

Unfortunately, some parents skip important step number three: Booster seats. Because their children have outgrown toddler seats, they mistakenly assume a safety belt is the next step. However, safety belts alone can be dangerous for kids who are under 4'9". Because safety belts don't fit these children properly, they can cause serious injuries to their face, neck and abdomen during a crash or sudden stop. In fact, kids 2-5 who wear

*the four safety-belt steps are not magical
... they're critical.*

safety belts alone are 4 times more likely to suffer head injuries than kids in car seats and booster seats. In addition, children 4-7 who use booster seats are a whopping 59% less likely to be injured in a crash than those only restrained by a safety belt. Booster seats raise your child up so that a safety belt (designed for adults) will fit and protect them properly. Remember, 4'9" is the magic number. Until then, kids really need to be in a booster seat. Booster seats work like...well, you know.

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2 toddler seat

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FLOYD COUNTY Lifestyles



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DINNER DIVA

Baking bread

One thing I am not is a baker. In my mind, when it comes to cooking, you're either a cook or a baker. Rarely do you meet those who do both and do them well.



Leanne Ely

I've made my share of cookies, breads, homemade cakes, plenty of pies, some tarts and such, but the trouble

with baking are the ingredients: butter, flour and sugar. I have had enough of all three of those ingredients to last me a lifetime. I'd rather work with chicken!

So okay, I've confessed I'm no baker. I will tell you there are times though, when a loaf of homemade bread just cannot be beat. And making bread by hand is just plain pleasurable and even a little therapeutic! Feeling the dough in your hands, letting it rise, punching it down and doing it all over again...it can be fun, especially when you get snowed in and making project like a loaf of bread is just the ticket.

I've noticed over the years that my bread baking skills have gotten a little better from some specific troubleshooting. If you've gone through all the time and trouble to make bread from scratch, you want to make sure it's going to work! Here five hints for making a lovely loaf:

1. Fresh Yeast. We all have an envelope or two hanging out in the back of our cupboards. Dump it and start over. You can test it for freshness by proofing it: sprinkle on some warm water (about 110 degrees ideally), mixed with a little sugar (this feeds the yeast). You will see bubbling in a few minutes, which indicates that it is active. If you don't, it's isn't, throw it out! Another way to determine freshness is smell: if it smells "yeasty", you're good. If it smells like alcohol, it's way past it's prime...out it goes!

2. Knead Well. Don't be gentle! This is the place to let it all hang out. Remember, the pulling and punching and folding over action you are using is what is developing the gluten—this is essential for a tender loaf.

3. Warm Place. When it's time to rise, make sure your place your dough in a nice warm spot. I use the top of my fridge with some plastic wrap over the top and a clean tea towel over that (so it won't stick to the dough).

4. Punch Down. After the initial rising, you need to punch it down to release the big bubbles of carbon dioxide. Punching it down makes those big bubbles turn into little bubbles so you can have a more even rise the second time around.

5. Rest Time. After the second kneading, it's tempting to want to slam the bread into the loaf pan and get baking. If you let the dough rest for 5 to 10 minutes, the gluten relaxes resulting in a dough that is easier to shape and a bread that is a little more tender.

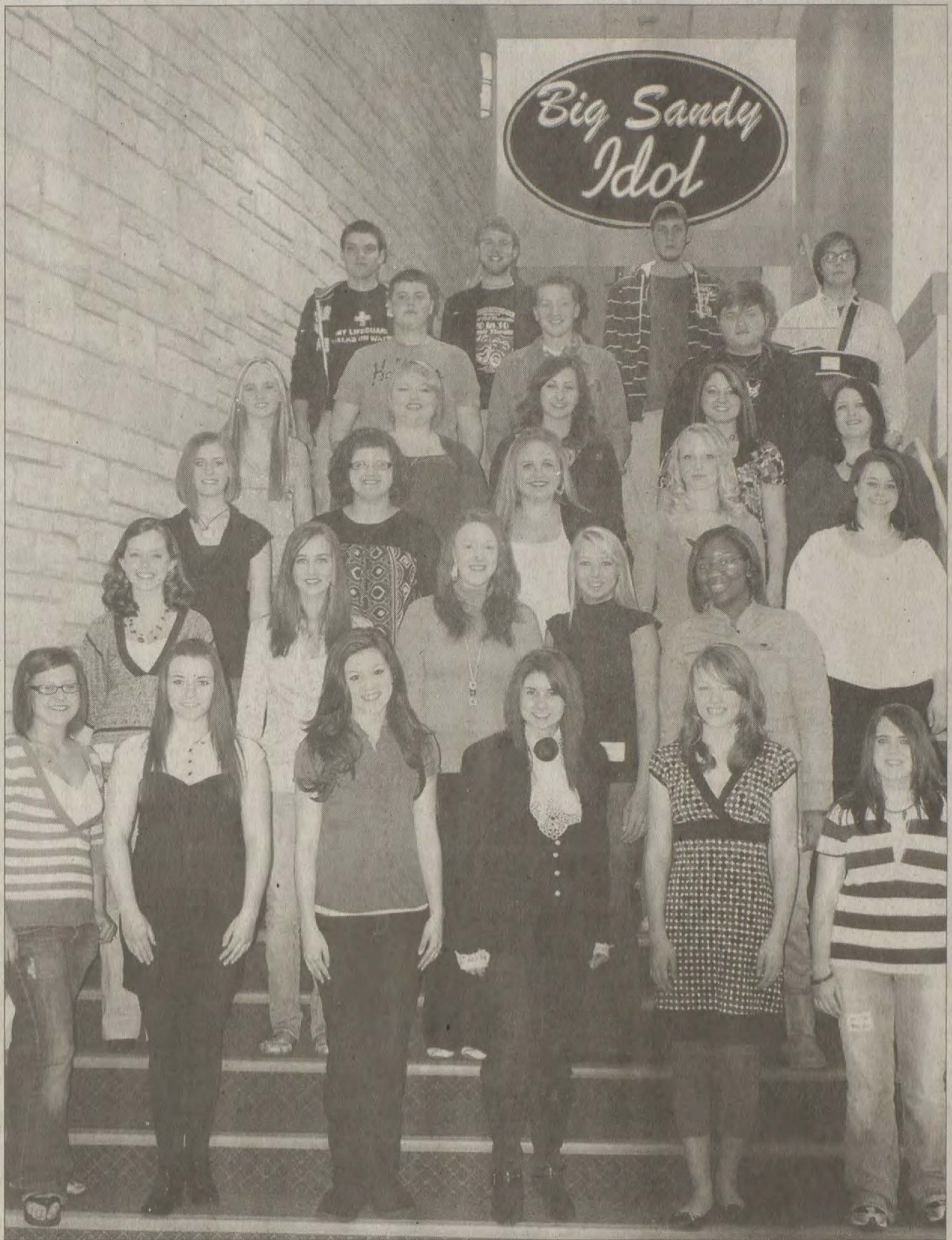
That doesn't look too difficult, does it? Now go get yourself some good whole-wheat flour, fresh yeast and bake some bread. Think of it as culinary therapy!



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.

FAMILY MEDICINE

If self-help measures don't help rotator cuff pain, see doctor — page A8



Pictured are the 2009 finalists for the Big Sandy Idol competition to be held at the Mountain Arts Center on March 13 and 14. Front row: Sha La Cornette (second-place Sheldon Clark), Katelyn Webb (first-place Paintsville), Hannah McIntosh (second-place Phelps), Staci Carriere (first-place Home-schooled Category), Shaina Hunt (second-place Johnson Central), Sola Williams (second-place Betsy Layne). Second row: Ashley Fleming (first-place East Ridge), Hannah Ratliff (second-place East Ridge), Kaci Ashley (first-place Belfry), Martika McCoy (first-place Sheldon Clark), Tanisha Hood (second-place South Floyd). Third row: Melanie Stapleton (first-place Johnson Central), Amy Rice (first-place Prestonsburg), Tierra Fonner (first-place Phelps), Tiara Crace (second-place Prestonsburg), Tykenna Anderson (second-place Pike Central). Fourth row: Nicole Pennington (first-place Pike Central), Chesri Spriggs (first-place Johnson Central), Rachel Goble (second-place Paintsville), Johnna Craft (second-place Private-schooled Category), Tasha Gillespie (first-place Shelby Valley). Fifth row: Ryan Shepherd (first-place Magoffin Co.), Tyler Childers (second-place Paintsville), Justin Carroll (second-place Belfry). Sixth row: Joshua Davis (first-place Allen Central), Max Morley (first-place Pikeville), Corey Page (first-place South Floyd), and Eric Madden (second-place Pikeville). Not pictured: Matthew Arnett (second-place Magoffin Co.), Kathleen Smith (first-place Pikeville), Benji Carroll (second-place Allen Central), Ariel Hopkins (first-place Betsy Layne), Tyler Sawyers (second-place Shelby Valley).

TAKING THE STAGE

Big Sandy Idol contestants ready for competition

by JARRID DEATON
FEATURES WRITER

The students vying for the title of 2009 Big Sandy Idol will take the stage at the Mountain Arts Center next week, and country music star Rebecca Lynn Howard will be on hand to act as head judge for the event.

Along with judging the competition, Howard will also serve as a special guest performer to give the crowd even more musical entertainment.

All of the local-level winners have been chosen from the area high schools. In total, 33 students will be competing for the title of Big Sandy Idol.

"We are so excited about the Big Sandy Idol

Showcase," said Clayton Case, who serves as the coordinator of the Big Sandy Idol program. "We hope everyone will come out to support the representatives of their school and to see the show. It would be hard to beat the talent we have among our eastern Kentucky high school students. It is amazing."

Big Sandy Idol is presented and organized by the music department of Big Sandy Community and Technical College, and sponsored by Jennifer Reynolds State Farm Insurance with the Mountain Arts Center. The event is a talent and scholarship competition that offers two winners from each of the 14 high schools in the Big Sandy area, and home/private schooled students, a chance to com-

pete for a demo CD recording, a full-album recording, a \$1,200 vocal scholarship to attend BSCTC, along with a spot with the Big Sandy Singers, directed by Laura Ford Hall. A cash award and a trophy will also be presented.

"We hope the community will come out and support these kids," said Laura Ford Hall. "We are excited to provide an opportunity for our high school students to receive performance and recording experience, and ultimately a college scholarship."

Big Sandy Idol will be held at the Mountain Arts Center on March 13 and 14. Both levels of the competition are scheduled to begin at 7 p.m.

Valley vaults past Bobcats

Justice is served in Wildcats' win over Betsy Layne

by **STEVE LeMASTER**
SPORTS EDITOR

PIKEVILLE — Shelby Valley posted one of its most convincing wins of the season Wednesday night in the Boys' 15th Region Tournament at the East Kentucky Expo Center. The Wildcats scored 34 points

off of 24 Betsy Layne turnovers, defeating the Bobcats 83-37.

Eleven different Shelby Valley players provided scoring as the Wildcats advanced to the regional tournament semifinals. Junior guard Elisha Justice led the way for Shelby Valley (28-4), scoring a game-high 21 points. Justice went 9-for-13 from the floor in the postseason matchup.

Ashley Hatfield scored 14 points and Logan Bryant added 10 for the Wildcats.

The Wildcats went out in front shortly after the game

tipped off. Shelby Valley outscored Betsy Layne 24-8 in the first quarter and took a comfortable 42-15 lead into halftime.

Betsy Layne was held to eight or fewer points in each of the first three quarters. Shelby Valley added to its lead in the third quarter, outscoring 58th District runner-up Betsy Layne 22-8.

Shelby Valley outrebounded Betsy Layne 38-26 while shooting 54-percent from the floor.

Josh Head led Betsy Layne with 12 points. Casey Adkins

added eight points for the Bobcats.

Betsy Layne ended the season 16-11 under the tutelage of veteran head coach Junior Newsome, back in the first season of a second stint as the Bobcats' mentor.

Shelby Valley will face Johnson Central on Saturday at 4:30 p.m. in the 15th Region Tournament Semifinals. The Golden Eagles, ranked second in the region behind Shelby Valley, defeated Belfry 71-58 Wednesday night in another



Senior guard Adam Slone worked the basketball up the floor for Betsy Layne during the Boys' 15th Region Tournament game versus favorite Shelby Valley. photo by Jamie Howell

(See VALLEY page two)

Random ramblings from another regional tourney

by **RICK BENTLEY**
TIMES COLUMNIST

Odds and ends from the first three nights of the 15th Region tournament:

(Bullet) I have a theory about how to play these Shelby Valley Wildcats.

I thought this during the district play last week and reaffirmed the theory during Wednesday night's 83-37 win over Betsy Layne. I'm not sure this is possible, but in my estimation, it's the best chance anyone has.

If you can get the ball across the time line and into a half-court set, it improves your chances. I'm not saying you'd win, but it would have to help your case.

As good as Shelby Valley is on offense, it's the defensive pressure that does the trick. Showing Elisha Justice or Logan Bryant the ball is like showing a starving dog meat: They attack for all its worth.

By halftime Wednesday night, they'd forced 14 Betsy Layne turnovers, and we mean forced — the Wildcats had 13 steals during the half.

I'm not real sure Shelby Valley can lose, at least not here. They haven't lost this year and all four of their setbacks came during the stretch after Justice was injured. But if you're going to have a chance, you have to handle the pressure and make them play in the half court.

Now the question is simple: Can anyone handle the Wildcat heat?

— How long will it be before another team plays in five

(See REGIONAL, page two)

MSC basketball tournaments set to tip off

TIMES STAFF REPORT

FRANKFORT — The Mid-South Conference Men's and Women's Basketball Tournaments will tip off today at the Frankfort Civic Center.

The two tournaments will conclude on Sunday as the tournament champions are crowned while earning the automatic bid into the NAIA National Tournaments March 18-24.

Georgetown College is the top seed in the men's tournament after finishing the regular season with a 10-2 regular season record. Campbellsville University is the top seed in the women's tournament after owning the tiebreaker over MSC regular season co-champions University of the Cumberlands. Campbellsville and Cumberlands each finished with 10-2 league marks.

Both Pikeville College teams are seeded fourth.

Prior to the opening of the tournaments, the MSC Basketball Banquet — where the conference will honor the all-conference, academic all-conference, freshmen of the year and players of the year — took place Thursday night. Following the banquet, the Mid-South Conference Cheerleading Championships took place at the Civic Center.



Rick Bentley



Lindsey Martin eyed a free throw as teammate Taylor Hott got ready to block out during Betsy Layne's 15th Region Tournament game against the Pike County Central Lady Hawks. photo by Jamie Howell

Lady Cats hold off Pike Central

by **STEVE LeMASTER**
SPORTS EDITOR

PIKEVILLE — Betsy Layne prevented Pike County Central from making a fifth straight appearance in the Girls' 15th Region Tournament title game. The Lady Cats held off Pike County Central Tuesday night, defeating the Lady Hawks 63-61.

Junior Megan Hamilton and sophomore Taylor Hott led Betsy Layne offensively, pushing in 22 points apiece. Senior Andie Meade and junior Lindsey Martin added seven points apiece as part of a balanced Betsy Layne offensive effort.

Betsy Layne and Pike County Central traded baskets throughout each of the first two quarters before the Lady Cats moved out in front in the third quarter.

The two teams exited the first quarter tied 10-10. Pike County Central owned a 25-23 lead at the intermission before Betsy Layne stormed back with an outstanding third quarter effort.

Betsy Layne enjoyed its best eight-minute stretch in the third quarter, outscoring Pike County Central 21-9 to secure a 10-point lead heading into the final period. The Lady Cats won despite Pike County Central scoring 27 points in the last eight min-

utes.

A.D. Slone led Pike County Central with a game-high 25 points. Three Pike County Central scorers reached double figures. Kayla Pennington pushed in 16 points and Bri Hatmaker had 10 for the Lady Hawks.

Pike County Central finished its first season 14-14 under the guidance of head coach Gary Fields.

Betsy Layne will meet defending champion Johnson Central Friday night at 8 p.m. in the 15th Region Tournament Semifinals. Paintsville is paired up against Phelps in the other semifinals matchup. The Paintsville-Phelps game is

slated to tip off at 6:30 p.m.

Girls' 15th Region Tournament at East Ky. Expo Center Betsy Layne 63, Pike Co. Central 61	
— Slone	25, Harris 6, Coleman 2, Pennington 16, Hatmaker 10, Hamilton 2.
Betsy Layne (16-5)	— Meade 7, Martin 7, Hamilton 22, Hott 22, Watkins 3, Reynolds 2.
PCC.....	10 15 9 27-61
BL.....	10 13 21 19-63



Above: Adams Middle School archer McKinley Minix shot a tournament-high 287 at the regional archery tournament and advanced to the state tournament. Below: Montana Lemaster of Adams Middle School shot the high score at this year's regional archery tournament. Lemaster also qualified for the state tournament.



Adams teams win regional archery championships

by **TONY McGUIRE**
HAZARD HERALD

JEFF — On Saturday, the National Archery in the Schools Program held its second annual 11th Region Archery Tournament at the Whitaker Center. High school, middle school and elementary schools from across the region came together to compete for the opportunity to go to the state tournament.

The archery program was started in the area last year by the Kentucky Department of Fish and Wildlife Resources, and drew more than 150 archers to this year's event. A crew of Fish and Wildlife officers helped set up the event, and oversaw the competition. In the end, Harlan County High School, Adams Middle School and Adams (Prestonsburg) Elementary School took home the titles.

Montana Lemaster of Adams Middle School shot the high score for females with a score of 258 that included seven 10s. On the boys' side, McKinley Minix

had the high score with a 287, and 18 10s.

Adams proved to be the class of the event, taking both the Middle School and the Elementary events. Harlan County took first place in the high school division.

Individuals standings, Female — High School: Cara Middleton — Harlan (221); Katherine Clem — Harlan (213); Kearsa Bailey — Harlan (184); Katie Baker — Harlan (180); Beth Moses — Harlan (175); Breanna Enix — Harlan (174).

Individual standings, Male — High School: Derrick Miller — Harlan (270); Clayton Carroll — Harlan (265); Justin Howard — Harlan (253); Austin Salyer — Harlan (250); Coty Alfred — Harlan (244); Tyler Turner — Harlan (243); Josh Brock — Harlan (243); Wyatt Howard — Harlan (241); Derrick Eldridge — Harlan (236); Brandon Pierson — Harlan (236); Seth Murphy — Harlan (211); Hunter Middleton — Harlan

(See ARCHERY, page two)

Host Eagles fall to Asbury in overtime

TIMES STAFF REPORT

PIPPA PASSES — The 2008-09 Kentucky Intercollegiate Athletic Conference (KIAC) Men's Basketball Tournament began on Thursday, Feb. 26 at Alice Lloyd College. In one of the opening round matchups, Asbury College won in the quarterfinals over tournament host Alice Lloyd College. No. 4 Asbury College defeated No. 5 Alice Lloyd 84-81 in overtime on Thursday. The game went back and forth throughout right up until the final seconds of overtime. A shot by Asbury's Jordan Hammonds (London/South Laurel) with three seconds left put the No. 4-seeded team ahead 84-81. A last second pass was collected by Alice Lloyd (12-18) but the shot was short from near half court.

Asbury's three-pointers kept the Central Kentucky college team alive with 12 for the game. Michael Spann (Wilmore/West Jessamine) made clutch threes late in the game and led the Asbury team with 32 points, including five three-pointers. Hammonds' last second shot was among his 12 points in the game. On the boards, Brian Johnson (Wilmore/West Jessamine) grabbed 15 rebounds to lead the Asbury squad.

Alice Lloyd used a strong inside game and size to counter. Nick Brumback (Grey Hawk/Jackson County) had the top rebounds total on the team with nine boards. Brumback also scored 15 points. Will Dillard (Beckley, W. Va./Woodrow Wilson) led Alice Lloyd in scoring with 21 points. Dillard also grabbed eight boards and dished off seven assists. Corey Hairston (Beckley, W.Va./Woodrow Wilson) also had 20 points for the Eagles.

Martin County native J.R. Hammonds guided the Alice Lloyd men's basketball team to a dozen wins in his first season as head coach. No. 4 Asbury College advanced to the tournament semifinals following the win over Alice Lloyd.

WOMEN'S BASKETBALL

IU Southeast edges Alice Lloyd for KIAC title

TIMES STAFF REPORT

PIPPA PASSES — No. 1 Indiana University Southeast defeated No. 3 Alice Lloyd College 61-58 for the Kentucky Intercollegiate Athletic Conference (KIAC) Women's Basketball Championship on Saturday. IU Southeast (19-8) had a 20-7 lead before it was erased five minutes later. Alice Lloyd (18-13), playing host to the conference tournament, took a 26-24 lead into the locker room at the intermission. IU Southeast took control again with a 15-4 run early in the second half. Alice Lloyd brought the score back to within four with 10 minutes left and pulled to within two with 10 seconds before IU Southeast sunk free throws to finish the game.

Two styles contrasted each other in the game. IU Southeast

(See KIAC, page three)

Eight make up latest Kentucky Athletic Hall of Fame class

TIMES STAFF REPORT

LOUISVILLE — Eight individuals were named Wednesday for induction into the Kentucky Athletic Hall of Fame. The latest Kentucky Athletic Hall of Fame Class will be honored at a banquet on April 29 in Louisville.

More on each of the eight Kentucky sports figures follows

Mike Casey — Casey led Shelby County to the 1966 boys' State Tournament title and was named the 1966 Mr. Basketball. He was the leading scorer at the University of Kentucky as a sophomore from 1967 to 1968, averaging 20 points per game. He missed the 1969-70 season after breaking a leg in a car accident but returned in 1970 and finished his UK career with 1,535 points, making him the 13th all-time scorer in UK history.

Travis Grant — Grant set a career college scoring record playing basketball at Kentucky State (more than 4,000 points). He also spent more than one season with the Los Angeles Lakers and more than two seasons in the American Basketball

Association, where he averaged 25.2 points for San Diego from 1974 to 1975.

Patti Jo Hedges-Ward — A graduate of Louisville's Western High School, Hedges-Ward was a starting point guard for Kentucky's only Southeastern Conference women's basketball championship team. She was an All-SEC performer and a gold medalist as a member of the 1983 Pan American team.

Elmore Just — Just was a golfer at Flaget High School and Bellarmine where he captained the college's undefeated team that went to the NCAA Tournament. He was champion at three golf clubs, founded Persimmon Ridge Golf Course and founded the Louisville Golf Club Company.

Bobby Keith — Keith, a former Clay County High School basketball coach, led the team to a state championship in 1987 and runner-up positions in 1985 and 1988. His teams won 14 region championships, more than any other coach. Under Keith's leadership, his teams went 587-97.

Marty O'Toole — A 1957

graduate of St. Xavier High School, O'Toole was a four-time All-American and the first swimmer to win four state championships in the same event — the 100-yard breaststroke. After attending Catholic University and Notre Dame, O'Toole returned to St. Xavier. He coached the Tigers for two years in the early 1970s, then returned as head coach in 1989, directing St. Xavier to state titles the past 20 seasons. He has coached 23 swimmers to 49 individual state championships, along with 37 relay state titles. They've set 16 state records and two national records with 59 earning All-America status.

Dan Ulmer — As chairman of the Board of Trustees for Minor League Baseball, Ulmer successfully led the drive to bring minor-league baseball back to Louisville and organized a slate of buyers to purchase the Redbirds from A. Ray Smith, who wanted to move the franchise. Ulmer is chairman of the new arena construction committee and once ranked third among the top 10 minor-league baseball power brokers.

Maryjean Wall — Wall was a pioneer among female sports journalists in the commonwealth. When she began covering horse racing for the

Herald-Leader, she was one of the only women in America covering the beat. The three-time Eclipse Award-winner for her cover-

age of Thoroughbred racing also won the John Hervey Award — a similar honor for writing about harness racing — three times.

Austin Peay eliminates Morehead State from OVC women's tournament

TIMES STAFF REPORT

MOREHEAD — All five Austin Peay starters scored in double figures as the visiting fifth-seeded Lady Govs completed a season sweep of Morehead State University, knocking off the fourth-seeded Eagles 78-74 in the first round of the Ohio Valley Conference Tournament Tuesday at Johnson Arena. MSU saw its season finish at 17-14, while APSU evened its mark to 15-15.

The Lady Govs had already defeated MSU twice during the regular season and completed the trifecta Tuesday. APSU shot 46 percent for the game and out-rebounded the host Eagles 44-36.

Despite the loss, the Eagles finished head coach Mike Bradbury's second year with the third highest win total for an MSU team in the NCAA Division I era.

Freshman guard Ashley Martin led the Eagles by tying her career high with 18 points. Sophomore Chynna Bozeman finished with 17 points and hit five three-pointers to tie the MSU single season triples made mark with 95. Junior Tiffany Hamilton finished her first Division I season with 17 points.

Ashley Herring topped AP's offense with 17 points, while Nicole Jamen had a double-double of 15 points and 12 rebounds. April Thomas tallied 15 points as well, while Brooke Faulkner connected on four treys and had 14. Whitney Hanley was the last starter to hit double digits with 10. As a team, the Lady Govs drained 10 out of 25 three-pointers.

Morehead State shot 39 percent for the game and had just eight turnovers. The Eagles also had 18 points off 13 Lady Gov turnovers, but APSU scored 32 points in the paint — the third game this year they had scored 30-plus in the paint against MSU — and had a 14-7 margin on second-chance points thanks to 13 offensive rebounds.

Colonels fall to No. 29 Kentucky on walk-off home run

TIMES STAFF REPORT

LEXINGTON — The Eastern Kentucky University baseball team scored five runs in the top of the ninth to take an 8-7 lead against no. 29 Kentucky on Wednesday night at Cliff Hagan Stadium; however, a two-out, two run walk-off blast by sophomore Chris Bisson in the bottom of the ninth won it for the Wildcats.

It would have been the second win over a ranked opponent in as many days for ECU.

Trailing 7-3 heading into the top of the ninth, ECU got a lead-off single from freshman A.J. Jamison to begin the rally. After sophomore Ryan Faidley walked, freshman Richie Rodriguez delivered an RBI double down the right field line, scoring pinch-runner Dustin Dunlop and advancing Faidley to third.

After senior Matt Davis went down on strikes, senior Aaron Barrows ripped a two-run triple into the gap in right center to pull the Colonels to within one, 7-6. Senior Tyler Rehmel then struck out for the second out of the inning. Representing the Colonels' last hope, sophomore Jayson Langfels grounded to Kentucky shortstop Chris Wade. Wade's throw to first was low, however, and got past the first baseman. Barrows raced home for the tying run and Langfels advanced to second.

Following a walk by junior Anthony Otrando, junior Joey Stevens laced a single through the left side of the infield to score Langfels and give ECU an 8-7 lead.

Junior right-hander Chris

Hord (0-1) retired the first two batters he faced in the bottom of the ninth before junior Marcus Nidiffer delivered a two-strike single into left field to keep the inning alive. The next batter, Bisson, blasted the first pitch he saw over the wall in right-center to end the game in dramatic fashion. It was Bisson's first career home run.

Hord went 1.2 innings, giving up two runs on two hits. Sophomore Matt Fyffe (Paintsville/Johnson Central HS) started on the mound for ECU and worked 4.2 innings, allowing six runs on seven hits. Freshman Greg Terry and sophomore Macon Smith combined for 2.1 innings of relief and allowed one run between the both of them.

Braden Kapteyn (1-0) picked up the win for Kentucky, pitching the final 1.2 innings and allowing five runs on four hits.

Offensively, the Colonels were led by Stevens, who finished the day 3-for-6 with two RBI. Davis, meanwhile, went 3-for-6 with a run scored.

Kentucky was paced by Bisson (3-for-4 with two RBI and three runs scored) and McClendon (3-for-4 with an RBI and a run scored).

Kentucky got on the board first in the second inning when right fielder Chad Wright lifted a three run homer over the fence in right center. The Wildcats added another run in the bottom of the fourth when Wright collected his fourth RBI of the day on a sacrifice bunt that scored Nidiffer.

The Colonels plated two in the fifth to cut the deficit in half. Otrando started the scor-

ing with a base hit up the middle that scored Rehmel. Two batters later, Stevens laced an RBI single through the left side of the infield, bringing home Langfels.

Kentucky senior Chris McClendon's first home run of the season made it 5-2 in the bottom of the fifth. The Wildcats scored two more unearned runs in the inning to stretch their lead to 7-2 heading into the sixth.

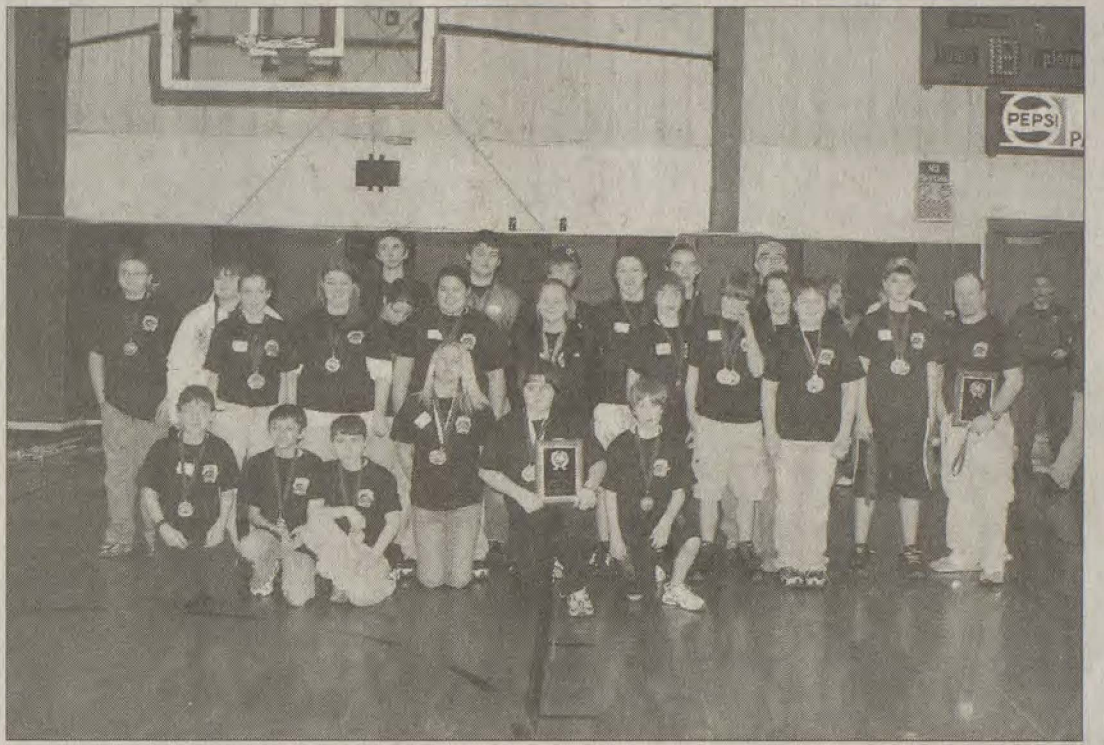
A Faidley walk and two well-placed bunt singles by Rodriguez and Davis loaded the bases for the Colonels with no outs in the sixth. However, Barrows went down looking and Rehmel grounded into a 4-6-3 double play to end the threat and the inning.

The Colonels threatened again in the seventh when Langfels and Otrando walked to begin the inning. However, Stevens struck out swinging, Jamison popped up to the first baseman and Faidley flew out to center to again leave Colonel runners stranded.

EKU finally capitalized in the eighth when Langfels drew a one-out, bases loaded walk to score Davis and make it 7-3. However, Otrando went down swinging immediately afterwards and Stevens grounded into a fielder's choice to leave multiple runners on base for the third consecutive inning.

EKU left 17 runners stranded throughout the game.

The Colonels will return to action on Sunday when they face Bowling Green State in the RussMatt Central Florida Invitational in Winter Haven, Fla. First pitch is scheduled for 12:30 p.m.



photos by Tony McGuire
ADAMS MIDDLE SCHOOL won both the middle school and elementary divisions of this year's 11th Region Archery Tournament. The Adams Middle School team is pictured above. The elementary squad is pictured below.

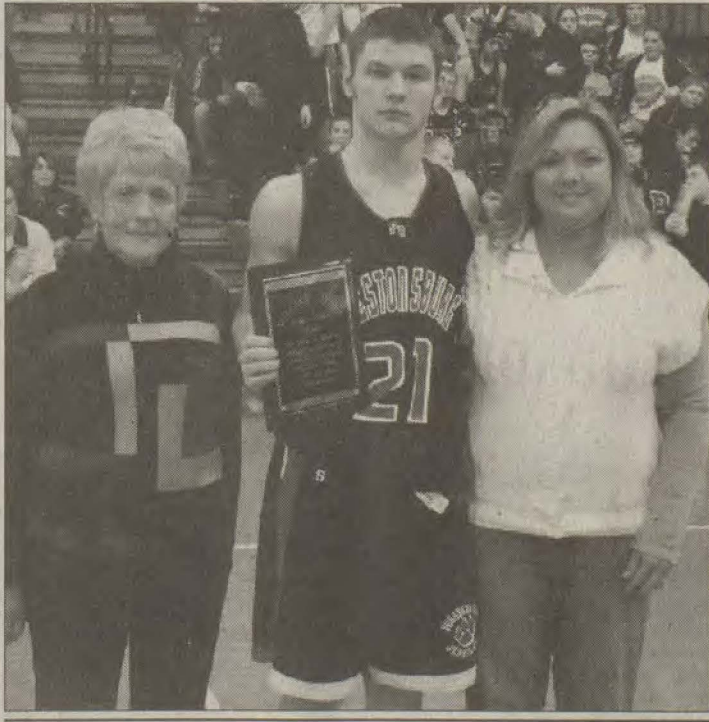


photo by Jamie Howell
PRESTONSBURG SENIOR AUSTIN GEARHEART earned this year's Burchell Duff Award. Gearheart ranks as one of Prestonburg's top student-athletes.



Tickets available for Bristol spring races

TIMES STAFF REPORT

BRISTOL, Tenn. — Fans who have longed to attend a race at NASCAR's most popular track now have the opportunity to do just that on what will be the biggest spring race weekend in Bristol Motor Speedway's history.

Tickets are available for the March 22 Food City 500, capping a three-day race weekend fans can't afford to miss as a number of special events have been added to the schedule.

Ford Fan Friday kicks off the action on March 20 when fans can see practice for the Scotts Turf Builder 300 and the Food City 500, as well as qualifying for the Food City 500, for only \$5. Any fan bringing a specially marked Pepsi can to the gate will receive free entry.

Also on tap for Friday is Food City Race Night, which will take place at BMS from 4 p.m.-9 p.m. There is no

admission to the event which will feature live music, free food and driver appearances. Kevin Harvick and Tony Stewart are scheduled to participate in Rock Band while Clint Bowyer, Elliott Sadler, Kasey Kahne and A.J. Allmendinger will square off in a Wii boxing tournament. Other drivers, including Jeff Burton, will take part in a question and answer session.

The Scotts Turf Builder 300, one of the premier Nationwide events on the schedule, takes place March 21 with a host of NASCAR Sprint Cup drivers in the field. Among those participating in the race is Carl Edwards, Harvick, Greg Biffle, Bowyer and Kyle Busch.

Also on the schedule Saturday is the highly anticipated Scotts Saturday Night Special at Bristol, an all-star race featuring some of the biggest names in NASCAR,

including Junior Johnson and Harry Gant. Following the Saturday Night Special is a 100-lap UARA race to cap off the evening. All three races, the Scotts Turf Builder 300, the Scotts Saturday Night Special and the UARA event are included in the cost of the ticket for the Scotts Turf Builder 300.

Tickets for the Food City 500 are available, starting at \$93. Tickets for the Scotts Turf Builder 300 triple-header begin at \$45. Qualifying for the Food City 500 is slated for 3:40 p.m. Friday and qualifying for the Scotts Turf Builder 300 is at 9:40 a.m. Saturday.

The Scott's Turf Builder 300 takes the green flag at 2 p.m., as does the Food City 500 Sunday.

To purchase tickets, contact the Bristol Motor Speedway ticket office at 423-989-6900 or go online to www.bristolmix.com.

KIAC

won on steals 10-6. Alice Lloyd won the battle of the boards 35-30 including 14 rebounds on the offensive end. They also took the lead in shooting percentage over IU Southeast 37-33 from the field.

IU Southeast Megan Murphy (Bloomington, Ind.) led the team in scoring with 19 points. Murhohy had seven rebounds. Whitney Duncan (Louisville) hit six of her nine free throws for 13 points. On

the boards, Andrea Chambers (Evansville Ind.) grabbed nine rebounds.

Alice Lloyd had three scorers in double figures. Sierra Wynn (Evarts) and Nicole Lutes (Jackson) had 13 points apiece for the Lady Eagles. Wynn also pulled down six defensive rebounds. Bree Frasier (Louisa) added 12 points for the Alice Lloyd women's basketball team.

IU Southeast's win gave it an automatic bid to the NAIA

Division II National Championship March 12-18 at the Tyson Events Center in Sioux City, Iowa.

Follow Alice Lloyd College athletics in The Floyd County Times.

FLOYD COUNTY



Faith and Family



Victorious Women retreat to be held this month

The Victorious Women Annual Spring Retreat will be held March 27-29 at the Ramada Inn and Conference Center in Paintsville.

All ladies 16 and older are invited to attend for a weekend of spiritual and physical refreshment.

The keynote speaker for the retreat will be Peg Rankin. Rankin, wife, mother and grandmother of 16, travels nationally and internationally as a Bible teacher and conference speaker. Rankin has also authored numerous best selling books and Bible studies.

She and her husband, Lee, often minister together in a team known as The Rankin File.

Kathy Keck, from Lost Creek, will be the guest soloist and musician for the event. Keck is a founding staff member of Victorious Women. She

served as song leader and music director through the early years until her husband, Lorie, took a pastorate in Peru, In. for several years. They both now serve as full time mission staff with the Riverside Christian School in Breathitt county.

Brochures for the event are available at Christian book stores, or by calling (606) 789-6982. Pre-registration is necessary by March 20 for overnight accommodations and meals. Walk in guests are welcome with the payment of a door charge.

KBC relief work winds down in Kentucky

LOUISVILLE— After five weeks of clearing debris and providing relief, Southern Baptist disaster volunteers are winding down their efforts to aid Kentuckians affected by ice storms late in January.

Crews are still working in six areas of western Kentucky through the end of this week, but all other teams have finished and the entire effort is expected to conclude by next week, said Webb.

"We're starting to shut down because our number of volunteers is decreasing, and also because we've been able to finish our priority projects," said KBC Disaster Relief Associate Coy Webb. "Of course, there are still needs and there will continue to be recovery efforts going on

locally."

According to Webb, approximately 1,500 Southern Baptist volunteers have been involved in ice storm relief to date, logging a combined total of 9,074 volunteer days.

The volunteers came from 20 state Baptist conventions, including Alabama, Florida, Georgia, Illinois, Indiana, Kansas/Nebraska, Kentucky, Louisiana, Michigan, Minnesota/Wisconsin, Mississippi, North Carolina, Ohio, Pennsylvania/New Jersey, South Carolina, Tennessee, Texas, Virginia (two conventions), and West Virginia.

"We are grateful for the sacrificial service of our Kentucky volunteers and are deeply appreciative of our sis-

ter conventions who responded in tremendous ways," said Webb. "We would not have been able to meet the vast needs across the state had it not been for these conventions sending such large numbers of teams."

To date, 56,657 meals have been prepared, 2,723 chainsaw jobs completed and 1,819 showers supplied. Additional assistance was provided through mud-out and repair jobs, roofing projects, laundry services and chaplaincy outreach.

"This has been the largest relief effort in Kentucky as far as we know, or at least has involved the largest number of

other state conventions," said Webb. "Some from the state emergency management think it is the largest scope natural disaster in Kentucky's history."

Areas still receiving assistance from Southern Baptist teams include areas in and around Greenville, Hartford, Livermore, Marion, Owensboro, Princeton and Salem.

The Kentucky Baptist Building has served as the operations center since the effort first began in late January. The temporary incident command center that was set up just for this purpose will likely be shutting down by

March 6, said Webb.

Contributions to the KBC's disaster relief efforts may be sent to the KBC, Dept. 5008, P.O. Box 740041, Louisville, KY 40201-9976. Please note "disaster relief" in the check memo. Online donations are also being accepted at www.kybaptist.org/dr.

Kentucky Baptists are part of a larger network of Southern Baptist volunteers trained to respond to disasters by manning mass feeding operations, using chainsaws to clear downed trees and limbs, clear mud out of flooded homes and more. Together, Southern Baptists comprise the third largest relief organi-

zation in the United States.

To learn more about Kentucky Baptist Disaster Relief, go to www.kybaptist.org/dr.

The Kentucky Baptist Convention is a cooperative missions and ministry organization made up of more than 2,400 autonomous Baptist churches in Kentucky. A variety of state and worldwide ministries are coordinated through its administrative offices in Louisville, Ky. including: missions work, disaster relief, ministry training and support, church development, evangelism and more. For more information, visit www.kybaptist.org.

KIM'S KORNER

John 3:16

by KIM LITTLE FRASURE

The following story has been around for quite some time now. Though the author is unknown, it sure touches and warms the heart. May it touch and warm you as well.

"A little boy was selling newspapers on the corner, the people were in and out of the cold. The little boy was so cold that he wasn't trying to sell many papers.

"He walked up to a policeman and said, 'Mister, you wouldn't happen to know where a poor boy could find a warm place to sleep tonight would you? You see, I sleep in a box up around the corner there and down the alley and it is awful cold in there for tonight. Sure would be nice to have a warm place to stay?'"

"The policeman looked down at the little boy and said, 'You go down the street to that big white house and you knock on the door. When they come out the door you just say 'John 3:16' and they will let you in.'"

"So he did. He walked up the steps and knocked on the door, and a lady answered. He looked up and said, 'John 3:16.' The lady said, 'Come on in, son.'"

"She took him in and she sat him down in a split bottom rocker in front of a great big old fireplace, and she went off. The boy sat there for awhile and thought to himself, 'John 3:16 ... I don't understand it, but it sure makes a cold boy warm.'"

"Later she came back and asked him 'Are you hungry?' He said, 'Well, just a little. I haven't eaten in a couple of days, and I guess I could stand a little bit of food.'"

"The lady took him in the kitchen and sat him down to a table full of wonderful food. He ate and ate until he couldn't eat any more.

"Then he thought to himself, 'John 3:16 ... Boy, I sure don't understand it, but it sure makes a hungry boy full.'"

"She took him upstairs to a bathroom to a huge bathtub filled with warm water, and he sat there and soaked for a while.

"You know, I've not had a bath, a real bath, in my whole life. The only bath I ever had

was when I stood in front of that big old fire hydrant as they flushed it out.' As he soaked, he thought to himself, 'John 3:16 ... I sure don't understand it, but it sure makes a dirty boy clean.'"

"The lady came in and got him. She took him to a room, tucked him into a big old feather bed, pulled the covers up around his neck, kissed him good night and turned out the lights. As he lay in the darkness and looked out the window at the snow coming down on that cold night, he thought to himself, 'John 3:16 ... I don't understand it, but it sure makes a tired boy rested.'"

"The next morning the lady came back up and took him down again to that same big table full of food. After he ate, she took him back to that same big old split bottom rocker in front of the fireplace and picked up a big old Bible. She sat down in front of him and looked into his young face.

"Do you understand John 3:16?" she asked gently.

"He replied, 'No, ma'am, I don't. The first time I ever heard it was last night when the policeman told me to use it.'"

"She opened the Bible to John 3:16 and began to explain to him about Jesus. Right there, in front of that big old fireplace, he gave his heart and life to Jesus.

"He sat there and thought, 'John 3:16, I don't understand it, but it sure makes a lost boy feel safe.'"

"You know, I have to confess I don't understand it either, how God was willing to send His Son to die for me, and how Jesus would agree to do such a thing. I don't understand the agony of the Father and every angel in heaven as they watched Jesus suffer and die. I don't understand the intense love for ME that kept Jesus on the cross till the end. I don't understand it, but it sure does make life worth living.

"John 3:16 — 'For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life'"

'Til next week, God's blessings.



Kim Little Frasure



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.



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- State your price or terms
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NAME _____
 ADDRESS: _____
 PHONE #: _____

Write your ad here: _____
 (approximately 18 letters per line)

CREDIT CARD: _____

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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

Hicks Auto Sale

2004 Mitsubishi galant. Extra sharp. Moon roof, V6, 60,000 miles. Asking \$7,495
 2000 Dodge Dakota Quad cab. Automatic, V6. \$4,200.
 1998 S-10 .4 cylinder. 5 speed. \$2,500.
 2000 Ford Taurus. 80,000 miles. \$3,000.
 1997 Cadillac S/S. 110,000 miles. \$3,995.

2000 Chevy top kick rollback for sale. Cat engine, air condition, power windows, 19ft steel bed. 312,000 miles. If interested call 606-886-2416 after 6pm 606-367-1288 during the day.

Employment

Employees needed to Steam Clean Heavy Equipment. Must have valid driver's license and up to date Surface mining papers. MET papers is a plus. Call Monday thru Friday between 9:00am and 5:00pm. 606-886-1759.

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.

Truck driver needed. Must pass drug screen. CDL's required. For more info call 349-7625.

Dietary Manager: Prestonsburg healthcare, a 56 bed Skilled Nursing

Facility is seeking a dietary manager to oversee all food service operations. Candidate should possess experience in food service and personnel management. Please apply in person at 147 N. Highland Ave. Prestonsburg, Ky or via fax @ 606-889-9438.

Star construction, LLC has an immediate opening in their Banner, Ky office for an experienced mechanic. The mechanic position will be responsible for maintaining all trucks and heavy equipment at the Banner and Flatlick, KY locations, diagnosing and repairing electric over hydraulics, repairing small engines, tools, and equipment, and maintaining repair and service records for all equipment. The successful candidate will have a

Class A CDL license, be certified in air brake repair, have minimum of three years experience in the above responsibilities, have welding experience, and have good decision making abilities. Star construction offers competitive wages and benefits, to include med

Residential property inspector needed for part time work. 1 day a week. Covering, Lawrence, Martin, Floyd, Johnson, Magoffin Counties. Contact robh@insurance-services.com.

Local surveying firm is in need of surveyors, capable of both underground and surface surveying related to coal mine mapping. Other duties include municipal and farm surveying. Must have valid driver's license and ready

to work. Should have underground and surface training certificates. Liberal work environment, with health insurance and retirement plans. Send resume to Alchemy Engineering Associates, 546 West Old Middlecreek Road, Prestonsburg, Ky 41653 or fax to 606-886-8847.

Dietary Aides: Mtn Manor of Paintsville has Dietary Aide positions available. Comparable wages and benefits. Apply in person at 1025 Euclid Avenue, Paintsville, Ky from 8:00 am to 4:30 pm, Monday - Friday.

Mystery shoppers! Earn up to \$150 per day. Undercover shoppers needed to judge retail & dining establishments. Experience not required. Call 877-

341-3504.
Post Office Now Hiring Nationally!! Avg. pay \$20/hr, \$57K/yr, incl Fed ben, OT optional fee-based test prep materials, not affiliated with the US Postal service. 866-668-5257.

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 wills, deeds, power of attorney or other legal documents drawn up or need a notary. Call 791-1202.

NEED A TUTOR FOR YOUR CHILD? I have ten years experience teaching children aged 2-18, have successfully tutored children with both emotional and learning disabilities and have assisted a child with autistic spectrum disorder. I believe in finding each child's unique learning style and helping them to reach their greatest potential. If you would be interested in seeking my assistance for your

child, please feel free to call Tonya at 606-230-0235 or email me at tonya1@hotmail.com.

2 Dogs free to good home!! 1 male white and brown in color and 1 female chocolate in color. Sheep Dog mix. Good with kids and great watch dogs. Needs room to run. Call 358-0286 or 226-5316. Prefer they go together.

Misc.



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Come grow with us!!

Highlands Center for Autism in Prestonsburg, Ky., is establishing a new, year-round, private day-school for children diagnosed with an autism spectrum disorder and is currently recruiting for a

Classroom Behavior Therapist Full-Time

The ideal candidate will be responsible for implementing the organizational and the departmental mission, vision, and goals. Under the supervision of the Center Director, the Classroom Behavior Therapist (CBT) implements specific curricula designed to work toward each child's Individual Education Plan goals; monitors individual and group programs and provides day-to-day student instruction and supervision through the principles of applied behavioral analysis. The CBT is responsible for the student's daily safety, schedule and progress, as well as their own professional growth.

A Bachelor's Degree in one of the following disciplines: special education, education, speech, psychology, occupational therapy, physical therapy, medicine, art therapy, music therapy, or related field. Previous experience working with children with autism, Teaching Certificate and/or Board Certified in Behavior Analysis preferred. Ability to work independently, self-motivation, enthusiasm and patience with the students are required. Performs other duties as assigned.

- Nine (9) Paid Holidays
- 401k Retirement Plan
- Medical/Dental Insurance
- Life Insurance

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

Highlands is an equal opportunity employer.

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.



Be an Angel.

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: 1-800-525-3456, or www.trustforlife.org



Kentucky Circuit Court Clerks Association Organ And Tissue Donation Awareness

PSA

Prom dress for sale. Size 0. Beautiful strapless gown. Gray in color with rhinestones down the front. Bought new last yr for \$425 asking \$250. Call 889-0544 after 6pm.

Mixed hay for sale. Square bales. Also have 3 registered black angus bulls. Call 606-725-5157. Located in Morgan County.

REAL ESTATE

Houses

House and property for sale. \$70,000. Call 377-2032.

Sale or lease

75 X 85. Lot for sale. Located in downtown Prestonsburg. Located in Prestonsburg. \$26,000. Call 889-9526.

Property for rent or lease. 200 X 120 ft. Building is 50 X 30 can be used for office. Road front, good location at junction of 321 and Liberty Rd. Call 285-9000 or 285-3412. Out of city limits.

For rent: Well established Dr. office. 2 exam rooms and large waiting room. Dr. Office separate. Located in Prestonsburg. Walkway, blacktop parking lot. Ready to start new practice. \$1500- \$2000 per month. Call 285-9000 or 285-3412. Out of city limits.

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.

RENTALS

2 Apartments for rent. 3 br, living room, dining area and wall to wall carpet. Central heat air and washer & dryer hookup. Located in Prestonsburg behind Dr. Gopal's office. Upstairs \$575 a month plus utilities and 1 month deposit. Downtown stairs is \$550 plus utilities & deposit. Call 285-9000 before 10:00 pm.

Fully furnished apt for rent. Ready to occupy. Everything you need, very clean, quite, a.c., good place. Suitable for 2 working people no more. Out town workers welcome. No drugs. NO pets. Near Prestonsburg J.W. Lake. Call 606-205-0215 or 886-8889.

Houses

2 br house for rent. Appliances furnished, all electric, w/d. Newly remodeled inside and out. \$500 month plus \$500 deposit. Large yard, nice neighborhood in Arkansas creek. Serious inquires only. Call 886-6665

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land or use family land. We own the bank your approved. Call 866-597-2083.

2- Mobile homes for rent. References & deposit required. Call 889-0363.

Mobile home and house for rent. Partly furnished near Prestonsburg J. W. Lake. Nice quiet, clean located. Suitable for 2 people only. Out of town workers welcome. Call 886-3941 or 205-0215.

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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 431.30 surface acres and will underlie 4.92 acres, and the total area within the permit boundary will be 436.22 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 area, contour, 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, Big Branch Holding Company, LLC, Chris Damron, Danny Ousley, Rosie Reffett, 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, Kenneth Silveus, Earl and Peggy Stephens and Sianna Risner, Mont Ousley Heirs, Edward L. and Sadie Shepherd, J.T. and Anna Lea Thornsby, Phyllis Reffett, and Glen Hurd-Estate. The operation will underlie land owned by Shade and Patricia K. Pitts, Lou Ellen Pitts, Big Branch Holding Company, LLC, Equitrans, and Mont Ousley Heirs.

The application has been filed for public inspection at the Department for Mining 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 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 836-5528 OPERATOR CHANGE

In accordance with the provisions of 405 KAR 8:010, notice is hereby given that Goose Creek Energy, Inc., P.O. Box 226, Eastern, Kentucky 41622 intends to revise Permit No. 836-5528 to remove an operator and add a new operator. The operators presently approved in the permit are DBJ Mineral, LLC, P.O. Box 3427, Pikeville, Kentucky 41502, Allen Mining, LLC, P.O. Box 971, Allen, Kentucky 41601 and B & K Coal Inc., 963 Laurel Fork Road, Hueysville, Kentucky 41640. The operators will

be DBJ Mineral, LLC, P.O. Box 3427, Pikeville, Kentucky 41502, B & K Coal Inc., 963 Laurel Fork Road, Hueysville, Kentucky 41640 and Fools Gold Energy Corporation, 176 Honeysuckle Drive, Pikeville, Kentucky 41501.

The operation is located, 1.2 miles east of Garrett in Floyd County. The operation is approximately 1.3 miles southeast of State Route 80's junction with State Route 7 and located along Goose Creek. The operation is located on the Wayland USGS 7 1/2 minute quadrangle map at latitude 37°29'00" and longitude 82°48'36".

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, Kentucky 41653. Written comments or objections must be filed with the Director, Division of Mine Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601. All comments or objections must be received within fifteen (15) days of today's date.

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Left Beaver Fire Protection District will be accepting sealed bids for a **2010 International 4400 Series Rescue Truck**. For more information, please contact Shannon Hall, at 606-377-6643. Bids will be opened March 9, 2009, at 7 p.m., at LBFR Station No. 2. We reserve the right to reject any and all bids.



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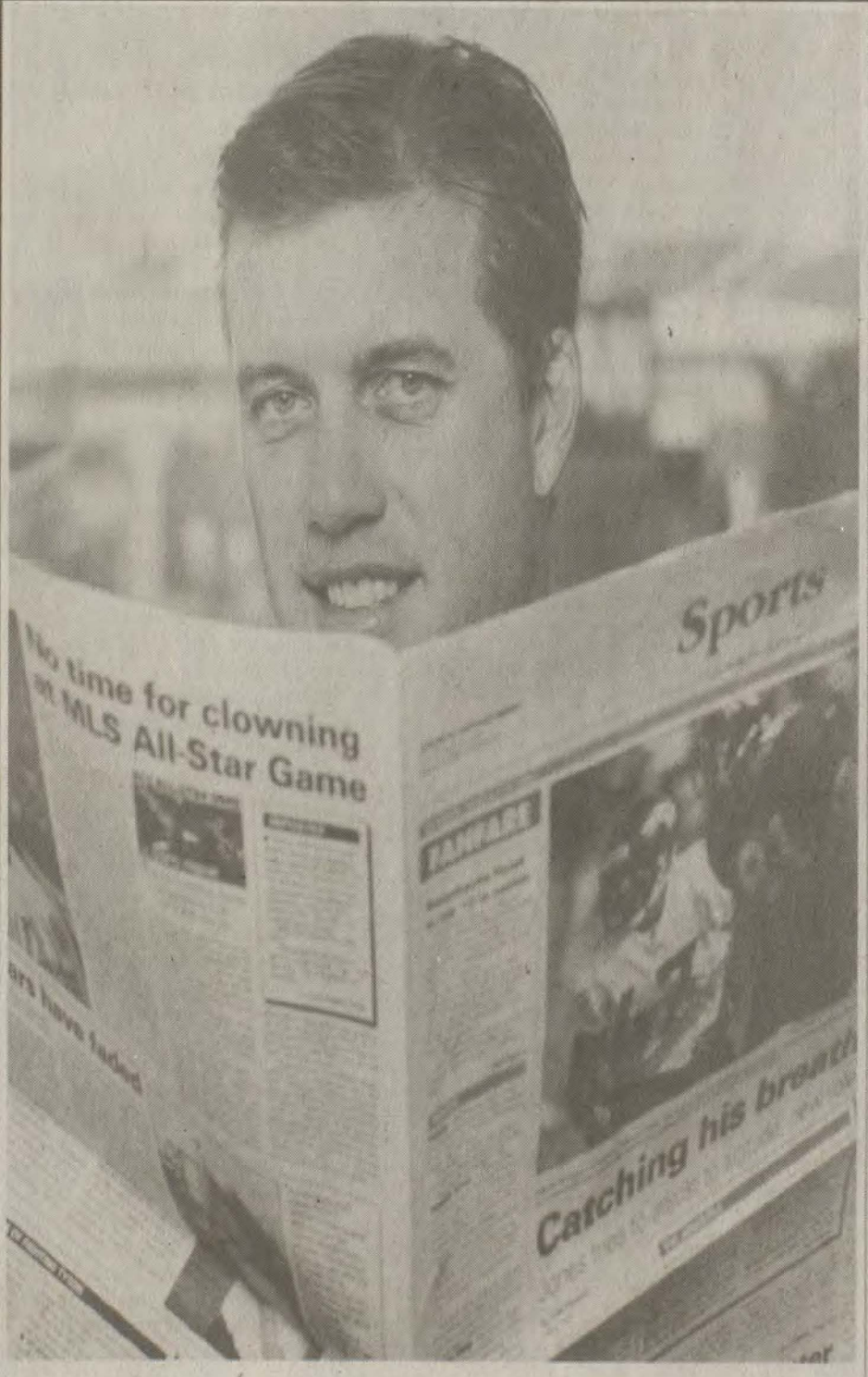
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—John Elway, Quarterback

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Chicken Salad With Roasted Tomatoes

POWER SALADS

to boost your health and taste quota

FAMILY FEATURES

Salads are a great way to add satisfying flavor and versatility to a healthy eating plan. In fact, research has shown that salad eaters take in greater amounts of essential nutrients such as vitamins C and E and folic acid. The key to a nutritious salad is to build it wisely by choosing healthy ingredients from the bottom up.

Salad Makings: Choose Wisely

Each salad topping has unique benefits, so it's important to build a nutritious salad using a variety of fruits, vegetables and nuts.

- Darker salad greens contain the antioxidant beta-carotene, which battles certain cancers, and folic acid, which helps tissues grow. Most salad greens are also sources of vitamin C, potassium and fiber.

- Tomatoes and cherries are loaded with potassium and lycopene which helps protect against heart disease and cancer.

- Carrots, yellow peppers and pineapple contain carotenoids, which reduce the risk of developing cancer.

- Pecans are loaded with more than 19 vitamins and minerals, packed with disease-fighting antioxidants and they're a great source of protein. In addition, medical research suggests eating pecans may help reduce the risk of heart disease by lowering cholesterol.

- Blueberries and raisins are full of phytonutrients and antioxidants, which help protect from some cancers and infections. They also boost brain health and vision.

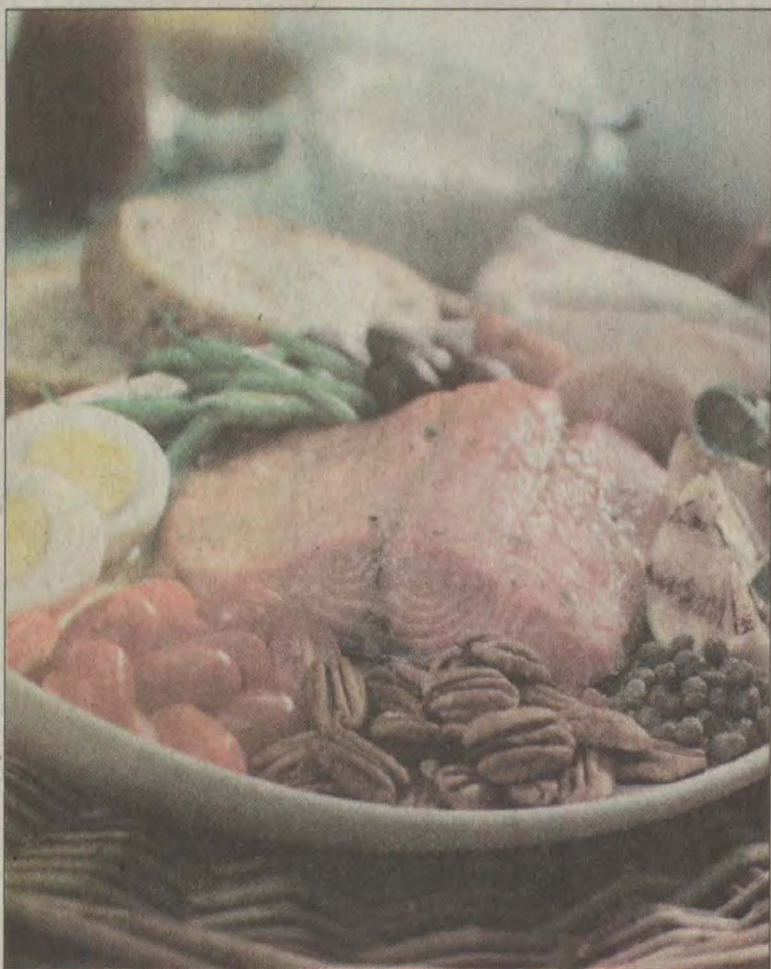
Dressing for (Dietary) Success

What many people don't know is that salad dressings, like their vegetable, fruit and nut peers, provide important health benefits. Research has also shown the healthy oils in salad dressings help the body absorb key nutrients such as lycopene and alpha- and beta-carotene. Plus, the majority of salad dressings are free of trans fats.

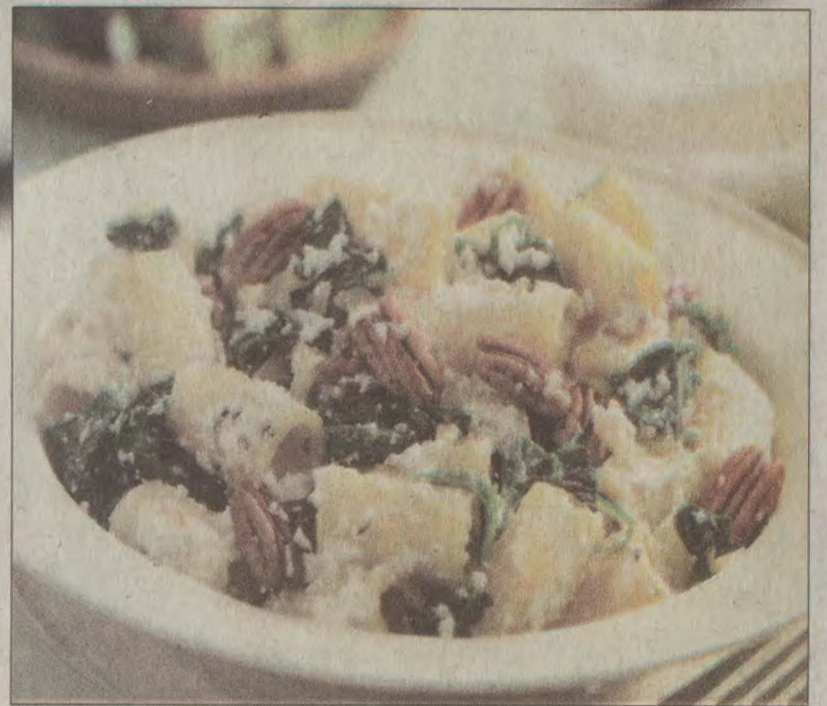
These easy recipes bring flavor and nutrition to your salad bowl. For more on salads and dressings, visit www.saladaday.org and www.dressings-sauces.org. For more about pecans, visit www.ilovepecans.org.



Romaine, Pecan and Pear Salad



Salmon Nicoise Salad



Warm Pasta Salad With Pecans and Spinach

Chicken Salad With Roasted Tomatoes

Yield: 2 servings

- 1/2 cup pecans, finely chopped and toasted
- 1/2 cup panko (Japanese breadcrumbs)
- 1/2 teaspoon kosher salt
- 1/4 teaspoon cayenne pepper
- Freshly ground black pepper, to taste
- 3 tablespoons butter
- 2 boneless, skinless chicken breasts
- 3 tablespoons olive oil
- 1/2 pound cherry tomatoes
- 1 tablespoon olive oil
- Kosher salt and freshly ground black pepper, to taste
- 4 cups mixed greens
- Red onion slices
- Cucumber slices
- 2 ounces blue cheese
- Ranch or balsamic vinaigrette dressing

Preheat oven to 400°F. Mix together pecans, panko, salt, cayenne and black pepper.

Melt butter and oil in ovenproof skillet over medium-high heat. Dredge chicken in pecan panko mixture. Sauté in skillet until brown on bottom — about 2 minutes. Turn chicken over and place skillet in oven. Bake 15 to 18 minutes until cooked through. Set aside. Slice when cool.

Lower oven temperature to 350°F. Arrange tomatoes on baking sheet and toss with olive oil. Bake 30 minutes. Remove from oven and season with salt and pepper. Set aside.

To assemble, divide greens between two plates. Arrange red onion, cucumber, roasted tomatoes and chicken over greens. Top with blue cheese, if desired. Serve with ranch dressing or balsamic vinaigrette dressing.

Romaine, Pecan and Pear Salad

Yield: 6 servings

- 6 cups Romaine lettuce, washed and torn
- 1 cup radicchio, washed and torn
- 1/4 cup parsley, chopped
- 2 shallots, thinly sliced
- 2 Bosc pears, thinly sliced
- 1 cup pecans
- 3/4 cup dried cherries
- 1/4 cup raspberry or red wine vinaigrette dressing
- 1/3 cup feta cheese, optional

Place Romaine, radicchio, parsley and shallots in large bowl and toss gently. Arrange pears, pecans and dried cherries on greens.

Pour dressing over salad and toss. Top with feta cheese, if desired.

Dressing may be passed separately.

Warm Pasta Salad With Pecans and Spinach

Yield: 4 servings

- 8 ounces rigatoni pasta
- 1/4 cup Italian or Greek dressing
- 2 tablespoons olive oil
- 1/2 cup sweet onion, chopped
- 1 clove garlic, minced
- 5 ounces baby spinach
- 1 cup ricotta cheese
- 1/2 teaspoon kosher salt
- Freshly ground black pepper, to taste
- 1/2 cup toasted pecans

Cook pasta in 2 quarts boiling, salted water until al dente, 7 to 8 minutes. Transfer pasta to large bowl and toss with dressing. Keep warm.

Heat olive oil in skillet over medium-high heat. Sauté onions 3 to 4 minutes until they begin to become translucent. Add garlic and sauté 1 minute longer, stirring constantly.

Add spinach to skillet and sauté until just beginning to wilt, 2 to 3 minutes. Combine with pasta and mix in ricotta cheese. Season with salt and pepper. Top with toasted pecans.

Salmon Nicoise Salad

Yield: 2 servings

- 1 8-ounce salmon filet
- 2 teaspoons olive oil
- Kosher salt and freshly ground black pepper, to taste
- 2 lemons
- 6 small red new potatoes
- 1 cup fresh green beans
- 3 hard cooked eggs, peeled and sliced
- 1 cup pecans
- 1/3 cup Nicoise olives
- 2 tablespoons capers
- 1/2 cup cherry tomatoes
- Watercress for garnish
- 1/4 cup red wine vinaigrette or blue cheese dressing

Prepare coals in barbeque (or gas) grill. Brush salmon with olive oil and season with salt and black pepper. Cut lemons in half. Grill salmon, skin side down until just cooked through, 3 to 5 minutes. Place lemons on grill with salmon, cut side down and grill until beginning to brown. Remove lemons and salmon from grill and set aside.

Cut potatoes in half and steam until tender, about 15 minutes. Chill until ready to use. Steam green beans until just tender. Chill until ready to use.

To assemble salad, arrange lemons, potatoes, green beans, sliced eggs, and pecans. Add olives, capers and tomatoes around salmon. Serve with dressing of choice.