that He has equipped us with.

A.W. Tozer said that the

man or woman who is wholly and joyously surrendered to Christ can't make a wrong choice - any choice will be the right one. J. Oswald Sanders explains his method of receiving guidance from God for decisions; "I try to gather all the information and all the facts that are involved in a decision, and then weigh them up and pray over them in the

Lord's presence, and trust the Holy Spirit to sway my mind in the direction of God's will. And God generally guides by presenting reasons to my mind for acting in a certain way."

The apostle Paul said, "For it is God who works in you to will and to act according to his good purpose (Philippians 2:13). God has equipped us with everything we need to make good decisions. Hearing His voice is the first step toward making right choices in life.

Do you have a decision to make? Submit that decision to the Lord, ask God for clarity. Ask Him to make the desires of your heart the same desires that He has for you in this matter. Await His perfect timing on the matter. Then you can be assured of making the right decisions.

'Til next week, God's blessings.



Kim Little Frasure



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