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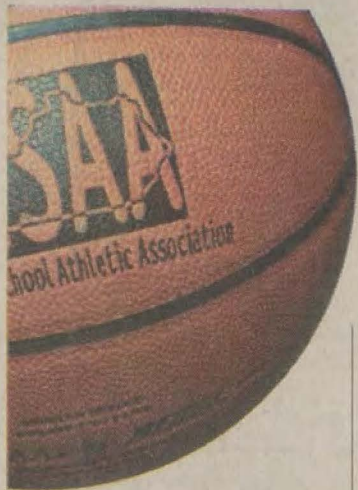
# The Times

FLOYD COUNTY  
WEEKEND EDITION

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Volume 84, Issue 2 • 75 Cents



## HIGH SCHOOL BASKETBALL

— page A5

## briefs

## Mining deaths hit record low

Times Staff

Data from the Department of Labor released this week indicates that mine deaths fell in 2009 to an all-time low for the second consecutive year.

Coal mines reported 16 mining deaths, or nonmetal mines combined total of 16 deaths nationwide from last year's total of 16 deaths.

According to department officials, a key factor contributing to the record low number of deaths include enforcement of the Federal Mine Safety and Health Act of 1977 and continued implementation of the Mine Improvement and New Emergency Response Act.

Of the 34 deaths reported, 11 coal miners and 14 metal or nonmetal miners died at surface mines, while seven coal miners and two metal or nonmetal miners died at underground mines.

# Election ballot begins to grow

by SHELDON COMPTON  
STAFF WRITER

Now that the first of the year has passed, several candidates have filed paperwork to either run again for their respective county offices or try to unseat an incumbent as a challenger.

Among those filing this past week include Gregory Scott Nelson for coun-

ty coroner and Connie Hancock for property valuation administrator.

Nelson's father, Roger Nelson, served as the county's coroner for several years before retiring last year and Hancock is running for reelection.

There were several filings in three of the county's four districts for magistrate, with only District 2 seeing no new candidates.

In District 1, incumbent John Goble filed to run again to secure the position he has held for the past four years on the fiscal court, while seeing two challengers file, as well.

One of those challengers, Gerald DeRossett, served for several years as District 1 magistrate before Goble defeated him for the job four years ago. Another filing to run against Goble for

the seat is Cecil Jarrell. All three men live in Prestonsburg.

In the District 3 magistrate race, incumbent Donny Daniels has now filed. Daniels, of Melvin, had intended to file late last month but did not. Also this past week, Daniels was joined by challenger Mike Lafferty, of Printer.

(See CANDIDATES, page eight)

## GETTING READY



Debbie Blackburn, of Prestonsburg, loaded groceries Thursday afternoon, just ahead of a predicted snowstorm. Blackburn, like many in the region, ventured to crowded local stores in the last few days to prepare for the storm.

photo by Sheldon Compton

## Schools unveil new system to communicate with parents

by JARRID DEATON  
FEATURES WRITER

Parents of children in the Floyd County School District now have a new way of finding out when school has been canceled and other important announcements, as the Floyd County Board of Education adopted a new communication system for 2010 that sends out a phone call with important messages within minutes.

SchoolCast is a system that allows parents and guardians of Floyd County students to be contacted by the school or the district's central office with messages on home phones, cell phones, or via email. The system launched this past week with an introductory call from Supt. Henry Webb.

"This system will be used when an entire school's parents or all of the school district's parents should be contacted at the same time," Webb said. "The tool will enhance our channel of communication to parents and staff. We are very excited about the flexibility of this communication tool and the many options that will be made available. The responses have been very positive."

According to information provided by the Floyd County Board of Education, each school will have the capability to utilize the tool as a parent communication system at the individual school level. The system can also be used when specific groups of students need to be contacted, such as when a teacher needs to contact all parents of a particular class, or a coach need to get information to parents of all of his or her athletes.

The system can also be used to notify parents about things like special events, late-running buses and after-school activities.

## Area braces for next bout of winter weather

by SHELDON COMPTON  
STAFF WRITER

A cold front many thought would pass by following this weekend is now expected to last through next week, while several more inches of snowfall have been the main topic of weather reports since Monday.

Temperatures have dropped into the teens consistently for most of the last week across the region, dipping into the single digits overnight in some instances, and now state and local agencies alike are beginning to warn people to stay indoors and take precautions.

Kentucky's Health and Family Services Cabinet issued steps to avoid hypothermia earlier this week, just as several inches of snow were blanketing the region.

Some of those steps include wearing appropriate clothing made of synthetic and wool fabrics, avoiding consuming alcohol outdoors, as consuming alcohol can actually speed the loss of heat from the body, and staying as dry as possible.

"When the thermometer drops, people are at increased risk for hypothermia," said Cabinet Commissioner William Hacker. "Steps should be taken to prevent

this very serious — and sometimes fatal — condition."

In addition to the threat of cold, bad road conditions and concerns for such things as keeping water lines from freezing are also some practical aspects of getting through a cold spell.

Officials with the Kentucky Division of Water have advised residents to wrap hot and cold water pipes in insulation or layers of newspaper, covering the newspapers with plastic to keep out moisture. Also, allowing a trickle of water to run from a cold faucet

(See WINTER, page eight)

## Inmate sentenced for attack

by JARRID DEATON  
FEATURES WRITER

PIKEVILLE — An inmate at the United States Penitentiary Big Sandy has been sentenced to 15 years and eight months in prison for assaulting a corrections officer with a prison-made weapon on June 14.

Steven Michael Reid, 48, pleaded guilty to the charges in August. Reid, originally from Norfolk, Va., admitted that he stabbed a correc-

tions officer with a two-foot-long spear-type object that was coated with feces. Reid was indicted on the assault charge and possessing a prohibited object in July.

According to the office of the United States Attorney, Reid made the weapon by rolling up two magazines and attaching a sharpened piece of Plexiglas to the end. Reid admitted that he stabbed the officer in the stomach with the weapon through an opening in his cell door. Before the assault, Reid coated the

tip of the weapon with feces.

Reid's sentence will run consecutive to his 20-year sentence imposed on Feb. 25 for the assault of another USP Big Sandy employee. Under federal law, Reid must serve 85 percent of his prison sentence.

The investigation into the incident was conducted by the United States Bureau of Prisons. The government was represented by Assistant U.S. Attorney Robert M. Duncan Jr.

## IT'S ALL OVER



photo by Sheldon Compton

City workers braved the cold yesterday to remove Christmas decorations, often one of the first tasks for the city after the new year rings in.

## 2 DAY FORECAST

### Today



High: 52 • Low: 38

### Tomorrow



High: 49 • Low: 31

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

## inside

- Obituaries.....A2
- For the Record.....A3
- Opinion.....A4
- Sports.....B1
- Lifestyles.....B3
- Faith & Family.....B5
- Classifieds.....B6



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# Obituaries

## Alda H. Gibson

Alda H. Gibson, age 95, of Langley, widow of Champ Gibson, passed away Tuesday, January 5, 2010, at the Riverview Health Care Center, in Prestonsburg.

She was born August 10, 1914, in Altamont, Tennessee, a daughter of the late Gilbert and Mida Gross Gibson. She was a homemaker; a member of the Hueysville Church of Christ; the Maytown Homemakers Club; the Women Christian Fellowship; and the P.T.A.

Survivors include one son; Dennis "Denny" Gibson of Langley; three daughters: Gwendolyn Mitcham of Lexington; Judy Turner of Murfreesboro, Tennessee; and Myra Beth Sandfoss of Ft. Thomas; a sister, Lois Gault of Chattanooga, Tennessee; five grandchildren, six great-grandchildren, and two great-great-grandchildren.

She was preceded in death by her parents and husband.

Funeral services will be conducted Saturday, January 9, at 11:00 a.m., in the Hall Funeral Home Chapel, in Martin, with Chester Ray Varney officiating.

Burial will follow in the Gibson Family Cemetery, in Langley.

Visitation is after noon, Friday, at the funeral home, under the kind and professional care of the Hall Funeral Home.

In lieu of flowers, the family asks that memorial contributions be made to Hospice of the Bluegrass-Mountain Rivers, 101 Hibbard St., Pikeville, KY 41501; or Riverview Health Care Center, 79 Sparrow Ln., Prestonsburg, KY 41653. Envelopes will be provided at the funeral home. (Paid obituary)

## Robert B. "R.B." Hughes

Robert B. "R.B." Hughes, age 85, of Honaker, husband of the late Magdalene Collins Hughes, passed away Wednesday, January 6, 2010, at his residence.

He was born November 17, 1924, in Honaker, a son of the late Alex and Sally Lawson Hughes. He was a retired coal miner; a member of the Honaker Church of Christ; and the UMWA.

Survivors include two sons: Robert (Brenda) Hughes Jr. of Banner; and Edgar (Pauletta) Hughes of Dana; two daughters: Justine Kidd of Honaker; and Debbie (Glen) Akers of Dana; one brother, Jack Hughes of Sevierville, Tennessee; one sister, Billie-Helen Spears of Pikeville; 12 grandchildren, and 12 great-grandchildren.

In addition to his wife and parents, he was preceded in death by one grandson, Edgar Dwayne Hughes.

Funeral services will be conducted Sunday, January 10, at

1:00 p.m., in the Hall Funeral Home Chapel, in Martin, with Junior Kidd, Robert Owens, Bob McKinney, and Chris Kidd officiating.

Burial will follow in the Davidson Memorial Gardens, in Ivel.

Visitation is after 5:00 p.m., Friday, under the kind and professional care of the Hall Funeral Home. (Paid obituary)

## Billy P. (Bill) Music

Billy P. (Bill) Music, 69, of Auxier, died Tuesday, January 5, 2010, at his residence.

Born January 1, 1941, in Floyd County, he was the son of Fannie Baldrige Music of Prestonsburg, and the late Buster Music. He was a disabled coal miner, and a member of the Auxier Methodist Church.

He is survived by his wife, Stella Gibson Music.

Survivors, in addition to his wife and mother, include three daughters: Arlena Spradlin, Dederay Kaye Music, and Vanessa Faye Music, all of Auxier; one brother, Larry Music of Prestonsburg; two sisters: Eunice Shepherd of West Prestonsburg, and Barbara Gibson of Prestonsburg; two grandchildren: Dustin (Staci) Music and Lonna Spradlin; and one great-grandchild, Rylan.

In addition to his father, he was preceded in death by one brother, Gary L. Music.

Funeral services will be held

Friday, January 8, 2010, at 11 a.m., at the Nelson-Frazier Funeral Home, in Martin, with Merle Music officiating.

Burial will be in the Auxier Relocation Cemetery.

Visitation is at the funeral home. (Paid obituary)

## Chester Donald Stone

Chester Donald Stone, 75, of Martin, passed from this earthly life on Monday, December 21, 2009.

He was born March 17, 1934, the son of the late Marion and Elizabeth Estep Stone. He was a retired coal miner.

He was preceded in death by one son, Marion Stone; one daughter, Sheree Stone; and two sisters: Christine Click and Billie Faye Collins.

He is survived by one son, Gaylen Stone; and his wife, Denna of Robinson Creek; three brothers: Ronald Stone of Martin; Tommy Joe Stone of Lexington; and Jake Stone of Warsaw, Indiana; and two sisters: Lou Ellen "Lootsie" Stone of Florida, and Sally Stone Young of Johnson County.

He also leaves behind many other friends and loved ones to mourn his passing. He will be sadly missed by all of those who knew and loved him.

Roberts Funeral Home was in charge of arrangements. (Paid obituary)

## Isabel Ellis Spotte

Isabel Ellis Spotte, 91, of Prestonsburg, died Monday, January 4, 2010, at the Riverview Healthcare Center.

Born April 6, 1918, in Water Gap, she was the daughter of the late Parmer Tildon and Laura Laferty Ellis. She was a homemaker and a member of the First United Methodist Church, in Prestonsburg.

In addition to her parents, she was preceded in death by six brothers: Ollie Powers Ellis, Charles Franklin Ellis, David Sheridin Ellis, James Buck Ellis, John Leven Ellis and Harvey Ellis; and seven sisters: Bertha Ellis Peters, Martha Ellis Spradlin, Rebecca Ellis Messer, Josephine Ellis Howard, June Ellis Gearhart, Ann Ellis Clark, and Mary Magdalene Ellis.

Funeral services will be held Friday, January 8, at noon, at the Nelson-Frazier Funeral Home, in Martin, with Rev. Vicki Poole officiating.

Burial will be in the Mayo Cemetery, in Prestonsburg.

Visitation is at the funeral home. (Paid obituary)

## Clinton Terry

Clinton Terry, age 69, of Langley, husband of Mary J. Compton Terry, passed away Tuesday, January 5, 2010, at the University of Kentucky Medical Center, in Lexington.

He was born April 16, 1940, in Langley, the son of the late

Shelly Terry and Isabella Hayes Terry. He was a retired station engineer for Kentucky West Virginia Gas Company, and a member of the Martin Branch Freewill Baptist Church.

Survivors include his wife, Mary; one son, Clinton Richard (Jodi) Terry of Langley; three daughters: Bonita Bell (Warren) Jarrell of Printer; Paula R. (Keith) Humble of West Liberty; and Pamela K. (Keith) Bartley of Prestonsburg; four sisters: Peggy Burchett of Ivel; Shelby Blevins of Langley; Elda Crisp of Richmond; and Elaine Hayes of Langley; five grandchildren, five stepgrandchildren, and one stepgreat-grandchild.

In addition to his parents, he was preceded in death by his twin brother, Quinton.

Funeral services for Clinton Terry will be conducted Saturday, January 9, at 1:00 p.m., at the Hall Funeral Home Chapel, in Martin, with Clergyman Red Morris officiating.

Burial will follow in the Terry Cemetery, in Langley, with the Hall Funeral Home, Martin, caring for those arrangements.

Visitation is after 5:00 p.m., Thursday, at the funeral home. (Paid obituary)

# Regional Obituaries

## FLOYD COUNTY

Palmer Adkins, 81, of Greasy Creek, died Tuesday, January 5, at his home. Funeral services were held Friday, January 8, under the direction of Lucas & Son Funeral Home.

Stacey Joseph Anderson, 34, of Pikeville, died Thursday, December 31, at his home. Funeral services were held Monday, January 4, under the direction of J.W. Call Funeral Home.

Teresa Anderson, 43, of Pikeville, died Sunday, January 3, at Pikeville Medical Center. Funeral services were held Thursday, January 7, under the direction of Roberts Funeral Home.

Travis Lee Blanton, 31, of Prestonsburg, died Wednesday, December 30, in Paintsville. He is survived by his wife, Tiffany Baisden Blanton. Funeral services were held Sunday, January 3, 2010, under the direction of Jones-Preston Funeral Home.

James David Campbell, 63, of Stanville, died Sunday, January 3, 2010, at Pikeville Medical Center. He is survived by his wife, Emily Faulkner Campbell. Funeral services were held Wednesday, January 6, 2010, under the direction of Hall Funeral Home.

Bert Conley, 85, of Garrett, died Monday, December 28, at the Pikeville Medical Center. He is survived by his wife, Alene Moore Conley. Funeral services were held Thursday, December 31, under the direction of Nelson-

Frazier Funeral Home.

Susie Ann Ferren, 65, of Paris, Tennessee, a native of Martin, died Saturday, January 2, 2010, at her residence. Arrangements were under the direction of Ridgeway Funeral Home, Paris, Tennessee.

Marvin Wade Gibson, 76, of Wayland, died Wednesday, December 30, at the East Kentucky Veterans Center in Hazard. Funeral services were held Friday, January 1, 2010, under the direction of Hall Funeral Home.

Walker Hall, 72, of Stanville, a native of Teaberry, died Thursday, December 17, at his daughter's residence at Stanville. Funeral services were held Monday, December 21, under the direction of Nelson-Frazier Funeral Home.

Sadie Hatfield, 84, of Hurricane, W.Va., a Betsy Layne native, died Wednesday, December 23, at Teays Valley Center, Hurricane, W.Va. Funeral services were held Monday, December 28, under the direction of R.E. Rogers Funeral Home.

Destanie Hope Johnson, infant daughter of Nicholas Ryan and Angela Renee Fouts Johnson of Dema, died Saturday, December 26, at Central Baptist Hospital, in Lexington. Graveside services were held Saturday, January 2, 2010, under the direction of Nelson-Frazier Funeral Home.

Louise Chaffins Rolph, 88, of Prestonsburg, died Wednesday, December 30, at

her residence. Funeral services were held Saturday, January 2, 2010, under the direction of Nelson-Frazier Funeral Home.

Anna Faye Thornsbury Slone, 69, of Garrett, died Wednesday, December 16, at Highlands Regional Medical Center. Funeral services were held Saturday, December 19, under the direction of Nelson-Frazier Funeral Home, Hindman.

Curtis C. Spears, 92, of Prestonsburg, died Thursday, December 31, at his residence. He is survived by his wife, Patsy Ann Fairchild Spears. Funeral services were held Sunday, January 3, 2010, under the direction of Nelson-Frazier Funeral Home.

Ronald Spurlock, 72, of Printer, died Tuesday, December 29, at Highlands Regional Medical Center, in Prestonsburg. Funeral services were held Friday, January 1, 2010, under the direction of Nelson-Frazier Funeral Home.

Chester Donald Stone, 75, of Martin, died Monday, December 21. Roberts Funeral Home, was in charge of arrangements.

Klein Dean Stumbo, 76, of McDowell, died Tuesday, December 29, at the McDowell ARH. Funeral services were held Thursday, December 31, under the direction of Nelson-Frazier Funeral Home.

Lester Tackett, 84, of Prestonsburg, died Monday, December 28, at Highlands Regional Medical Center. Funeral services were held Friday, January 1, 2010, under the direction of Nelson-Frazier Funeral Home.

Chester Douglas "Doug" Turner, 56, of Wayland, died Friday, January 1, 2010, in the St. Joseph Hospital, Martin. Funeral services were held Sunday, January 3, under the direction of Hall Funeral Home.

## PIKE COUNTY

Ruth Fuller Blair Blackburn, 79, of Feds Creek, died Saturday, December 26, at Pikeville Medical Center. Funeral services were held Tuesday, December 29, under the direction of Lucas & Son Funeral Home.

Eugene Stanley Butcher, 79, died Thursday, December 24, at the University of Kentucky Medical Center, in Lexington. He is survived by his wife, Betty Rose Blackburn Butcher. Funeral services were held Monday, December 28, under the direction of Thacker Funeral Home.

Andrew Bennett Case, 18, son of Kirby Leon Case and Oliesea Tonda Phillips Case of

Sidney, died Friday, December 25, at the Appalachian Regional Hospital emergency room, South Williamson. Funeral services were held Tuesday, December 29, under the direction of R.E. Rogers Funeral Home.

Joe Clift, 72, of Boliver, Tenn., died Saturday, December 26, in Tennessee. Graveside services were held Wednesday, December 30, at the Frank Tackett Cemetery, Long Fork of Virgie, Arrangements are under the direction of Hall and Jones Funeral Home, Virgie.

Sada Ann Cline, 87, of Matewan, W.Va., a Pike County native, died Thursday, December 31, 2009, at the South Williamson Appalachian Regional Hospital. Funeral services were held Sunday, January 3, under the direction of Chambers Funeral Services of Matewan.

Grey Cooper Coleman, 84, of Pikeville, died Sunday, January 3, 2010, at Mountain View Health Care Center, Pikeville. Funeral services were held Wednesday, January 6, under the direction of Lucas & Son Funeral Home.

Roger Davis, 67, of Manhattan, Illinois, formerly of Pike County, died Saturday, December 26, at Silver Cross Hospital in Illinois. He is survived by his wife, Shirley Wright Davis. Funeral services were held Sunday, December 27, at the Forsythe Funeral Home in Illinois.

Jamie Ryan Deel, 30, of Elkhorn City, died Thursday, December 24, at Pikeville Medical Center. Funeral services were held Monday, December 28, under the direction of Bailey Funeral Home.

Magalou DeFronzo, 68, of Phelps, died Thursday, December 24, at Pikeville Medical Center. Funeral services were held Monday, December 28, under the direction of R.S. Jones & Son Funeral Home.

Nancy Ann Carter Gilliam, 62, of Pikeville, died Thursday, December 24, at the University of Kentucky Medical Center, in Lexington. She is survived by her husband, Wendell "Wink" Gilliam. Funeral services were held Sunday, December 27, under the direction of J.W. Call Funeral Home.

Johnny Raye Hall, 45, of Williamson, W.Va., died Wednesday, December 30, 2009, at his home. Funeral services were held Monday, January 4, under the direction of R.E. Rogers Funeral Home, Belfry.

Stirl Eddie Harris, 65, of Turkey Creek, died Friday,

December 25, at Pikeville Medical Center. He is survived by his wife, Betty L. Reed Harris. Funeral services were held Wednesday, December 30, under the direction of R.E. Rogers Funeral Home.

Clifford Hatfield, 66, of Hardy, died Thursday, December 24, at Williamson Memorial Hospital. He is survived by his wife, Dorothy Lindel Scaff Hatfield. Funeral services were held Sunday, December 27, under the direction of R.E. Rogers Funeral Home.

Sadie Hatfield, 84, of Hurricane, W.Va., formerly of Williamson, W.Va., a Betsy Layne native, died Wednesday, December 23, at Teays Valley Center, Hurricane, W.Va. Funeral services were held Monday, December 28, under

the direction of R.E. Rogers Funeral Home.

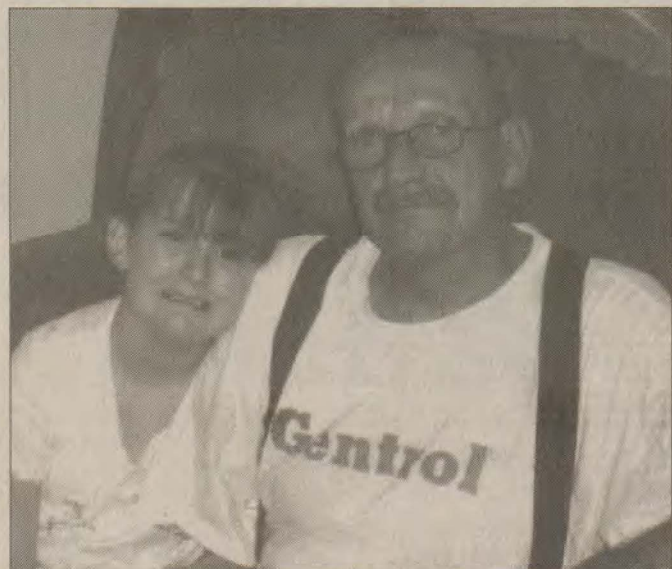
Lola M. Henry, 79, of Forest Hills, a Pike County native, died Friday, December 25, at South Williamson ARH. Funeral services were held Tuesday, December 28, under the direction of R.E. Rogers Funeral Home.

John Justice, 88, of Shelbiana, died Monday, January 4, at Parkview Nursing & Rehabilitation Center. Funeral arrangements, under the direction of Lucas & Son Funeral Home.

Leah Monequi Justice, 86, of Pikeville, died Sunday, January 3, at Pikeville Medical Center. Funeral services were held Tuesday, January 5, under direction of J.W. Call Funeral

(See OBITUARIES, page three)

## In Memory of Walter Sherba



### Missing You

They say it's been a year now, but so it doesn't seem, From the second that you left us, nothing seems the same.

We look for you over our shoulder, but in Heaven you have been, We miss your funny sayings, and all your little schemes.

But most of all, we miss you, every night and every day, But once again we'll be with you in Heaven, upon that special day.

Brenda, Chris, Sophie, and Valerie

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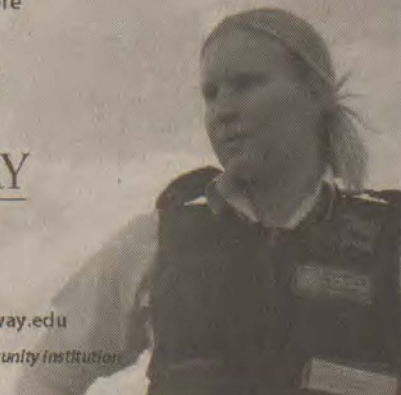
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# Governor touts job creation, education in State of Commonwealth address

FRANKFORT — In his third State of the Commonwealth address, Gov. Steve Beshear reminded legislators Wednesday of their bipartisan successes in job creation, education and budget balancing — despite a plodding economy and dismal budget outlook. He asked legislators to come together again to solve the state's worst budget forecast in generations.

"With a mindset of cooperation, we've made government work again for the people," said Gov. Beshear. "I pledge to Kentuckians from west to east that I will continue to operate with this spirit of cooperation."

Gov. Beshear pointed to the successful overhaul of the economic incentives program, changes to the pension system, and the protection of the main K-12 education funding formula (SEEK) as examples of what state government can accomplish when leaders set aside political differences.

"In these troubled times, Kentuckians need hope, and they need help," Gov. Beshear said. "I refuse to use this recession as an excuse not to move forward."

The governor outlined four goals to help the state survive the recession and position it for future success: creating and maintaining jobs, supporting families through the recession, attacking systemic problems hindering state progress, and making state government more efficient and transparent.

## Create and maintain jobs

Gov. Beshear touted the success of the bipartisan overhaul of the state's tax incentive programs, which streamlined and modernized business development incentives. The new program,

Incentives for a New Kentucky, allows existing businesses to take advantage of tax incentives to reinvest and create new jobs. In November alone, businesses applied for incentives that would create 1,100 jobs and maintain another 1,400. Strategic application of federal stimulus dollars saved another 4,200 jobs in the state.

## Support families through recession

Gov. Beshear worked to secure expanded unemployment insurance benefits for those out of work, used federal stimulus funds to fully fund health-care benefits for the most vulnerable in the Medicaid program and began a \$2.9 million overhaul of the food stamp program to get aid to families more quickly. An initiative to register more children for health insurance led to health coverage for 36,000 children through the Kentucky's Children Health Insurance Program (KCHIP). And he helped needy Kentuckians secure \$17 million worth of prescription drugs by improving access to low-cost or free drug programs.

## Attack systemic problems hindering state progress

The Governor said that protecting the SEEK formula, the main funding mechanism for K-12 education, has been one of his proudest achievements to date. Gov. Beshear said he plans to do "everything humanly possible" to protect education funding. He also outlined several legislative priorities to attack systemic long-term problems facing Kentucky, including:

- raising the allowable high school dropout age;
- simplifying the transfer of credits

among community colleges and four-year institutions;

- increasing funds for smoking cessation; and
- increasing accessibility to KCHIP, the health insurance program for children.

## Make government lean, efficient and open

Gov. Beshear thanked legislators for their assistance in continuing to balance the state budget while preserving key areas of education, health care and pub-

lic safety. Since taking office, Gov. Beshear has cut the budget six times, reducing spending by approximately \$900 million and shrinking the executive branch to its smallest size in two decades. Next week, the Governor will unveil a new series of efficiency measures designed to continue ensuring every tax dollar is wisely spent.

"We are living in historic times, and this recession has shaken the confidence of many," Gov. Beshear said. "But out of adversity can come opportunity, and that opportunity is ours to seize."

## Many ways to follow legislature

FRANKFORT -- As always, members of the public are welcome to attend legislative committee meetings and floor sessions while lawmakers are at the State Capitol for the General Assembly's 2010 session. But there are ways for citizens to stay in touch with the legislative process even if they can't make the trip to Frankfort.

The Kentucky Legislature Web Page is updated daily to give citizens the latest legislative updates. Web surfers also can see for themselves the issues before lawmakers by browsing through bill summaries, amendments, and resolutions. The Web site is regularly updated to indicate each bill's status in the legislative process, as well as the next day's committee-meeting schedule and agendas.

In addition to general information about the legislative process, the Web site also provides information on each of Kentucky's senators and representatives, including their phone numbers,

addresses, and legislative committee assignments.

The Kentucky General Assembly also maintains toll-free phone lines to help citizens across the state follow legislative action and offer their input.

People who want to give lawmakers feedback on issues under consideration can do so by calling the Legislative Message Line at (800) 372-7181. People who prefer to offer their feedback in Spanish can call the General Assembly's Spanish Line at (866) 840-6574. Anyone with a hearing impairment can use the TTY Message Line at (800) 896-0305.

A taped message containing information on the daily schedule for legislative committee meetings is available by calling the Legislative Calendar Line at (800) 633-9650.

Information on the status of each bill lawmakers are considering will be available on the Bill Status Line, (866) 840-2835.

## Obituaries

### Home.

■ Jasmine Gail Lowe, infant daughter of Johndra Tackett Lowe and Justin Lowe, died Friday, January 1, at Pikeville Medical Center. Funeral arrangements, under the direction of Community Funeral Home.

■ George Washington May Jr., 81, of Lincoln Park, Mich., formerly of McAndrews, died Sunday, January 3, at the South Williamson Appalachian Regional Hospital. Funeral services were held Friday, January 8, under the direction of R.E. Rogers Funeral Home.

■ Kathleen Moore, 75, of Lower Pigeon Road, died Sunday, January 3, at her home. She is survived by her husband, Guy Victor Moore. Funeral services were held Thursday, January 7, under the direction of Thacker Funeral Home.

■ Avery Murphy, 69, of Phyllis, died Wednesday, December 23, at Pikeville Medical Center. He is survived by his wife, Hester Maxine Parsons Murphy. Funeral services were held Sunday, December 27, under the direction of Bailey Funeral Home.

■ Freddie Newsome, 64, of Robinson Creek, died Saturday, December 26, at the Cleveland Clinic, Cleveland, Ohio. Funeral services were held Thursday, December 31, under the direction of Lucas and Son Funeral Home.

■ Hazel Newsome, 83, of Pikeville, died Wednesday, December 30, 2009, at the Welmont Bristol Regional Medical Center. Funeral services were held Sunday, January 3, under the direction of Lucas & Son Funeral Home.

■ Rachel Leigh Ratliff, 30, of Regina, died Saturday, January 2, 2010, at her home. Funeral services were held Thursday, January 7, under the direction of Lucas & Son Funeral Home.

■ Eddie Dean Reed, 60, of Canada, died Thursday, December 24, at his residence. He is survived by his wife, Vicky Lynn Cozart Reed. Funeral services were conducted Monday, December 28, under the direction of Rogers Funeral Home, Belfry.

■ James Thomas Roberts 51, of Raceland, died Sunday January 3, at his home. Funeral services were held Thursday, January 7, under the direction of R.E. Rogers Funeral Home.

■ Clark Roberts, 53, of Virgie, died Friday, January 1, in Fayette County. He is survived by his wife, Angel Roberts. Funeral services were held Monday, January 4, under

the direction of Hall & Jones Funeral Home.

■ Curtis Daniel Russell, 75, of Sidney, died Thursday, December 24, at Pikeville Medical Center. He is survived by his wife, Patsy Varney Russell. Funeral services were held Monday, December 28, under the direction of Rogers Funeral Home.

■ Mary Alice Scalf, 80, of Pikeville, died Friday, January 1, at Pikeville Medical Center. Funeral services were held Tuesday, January 5, under the direction of Lucas & Son Funeral Home.

■ R.B. Stevens, 70, of Elkhorn City, a Floyd County native, died Wednesday, December 30, 2009, at Pikeville Medical Center. He is survived by his wife, Loretta Hawkins Stevens. Funeral services were held Saturday, January 2, under the direction of Bailey Funeral Home.

■ Arnold Thacker, 69, of Regina, died Monday, December 28, at Pikeville Medical Center. He is survived by his wife, Wanda Thacker. Funeral services were held Thursday, December 31, under the direction of Lucas and Son Funeral Home.

■ Poshia Thompson, 85, died Friday, December 25, at Signature Health Care, Pikeville. Funeral services were held Monday, December 28, under the direction of Thacker Funeral Home.

■ James "Jim" VanZant, 81, of Williamson, died Wednesday, December 30, 2009, in St. Mary's Hospital, Huntington. He served as general manager of the Pikeville professional rookie league team. He is survived by his

wife, Barbara Oakes VanZant. Funeral services were held Sunday, January 3, with burial in Huddy, under the direction of Weaver Mortuary.

■ Tommy Dwayne Williams, 39, of Hellier, died Friday, January 1, at Cornerstone Hospital. Funeral services were held Monday, January 4, under the direction of Bailey Funeral Home.

### MARTIN COUNTY

■ Tarkey R. Blackburn, 45, of Martin County, died Thursday, December 17, at King's Daughters Medical Center, in Ashland. He is survived by his wife, Debbie Hampton Blackburn. Funeral services were held Sunday, December 20, under the direction of Richmond-Callaham Funeral Home.

■ Brenda Jean Blevins, 53, of Beauty, died Saturday, January 2, at Highlands Regional Medical Center, Prestonsburg. She is survived by her husband, Johnny Blevins. Funeral services were held Thursday, January 7, under the direction of Hatfield Funeral Chapel of Toler.

■ Tennessee Crum, 73, of Inez, died Wednesday, December 16, at Highlands Regional Medical Center, in Prestonsburg. She is survived by her husband, William (Bill) Crum. Funeral services were held Saturday, December 19, under the direction of Phelps and Son Funeral Home.

■ Sara Maynard Jude Kirk, 85, of Pilgrim, died Tuesday, December 22, at Three Medical Center, in Louisa. Funeral services were held Saturday, December 26, under the direction of Richmond Callaham

### Funeral Home.

■ Zoe Elizabeth McGinnis, 4, daughter of Chris and Carolyn Risner McGinnis, of Inez, died Thursday, December 24, at Highlands Regional Medical Center, in Prestonsburg. Funeral services were held Sunday, December 27, under the direction of Richmond-Callaham Funeral Home.

■ Willie Mollett, 85, of Pilgrim, died Wednesday, December 23, at Three Rivers Medical Center, in Louisa. Funeral services were held Sunday, December 27, under the direction of Richmond-Callaham Funeral Home.

■ Jacob Alden Preece, infant son of Sarah Elizabeth Preece, of Fallsburg, died Monday, December 14, in Ashland. Funeral services were held Friday, December 18, under the direction of Phelps and Son Funeral Home, Inez.

■ Roger D. Smith, 58, of Columbus, Ohio, died Friday, December 11, 2009. He is survived by his wife, Nellie (Hinkle) Smith. Services were held Tuesday, December 15, under the direction of Schoedinger East Chapel. Burial was in the Hinkle Family Cemetery, in Tomahawk.

### KNOTT COUNTY

■ Vicky Lynn Brown, 51, of Pippa Passes, died Wednesday, December 16, at the Hazard ARH. Funeral services were held Saturday, December 19, under the direction of Nelson-

### Frazier Funeral Home,

Hindman. ■ Jason Dean Eversole, 33, of Hyden, died Saturday, December 19, at the Hazard ARH. Funeral services were held Tuesday, December 22, under the direction of Nelson-Frazier Funeral Home, Hindman.

Continued from p2

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Cinema 2—Held Over  
IT'S COMPLICATED (R) Mon.-Sun. 6:50-9:15; Fri. (4:15) 6:50-9:15; Sat.-Sun. (1:50-4:15) 6:50-9:15.  
Cinema 3—Held Over  
AVATAR (PG-13) Mon.-Sun. 8:00; Fri. (4:45) 8:00; Sat.-Sun. (1:45-4:45) 8:00.  
Cinema 4—Held Over  
NEW MOON (PG-13) Mon.-Sun. 6:45-9:20; Fri. (4:20) 6:45-9:20; Sat.-Sun. (1:45-4:20) 6:45-9:20.  
Cinema 5—Held Over  
DID YOU HEAR ABOUT THE MORGANS? (PG-13) Mon.-Sun. 7:00-9:15.  
Cinema 6—Held Over  
THE PRINCESS AND THE FROG (G) Fri. (4:15); Sat.-Sun. (2:00-4:15).  
Cinema 6—Held Over  
SHERLOCK HOLMES (PG-13) Mon.-Sun. 6:50-9:15; Fri. (4:15) 6:50-9:15; Sat.-Sun. (1:50-4:15) 6:50-9:15.  
Cinema 7—Held Over  
ALVIN & THE CHIPMUNKS 2 (PG) Mon.-Sun. 7:15-9:30; Fri. (4:30) 7:15-9:30; Sat.-Sun. (2:15-4:30) 7:15-9:30.  
Cinema 8—Starts Friday, Jan. 8  
DAYBREAKERS (R) Mon.-Sun. 7:05-9:25; Fri. (4:25) 7:05-9:25; Sat.-Sun. (2:05-4:25) 7:05-9:25.  
Cinema 9—Starts Friday, Jan. 8  
YOUTH IN REVOLT (R) Mon.-Sun. 7:15-9:30; Fri. (4:30) 7:15-9:30; Sat.-Sun. (2:15-4:30) 7:15-9:30.  
Cinema 10—Held Over  
THE BLIND SIDE (PG-13) Mon.-Sun. 6:45-9:20; Fri. (4:20) 6:45-9:20; Sat.-Sun. (1:45-4:20) 6:45-9:20.

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# Viewpoint

Worth Repeating ...

When I do good, I feel good;  
when I do bad, I feel bad,  
and that is my religion.

— Abraham Lincoln

## Amendment 1

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

## Guest View

### A meme that could reform Congress

It's fine to hope, as we embark upon a new year. Need a theme for a dream? Then ponder this meme.

Wikipedia describes an "Internet meme" as "a phrase used to describe a catchphrase or concept that spreads quickly from person to person via the Internet." A simpler definition is "those annoying junk e-mails that friends send you after they've been told to pass something along."

Typical memes are no more than contemporary letters that contain rumors, urban legends, doctored photos, and gossip. They're a lot like dreams — creative, frightening, entertaining, and make believe. Busy people mostly ignore them, although some are quite funny.

Occasionally, a meme contains great wisdom for the ages. One such meme, which keeps showing up in The Gazette's opinion e-mail box, suggests a piece of legislation for Congress to approve in 2010. It's hard to argue with a word of it. Wise members of Congress should craft their own version and introduce it. Seriously. That would be a meme come true.

The meme, titled "This is how you fix Congress," was authored by "a fellow American." Anonymity is all the rage these days in political dialogue, and it's not necessarily a problem. Keeping names off of important ideas enables us to focus on principle, rather than personalities. That's one reason the founders wrote anonymously as "Publius" when they authored The Federalist Papers.

The "how you fix Congress" meme outlines a simple piece of legislation called the Congressional Reform Act of 2010. It's based on an understanding that serving in Congress is an honor, and not a career:

"The founders envisioned citizen legislators: serve your term, then go home and back to work," wrote the fellow American.

The proposed act reads:

1. Term limits: 12 years only, one of these options: A. Two six year Senate terms; B. Six two-year House terms; C. One six year Senate term and three two-year House terms.
2. No pension: Members of Congress collect salaries while in office and receive no pay when out of office.
3. Congress participates in Social Security. All future funds flow into the Social Security system, Congress participates with the American people.
4. Congress members buy their own retirement plans, just as other Americans.
5. Members of Congress no longer vote themselves pay raises. Congressional pay rises by the lower of the Consumer Price Index, or 3 percent.
6. Members of Congress lose their current health care plan and participate in the system they created for other Americans.
7. Members of Congress are exempt from no laws imposed on other citizens.
8. All contracts with past and present members of Congress are void after Jan. 1, 2011.

(Obviously, number 8 is tricky, from a legal standpoint, but that has never stopped Congress before.)

The modern Publius who wrote this proposal knows it sounds impossible, but reminds us: "Congress has the lowest approval of any entity in Government. Now is the time Americans will join together to reform Congress — the entity that represents us."

The beauty of this idea lies in its utter simplicity. In a few words, it would rein Congress and limit the size and scope of government. It would restore to us a Congress of citizen legislators. It would end a system of government haves, who produce nothing, taking from a productive class that has become the have-nots. Would a member of the Colorado delegation please take up this cause?

Alas, it's just a meme worth no more than a dream. It's too good to come true, but one can always hope.

— Colorado Springs Gazette



## Beyond the Beltway

### Our national pastime is brutal

by DONALD KAUL  
MINUTEMAN MEDIA

Football is our national pastime. It used to be baseball — no longer.

It's hard to believe but there was a time when there was hardly a town or village that didn't support some sort of baseball team, be it minor league, semi-professional or amateur. Baseball players were national heroes. The World Series was a big deal. For six months of the year the sport dominated the water-cooler/lunch-room chitchat.

No more. Now it's football, football, football. And it's not just six months a year, what with the draft and training camps and exhibition games it's more like 11.

It's all poor baseball can do to seize the nation's attention for a couple of weeks when it plays its World Series and even then its hold is tenuous. (Quick, who was the losing team in the World Series this year? I thought so.)

Yes, football is king; of that there can be no doubt. There's only one more thing that needs to be said about it:

It's a truly awful game.

It's a brutal game played by bullies for the enjoyment of people who would be at home watching gladiators fight to the death in the Coliseum of ancient Rome.

And, like ancient Rome, football

uses its combatants like Kleenex, then discards them with hardly a thought.

Just before Christmas the National Football League announced its ongoing study of the effects of head injuries on players was so compromised by conflicts of interest that it was shutting it down.

After stonewalling critics and players for years on the subject of concussions and their aftereffects, the league finally acknowledged that yes, perhaps concussions were a bad thing.

"It's quite obvious from the medical research that's been done that concussions can lead to long-term problems," a league spokesperson said.

And just now they figure out that getting hit in the head repeatedly might be bad for you?

Dozens of cases of dementia, early Alzheimer's disease and cognitive decline among older players have surfaced in recent years. Autopsies performed on the brains of deceased players have revealed signs of unusual damage, traceable to brain trauma.

Nor is a head injury the only fruit of a career in football. Sports Illustrated recently ran a piece about Dave Pear, a former Pro Bowl defensive lineman and Super Bowl champion who ended a five-year playing career in 1980.

"I wish I never played football," he told the magazine.

Because of injuries he sustained playing football, injuries he was encouraged — indeed, required — to play through as a player, he walks with a cane, when he walks at all. He suffers from vertigo and memory loss and is in virtually constant pain. He

has undergone eight surgeries in the past 18 years, including disc removal and rod fusion in his back, arthroplasty in a hip, as well as a neck operation.

The Sports Illustrated writer Jeff Pearlman, who has interviewed more than 150 former players on the subject, says that roughly 60 percent of them live with extraordinary physical pain as part of their daily lives.

Barry Sanders was a favorite player of mine. I thought that the Detroit Lions player the most spectacular running back I'd ever seen. I still think that.

He retired suddenly about 10 years ago and no one could figure out why. He seemed in good health. He was at the top of his game. But he quit.

Recently he revealed that in the summer before his retirement he'd gone to Texas for a golf tournament and seen Earl Campbell there.

If Sanders was the flashiest runner, Campbell was the one who best combined power and speed. He was a monster, a punishing running back who ran over people, then away from them.

And when Sanders saw him that summer, he couldn't walk. He needed a golf cart to get around. Earl Campbell, the indestructible. That's when Sanders decided to quit.

If football players were animals, then football would be, like dog-fighting, outlawed. The players are our pit-bull; we are their Michael Vicks.

Some national pastime.

Minuteman Media columnist Donald Kaul lives in Ann Arbor, Michigan.

## Guest column

### Calories on menus: A consumer's right to know

by ANITA COURTNEY, MS, RD  
TWEENS NUTRITION AND FITNESS  
COALITION

Buried deep in the health care reform bill is a common sense measure that could help reduce obesity and health care costs nationwide. A menu labeling provision would require fast food and chain restaurants that have 20 or more stores in the country to list calorie information on menus and menu boards. Information on fat, carbohydrate and sodium would be made available at cash registers for customers who request it. Currently there are no requirements for these restaurants to provide any nutrition information to customers.

Having this basic information at the point-of-purchase would allow customers to factor into their food selection that a large chocolate shake at Burger King has 950 calories, a piece of carrot cake from the Cheesecake Factory has 1560 calories

and that a Quarter Pounder has 160 fewer calories than a Big Mac.

Though Americans spent \$16.8 billion on fast food in 2008, we're pretty clueless about what's in it. Nine out of ten people underestimate calories in fast food menus by an average of 600 calories. Who knew that Denny's country fried steak and eggs has fewer calories than an order of French toast or that you would save calories by ordering two jelly doughnuts instead of a bagel and cream cheese at Dunkin' Donuts?

Apparently calorie sticker shock works. Studies in 14 scientific journals found that customers tend to order fewer calories when calories are posted in restaurants. The average reduction ranged from 52 calories to 105 calories per order. Though this may not sound like much, keep in mind that eating 100 fewer calories a day can result in a 10 pound weight loss over a year.

Another way that menu labeling works is that the food industry often makes products healthier when disclosure is required. After menu labeling requirements were implemented in New York City, Dunkin' Donuts reduced the calories in a Glazed Cake Stick from 490 calories to 360 calories; KFC reduced Firey Buffalo Wings by 110 calories and McDonalds cut 70 calories in a large

order of French fries. Since mandated trans fat labeling went into effect in January 2006, the use of trans fat in the U.S. food supply decreased by 50 percent.

If menu labeling doesn't pass at the federal level, Kentucky stands ready to act. Sen. Denise Harper-Angel and Rep. Kelly Flood have will propose menu labeling legislation in the 2010 KY General Assembly if the federal bill is not successful. Their companion bills will mirror the federal legislation. We cannot afford not to act. A recent study from Emory University projected that over half of Kentuckian adults will be obese (not just overweight) by 2018. Obesity-related health care spending will increase approximately \$1400 per person over the next decade if we do nothing.

The "consumer's right to know" has always been the American way. Fuel efficiency labels on cars, care labels on clothing and energy efficiency stickers on appliances are just a few examples of point of purchase information that have been mandated to protect consumers. Providing calorie information at the point of purchase will allow consumers to make informed decisions that can help lower health care costs in the long run.

To learn more about menu labeling visit <http://www.cspinet.org/menulabeling/>.

## FLOYD COUNTY The Times

Published Wednesday and Friday each week

263 SOUTH CENTRAL AVENUE  
PRESTONSBURG, KENTUCKY 41653

Phone: (606) 886-8506

Fax: (606) 886-3603

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USPS 202-700

Entered as second class matter, June 18, 1927, at the post office at Prestonsburg, Kentucky, under the act of March 3, 1879.

Periodicals postage paid at Prestonsburg, Ky.

SUBSCRIPTION RATES PER YEAR:

In Floyd County: \$59.00

Outside Floyd County: \$76.00

Postmaster: Send change of address to:

The Floyd County Times

P.O. Box 390

Prestonsburg, Kentucky 41653

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## Taylor set to guide Bears

**New PC  
baseball coach  
back at alma mater**

**TIMES STAFF REPORT**

PIKEVILLE — Pike County native Robert Taylor is headed into his first season at the helm of the Pikeville College baseball program. Taylor, a three-time all-conference selection during his career as a Bear, was named head coach of the Pikeville College baseball program in mid-May. Over the summer,

Taylor didn't waste anytime preparing his program for the 2010 season. The Pike County product recruited several area players for the Pikeville College baseball program.

Taylor was the first player from Johns Creek High School to sign a baseball scholarship, and played one season at Liberty University for former New York Yankee second baseman Bobby Richardson.

He then transferred to Pikeville where he was All-KIAC for three years for his work as a catcher. He was the



Pikeville College graduate Rob Taylor is nearing the start of his first season at the helm of the Pikeville College baseball program.

(See TAYLOR, page six)



THE PIARIST SCHOOL GIRLS' BASKETBALL TEAM is 5-4 through its first nine games. The Lady Knights are scheduled to host Riverside Christian today at 6 p.m.

## All 'A' is a Classic

by RICK BENTLEY  
TIMES COLUMNIST

It was 1990, I believe, my first winter as sports editor of the News-Express that it began.

That would mean this year's event, beginning Monday at the East Kentucky Expo Center, would be the 20th anniversary of the very first All "A" Classic. God I'm getting old.

In the beginning, I was skeptical. I wasn't sure. I knew one thing: I feared this event would lead to classification in basketball as we have in football, and I was against that to the core. Still am.

I suppose, all these years later, it's safe to say that probably won't happen.

So it's safe to say that while I wasn't excited the night the small-school coaches in the 15th Region came together for a press conference in the Commons Area at Pikeville High School, I've grown pretty fond of the old girl.

And so on Monday night, I'll be excited about the 2010 edition.

The All "A" has meant many things to me. Here's a run-down of a few of them:

(See CLASSIC, page six)

## PC knocks off Temple Baptist, wins fifth straight

**TIMES STAFF REPORT**

PIKEVILLE — Seven players reached double figures and the home team absolutely dominated the glass as No. 8 Pikeville College rolled past Temple Baptist College 126-77 Tuesday night at the East Kentucky Expo Center.

Pikeville improved to 12-1 with its fifth straight win, including three in four days.

Two Bears who normally don't provide a lot of points led the team in scoring on Tuesday, with junior Ryan Whitaker and sophomore Chris Puckett tossing in 20 points each. They did it on minimal shots, combined to hit 15-of-20 from the field.

In addition, the guards crashed the glass hard. Whitaker had 11 rebounds to lead the team and record his first double-double of the season, while Puckett had six boards.

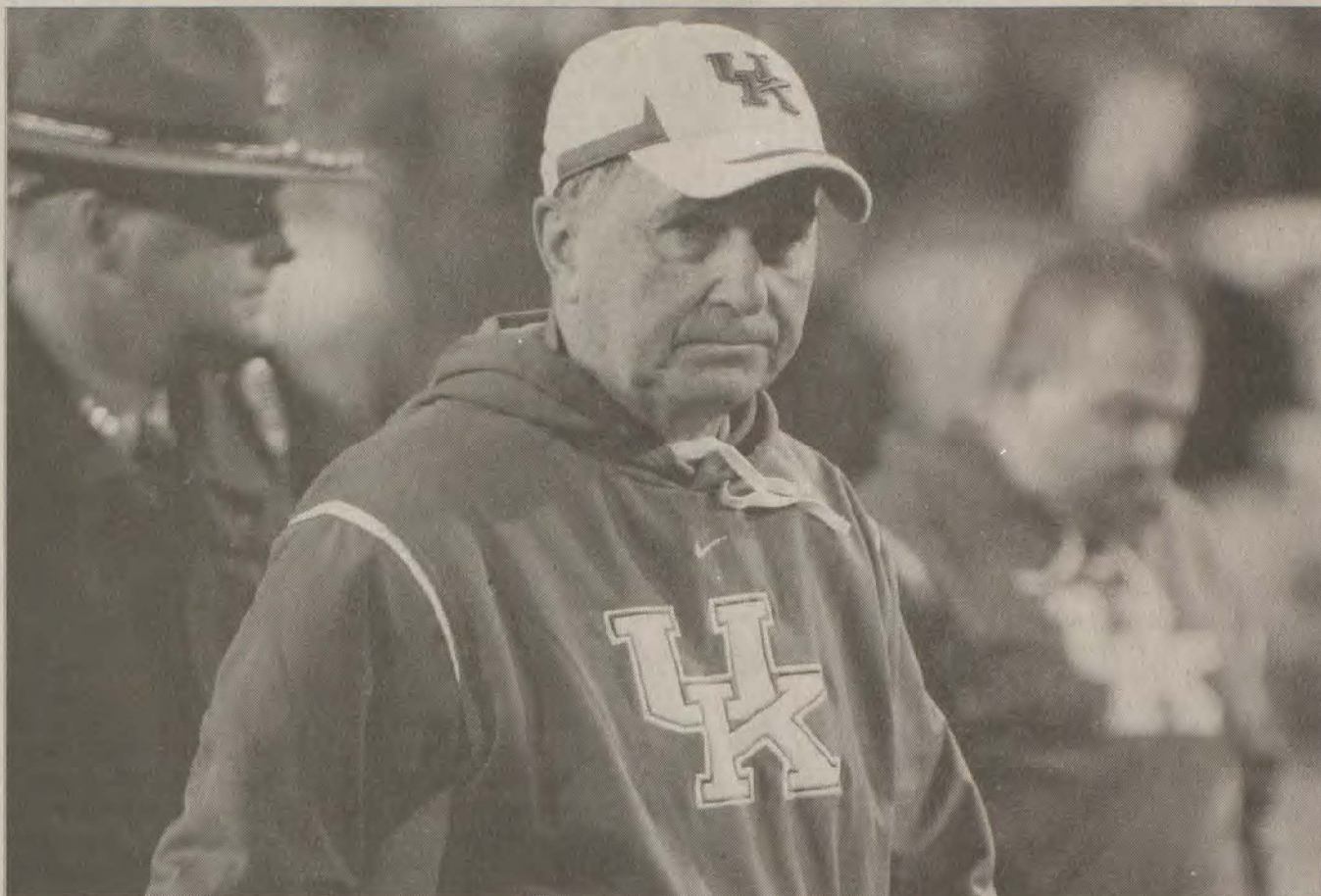
Ten different Bears had at least four rebounds, helping the team to a 66-23 domination on the glass.

Whitaker and Puckett were followed by sophomore Kane Belcher and freshman Trevor Setty with 14 points each. Senior Jonathan Clark and junior Justin Hicks had 13 points apiece. For Hicks, his points came in only six minutes of playing time.

Temple Baptist also had five players in double figures, led by Jamar White's 23 points on 4-of-7 shooting. Freshman Milen Kostov followed with 15 on 3-of-5 shooting from outside. Peter Jackson followed with 13, while Tyler Watts nailed 4-of-9 from the arc to finish with 12. Micah Simms added 10.

The Rams were 13-of-32 from the arc for 40.6 percent shooting.

Pikeville will be off for nine days until opening league play when it travels to Campbellsville to face the Tigers on Thursday, Jan. 14. Tipoff for the Mid-South Conference matchup is scheduled for 8 p.m.



Rich Brooks walked off the field following a loss to Tennessee in a regular-season finale. The Tennessee game served as the second to last game for Brooks as Kentucky head coach. He announced his retirement earlier this week. Longtime assistant Joker Phillips is the new Kentucky head coach.

## Phillips takes over UK football program

**TIMES STAFF REPORT**

LEXINGTON — For Joker Phillips and University of Kentucky football, the future is now.

Designated as UK's head coach of the future in January of 2008, the plan became reality on Wednesday when Phillips was appointed the head of the program after Rich Brooks' retirement.

Phillips is only the fifth Kentucky alumnus to become head coach of the Wildcats and the first since Jerry Claiborne, who led the Cats from 1982-89. Phillips' appointment also has significance in that he is the Wildcats' first African-American head football coach and only the second in the history of the Southeastern Conference.

"Joker is a native of the Commonwealth, an alumnus of the University, a letterman and a person who has been an integral piece of our last four bowl victories in program history," said Mitch Barnhart, UK Director of Athletics. "He bleeds blue and believes in the foundational principles that Coach Brooks has put in place for the program."

Phillips recently completed his fifth season as offensive coordinator and seventh as wide receivers coach in his current tour of duty at his alma mater. Kentucky improved its scoring average and total

offense in each of the first three years under Phillips' direction.

The yearly progression reached its zenith when Kentucky scored a school-record 475 points during its 13-game schedule in 2007, helping spark the Wildcats to a second-consecutive Music City Bowl championship. UK's average of 36.5 points per game ranked 15th nationally.

Total offense also was a highlight of the '07 season. UK's total offense of 5,764 yards was the second-highest total in school history. The average of 443.4 yards per game is fourth in UK annals.

Phillips' offensive style has shown flexibility and balance between the run and the pass. During his time as offensive coordinator, UK has had a 3,000-yard passer (André Woodson, who accomplished the feat twice), two 1,000-yard receivers (Keenan Burton and Steve Johnson) and a 1,000-yard rusher (Rafael Little, who reached the mark twice).

Balance is shown by the fact that Kentucky led the SEC in passing yardage in 2007 while also rushing for 2,021 yards, 155.5 yards per game and 4.2 yards per attempt. All three rushing marks were UK's best in a dozen seasons,

since 1995. The '07 season was the first time in school history that UK averaged at least 250 passing yards per game while rushing for at least 150 yards per game.

As wide receivers coach, Phillips has mentored some of the best in school history - Burton, Johnson, Dicky Lyons Jr. and Derek Abney. With Burton, Johnson and Lyons leading the way, along with tight end Jacob Tamme and tailback Rafael Little, Kentucky was the only team in the nation in 2007 that had five players with at least 1,000 receiving yards during their careers.

After massive graduation losses from the '07 squad - losing Woodson, Burton, Johnson, Tamme and Little to the NFL - Phillips showed his ability to adapt and adjust during the last two seasons, turning in some of his most astute coaching performances.

Injuries, inexperience and a disciplinary dismissal forced Phillips and quarterbacks coach Randy Sanders to juggle four QBs — Mike Hartline, Randall Cobb, Morgan Newton and Will Fidler - in 2008 and 2009. Even though there was a rotation of players in the offense's most important position, Phillips figured out a

way to generate enough points to win seven games each season.

Despite fielding a virtually new offensive lineup in 2008, and losing his potential starting quarterback on the first day of fall practice, Phillips still managed to finish in the top half of the SEC in scoring offense while helping the Wildcats win a third-consecutive bowl game.

The 2009 season showed more of Phillips' ability to adapt to a changing landscape. After five games, with Hartline as the starting quarterback, Phillips had the perfect balance he was looking for with 167.4 rushing yards and 167.4 passing yards per game. But when Hartline was injured, and a true freshman stepped into the starting role, the Wildcats became tilted heavily toward the run.

And, even though everyone in the stadium knew UK had become a run-first offense, Phillips managed to keep the opponent off-balance and score sufficient points to win five of the last eight games, including ground-breaking victories on the road at Auburn and Georgia. For the season, Kentucky rushed for 191.2 yards per game and a 4.5 average per carry, the team's best marks in 14 years.

In addition to his coaching, Phillips also is a highly effective

(See PHILLIPS, page six)



Joker Phillips

## Kinzer Motorsports releases early racedates

**Floyd County driver,  
raceteam to debut  
at Volusia Speedway**

by STEVE LeMASTER  
SPORTS EDITOR

ALLEN — The Kinzer Motorsports team released the opening dates of its 2010 schedule on Monday. Veteran Dirt Late Model driver Brandon Kinzer will compete behind the wheel of his No. 18 Late Model for the first time this decade at the Volusia Speedway Park in Barberville, Fla.,

Feb. 8-13. In all, six Dirt Late Model events will be held at the Daytona Beach area venue with first-place payouts ranging from \$7,000-\$10,000 to win.

Kinzer claimed feature wins in two different series last season, prevailing in a Battle of the Bluegrass Series-sanctioned race at 201 Speedway and finishing out in front during a Southern Regional Racing Series race at Green Valley (Ala.) Speedway. The veteran driver also made the starting field for the coveted 'Show Me 100' feature race during the 2009 season.



photo courtesy of Carlson Race Photos  
Brandon Kinzer will open the 2010 season at Volusia Speedway in a series of races.

## Blackcats falter late in road game at Lawrence Co.

by STEVE LeMASTER  
SPORTS EDITOR

LOUISA — Prestonsburg had fought its way to a 42-all tie with host Lawrence County Tuesday night. However, Prestonsburg, looking to lock in its first win of the season, struggled in the final quarter. Saving its best for last, Lawrence County outscored the Blackcats 21-8 in the final eight minutes to win 63-50.

Four Lawrence County players reached double figures in the scoring column as the host Bulldogs pulled out the win. Lucas Frasher led Lawrence County offensively, scoring a team-high 16 points. Larry West, a new addition to the Lawrence County roster, chipped in 14 points. Wade Skaggs scored 13 points and Blake Bradley added 10 for the Bulldogs.

Lawrence County outscored Prestonsburg 15-8 in the opening quarter and took a 36-27 lead into halftime.

Visiting Prestonsburg pushed the 15th Region runner-up from last season in the third quarter, outscoring the Lawrence County club 15-6. However, with the game even, Lawrence County opened the fourth quarter in strong fashion and limited Prestonsburg to eight points in a single quarter for the second time in the non-district game.

Michael Adkins added six points and Joel Baldwin chipped in four as Lawrence County prevailed.

Senior guard Michael Burchett scored a game-high 20 points to lead the Blackcats offensively. Junior guard Warren Blackburn chipped in 10 points for the Blackcats as two different Prestonsburg scorers reached double figures.

Other scorers for the Blackcats included senior guard Kyle Gearheart (seven points), junior center Corey Carter (six points), junior forward Seth Carter (three points), freshman guard Bryson Williams (three points) and senior forward Cameron Tinchler (two points).

Prestonsburg is scheduled to visit South Floyd on Saturday, weather permitting.

## Hunter education instructor course slated for Jan. 16

**TIMES STAFF REPORT**

PRESTONSBURG — The Kentucky Department of Fish and Wildlife will conduct a hunter education instructor course on Saturday, Jan. 16 from 9 a.m. until completion. The course will be conducted at the Dewey Lake Fish and Game Club.

The course is open to anyone 18 years or older who has completed the hunter education student course.

After completing the course, an instructor may conduct hunter education courses, which are required by hunters born on or after Jan. 1, 1975.

For more information about assisting the next generation of hunters, contact Will Connelly via phone at 606-633-5012 or 606-335-9437 or email willconn@tvs-cable.com.



Phillips

tive recruiter, as his straightforward, likeable personality earns the trust of young players and their families. He served as UK's recruiting coordinator in 2003-04, giving up that post because of his additional offensive responsibilities, but continues to be deeply involved in recruiting.

Phillips' abilities in that area have become known across the country, as he has been identified as one of the nation's top recruiters by SI.com and Rivals.com.

Phillips is a familiar face around Kentucky football. He

played at UK from 1981-84 and was on the football staff from 1988-96. As a player, Phillips helped lead the Wildcats to appearances in the Hall of Fame Bowl in his junior and senior seasons. He finished his playing days tied for fifth on the UK career receiving list with 75 catches for 935 yards and nine touchdowns. He went on to play a total of three professional seasons with the Washington Redskins of the National Football League (1985, '87) and with Toronto in the Canadian Football League (1986).

Continued from p5

As a coach, eight of his teams have gone to bowl games, including Kentucky to the 1993 Peach Bowl, 2006, '07 and '09 Music City Bowls and the AutoZone Liberty Bowl following the 2008 season; Cincinnati to the 1997 Humanitarian Bowl; and Minnesota to the 1999 Sun Bowl and 2000 Micronpc.com Bowl.

Phillips is a native of Franklin, and was a three-sport standout — football, basketball and track — at Franklin-Simpson High School. He is married to the former Leslie Stamatis.

# Alice Lloyd men compete in Ozarks tournament

TIMES STAFF REPORT

PIPPA PASSES — The Alice Lloyd Eagles opened the 2010 portion of their season on the road, traveling to Point Lookout, Missouri, to play in the elite McDonalds Cam Jam Classic hosted by the College of The Ozarks Monday and Tuesday. ALC Coach JR Hammond's squad was faced with the unenviable task of facing two of the country's premier NAIA programs from the powerful Midlands Athletic Conference over the course of a two-day span.

First on the agenda were the Bellevue (Nebraska) Bruins.

Last season, Bellevue finished with 24 wins and advanced to the Elite Eight of the NAIA National Tournament. This season, Bellevue was the preseason No. 12 team in the nation. After a rocky start, the Bruins entered Monday's contest playing their best ball of the season as they were riding a seven-game winning streak compiled against stiff competition. In this matchup, Bellevue showed why they are playing as well as any team in the country by defeating the Eagles 111-65.

In posting the victory, Bellevue exploded for 59 first half points and shot an outstanding 57.5-percent from the field for the game (including 10-of-21 from beyond the arc), while limiting the Eagles to only 36.8-percent shooting.

For ALC (4-7), three players reached double figures in the scoring column. Junior guard Daniel Combs led the Eagles with 13 points and a

team-high six rebounds. Sophomores Nick Brumback and Van Ferguson contributed 12 and 11 points, respectively.

For Bellevue (11-6), Ousseynou Diop paced six double figure scorers with 23 points.

In game two on Tuesday, Alice Lloyd faced host College of the Ozarks Bobcats (Missouri). Last season, Ozarks advanced all the way to the NAIA National Championship game before falling to the nation's top team (Oklahoma Wesleyan) 60-53 and finished the season with 25 wins.

This year, Ozarks started the season on shaky ground. The preseason No. 5 squad in the nation had several new players still learning their roles. Because of this and the additional fact that they have played a strong schedule, COTO won only two of their first eight contests. However, since it's last loss on November 20, COTO has been clicking on all cylinders and has exploded for seven consecutive wins by an average margin of 15 points per game.

The contest started well for both teams, but after a bucket by Eagle guard Van Ferguson put ALC up 11-9 with 15 minutes remaining in the first half, the Bobcats exploded. Over the next eight minutes, they ripped off a 31-11 run, and when the dust settled, the score stood 40-22, Ozarks. At intermission, the margin was still 18 (60-42).

In the second half, after a bucket by COTO forward Derrick Williams at the 15:56 mark made the score 70-47 in

favor of the Bobcats, Alice Lloyd made its move.

Sparked by three three-point baskets from junior guard Will Jones, Alice Lloyd ripped off a 17-6 run over the next 5:40, and when power forward Nick Brumback connected inside the paint at the 10:06 mark, the deficit was only 10 (76-66). This prompted an Ozarks timeout.

Unfortunately for the Eagles, Ozarks regrouped and were able to maintain their lead the rest of the way. Alice Lloyd sophomore Brandon Hayes connected on a ten footer to cut the lead to seven (92-85) with 1:37 remaining, but that was as close as the Eagles could get.

For ALC (4-8), Ferguson paced all scorers with a game-high 23 points. Brumback contributed 14 points along with a team-high seven rebounds. Jones and junior guard Daniel Combs added 10 points apiece.

For Ozarks (10-6), Williams led the way with 21 points. Forward Jared Howerton added 19 points and a game-high 11 rebounds for the homestanding Bobcats.

After the long trip home, Alice Lloyd has been preparing to open up conference play on the road at Richmond, Ind. on Saturday, Jan. 9. The Eagles are scheduled to face Indiana University-East in a 2 p.m. showdown.

The Eagles are slated to return home on Jan. 13 for a men's/women's doubleheader versus Brescia. Game times are set for 5:30 and 7:30 p.m., respectively.

# Top-ranked PC women's bowling team dominates two Vegas tourneys

TIMES STAFF REPORT

PIKEVILLE — The Christmas break was good to the Pikeville College women's bowling team, which dominated two tournaments in Las Vegas and ascended to No. 1 in two of the three polls.

The Lady Bears won the 2009 Collegiate Shoot-out and then Las Vegas Invitational. That resulted in a move to the top of the power ratings and came just after they were named No. 1 by the Bowling Writers Association of America.

The men handled themselves well in Vegas also, posting a team seventh in a 44-team field at the Shoot-out and fifth in the Las Vegas Invitational.

In the Collegiate Shoot-Out, the women had teams finishing Nos. 1 and 3 in the 19-team event. The individual honors came to Pikeville as well, with Lady Bears finishing 1-2-3 to lead seven of the Top 14 finishers.

Senior Jennifer Wright took medalist honors, finishing six games at 1318. Sophomore Kim Yioulos was second with a finish of 1272, while senior Nichole Burk was third at 1242. Senior Ashley Stahurski was seventh at 1209, sophomore Megan Kyle ninth with 1110, sophomore Chelsea Gilliam 10th at 1104 and senior Becky Sullivan 14th at 1078.

On the men's side, eight Bears finished in the Top 100, led by Zachary Maddox, a sophomore from Anderson, S.C., who finished with a six-game total of 1158. Freshman Burton Banta came in 31st with a total of 1146, while junior Jeremy King was 33rd at 1140, one pin ahead of freshman Ross Crider. Freshman Chad Carden was 45th with a total of 1125, junior Seth Wagner tied for 56th at 1112, freshman Jonathon Crews 63rd with 1096 and freshman Kyle McInerney 66th with 1094.

The action then moved to the LVI, where the Lady Bears not only one the tournament but finished the nine games with a 677 pinfall advantage over second-place Wichita State. Pikeville B was seventh.

Pikeville completely dominated individually, with five of the top six finishers. This time Sullivan finished atop the standings with an average of 216.4, followed by Yioulos at 212.1. Senior Sarah Germano was fourth at 202.56, followed by Wright with 195.1 and Burke at 190.56.

Stahurski was ninth with an average of 189.78, while sophomore Melia Bennett was 35th with an average of 186.38, just ahead of Kyle's 186.13.

In men's action at the LVI, junior Reno's Chris Jones celebrated returning to his home state by making the all-tournament team. His 214.56 was good for fifth in the tournament to lead nine PC bowlers in the Top 100 finishers.

Freshman Mark Allen followed in 26th place, averaging 199.33. Crews came in 40th at 195, with Burton 49th at 192.44. Junior Jimmy Cheff was 56th thanks to an average of 19.56; McInerney 66th, 188.56; junior Jesse Hawkins, 80th, 186.44; sophomore Richard Lane, 85th, 184.78; and Crider 91st, 183.44.

Pikeville's bowlers will be back in action Jan. 16-17 in the Hoinke Bearcat Classic in Cincinnati.

## Taylor

Continued from p5

team MVP as a junior when he led the squad in home runs and was the leader in RBIs all three seasons.

During the summer of 1992, Taylor played professional baseball for the Kentucky Longrifles of the Frontier League.

"I had the pleasure of coaching Rob both at Pikeville College and with the Rifles," said Pikeville College AD Robert Staggs. "I believe Rob's baseball knowledge is second to none and have confidence he will be a tremendous addition to our staff of coaches at Pikeville College."

Taylor's hire has drew rave reviews from several of his fellow college baseball coaches.

"Coach Taylor is not only a good 'baseball man,' he is a good man," said Keith Madison, the former coach at Kentucky who now heads Score Ministry. "He is a coach who truly cares about the players. He doesn't just coach baseball, he coaches baseball players. His knowledge, passion and character are evident in his coaching."

Taylor spent five years as

an assistant coach at Morehead State University, serving as hitting coach, pitching coach, recruiting coordinator, third base coach and catching coach. During his time there, he coached 11 All-OVC players and 2005 OVC Player of the Year Lance Seasor.

Taylor is married to Paige Blair Taylor. They have an eight-year-old son, Shane.

The Pikeville College baseball program will open the 2010 season in February.

VISIT THE FLOYD COUNTY TIMES ONLINE:

[www.floydcountytimes.com](http://www.floydcountytimes.com)

## Classic

— It was the first year. The All "A" was held in the T.W. Oliver Memorial Gym at Pikeville High School, and the Panthers had a senior who would use it to secure quite a name for himself. Murray Garvin was a nice player, the post on that Panther team, but many felt his role in the initial All "A" would be that of stepping stone.

As in, the first step on Jody Thompson's run to a state tournament.

Thompson, a senior at Feds Creek, didn't disappoint, scoring 39 points that night. But Garvin would have the last laugh, leading the Panthers to a thrilling win over the Vikings in what would be their first step to winning the first 15th Region All "A" Classic.

Garvin's single-tournament point total would stand for years. His legacy stands today.

— It was the next week that I saw something I'll never forget.

The first state All "A" Classic was played in historic Memorial Coliseum on the campus of the University of Kentucky. The tournament opened early, playing all eight first-round games in one day. For some reason I was there that morning, and was glad I was. I got a picture of the ball being tossed in the air to start the very first game of the very first All "A" Sweet 16.

Oh, yeah. The official who tossed it in the air? Phelps native Ancie Lee Casey.

— I mentioned Murray Garvin, and his sparkling first All "A". I mentioned Jody Thompson, and his amazing one-and-only appearance in the event. I mentioned point records that stood for years.

And then they all came tumbling down on one incredible night.

Ask anyone who was there

— and you could probably find 15, maybe 20,000 people who will claim to have been — and there's only one night of the All "A" Classic that really, truly matters. It was the night Randy McCoy delivered a regional championship to the "Last Big Town Before You Leave Kentucky."

It was the night Elkhorn City knocked off Allen Central. It was the night Todd Conley and Jeremy Hall left behind their "nice player" status and became legends.

One had 54 points. The other 48. Wait. Not the teams. The players.

I remember which was which too. Once I incorrectly wrote that Hall had the 54, Conley 48. I was corrected. By Hall. "It was Heff," he said, calling Conley by his world-famous nickname. Not only did the Cougars win the title, but Conley took the single-game scoring crown from Hall in the same night.

I've seen a lot of things in my life. I watched Kentucky and Arkansas when they were ranked 3-4 in the country. I watched Richie Farmer score more than 50 points in the state championship game. I've watched two groups of young ladies win national championships for our local college in the sport of bowling where they compete not against smaller NAIA schools but against every school who sponsors bowling in the nation.

But I've never seen anything like the night I watched Conley set the record for three-pointers made in an All "A" game only to be passed by Hall who was then passed by Conley in the same game.

I'll go to my grave with that one on my mind. Even after Alzheimer's has claimed everything else, I believe I'll remember that night.

— And then there was Super Bowl Sunday.

Last Super Bowl Sunday.

Richmond had been blanketed by an ice storm. Nobody could get there. Very few there had electricity. It forced a day's delay in the tournament. The semifinals and finals of the boys' bracket would have to be played in the same day. Even worse than the Sweet 16, they'd be played only a few hours apart.

Didn't matter. It was just one of the stories we'll tell about the day a Pike County team finally won a state basketball title.

It was what it's all about. Elisha Justice starred. His teammates stood tall. His coaches guided the ship to perfection. And thousands of blue-clad Shelby Valley fans, probably numbering fans of every school in the county if not the region, cheered their lungs out.

Can history repeat itself this year?

We begin finding out Monday night.

### 15th Region Boys' Basketball Standings

Team	Record
Pikeville	10-4
Lawrence County	7-2
Shelby Valley	7-2
Betsy Layne	7-4
East Ridge	5-2
Pike Central	4-7
Sheldon Clark	3-5
Allen Central	3-7
Paintsville	3-9
Magoffin County	3-10
Belfry	2-3
Phelps	2-3
Johnson Central	2-6
South Floyd	2-9
Prestonsburg	0-11

### ATHLETES OF THE WEEK

Michael Burchett, Prestonsburg Boys' Basketball  
Alexis DeRossett, Prestonsburg Girls' Basketball



of Prestonsburg

## SPORTS FAN OF THE WEEK



If you are the sports fan circled here...  
*it's your lucky day!*

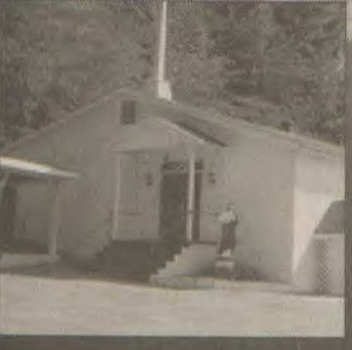
If you are the sports fan circled, you are entitled to a free 8-inch ice cream cake of your choice, redeemable at DAIRY QUEEN OF PRESTONSBURG. When claiming your ice cream cake, present this newspaper.



# Floyd County Devotional Page

This devotional and directory is made possible by these businesses who encourage all of us to attend worship services.

## Devotional Spotlight



**Trimble Chapel Freewill Baptist**

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

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

Hunt, 606-478-2698

**Faith Bible Church**, an independent Baptist Church, located on 1428, between Allen & Martin; Sunday School, 10 a.m.; Sunday Morning, 11 a.m.; Sunday Evening, 6 p.m.; Wednesday Bible Study & Prayer, 6 p.m.; Pastor, Rev. Bob Wireman.

**Faith Freewill Baptist**, 1/4 mile above Worldwide Eght. on Rt. 1428; Sunday Service, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m. Elder Donnie Patrick, Minister.

**First Baptist**, Garrett; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Randy Osborne, Minister.

**First Baptist**, Martin; Sunday School, 10 a.m.; Worship Service, 11 a.m. Sunday Evening Service 7 p.m.; Wednesday, 7 p.m.; Greydon Howard, Minister.

**First Baptist, Prestonsburg**, 157 South Front Street; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wed., 6:30 p.m.; Jerry C. Workman, minister.

**Fitzpatrick First Baptist**, 1063 Big Branch, P.O. Box 410, Prestonsburg, KY 41653; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Pastor Tommy Reed.

**Free United Baptist**, West Prestonsburg; Sunday School, 10 a.m.; Worship Service, 11 a.m. & 6:30 p.m.; Wednesday, 7 p.m.

**Free United Baptist**, West Prestonsburg; Sunday School, 10 a.m.; Worship Service, 11 a.m. & 6:30 p.m.; Wednesday, 7 p.m.

**Grethel Baptist**, State Rt. 3379, (Branham's Creek Rd.); Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wednesday, 6:30 p.m.

**Garrett Regular Baptist**, Route 550, Garrett; Worship Service, 10:30 a.m. and 6:30 p.m.; Wednesday, 6:30 p.m.; Willie Grace, pastor; Assist. Larry Patton. Phone 358-4275.

**Highland Avenue Freewill Baptist**; Sunday School, 9:50 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; David Garrett, Minister.

**Jacks Creek Baptist**, Bevinville; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Pastor Roger Trusty.

**Katy Friend Freewill Baptist**, 2 miles up Abbott; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Jimmy Caudill, Pastor.

**Lackey Freewill Baptist**, Lackey; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Johnny J. Collins, Minister.

**Lancer Baptist Church**; 71 Cooley St., Prestonsburg; Sunday School, 10:00 a.m. Morning Worship, 11:00 a.m., Evening Worship, 6:00 p.m., Wednesday Prayer Meeting and Bible Study, 7:00 p.m.; Pastor Bobby Carpenter

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

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

**Ligon Community Freewill Baptist**, Ligon Worship Service, Sunday, 11:00 a.m. Thursday, 7 p.m.

**Little Rosa Regular Baptist Church of Jesus Christ**, (Indian Bottom Association) Services: 1st Saturday & Sunday of every month 9:30 a.m., 3rd Sunday 9:30 a.m., Odd Sunday 9:30 a.m.

**Martin Branch Freewill Baptist**, Estill; Sunday Service, 10 a.m.; Worship Service, 11:15 a.m. and 7 p.m.; Wednesday, 7 p.m.; James (Red) Morris, Minister.

**Martin Freewill Baptist**, Martin; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; John L. Blair, Minister.

**Maytown First Baptist**, Main St., Maytown; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6 p.m.; Bob Varney, Minister.

**McDowell First Baptist**, McDowell; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6 p.m.; Gene Bracken, Minister.

**Middle Creek Baptist**, Blue River; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; William L. Hunt, Minister.

**Lighthouse Baptist**, 2194 KY Rt. 1428, Prestonsburg; Sunday Service, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Donald Crisp, Minister. home phone 285-3385

**Pleasant Home Baptist**, Water Gap Road, Lancer; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Mark Tackett, Pastor.

**Prater Creek Baptist**, Banner; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.

**Rock Fork Freewill Baptist**; Garrett Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Wendell Crager, Minister.

**Rock Fork Regular Baptist**, Garrett; Worship Service, 9:30 a.m.; Jerry Manns, Pastor; Willie Grace Jr., Assistant Pastor.

**Salt Lick United Baptist**, Salt Lick, Hueysville; Worship Service, 2nd & 4th Sunday, 10:30 a.m.; Pastor, Allen Chaffins, phone 946-2123.

**Sammy Clark Branch Freewill Baptist**, Dana; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m.

**Stephens Branch Missionary Baptist**, Stephens Branch; Sunday Service, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.

**The Third Avenue Freewill Baptist**; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m. Phillip Ramey, Pastor.

**Tom's Creek Freewill Baptist**, U.S. 23 (north of Layne Brothers); Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Chuck Ferguson, Minister.

**Tom Moore Memorial Freewill Baptist**; Cliff Road; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Youth Service, 5:00 p.m.; Evening Service, 6:00 p.m.; No Service the 1st Sunday of each month; Wednesday, 7 p.m.; Jody Spencer, Minister.

**Trimble Chapel Freewill Baptist**; Intersection of U.S. 23 and KY 80, Water Gap; Sunday School, 10 a.m.; Morning Worship Service, 11 a.m. and Evening Worship Service 6 p.m.; Wednesday Bible Study, 7 p.m., Youth Services 7 p.m.; Everyone Welcome.

**United Community Baptist**, Hwy. 7, Hueysville; Worship Service, 2 p.m.; Friday, 7 p.m.; Carlos Beverly, Minister.

**Wheelwright Freewill Baptist**, Wheelwright Junction; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Louis Ferrari, Minister.

**CATHOLIC**

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

**CHRISTIAN**

**First Christian**, 560 North Arnold Avenue; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Jim Sherman, Minister.

**Victory Christian Ministries**, 1428 E.; Sunday School, 11:30 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Sherm Williams, Minister.

**CHURCH OF CHRIST**

**Betsy Layne Church of Christ**, Betsy Layne; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Tommy J. Spears, Minister.

**Prestonsburg Church of Christ**, 88 Hwy. 1428; Worship Service, 10 a.m. and 6 p.m.; Wednesday, 7 p.m.; Richard Kelly and Nelson Kidder, Ministers.

**Harold Church of Christ**, Harold; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Willie E. Meade, Minister.

**Highland Church of Christ**, Rt. 23, Hager Hill; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.

**Hueysville Church of Christ**; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Chester Varney, Minister.

**Lower Toler Church of Christ**, Harold; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wednesday, 6:30 p.m.; Lonie Meade, Minister.

**Mare Creek Church of Christ**, Stanville; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m.

**Martin Church of Christ**, Martin; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m. Gary Mitchell, Minister.

**Maytown Church of Christ**, 66 Turkey Creek Rd., Langley. Sunday Bible Study 10:00 a.m., Sunday morning worship 11:00 a.m., Evening Worship 6:00 p.m., Wednesday Bible Study 6:00 p.m.

**Upper Toler Church of Christ**, 3.5 miles up Toler Creek on right; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.

**Weeksbury Church of Christ**; Sunday School, 10 a.m.; Worship Service, 10:45 a.m. and 6 p.m. John Burke, Minister.

**CHURCH OF GOD**

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

**Community Church of God**, Arkansas Creek, Martin; Worship Service, 11 a.m.; Friday, 7 p.m.; Bud Crum, Minister.

**First Church of God**; Sunday School, 10 a.m.; Worship Service, 10:45 a.m. and 6 p.m.; Wednesday, 7 p.m.; Steven V. Williams, Pastor.

**Garrett Church of God**, Garrett; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Family Training Hour - Thursday 7 p.m., Bill B. Tussey, Jr, Pastor

**Landmark Church of God**, Goble Roberts Addition; Sunday School, 10 a.m.; Worship Service, 11:10 a.m. and 7 p.m.; Wednesday, 7 p.m.; Kenneth E. Prater, Jr., Minister.

**Little Paint First Church of God**, 671 Little Paint Road, East Point; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Charles Heater Jr., Minister.

**The Ligon Church of God of Prophecy**, Saturday Services, 7:00 p.m.; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Ralph Hall, Pastor.

**EPISCOPAL**

**St. James Episcopal**; Coffee Hour 10:00 AM; Morning Service 11:00 a.m. Rector. 886-8046.

**LUTHERAN**

**Our Savior Lutheran**, Sipp Bayes Room Carriage House Motel, Paintsville; Sunday Service, 11 a.m.; WKLW (600 am) 12:05 p.m.; Roland Bentrup, Minister.

**METHODIST**

**Auxier United Methodist**, Auxier; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.; Mearl Music, Minister.

**Betsy Layne United Methodist**, next to B.L. Gymnasium; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Randy Blackburn, Minister.

**Allen Christ United Methodist**, Allen; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. & 6 p.m.; Wednesday, 7 p.m.; Kenneth Lemaster, Minister.

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

**Elliott's Chapel Free Methodist**, Rt. 979, Beaver; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Phillip T. Smith, Minister.

**Emma United Methodist**, Emma; Sunday School 10 a.m., Sunday Worship Service 11 a.m.; Pastor David Profit.

**First United Methodist**, 256 South Arnold Avenue; Sunday School, 9:45 a.m.; Worship Service, 10:55 a.m.; Youth Service 6 p.m.; Rev Jim Adams, Pastor.

**Horn Chapel Methodist**, Auxier Road, Auxier; Sunday School, 10 a.m.; Sunday Morning Service, 11 a.m.; Midweek Service, 7 p.m.; Sunday Evening Service held on the 1st and 3rd Sundays of each month at 6 p.m.; Judy Carr-Back, Minister.

**Graceway United Methodist**, Rt. 80, Sunday School, 9:45 a.m.; Worship Service, 11 a.m.; Wednesday Night, 7 p.m.; Roy Harlow, Minister.

**Salisbury United Methodist**, Printer; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday Bible Study, 6 p.m.; Bobby G. Lawson, Minister.

**Wayland United Methodist**, Rt. 7, Wayland; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.; Jack Howard, Pastor.

**Wheelwright United Methodist**, Wheelwright; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Bobby Isaac, Minister.

**Vogle Day United Methodist Church**, Harold; Sunday School, 10:00 a.m.; Sunday Worship Service, 11:00 a.m.; Wed. Bible Study, 7:00 p.m.; Dennis C. Love, Pastor.

**Drift Pentecostal**, Drift; Sunday School, 10 a.m.; Worship Service, Saturday/Sunday, 7 p.m.; Wednesday, 7 p.m.; Ted Shannon, Minister.

**Free Pentecostal Church of God**, Rt. 1428, East Point; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Thurs., 6:30 p.m.; Buster Hayton, Minister.

**Free Pentecostal Church of God**, Weeksbury; Sunday School, 10 a.m.; Worship Service, 7 p.m.; Wednesday/Saturday, 7 p.m.; John "Jay" Patton, Minister.

**Free Pentecostal Deliverance**, Ext. 46 off Mt. Parkway at Campton; Worship Service, Saturday and Sunday, 7 p.m.; Patricia Crider, Minister.

**Free Pentecostal Holiness**, Rt. 122, Upper Burton; Sunday School, 11 a.m.; Worship Service, 6 p.m.; Friday, 7 p.m.; Louis Sanlan, Minister; David Pike, Associate Minister.

**Goodloe Pentecostal**, Rt. 850, David; Worship Service, 6 p.m.; Malcom Slone, Minister.

**Parkway First Calvary Pentecostal**, Floyd and Magoffin County Line; ; Worship Service, 6:30 p.m.; Mike D. Caldwell, Minister. 297-6262.

**Trinity Chapel Pentecostal Holiness**, Main St., Martin;

Sunday School, 10 a.m.; Worship Service, 7 p.m.; 2nd Sat., 7 p.m.; Thurs., 7 p.m.; Ellis J. Stevens, Minister.

**Free Pentecostal Church**, Dwayne; Services Saturday, 6 p.m.; Sunday School, 10 a.m.; Services, 11 a.m.; No Sunday Night Service.

**PRESBYTERIAN**

**Drift Presbyterian**, Route 1101, Drift; Worship Service, 11 a.m.

**First Presbyterian**, North Lake Drive; Sunday School, 9:30 a.m.; Worship Service, 11 a.m. Rev. Vicki Poole, pastor.

**SEVENTH DAY ADVENTIST**

**Seventh-Day Adventist**, 5 miles West on Mountain Parkway; Church Service, 9:15; Sabbath School, 10:45; John Baker, Pastor, 358-9263; Church, 886-3459, leave message. Everyone welcome!

**THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS**

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

**OTHER**

**Pastor Atha Johnson** welcomes everyone to attend services at the **CHURCH OF GOD OF PROPHECY TRAM KENTUCKY**. Sunday school 10 a.m., Worship service 11 a.m.

**Drift Independent**, Drift; Sunday, 11 a.m.; Thursday, 6:30 p.m.

**Grace Fellowship** Prestonsburg, (next to old flea market), Sunday School, 10 a.m. Worship, 11 a.m. Bill Stukenberg, Pastor 889-0905.

**Faith Deliverance Tabernacle**, West Prestonsburg; Sunday School, 10:30 a.m.; Thursday, 7 p.m.; Don Shepherd, Minister.

**Faith Revelation**, Harkins Ave., West Prestonsburg; Sunday School, 10 a.m.; Worship service, 11 a.m. and 6 p.m.; Thurs. 7 p.m. Randy Hagans, Minister. 886-9460.

**Faith Fellowship**, Allen, Ky. Sun. School, 10 a.m.; Worship Service, 11 a.m.; Sun. Evening, 6 p.m.; Wed, 7 p.m. Carl & Missy Woods, Pastors.

**Faith Worship Center**, US 460, Paintsville; Worship Service, 11 a.m.; Thursday, 6 p.m.; Buddy and Maude Frye, Minister.

**Full Gospel Community**, (formerly of Martin) moved to Old Allen; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Sunday evening, 6:30 p.m.; Wed., 6:30 pm.; Lavonne Lafferty, Minister.

**Lighthouse Temple**, Main St. and Hall St.; Worship Service, 12 p.m. and 7 p.m.; Wednesday/Friday, 7 p.m.; Roy Cosby, Minister.

**Living Water Ministries Full Gospel Church**, Rt. 3, just before Thunder Ridge; Wednesday, 7:00 p.m., Sunday Evening, 6:00 p.m. Pastor: Curt Howard.

**Martin House of Worship**, Old Post Office St.; Worship Service, 7 p.m., Saturday/Sunday.

**Old Time Holiness**, 2 miles up Arkansas Creek, Martin; Sunday School, 11 a.m.; Worship Service, 7 p.m.; Friday, 7 p.m.; John W. Patton, Minister.

**Spurlock Bible (Baptist)**, 6227 Spurlock Creek Rd., Prestonsburg; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Jim Stephens, Minister. 886-1003.

**Town Branch Church**; Sunday School 10 a.m. except for first Sunday in each month; Worship Service, Sun. morning 10:00 a.m.; Evening 6 p.m.; Wednesday, 6 p.m.; No Sunday night services on first Sunday of each month. Tom Nelson, Minister.

**The Father House**, Big Branch, Abbott Creek; Sunday School, 10 a.m.; Worship Service, 6 p.m.; J.J. Wright, Minister.

**The Tabernacle**, Rt. 321 (Old Plantation Motel), Christian Educator, 10:00; Sunday Morning, 11:00; Sunday Evening, 7:00; Wednesday, 7:00; Pastors, Paul and Ramona Aiken.

**Youth Fellowship Center**, Wheelwright; Monday-Tuesday, 6 p.m.; Thursday, 7 p.m.

**Zion Deliverance**, Wayland; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m. Prayer Line: 358-2464; Darlene W. Arnette, Pastor

**Taylor Chapel Community Church**, formerly the old Price Food Service building, located 1 quarter mile above Worldwide Equipment, Rt. 1428. Sun. Bible Study, 10 a.m.; Sun. Morning Service, 11 a.m.; Sun. Evening, 6:30 p.m. Kenny Vanderpool, Pastor.

**International Pentecostal Holiness Church**, 10974 N. Main St., Martin; Rev. Ellis J. Stevens, Senior Pastor.

**Rising Son Ministries**, 114 Rising Son Lane, Prestonsburg, Ky 41653; Sunday, 11:00 a.m.; Wednesday, 6:30 p.m. Pastor: D.P. Curry.

**Church of God of Prophecy**, Sunday School 10 a.m., Worship Service 11 a.m., Sunday Night - 6 p.m., Wednesday Night - 6 p.m. Pastor Glenn Hayes. West Prestonsburg.

**House of Refuge**, Rock Fork; Sunday Evening Worship 6 pm, Monday Bible Study 7:30 pm, Wednesday Prayer Meeting 7:30 pm, Bill B. Tussey, Pastor

**Seventh-Day Adventist** 5 miles West on Mt. Parkway. Sabbath School 9:30 am; Church Services 11AM; Pastor, John Baker 358-9263. Church 606-886-3459. Leave message. Everyone Welcome.

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# 'Amanda's Bill' heading to House floor for a vote

FRANKFORT — Legislation known as "Amanda's Bill" that would allow Kentucky courts to use GPS monitoring in dangerous domestic violence order situations cleared the House Judiciary Committee Thursday.

The committee amended Amanda's Bill—filed as House Bill 1 by House Speaker Greg Stumbo in memory of Amanda Ross, who was shot and killed in Lexington last September—to include

language that would allow counties to purchase or lease GPS (global positioning system) for pretrial release of some jail inmates. Stumbo explained that the bill would help counties contain their rising jail costs while giving courts access to GPS equipment that could protect victims like Ross.

"We think it will help (counties) financially, and once the system is in place, the courts can use the system for domestic violence protection

as well," he said.

Stumbo presented the bill alongside Ross's mother, Diana Ross, and sister Carrie Ross. Diana Ross told lawmakers she was "compelled" to speak to the committee to honor Amanda and to help others.

Ross said Amanda used the legal system to protect herself from her former fiancé, former state lawmaker Steve Nunn, who is now charged with her murder.

"Despite those efforts, we

still lost Amanda. Our state can do better, and I ask that you help us do so," Ross said.

No homicides have been reported in any states that currently use GPS monitoring in domestic violence cases, Stumbo said. Fifteen states now allow their courts to use GPS to protect domestic violence victims, he added.

Similar to GPS systems in automobiles or cell phones, GPS worn by individuals track a person's movements by GPS technology encased in a bracelet or other device which a person is ordered to wear. Under Amanda's Bill, judges would be allowed to order the use of a GPS device if an evaluation shows a domestic vio-

lence case is dangerous enough to warrant use of the device.

"The whole focus has been on getting a bill to this committee that we think would be workable and would provide a tool to the judiciary," Stumbo said.

HB 1 now goes to the full House for its consideration.

## Candidates

Incumbent Ronnie Akers, now joins challenger Dean Hall in the race for magistrate in District 4

Another incumbent filing this week was District Judge Eric D. Hall, who is seeking another term in the 31st District, Division 2.

Two others filed to run for election in the upcoming May primary this week, both of them hopefuls for positions as constables.

Roger Rowe, of Prestonsburg, filed to run for District 1 constable along with Barry Hopkins, of Minnie, who has filed paperwork in hopes of winning the race for District 3 constable.

At least one another packet was picked up at the county clerk's office as of Thursday afternoon, according to clerks. The filing packet requested was for the position of county judge-executive, which would give sitting Judge-Executive R.D. "Doc" Marshall his first challenger.

The deadline to file is Jan. 26 at 4 p.m.

To date, candidate filings include:

### U.S. Congressman, 5th District

Harold "Hal" Rogers, Republican  
David Prince, Democrat

### State Representative, 97th District

Bill Mike Runyon, Republican  
Hubert Collins, Democrat

### Judge-Executive

R.D. "Doc" Marshall, Democrat

### Sheriff

John K Blackburn, Democrat  
Steve Little, Democrat

### Jailer

Roger Webb, Democrat

### Coroner

Gregory Scott Nelson, Democrat

### PVA

Connie Hancock, Democrat

### Magistrate, District 1

Keith Stapleton, Democrat  
Ernest G. Burchett, Democrat  
Janice Pennington Davis, Democrat  
Gerald DeRossett, Democrat  
John Gobile, Democrat  
Cecil Jarrell, Democrat

### Magistrate, District 2

Marie Martin Holbrook, Democrat  
Jackie Edford Owens, Democrat  
Kenneth Roberts, Democrat

## Winter

Continued from p1

that is farthest from the water meter is another means of avoiding having water freeze off during cold spells.

If, despite your efforts, your water lines freeze off and you cannot locate or reach the frozen area, officials suggest that you call a licensed plumber if possible.

Roadways had just started clearing from earlier in the week and this past weekend when snowfall again started Thursday afternoon, sending road crews out to apply salt to iced over primary and secondary roads.

Officials say they are doing the best to prepare for the conditions until the cold front passes.

Continued from p1

### Magistrate, District 3

German Stumbo, Democrat  
Glenn Moore, Democrat  
Donny Daniels, Democrat  
Mike Lafferty, Democrat

### Magistrate, District 4

Dean M. Hall, Democrat  
Ronnie Akers, Democrat

### Constable, District 1

Ben Ferguson, Democrat  
Mike Hall, Democrat  
Lester Jarvis, Democrat  
Roger Rowe, Democrat

### Constable, District 2

Terry Triplett, Democrat  
Samuel Duncan, Democrat

### Constable, District 3

Ronnie Vicars, Democrat  
Tony Flanery, Democrat  
Michael Tackett, Democrat  
Barry Hopkins, Democrat

### Constable, District 4

Jordan Case, Democrat  
David "Winford" Wakeland, Democrat

### Circuit Court Judge, 31st Circuit, Division 1

Johnny Ray Harris

### District Court Judge, 31st District, Division 1

James R. Allen

### District Court Judge, 31st District, Division 2

Eric D. Hall



photo by Bud Kraft, LRG Public Information

Diana Ross is thanked by House Speaker Greg Stumbo after the House Judiciary Committee approved legislation Thursday aimed at protecting domestic violence victims. Stumbo's legislation, House Bill 1, is known as the "Amanda Ross Domestic Violence Prevention Act" in honor of Ross's daughter, who was shot and killed in Lexington last September. The legislation would allow judges to determine if dangerous domestic violence offenders should wear electronic devices that can monitor their locations.

## Your Heart is Talking Are you Listening?

We all know heart attack is the No. 1 killer of men in the United States yet every man experiences heart attack in a different way. You don't have to have all of the symptoms—or even the most common ones—to be having a heart attack.

When it comes to your heart, you can be your own best friend ... but you have to listen.

### • Chest Pain

This is the major sign of a heart attack for men. The pain is often described as crushing, burning, tightness or pressure. It often starts in the center of the chest and radiates outward. Seek care immediately.

### • Shortness of Breath

An inability to breathe, or the feeling that you're just not getting enough air, is another important sign. Seek immediate medical attention.

### • Upper Body Discomfort

Men who've had heart attacks also report feeling pain or discomfort in the arms, back, neck, jaw or stomach. You may have one or more of these symptoms. Or none.

### • Other signs

A feeling of anxiousness, unexplained dizziness, persistent nausea and cold sweats are all signs that can occur before or during a heart attack.

Whether you're a man or a woman, if you have one or more symptoms of a heart attack, call 9-1-1 right away. When it comes to your heart, time is muscle. The quicker you act, the better your chances of a complete recovery.

The heart experts at King's Daughters stand ready 24/7. Our accredited Chest Pain Center averages a door-to-balloon time of just 52 minutes. That's significantly better than the national standard of 90 minutes. And we do every major heart procedure – and more of them than anyone in the region.

Your heart deserves expert care.

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# For the Record

### Marriage Licenses

Lora Marie Tuttle, 29, of Dema, to Warren Baxter Halbert, 36, of Langley.

Helen Sue Kula, 66, of Prestonsburg, to McArthur Jacobs, 67, of Martin.

Maxine Avery, 37, of Van Lear, to William G. Small, Sr., 46, of Lovely.

Elizabeth Byrd Reynolds, 37, of Bevinville, to Johnny Ray Hamby, 47, of Bevinville.

Brittney Michelle Flannery, 22, of Wayland, to Joe Carl Clark, II, 31, of Wayland.

Anna Marie Reed, 35, of Stanville, to Sheldon Alex Angus, 39, of Stanville.

Permelia Mae Phillips, 48, of Langley, to Rondall Darrell Brown, 46, of Langley.

### Civil Suits Filed

Bridget Akers vs. Lanny C. Gibson; complaint.

North American Tax Solutions LLC vs. Estate of Will Allen; complaint.

North American Tax Solutions LLC vs. Beverly Osborne York; complaint.

KEC Land Assets Inc. vs. Ralph B. Davis Jr.; complaint.

Somerhill Capital vs. Della S. Smith; complaint.

North American Tax Solutions LLC vs. Dorothy DeRossett; complaint.

Connie Hamilton vs. Carrol Hiram; complaint.

Arrow Financial Services LLC vs. Debbie Blackburn; complaint.

North American Tax Solutions LLC vs. Hershell Sizemore; complaint.

North American Tax Solutions LLC vs. Bennie D. Ousley; complaint.

### Charges Filed

Jerry Wayne Pigg, 38, Raccoon; theft by deception.

David P. Ousley, 44, Prestonsburg; possession of a controlled substance, operating a motor vehicle while under the influence of alcohol or drugs, prescription not in original container.

Patrick Todd Jarrell, 25, Dana; alcohol intoxication.

Jeffrey Wendell Trimble, 48, Prestonsburg; fourth-

degree assault.

Wendel Tackett, 26, Hi Hat; criminal trespassing, criminal mischief.

Tanya E. Kester, 39, Wayland; theft by unlawful taking, three counts possession of a controlled substance, two counts prescription not in original container.

Bruce Lee Jarrell, 27, Printer; alcohol intoxication.

Richard Brandon Mullins, 24, Weeksbury; harassing communications.

### Inspections

Food City, Prestonsburg, regular inspection. Violations noted: Food not protected during storage, non-food contact surfaces not properly constructed, non-food contact surfaces not properly maintained, dishwashing facility not properly operated, sanitary towel or hand drying device not provided at lavatory or handwashing sink, floors not clean, floors not in good repair, garbage and refuse containers not covered as required, cleaning and maintenance equipment not

properly stored. Score: 92.

Wayland Quick, Wayland, regular inspection. Violations noted: Food not protected during storage, food not protected during service, lack of effective hair restraints, non-food contact surfaces not properly constructed, non-food contact surfaces not properly maintained, cloths used for food and non-food contact surfaces not stored and rinsed frequently in water sanitizing solution, sanitary towel or hand drying device not provided at lavatory or handwashing sink, light fixtures not shielded as required. Score: Food: 93, Retail: 96.

### Property Transfers

Debbie Akers to Kristy Leigh Hitchcock, property located at KY Route 1750.

Donna Akers to Kristy Leigh Hitchcock, property located at KY Route 1750.

located at KY Route 1750.

Jackie Roger Akers to Kristy Leigh Hitchcock, property located at KY Route 1750.

Regina Becknell to Betty Messer and Billy Messer, property not listed.

Dennis Boggs to Phil Jones and Rita Jones, property not listed.

Patsy Boggs, to Phil Jones and Rita Jones, property not listed.

Jeffery G. Burke to Phil Jones and Rita Jones, property not listed.

Cindy Lane Estep to Kristy Leigh Hitchcock, property located at KY Route 1750.

Linzie Estep to Kristy Leigh Hitchcock, property located at KY Route 1750.

## PMC raises approximately \$350K for heart institute

PIKEVILLE - Pikeville Medical Center raised approximately \$350,000 for its Heart Institute during a New Year's Eve Ball held on Dec. 31, at the Mark V Lounge in Pikeville. All proceeds raised from the event will go towards purchasing an EP (Electrophysiologic Study) Lab. The project is expected to cost \$1 million.

An EP Study is a precise procedure that provides critical information that is crucial to accurately diagnosing and treating heart arrhythmias, or abnormal heart rhythms. During the study, an electrophysiologist collects data about the flow of electricity during actual events.

As a result, EP studies can help locate the specific areas in the heart tissue that give rise to the abnormal electrical impulses that cause arrhythmias. This detailed electrical flow information provides valuable diagnostic and treatment information. Based on this data, the specialist may choose to place a pacemaker or perform radiofrequency ablation, which freezes or burns the cause of the abnormality.

To prepare for this unprecedented advancement in health-care, Pikeville Medical Center hired Dr. Michael Antimisiaris, the region's only electrophysiologist.

Dr. Bill Harris, an interventional cardiologist in the Heart Institute, said the addition of Dr. Antimisiaris provides Pikeville Medical Center a complete continuum of care when it comes to cardiac services.

"I worked with Dr. Antimisiaris when I practiced in Lexington years ago," Dr. Harris said. "He is a wonderful physician who cares deeply about the diagnosis and treatment of his patients. A good EP doctor is hard to find, and I believe we have found one of the very best."

When patients ask about electrophysiology studies, Dr. Harris said he likes to use a simple analogy.

"I like to say that we, the interventional cardiologist, are the plumbers and the electrophysiologists are the electricians," Dr. Harris added. "Sometimes you need to have an electrician come in and see if everything is working properly."

During the New Year's Eve Ball, patrons were treated to a performance by 1960s music icon Bobby Goldsboro and The Trendells before ringing in the New Year in style.

Pikeville Medical Center had plenty to celebrate in 2009. The hospital was recognized as the National Hospital of the Year recipient by the American Alliance of Healthcare Providers, surpassing other leading medical facilities such as The Mayo Clinic, The Cleveland Clinic, Johns Hopkins, Duke University and Vanderbilt University Medical Center.

Additionally, PMC was recognized by Modern Healthcare

Magazine as one of the nation's "Best Places to Work."

The hospital's Heart

Institute also attained national accolades in 2009, becoming the first hospital in Kentucky - and among the first 10 medical

facilities in the nation - to earn the highest accreditation by

(See BALL, page five)

# Welcome to our new colleagues

The Kentucky Heart Institute is pleased to welcome the following heart specialists to King's Daughters Medical Center.

### Kentucky Heart Institute members are:

**Cardiothoracic Surgeons of Kentucky Medical Plaza B, 613 23rd St., Suite 210 (606) 326.9847**

Robert Fried, M.D.  
Juan MacHannaford, M.D.  
Marcos Nores, M.D.

**Comprehensive Heart & Vascular Associates 2201 Lexington Ave., Suite G10 (606) 329.1997**

Arshad Ali, M.D.  
Ghassan Dalati, M.D.  
Ahmad Elesber, M.D.  
Roger Klein, M.D.  
Bipin Nagra, M.D.  
Hullukunte Shivaprasad, M.D.  
Sriharsha Velury, M.D.

**Kentucky Heart & Vascular Physicians Medical Plaza B, 613 23rd St., Suite 230 (606) 324.4745**

Richard Ansinelli, M.D.  
David Bush, M.D.  
Zane Darnell, M.D.  
Chris Epling, D.O.  
David Glassman, M.D.  
Richard Paulus, M.D.  
Vaughn Payne, M.D.  
Arley Peter, M.D.  
Lynn Preston, D.O.  
Terence Ross, M.D.

### Kentucky Heart Institute Locations

<b>Kentucky</b>	<b>Ohio</b>
Ashland	Burlington
Flatwoods	Ironton
Grayson	Jackson
Inez	Portsmouth
Louisa	Waverly
Morehead	Wheelersburg
Pikeville	
Prestonsburg	
Salyersville	
Vanceburg	



#### David Bush, M.D.

Cardiologist David Bush, M.D., has joined the staff of Kentucky Heart and Vascular Physicians. Dr. Bush has been practicing in the area for more than 15 years and sees patients in both Ashland and Portsmouth. Call (606) 324.4745 for more information.



#### David Glassman, M.D.

An electrophysiologist, Dr. Glassman specializes in caring for patients with cardiac arrhythmias and has joined Kentucky Heart and Vascular Associates. Dr. Glassman completed his cardiology/electrophysiology fellowship at Brown University in Rhode Island. Call (606) 324.4745 for more information.



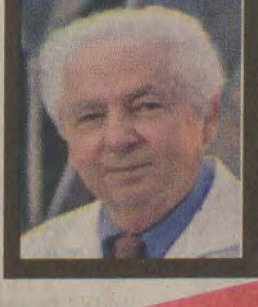
#### Bradley Keller, M.D.

Pediatric cardiologist Bradley Keller, M.D., is now seeing patients in the Heart and Vascular Center at King's Daughters. Dr. Keller is associated with Pediatric Cardiology Associates in Louisville, Ky. For more information, call 1.800.334.8635.



#### Juan MacHannaford, M.D.

Dr. MacHannaford is a cardiothoracic surgeon with Cardiothoracic Surgeons of Kentucky. He completed his cardiothoracic surgery fellowship at Rush University Medical Center in Chicago and a second fellowship, in endovascular aortic surgery, at the Cleveland Clinic. Call (606) 326.9847 for more information.



#### Robert Solinger, M.D.

Pediatric cardiologist Robert Solinger, M.D., is seeing pediatric heart patients in the Heart and Vascular Center at KDMC and is associated with Pediatric Cardiology Associates in Louisville, Ky. For more information, call 1.800.334.8635.

### Visit our NEW Web site!

Visit us online at [kentuckyheart.net](http://kentuckyheart.net) to find out more about the Kentucky Heart Institute, request an appointment, or learn about our physicians and services.





**Amber Waves**

by Dave T. Phipps



**Out on a Limb**

by Gary Kopervas



**R.F.D.**

by Mike Marland



**The Spats**

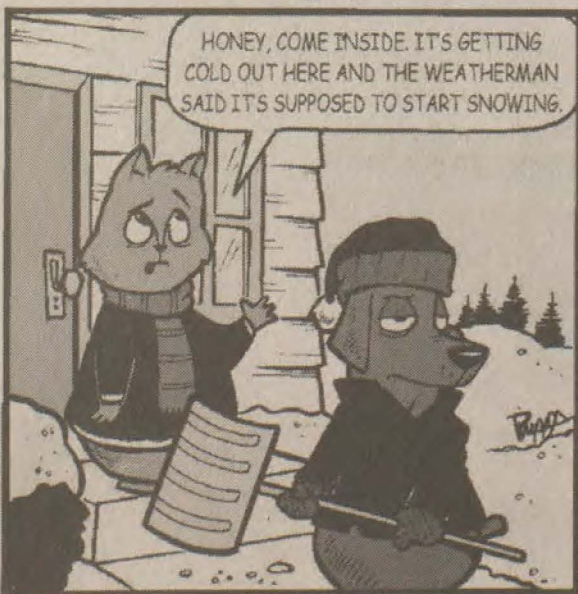
by Jeff Pickering



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**Just Like Cats & Dogs** by Dave T. Phipps



**LAFF-A-DAY**



**King Crossword**

**ACROSS**

- 1 Did some weeding
- 5 Cudgel
- 8 "National Treasure" actor
- 12 Roundish hairdo
- 13 Inventor Whitney
- 14 Rainbow
- 15 Just lie there
- 17 Gridlock elements
- 18 Deity
- 19 Within one's power
- 21 Xbox enthusiast
- 24 Crow or crane
- 25 Metamorphoses" poet
- 26 Military headquarters
- 30 Automaton, for short
- 31 Leans to one side
- 32 Singer DiFranco
- 33 Cameo's opposite
- 35 Shell-less snail
- 36 Mah-jongg piece
- 37 Tether
- 38 "- Preacher Man"
- 41 Vast expanse

1	2	3	4	5	6	7	8	9	10	11
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38	39	40				41				
42				43	44			45	46	47
48				49				50		
51				52				53		

- 42 Related (to)
- 43 Hamburger's hello
- 48 1492 vessel
- 49 Greek vowel
- 50 Pop choice
- 51 Carina
- 52 Tatter
- 53 Basin accessory
- 8 Locust
- 9 Speedy steed
- 10 "You go, -!"
- 11 Being, to Brutus
- 16 Neither mate
- 20 Table scraps
- 21 Asian desert
- 22 Shake-speare's river
- 23 Catcher's prop
- 24 Prove untrue
- 26 Pirate
- 27 Festive
- 28 Responsibility
- 29 At hand
- 31 Workweek's end initials
- 34 Lacking a musical key
- 35 Rap session?
- 37 Director Spike
- 38 Foundered
- 39 "Grapes of Wrath" type
- 40 Baseball team
- 41 Unescorted
- 44 Actress Hagen
- 45 AAA job
- 46 Hearty quaff
- 47 Needlefish

**DOWN**

- 1 Owns
- 2 Frequently
- 3 Mound stat
- 4 Followed relentlessly
- 5 Rosary component
- 6 Elev.
- 7 Included as

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**Weekly SUDOKU**

by Linda Thistle

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8		2						6
		5	3	7				
3				9	5	2		
		2	3		1			
	8			6		4		
1			7	6				
	4			5	2			
		3	9					1

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!

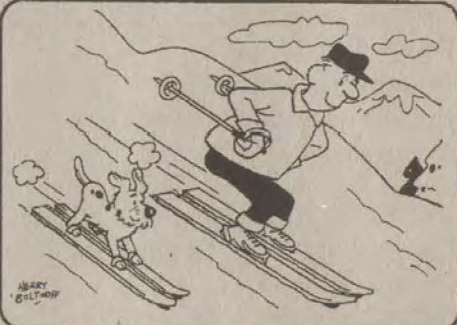
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**Trivia test** by Fifi Rodriguez

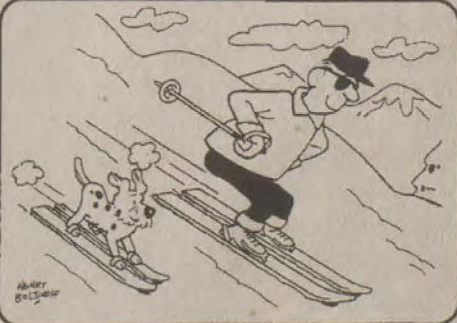
- U.S. STATES: What state lies directly north of Wyoming?
- LITERATURE: Who was Sherlock Holmes' archenemy?
- GENERAL KNOWLEDGE: What is the traditional birthstone for April?
- PSYCHOLOGY: What is the fear represented by "monophobia"?
- MUSIC: What 1990s rock band had a hit album titled "Nevermind"?
- GEOGRAPHY: What is the longest suspension bridge in the United States?
- FAMOUS QUOTATIONS: Who once said, "You can observe a lot by just watching"?
- MOVIES: Who won the Oscar for best actress in 1978?
- TELEVISION: What was the name of Ross' monkey on the TV show "Friends"?
- SCIENCE: What is the symbol for the element phosphorus?

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**HOCUS-FOCUS** BY HENRY BOLTINGOFF



Find at least six differences in details between panels.



Differences: 1 Tree is missing 2 Man has sunglasses 3 One ski pole is missing 4 Dog has more spots 5 Cloud has been added 6 Dog's skis are shorter

K	E	E	L	R	A	G	E	E	L	R
L	A	N	A	N	A	N	A	N	A	N
A	K	I	N	G	U	E	N	T	A	G
S	O	N	O	F	A	S	E	A		
H	S	I	L	E	A	S				
I	N	T	A	G	L	I	O	S	L	A
G	I	N	T	L	I	T	S			
N	O	N	I	D	P	E	N	T	A	G
G	A	M	E	R	B	I	R	D		
G	O	D	O							
S	T	A	G	N	A	T	E	C	A	R
A	F	R	O	E	L	I	T	R	I	S
H	O	E	D	B	A	T	C	A	G	E

Solution time: 21 mins.

Answers

**King Crossword**

5	6	3	9	2	8	4	7	1
7	4	8	6	1	5	9	2	3
1	2	9	4	7	3	6	8	5
9	8	1	5	6	2	3	4	7
4	5	2	3	8	7	1	6	9
3	7	6	1	4	9	8	5	2
2	1	5	8	3	6	7	9	4
8	3	7	2	9	4	5	1	6
6	9	4	7	5	1	2	3	8

Answer

**Weekly SUDOKU**

Assuming Roseanne really loves chocolate, her daughter could've been named Candy Barr.

**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: A equals V

TGGELNPQ KUGJTPPJ  
KJTRRB RUAJG ZOUZURTSJ,  
OJK HTEQOSJK ZUERH'AJ  
GJJP PTLJH ZTPHB CTKK.

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# FLOYD COUNTY Lifestyles

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## MOVIES FROM THE BLACK LAGOON

### 'S.W.A.T.'

by TOM DOTY  
TIMES COLUMNIST

Police drama meets "Magnificent Seven" styled action in this remake of the classic ABC series that focused on the special weapons and tactics squad of the Los Angeles Police Department.

This one starts off with a bang, actually several of them, as armored thieves shoot it out with the LAPD while trying to flee a bank heist. Two robbers make a break for their getaway vehicle and are gunned down, while two other thieves wisely opt to stay in the bank and announce that they have hostages.

Meanwhile, two members of the S.W.A.T. team (Gamble and Street) are able to sneak into the building. They opt to ignore their radios, which are broadcasting a "hold your fire" message, and take down the two suspects. Gamble lives up to his name and shoots through a hostage to nail his target.

The men are brought before their irate captain, who informs them that they are off the unit and will have to work as equipment clerks. Gamble refuses to accept this banishment and resigns, while Street takes the hit. Later, the pair argue when Gamble assumes that Street sold him out to keep his job.

The incident has hurt the

(See LAGOON, page five)

## 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.*

George Brown has lost a coat, same color and size as mine. But his didn't have a box of fish-hooks in the pocket.

□□□

A fond wish in which we all join:

May the fuel shortage be short.

### HOW ABOUT THAT?

This new zoning to keep some of us on "slow" time has its quirks. The same man who lost his coat reminds me that a-body could leave Louisa, only 40 miles away, at 8 o'clock, say, and arrive here before the time he started, or, vice versa, he could leave Prestonsburg for Louisa, and on arriving there, learn he'd been almost two hours making the short drive.

### DON'T SAY THAT!

Several acquaintances have been inquiring after my plans about open house, now that we're in new quarters. None of their comments excited me till one started to say I ought to have a housewar—and I stopped him right there, in mid-syllable.

### FREEDOM

My son—the one who bought

(See ALLEN, page four)

## Old Christmas set for Sunday at May House

by FLOYD DAVIS

Everyone knows there are twelve days of Christmas. We sing about them, we time the hanging and removal of our Christmas decorations around them, we even trace the origins of religious schisms and disputes to them. But how did it begin?

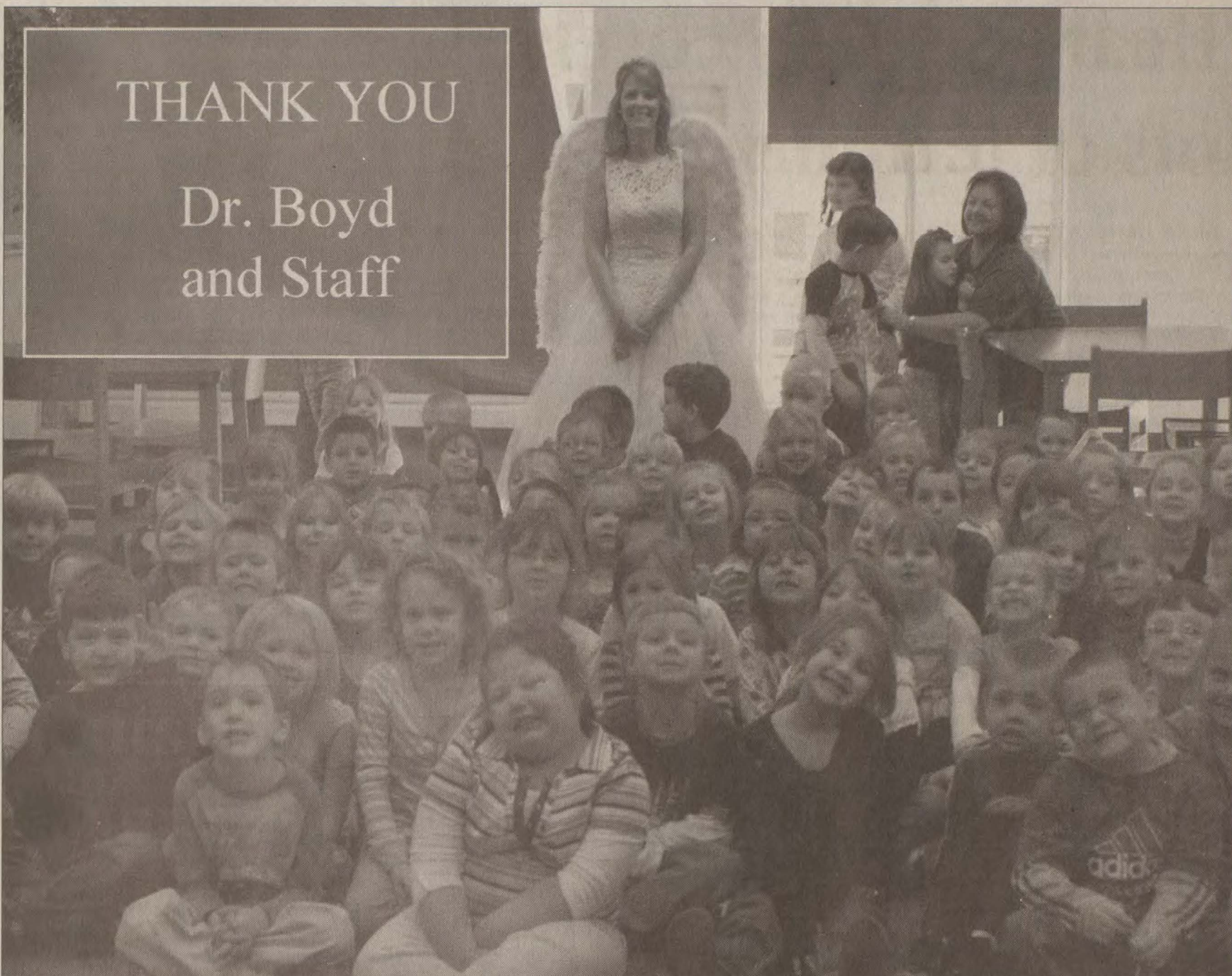
The 12 days originated from a change in the Christian calendar in the year 1582. The Julian Calendar, in use since the time of the Roman Empire, was proving to be inadequate to the precise measurements of time required by the European Renaissance and the budding Age of Reason. Pope Gregory XIII introduced a new calendar, our present Gregorian Calendar, to correct this deficiency. Since Pope Gregory had no authority outside the Catholic Church, nations were slow to adopt the new calendar, especially Protestant countries who

viewed most things Catholic with suspicion. England and her American Colonies did not adopt the new calendar until 1752, some 24 years before the American Revolution and more than 150 years after the founding of the Jamestown Colony in Virginia. This meant that the ancestors of Eastern Kentucky's current residents were already deep into the frontier before the Gregorian Calendar was implemented in America and that their isolation would encourage resistance to the change.

The Gregorian Calendar was eventually accepted in the Appalachian Region, but the date for the original Christmas, Jan. 6, was preserved in folk lore and is still remembered and celebrated. Some called it "Little Christmas", others looked to the Church calendar and celebrate Jan. 6 as Epiphany, the coming of the wise men. But most simply called it Old Christmas and celebrated it on January 6th as the end of the Christmas season (which is

why Christmas decorations are generally removed by this date). Legends and folk-traditions grew up around the holiday, the best know of which is that barnyard animals kneel to pray at midnight on January 6th—something my father claimed to have actually witnessed when he was a young man. By the 1960's, Appalachia's isolation had been broken and the celebration of Old Christmas was nearly lost. However, a Prestonsburg resident and musician, Edith Fitzpatrick James, revived the tradition through her music students and reintroduced the celebration of the holiday to new generations.

This Sunday, Jan. 10, between the hours of 2 and 5 p.m., the May House Foundation and the Friends of Middle Creek invite the community to join us in the celebration of this traditional holiday and the close of the Christmas season at the Samuel May House in Prestonsburg. Light refreshments will be served.



### Special Guest

Recently, "Tooth Fairy" visited the kindergarten students at Betsy Layne Elementary to remind them about good oral hygiene habits and the proper dental procedures to maintain a healthy mouth and strong teeth. The visit was made possible by Dr. Lee Boyd and his dental office staff of Allen.

## Sunday is anniversary of Civil War battle

by FLOYD DAVIS

It was January 1862, and the Civil War was going badly from the Union's view. An overzealous captain had nearly sparked a British-American war by forcefully removing two confeder-

ate diplomats from a British ship in mid-ocean; most of the Union Army sat inactive in Washington with Lincoln and George McClellan (commander of the Union Army) barely on speaking terms; and in eastern Kentucky a Mexican war hero and a

future president of the United States prepared for battle along a flooded stream called Middle Creek.

This Sunday, Jan. 10, the Friends of Middle Creek and the Kentucky National Guard, Prestonsburg Post, will assemble at the Middle Creek

National Battlefield at 11 a.m. to commemorate the 148th anniversary of this battle to recognize and honor the soldiers that fought there. Please join us there to honor those men and to recognize the role the Civil War played in Eastern Kentucky's history.

### DINNER DIVA

## 5 bad foods



In a world where the list is king, doesn't it make sense to know what not to eat in addition to what you should eat?

That's how I look at it and you know how much I love me a good list! The foods you should never eat are deserving of their own list too, doncha think? But I've done one better on this particular list. While I've named the culprit in disturbing your peace (health and weight), I've also named the hero in restoring your well-being (big applause now).

Let's get right to business then and get rolling with this list. If you stick with me, you'll know how to dodge these negative

nutritional bullets and make better choices at the grocery store and when dining out.

### Culprit #1:

Deep Fried Anything. Sorry, but if you order deep fried, make deep fried or even use the words deep fried, you might as well look for a cardiologist at the same time. Deep frying is positively the worst possible choice for having anything prepared. And don't let the words, "lightly fried" fool you either, as in tempura! It's all wickedness!

### Hero #1

Sauteed for Flavor. This cooking technique uses minimal oil (preferably olive oil) and gives your food the flavor and complexity you're looking for. I sauté my green beans after steaming them in olive oil (not virgin, that's too fine an oil for heat), a lot of fresh garlic, a little sea salt and a liberal grinding of fresh pepper. Unbelievable taste with very little fat and no bad fat, either.

(See DIVA, page four)

### inside lifestyles

Horoscope .....	B4
Rental Central .....	B5
Classifieds .....	B6
Worship Directory .....	A7

## Fun & Games

page B2



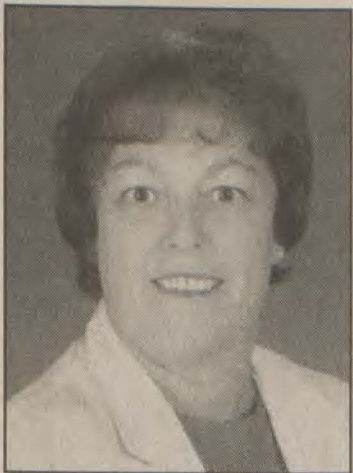
## CAR TALK

Can kids wear out power windows?

— page B5







**Family Medicine**  
OHIO UNIVERSITY  
College of Osteopathic Medicine

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

**Q** I am a nurse, and I was recently diagnosed with an MRSA infection on my leg. The last time I took care of a hospital patient with MRSA was six months ago. Could this infection of MRSA come from a patient I saw that long ago, or did I get it somewhere else?

**A** MRSA (methicillin-resistant Staphylococcus aureus) is a subgroup of the bacteria which causes staph infections. Typically, penicillin-based compounds are used to kill staphylococcus aureus bacteria, but this particular strain does not

respond to that treatment.

Like all staph infections, MRSA usually begins with small red bumps that look like insect bites or pimples, followed by large, painful abscesses. If these bacteria move into the body, serious and even life-threatening infections can occur.

Staphylococcus aureus bacteria account for 80 percent of all skin infections. Of those 80 percent, 20 percent fall into the MRSA subtype. Many years ago, MRSA was less common and reported only in the hospital setting. Now it occurs in the commu-

nity setting as well, hence the newer name, CA-MRSA, or community-acquired MRSA. In recent years, we have seen CA-MRSA contracted among children in schools and day care centers and by people of all ages in the community at large. These bacteria do respond to certain medications, including the antibiotic vancomycin, which is often used with drug-resistant bacteria.

As for your question about contracting a delayed MRSA infection from contact with a patient whom you saw six months ago — that is highly unlikely. Most bacteria are not able to live outside of the body for more than a few hours.

That said, given the right environment, temperature and humidity, bacteria can grow anywhere, and they

could potentially survive for a few months. This would require a wet surface containing certain nutrients bacteria need to grow — and it would require that the surface not be washed for several months. I should hope that such conditions would be impossible to find in any hospital setting.

Even then, just touching a contaminated surface will not necessarily give you an infection. Intact, healthy skin resists most bacteria and prevents its penetration. Infections most often occur when bacteria enter a break in the skin, such as a cut, scrap, insect bite or cracked dry skin.

As a nurse I am sure you are well schooled in "standard precautions" — a term that encompasses the medical practices used to prevent the spread of infection within a hospital. Standard

precautions include wearing gloves while changing dressings, making beds or drawing blood. All such patient interactions should be preceded and followed by thorough hand-washing, especially when the patient has an infectious condition. When standard precautions are strictly followed, a skin infection should not spread from patient to nurse or vice-versa.

□□□

*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**

**'Heart disease' covers lots of territory**

DEAR DR. DONOHUE: Can you give me a good definition of "heart disease"? I find the phrase very confusing. -- A.T.

**ANSWER:** It's confusing because it covers so much territory and deals with so many different conditions. The most prevalent form of heart disease is coronary (heart) artery disease -- CAD, a buildup of cholesterol, fat and other materials in the arteries that supply the heart with blood. The buildup obstructs blood flow to the heart muscle, and the result is angina (chest pain) with partial obstruction, or a heart attack with complete obstruction.

Heart-valve disease constitutes another group of heart ailments. The heart has four valves that keep blood moving from one heart chamber to the next and prevent backflow of blood into the chamber it just left. A valve can narrow and present an obstacle to the free flow of blood, or it can leak and allow backflow of blood. For example, a narrowed mitral heart valve is mitral stenosis; a leaky mitral heart valve is mitral regurgitation.

The heart is a muscle. Diseases that directly affect the heart muscle are cardiomyopathies ("cardio" is heart; "myo," muscle; "pathy," disease). Some are inherited. Others develop on their own. This is another large group of heart diseases.

Congestive heart failure arises when the heart becomes such a weak pump that blood backs up into the lungs, causing shortness of breath, and into the rest of the body, causing ankle and feet swelling. Congestive heart failure may result from any of the above three heart conditions.

Heartbeat disturbances -- arrhythmias (uh-RITH-me-uh) -- come about from a misfiring of the inborn electrical activity of the heart. Atrial fibrillation is a common arrhythmia. Arrhythmias often disturb heart pumping and lead to heart malfunction.

Congenital heart disease is another group of heart diseases. They are defects in the way the heart formed during embryonic and fetal development. Holes in the partitions that separate the heart chambers are examples of congenital heart disease.

Congestive heart failure, a common consequence of heart disease, is discussed at length in the pamphlet on that topic. Readers can order a copy by writing: Dr. Donohue -- No. 103W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

□□□

DEAR DR. DONOHUE: I

am very worried about my 68-year-old boyfriend. He has type 2 diabetes. He eats sugar without control -- cakes, ice cream, regular soda pop. Most of the time, his sugar is over 300, sometimes over 480. He takes medicine for his diabetes, so he thinks he can eat whatever he wants. What can happen? -- G.A.

**ANSWER:** You have justification to be worried. So does your boyfriend. Uncontrolled diabetes leads to artery hardening, strokes, heart attacks, nerve damage, kidney failure and blindness. Medicine is only a part of the treatment. Diet is the other part. He must limit his total daily carbohydrates, not just sugar. Carbohydrates are starches and sugars. The only way he'll come to grips with this is to talk to a dietitian or a certified diabetes counselor. He should do so quickly.

□□□

*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. Health newsletters also may be ordered from www.rbmamall.com.*

**Diva**

**Culprit #2**

White Bread. Thud. Did you hear that? That's the sound of white bread landing in your gullet. It's squishy, gooey and gluey and it's adhering to the sides of your intestines, do you feel it? Blech. Considering the negative nutrition associated with denatured flour, why would anyone make that choice in this enlightened century? Lose the white bread already!

**Hero #2**

Sprouted Wheat Bread. Okay, check this out. When you sprout grain, then make it into bread, not only is a lot easier on your digestion, it's packed full of nutrients traditional bread doesn't have! Consider this nugget: your body looks at sprouted grain as veggies, not starch! That's good news if your thighs sprout inches just by eating a sandwich with two pieces of bread!

**Culprit #3**

Shortening and/or Margarine. Solidified fats get that way through a process called hydrogenation, which in turn, makes a multitude of sins called trans fats. Yes, we've all heard how bad trans fats are, right? Well, not only does margarine lower your HDL (good cholesterol) it also raises the bad (LDL). Ix-nay all the way on margarine (and it's evil

twin shortening...which is essentially unflavored margarine).

**Hero #3**

Butter. Hallelujah and pass the butter already! Butter, though a definite saturated fat, will raise your good cholesterol unlike margarine. Just use it very moderately. Try Better Butter: half unsalted butter and half extra virgin olive oil whipped together and kept in the fridge in a covered dish. Just like soft spread margarine only 300 times better!

**Culprit #4**

White Rice. Oh. My. Gosh. Are you really still eating white rice? This depiction of a grain is full of nothingness. The fiber is missing, the B vitamins are virtually unheard of and the glycemic load will take you one step closer to Type 2 Diabetes, if that's your go-to carb! Dismiss this!

**Hero #4**

Brown Rice. With three times the amount of fiber, more B vitamins as well as other nutrients, the carb load on brown rice is much easier on your body and a smaller amount will satiate, too. What's not to love about that, especially if you're trying to lose a few pounds?

**Culprit #5**

White Sugar. To quote

Continued from p1

Gomer Pyle, "Surprise, surprise, surprise." I bet you knew sugar would be on the list, didn't you? How can it not be. Did you know that consuming white sugar will actually stun your white blood cells from doing their important health preserving work? Yes, sugar impacts your immune system! It doesn't just eat your teeth and add to your belly fat, it disrupts immune function. Repent from your sugar eating ways and return to the healthy fold!

**Hero #5**

Dark Chocolate and Fruit. You thought I was going to list alternative or artificial sweeteners, didn't you? Studies have shown that people who consume diet drinks tend to gain weight doing so. Why is this? The hypothesis is you can't fool your body like you think—if it tastes sweet, your body may still react to it and gain weight. Stinks, doesn't it? But we need to LOSE our sweet teeth, people! That's the problem, not finding the golden panacea that tastes just like sugar. If you want something sweet, have some fruit and an ounce of very dark chocolate (FULL of phytonutrients, yay!) Once you get over your addiction to sugar, this decadent treat (a bowl of fresh raspberries with melted dark chocolate drizzled over the top) will knock you flat. You'll happily say no to donuts!

**Allen**

the bumper strip which read, "Eat More Possum"—has, like the cat, brought in something again. It's a photograph bearing these lines of Walt Whitman's,

From this hour,  
freedom!  
Going where I like,  
my own master...

Reading that, you would expect to see an eagle in majestic flight, exploring the heavens in utter freedom. But the photograph alongside the poet's lines is that of a bird dog carefully climbing a woven wire fence, one paw atop the post, the other on the top strand, a hind foot at the top and his head stuck well forward; looking off there into the distance, as if shading his eyes in search of a bone that needed gnawing.

□□□

If you're worried about TV and the 6 o'clock news, just tune in at 5. No charge for that advice.

**MYSTERIOUS VISITORS**

Every community, I suppose, has at some time or other, its mystery. Ours still has two, as oldtimers still wonder who those two men were, whence and why they came, their antecedents, et cetera.

The first was known as Cap'n Jenks. No more, no less. He arrived, unheralded, walked into a farmhouse without knocking and proceeded to "board among the scholars," so to speak, over a period of years.

Some surmised that he was

an outlaw, hiding away from the law. Nobody ever knew. Nobody got around to asking him, and he never volunteered any information.

The burly individual sometimes would partake too freely of the grape or "cawn," and on such occasions would barge through a door, into a family's living quarters, seat himself, speak never a word, and chill all who beheld him with baleful glances from bloodshot eyes. At other times he worked about the places he visited, was tenderness itself to women and children.

Then one day he disappeared. Word came back later that he had been shot to death in a mountain county. He had walked inside a home, unannounced, without a knock, and a nervous householder had written finis to Cap'n Jenks.

The other mystery figure is nameless. He didn't know his name when my father pulled him from Salt Lick Creek into which he had fallen from his horse on a winter afternoon. A neat, clean-cut old gent, he was, once we got him thawed out, but he could not tell us

his name, or where he was from, or where he was going. He mentioned children but couldn't remember who or where they were.

He spent the night, ate breakfast next morning, mounted his horse, said his goodbyes and rode off. As he left we noticed that he was wearing two ties, but put it down to the general pattern of his eccentricity and thought no more of it.

A few hours later, the mailman from farther up the creek left in the mailbox a large envelope addressed in a beautiful hand to my father. One of the ties he had worn, which was my Dad's, was in the envelope. But it was the note inside that I have never forgotten. It read:

"I long have known that I am a monomaniac, but not till now did I know I was a kleptomaniac."

Ships that come to view and pass over the horizon to the unknown. It's a little late to bring these two into print, but I still occasionally wonder about them...as witness the foregoing.

Continued from p1

**Salome's Stars Weekly Horoscope**

**ARIES** (March 21 to April 19) Use that Arian charm to help make a difficult workplace transition easier for everyone. News about a long-awaited decision can be confusing. Don't jump to conclusions.

**TAURUS** (April 20 to May 20) Although you might well be tempted to be more extravagant than you should be at this time, I'm betting you'll let your sensible Bovine instinct guide you toward moderation.

**GEMINI** (May 21 to June 20) An opportunity for travel could come with some problems regarding travel companions and other matters. So be sure you read all the fine print before you start packing.

**CANCER** (June 21 to July 22) Make an effort to complete your usual workplace tasks before volunteering for extra duty. Scrambling to catch up later on could create some resentment among your colleagues.

**LEO** (July 23 to August 22) A financial matter could have you rethinking your current spending plans. You might want to recheck your budget to see where you can cut back on expenses until the situation improves.

**VIRGO** (August 23 to September 22) One way to make your case for that promotion you've been hoping for might be to put your planning skills to work in helping to shape up a project that got out of hand. Good luck.

**LIBRA** (September 23 to October 22) Be careful about "experts" who have no solid business background. Instead, seek advice on enhancing your business prospects from bona fide sources with good success records.

**SCORPIO** (October 23 to November 21) Standing up to support a colleague's viewpoint -- even if it's unpopular -- can be difficult if you feel outnumbered. But you'll win plaudits for your honesty and courage.

**SAGITTARIUS** (November 22 to December 21) While progress continues on resolving that recurring problem, you might feel it's taking too long. But these things always need to develop at their own pace. Be patient.

**CAPRICORN** (December 22 to January 19) Someone close to you might have a financial problem and seek your advice. If you do decide to get involved, insist on seeing everything that might be relevant to this situation.

**AQUARIUS** (January 20 to February 18) A personal matter takes an interesting turn. The question is, do you want to follow the new path or take time out to reconsider the change? Think this through before deciding.

**PISCES** (February 19 to March 20) Moving into a new career is a big step. Check that offer carefully with someone who has been there, done that, and has the facts you'll need to help you make your decision.

**BORN THIS WEEK:** Your warmth and generosity both of spirit and substance endears you to everyone.

**American Heart Association**  
Fighting Heart Disease and Stroke

**Choose Healthful Foods**

PSA

**THINK OF IT AS AN OWNER'S MANUAL FOR YOUR MONEY.**

The free *Consumer Action Handbook*. In print and online at ConsumerAction.gov, it's the everyday guide to getting the most for your hard-earned money. For your free copy, order online at ConsumerAction.gov; write to Handbook, Pueblo, CO 81009; or call toll-free 1 (888) 8 PUEBLO.

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



# Can kids really wear out power-window switches?

by TOM and RAY MAGLIOZZI

Dear Tom and Ray:  
When I was a kid, my siblings and I loved to play with the power windows — up a little, down a little, up some more, down some more, all the way up. Our elders always told us to cut it out because we'd wear out the switches. Now that I have kids of my own who love to do the same thing, I find it annoying, so I tell them to cut it out because they'll wear out the switches. But it makes me wonder — can you really wear out power-window switches, or were my elders fibbing, just the way I am? — John

RAY: I don't think I'd worry too much about the switches, John.

TOM: No. Switches are cheap. It's the broken power-window motors and regulators that'll have you cursing the little rugrats.

RAY: All of those parts — the switches, the motors and the window regulators (the mechanical pieces that actually move the glass up and down) — have thousands of cycles in them. But not an infinite number.

TOM: So, let's say you have two kids, and we'll assume the little tykes are confined to the back seat. On a

three-hour trip to Grandma's, let's say each kid works one rear window — up and down, up and down, continuously. That's about 2,000 cycles right there. Or 4,000 round trip, if the kids aren't sleeping off candy comas after visiting Grandma.

RAY: If you make that trip once a year, within three years or so, you're going to need two window motors. And, depending on the car (sometimes you have to buy the regulator and the motor as one unit), they can cost anywhere between \$200 and \$500 per window!

TOM: So, you have two reasonable choices, John. One is to invent a coin-operated power-window mechanism. For a nickel or a dime, your kids will be able to raise or lower the window once, while contributing to their eventual repair.

RAY: Or you could simply limit the kids' playtime with the windows. You don't want to ruin all their fun, so give them a couple of minutes to play, and then when you start to smell smoke, tell them "Time's up," and deactivate their window switches (which you can do from the driver's control panel). Then, hopefully, they'll turn their destructive instincts

to something less expensive, like opening and closing the ashtrays until their doors fall off.

**Doctor needs a reliable car in the snow**

Dear Tom and Ray:  
I am a doctor living in an area that typically can get 6 to 8 inches of snow on the ground at some point in the winter. Snow plows are not always out on the roads when I drive. For this reason, I need a four-wheel-drive vehicle; however, I don't know if SUVs, like the Honda CR-V or BMW X3 or X5, are superior in snow to lower-riding all-wheel-drive cars, like Audis or Subarus. Do I really need to be higher up in an SUV, or could I get through snowdrifts in a sedan? I get concerned about it because I have to be at the hospital no matter what the conditions are outside. This dictates what I drive, even if gas mileage is poor. — Claire

TOM: Well, there are two issues that determine how well you get around in the snow.

RAY: One is traction. And for traction, any all-wheel-drive vehicle — car or SUV — will keep you moving on snowy roads. If one wheel is slip-

ping on snow or slush at any given moment, one or more of the other wheels always will have enough grip to pull you through.

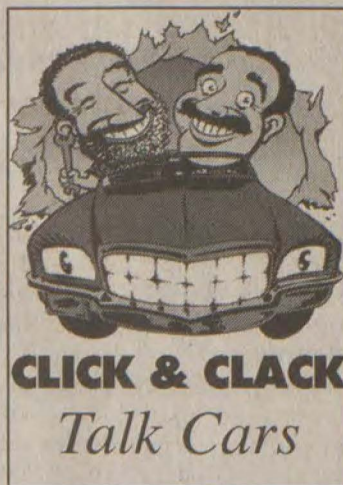
TOM: The other issue is ground clearance. If you have, say, 2 feet of unplowed, drifting snow on the roads, and you're driving a Mazda Miata (or any car whose floor is close to the ground), the car can get "hung up" on a hardened mound of snow — with its drive wheels unable to reach the ground. Granted, you'd have to be pretty unlucky to get hung up so that all four of your wheels were not touching the ground. But if you did, it wouldn't matter how many wheel drive you had — you wouldn't go anywhere.

RAY: But that's not an issue for you. Six to 8 inches of snow is what those of us in the great frozen north call "a light dusting." So you should have no trouble at all getting by with

an all-wheel-drive car — some of which (like the Subaru Outback) have heightened ground clearance, too.

TOM: Cars generally are safer and more comfortable. They handle better, ride better and get better mileage. So, why suffer in an SUV all year if you really don't need one?

RAY: And besides, cars are easier to get in and out of. So you'll never have to suffer the embarrassment of stopping by the emergency room and asking a colleague to have a look at your SUV-induced groin pull.



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](http://www.cartalk.com).

## Ball

the Society of Chest Pain Centers.

In 2009, PMC constructed two GE Healthcare Inova 3100 cardiovascular suites. Construction of a third suite is expected in 2010. The all-digital cardiovascular imaging system gives cardiologists the ability to better view and treat coronary artery blockages that

could cause heart attacks or other serious cardiovascular diseases.

Additionally, PMC has added a Mac Lab Hemodynamic monitoring system and vessel navigation software called IVUS, which is a phenomenal technology to make catheter insertion safe and effective. The hospital was

also the first in Kentucky to purchase the Vivid E9 cardiovascular ultrasound, a 4D imaging device that allows physicians to precisely detect and diagnose pathology that they may not have been able to see before.

"We take great pride in providing world-class services to our patients," said Pikeville

Medical Center President and Chief Executive Officer Walter E. May. "With this commitment comes enormous costs, and events, such as the New Year's Eve Ball, allow us to raise the money necessary to continue to elevate our level of care to the highest of standards."

May, his wife, Pam, and Paul E. and Judi Patton served as the honorary chairs for the event. Mr. Patton, Kentucky's 59th governor, currently serves as president of Pikeville College.

Johnson, Dr. Samuel J. King, Mr. J. Clint Martin and Ms. Kristy S. Hamilton, Dr. and Mrs. Ronald G. McCoy, Dr. Ramanarao V. Mettu and Dr. Jyothi Mettu, Dr. and Mrs. Kevin W. Pugh, Dr. and Mrs. Mark E. Reed, Mr. James E. Rogers, Mr. and Mrs. Buford Rose, Dr. Cindy C. Smith, Dr. and Mrs. Grady J. Stephens, Dr. and Mrs. Mark J. Swofford, and Mr. and Mrs. Bruce Walters II.

Wells Fargo Insurance Services of Kentucky, Inc., Precyse, CTL, Dr. Cindy C. Smith, DMD and Jim Rogers, Healthcare Underwriters Group of Kentucky, Aflac, Medtronics and Jessamine Lodging, Inc. Friendship Sponsors were: Smith & Smith Attorneys, Jack Conway, U.S. Bank, Lt. Gov. Daniel Mongiardo, Rep. Greg Stumbo, McCarthy Strategic Solutions, Wound Care Center, Equitable Gas, Lab Corp, AEP, AMIS, Blue & Co., Fairway, Lincoln National, HCGS, Karl Storz, Shurtleff's Sanitary Laundry, Hospice of the Bluegrass Mountain Rivers, Central Brace & Prosthetics, Inc., Pathology & Cytology Laboratories, Inc., Respironics, St. Jude Medical, Paul Doug and Judith Hinkle, GE Healthcare, CSG Health Solutions and Jerry D. and Holly Johnson.

"I want to thank all of our sponsors for their generosity. This event was completely underwritten by donations from our vendors and sponsors. No money from the hospital's general revenue was used for this event." May said. "The philanthropic investments of our vendors and sponsors will ensure that we continue to bring world-class healthcare to the people of our region."

Continued from p1

# Rental Central

by TOM DOTY  
TIMES COLUMNIST

The first releases of the new year included a real treat for the family and a few surprises.

■ "Cloudy with a Chance of Meatballs" — Family films work best when they're fun for everyone, and this adaptation of the children's book should appeal to the whole clan. The kids will love the goofy tale of an inventor who finds a way to control the weather by crafting a device that converts the atmosphere into fully prepared foods. Adults will dig the romance that develops between our nerdy hero and a struggling TV weather girl who lands the story. Middle-aged adults will also dig the eclectic cast, which mixes current stars with icons of the 1970s and 1980s. Only an animated movie could bring together James Caan, Anna Faris, Bruce Campbell, Mr. T,

and Neil Patrick Harris.

■ "Adam" — You may have missed this drama/love story when it played theaters but check out the DVD for a thoughtful examination on the struggles of a man with Asperger's syndrome who falls for a young woman. The cast and careful approach make this so much better than a Lifetime Channel illness-of-the-week effort.

■ "The Final Destination" — The latest film in this series will definitely appeal to gore fans, but those searching for a thoughtful terror tale are advised to skip it. The story, once again, focuses on a group of youngsters who avoid a certain death when one of them has a premonition of their impending doom. The grim reaper is not amused and comes calling. This one does not challenge the formula of previous efforts and simply exists to offer unbelievably complex death scenes. Fun if

you liked the others, but frustrating if you were expecting the series to develop any new ideas.

■ "Ajita Wilson Double Feature" — Italian sexploitation doesn't get much better than these efforts, which feature Ms. Wilson. Perhaps that's a misnomer as she began life as a mister but changed that status with a brief trip to a Swiss clinic. Here Ms. Wilson (who worked for big names like Dario Argento) struts her stuff as a stripper in one film and a prison escapee in the other. Both films are big on exploitation elements and feel like 1970s grindhouse fare. They aren't very challenging but they're sordid enough to make you feel like having a wash when they're over.

Next week the rentals will clean up their act with the release of the Iraq war drama, "The Hurt Locker."

Members of the Advisory Committee for the New Year's Eve Ball were: Dr. and Mrs. Naveed Ahmed, Dr. and Mrs. Harry E. Altman, Dr. Larry B. Coleman and Dr. Betty D. Coleman, Dr. and Mrs. Aaron W. Crum, Mr. and Mrs. John D. Elliott, Mr. and Mrs. James D. England, Dr. and Mrs. Keith B. Hall, Dr. and Mrs. Ronald D. Hall, Reverend and Mrs. Randy L. Johnson, Mrs. Kirby L. Walters and Mr. Todd

Johnson, Dr. Samuel J. King, Mr. J. Clint Martin and Ms. Kristy S. Hamilton, Dr. and Mrs. Ronald G. McCoy, Dr. Ramanarao V. Mettu and Dr. Jyothi Mettu, Dr. and Mrs. Kevin W. Pugh, Dr. and Mrs. Mark E. Reed, Mr. James E. Rogers, Mr. and Mrs. Buford Rose, Dr. Cindy C. Smith, Dr. and Mrs. Grady J. Stephens, Dr. and Mrs. Mark J. Swofford, and Mr. and Mrs. Bruce Walters II.

Event Sponsors for the event were: Appalachian Wireless, Community Trust Bank and Studer Group, Rose Builders, Stengel-Hill Architecture, Inc. and McKesson were Platinum Sponsors. Gold Sponsors were: Summit Engineering, Meridian, Gary C. Johnson, Leger Electric, LLC, and Heritage Sprinklers, Elliott Supply and Glass, Inc. and CMTA, Economy Drug, Billy Johnson, State Electric, Pikeville Radiology, Stites and Harbison, Professional Medical Insurance Services, Inc., Anthem, Marshall Emergency Services Associates, PSC, Honeywell and Codell Construction were Silver Sponsors. The following were Bronze Sponsors: Creative Lighting and Bath, Utility Management Group, Altman, McGuire, McClellan and Crum, P.S.C., Citizens National Bank, C2 Group,

## Lagoon

department's profile (and the LAPD sure knows that song by now), so the captain brings in an old school S.W.A.T. leader, Hondo, to revamp the team. He goes right to work and enlists Street as his driver as he interviews several candidates. They include:

■ Deke — a street cop who can run very fast

■ Sanchez — a feisty Latino whose tough guy reputation obscures the fact that she is actually a woman

■ Burress — a squeaky clean rookie that no one trusts because he's an upstanding, non-cursing vegetarian.

Suffice to say that Burress doesn't get the gig. Street gets reinstated alongside the new team members and we're off to the races with a training montage and the requisite team building scenes.

Meanwhile, an arrogant French crime kingpin gets nailed for diving with a busted tail light. This turns out to be a good deal for justice as he had just come back from slashing his uncle's throat. Unfortunately, the press gets hold of his status as an international criminal and they began covering his every move and he finds that he likes the attention in a Britney Spears sort of

way. He takes advantage of the coverage to offer a \$100 million reward to whoever springs him.

This offer turns L.A. into something resembling "Thunder Dome." The stage is now set for our S.W.A.T. team to escort the French felon to a maximum security prison whilst an array of bad guys, with enough firepower to level Newark, N.J., make their move to collect the reward.

This exercise takes up the second half of the film, but it's totally worth it as things finally get moving. What ensues are a host of explosions, fist fights, betrayals and all manner of mayhem on a budget that would have funded the original show for 15 additional seasons (it only ran for two).

This all works well enough due to smart direction from Clark Johnson. Mr. Johnson brings a lot of class to the proceedings, which he no doubt cultivated while working on TV's "Homicide" and "The Wire."

Fans of those shows will see several familiar faces in the cast but where this film goes wrong are in its leading roles. Samuel L. Jackson is woefully underused as Hondo. He must play second fiddle to

Colin Farrell, as Street, and it's a big mistake. Farrell is terrible here. His character is underwritten as well and an opportunity to have him grappling with ratting out his partner is totally botched.

He's outshined by LL Cool J as Deke and Michelle Rodriguez as Sanchez. Both actors get to show off their hard earned physiques and they get the better lines.

Even further down the cast you find some great work. Jeremy Renner ("Dahmer") steals every scene he's in as the strutting Gamble. He makes the rivalry with Street work, despite getting little back from Farrell. Josh Charles ("Sports Night") also makes an impression as the team's hot dog. His final scene with Jackson is a corker that leaves him without a chance of ever getting into S.W.A.T. 2.

Throw in a few cameos by members of the original cast (Steve Forrest has a blink-and-you'll-miss-it moment, but he's still a S.W.A.T. leader) and you've got a fine homage to one of the better cop shows of the 1970s.

Best line: "You only roll in John Woo movies. Not in real life."

2003, rated PG-13.

# Strange ... but true

by SAMANTHA WEAVER

■ It was American humorist Evan Esar who came up the following definition: "Statistics: The only science that enables different experts using the same figures to draw different conclusions."

■ The Emperor Charlemagne, who conquered much of Western and Central Europe during the first century, had an unusual relationship with his daughters. He refused to allow them to get married, but he evidently had no objections to their forming, shall we say, less formal relationships. He doted on his illegitimate grandchildren and even gave money and gifts to their fathers.

■ If you look at a list of the names of the 50 states, you'll find every letter of the alphabet except Q.

■ For reasons unknown, a law in New Jersey forbids the sale of cabbage on Sunday.

■ You won't be surprised to learn that the most dangerous device that is common in the modern world is the automobile. You might be surprised to learn, though, that the second most dangerous is the stair step.

■ You've probably never heard of Countess Rosa Branicka, but she accomplished an amazing feat. In the mid-19th century, at the age of 63, the wealthy Polish noblewoman became ill. The diagnosis given by experts in

Germany was breast cancer, and immediate surgery was recommended. For reasons unknown, the countess declined the treatment, then set about purchasing her own surgical instruments. Once all the tools were assembled, Branicka checked into a hotel in Paris and removed the tumor herself. Reports indicate that she healed well and quickly, and lived to the ripe old age of 82.

■ The only chemical element that is not a solid at a temperature of absolute zero is helium; it remains a liquid.

**Thought for the Day**  
"I have not failed. I've just found 10,000 ways that won't work." — Thomas A. Edison

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Insulation for sale. Mobile home skirting, garage door and house wrap before siding. Will ship anywhere! Call 574-267-1717.

2005 Harley Davidson, Cherry Black. 350 miles. \$10,800. Call 358-4036.

Free to good home. Beautiful two year old Himalayan cat. Has been declawed. Must be kept inside. For more information call 606-367-1047 or 606-886-2416 after 7 pm.

For sale: 2008 250 Recon. Like new! \$3,000. Call 226-1028 or 874-0752.

### For Sale By Owner

House for sale: 2 br, 2 baths. New kitchen and new central heat & air. Located at 1087 Highland Ave. Call 886-1630, 434-4965 or 226-4183.

### Apartments/Townhouses

Nice 1br Apartment for rent. Located on old 114 behind the Mtn Arts Center in Prestonsburg. No pets and no HUD. References required. Call 606-205-9510 or 606-263-4323

1 & 2 br apartment for rent. Located on Ky Rt 321 between Highland hospital & Davis market. Central heat / air with washer / dryer hookup. References and deposit required. Seniors welcome. Call 789-5973. 6016

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

For rent: 1 br apartment. Located in Prestonsburg. \$375 month plus utilities plus \$200 deposit. Call 606-880-6510

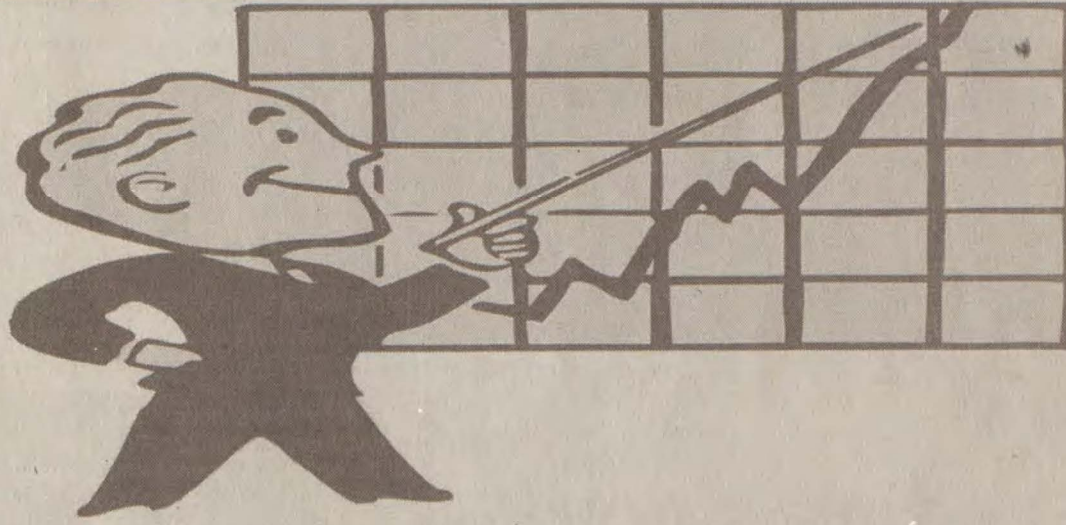
For rent: Small furnished, upstairs studio apartment. Nice and clean. \$375 month plus utilities and deposit. Call 886-6208.

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2 Br. house for rent. Located in Betsy Layne. Call for details 606-478-5403.

For rent: 3 br, 1 bath unfurnished house. Located on Abbott Creek. Carport, barn, storage building and 5 acres of land. \$575 month plus deposit. Call 304-389-2921.

Large country house for rent. 4 br, 2 1/2 bath with fireplace and central heat / air. \$850 per month plus deposit. Call 886-8366



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### Invitation for Bid

The Carl D. Perkins Job Corps Center, Prestonsburg, KY, is now accepting bids for the replacement of a hot water boiler for the male dormitory. The specs are as follows:

A.O. Smith  
 Mod# BTP140-540,000  
 Natural Gas  
 140 Gallon  
 Recovery Capacity 524 gal/hr  
 100 degrees

The deadline for bids will be Friday, January 8, 2010. Late bids will not be accepted. For more information, please contact Tracy Reichenbach at (606) 886-1037 ext. 103 or Paula Davis at (606) 886-1037 ext. 104 between 8 a.m. and 4:30 p.m., Monday-Friday. The Carl D. Perkins Job Corps Center reserves the right to reject any or all bids received.

### NOTICE OF INTENTION TO MINE 1 Pursuant to Application Number 836-5458, Amendment No. 1

In accordance with the provisions of KRS 350.070, notice is hereby given that Matt/Co, Inc. 439 Meadows Branch, Prestonsburg, Kentucky 41653 has applied for an amendment to an existing underground coal mining and reclamation operation located 1.5 miles southeast of Banner in Floyd County. The proposed operation will disturb 5.08 surface acres and SEQ CHAPTER 14 1r 1 of which 2.22 acres overlies currently permitted underground area for a total area within the permit boundary of 119.80 acres.

The proposed operation is located 0.4 miles east of Hall Branch Road's junction with State Route 1426 and located 0.30 miles east of Prater Creek.

The proposed operation is located on the Harold U.S.G.S. 7 1/2 minute quadrangle map. The surface area to be disturbed is owned by the Michael Keith Hall Estate and Hazie Boyd.

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

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 Pikeville, KY 41502

### NOTICE OF INTENTION TO MINE Pursuant to Application No. 836-5571 NW

In accordance with KRS 350.055, notice is hereby given that Matt/Co, Inc., 439 Meadows Branch, Prestonsburg, Kentucky 41653, has applied for a permit for an underground mining operation located approximately 0.5 miles northwest of Craynor in Floyd County. The proposed operation will disturb 7.14 acres of surface disturbance and will underlie an additional 1,681.18 acres making a total of 1,688.32 acres within the total permit boundary.

The proposed operation is located 1.3 miles southwest from State Route 979—s junction with Mink Branch Road and located 0.7 miles south of Hamilton Branch.

The proposed operation is located on the Pikeville U.S.G.S. 7 1/2 minute quadrangle map. The surface area to be disturbed is owned by Gustavia Howell Heirs, Charlie Howell Heirs, and Rockbridge Coal Corporation. The permit area will underlie land owned by The Elk Horn Coal Company, LLC, Gustavia Howell Heirs, Charlie Howell Heirs, Rockbridge Coal Corporation, Emit Howell Heirs, Della Jones, Robert Howell, Squire Hamilton, Levi and Mary McKinney, Frank and Ivalee McKinney, Pauline Tackett, Milford Howell, Acie Tackett, Earl Evans, Martha Newsome Estate, David Akers, Charlie Bentley Heirs, Jerry Fonce Howell, JRM Coal Company, Inc., Jack Gayheart, Bert Dye, Ivan Stumbo, Rudolph Jones, Sam Martin, Jenny Elley, Blaine Slone, Joseph Mining Co., Lee Tackett, Loretta Sue Newman, Tessie Hall, Dorothy Bentley Estate, Brenda G. Moore, and Zelli Slone.

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

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### NOTICE OF PENDING ACTION

By virtue of the Order of the Floyd Circuit Court, dated October 15, 2009, the undersigned was appointed to serve as Warning Order to notify Deborah Slone of the pendency of a Complaint to Enforce Security Interest which involves the following described mobile home.

1997 Southern, 28' x 56'. Serial No. DSDAL17003AB, as purchased in a written agreement with GreenPoint Credit LLC, entered on September 23, 1996.

Notice is hereby given that Deborah Slone is directed to come forward and present any defense to the Complaint regarding the above-described property she claims, or be forever barred.

Signed,  
 A. David Blankenship  
 Warning Order Attorney  
 Kinner & Patton Law Offices  
 328 East Court Street  
 Prestonsburg, Kentucky 41653  
 (606) 886-1343

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Help Wanted: Part-time with retail experience. Saturday work. 10-5 Weekdays, 10-4 Saturdays. Can work at least 20 hours a week. Please call to schedule interview 886-9995. Resume preferred.

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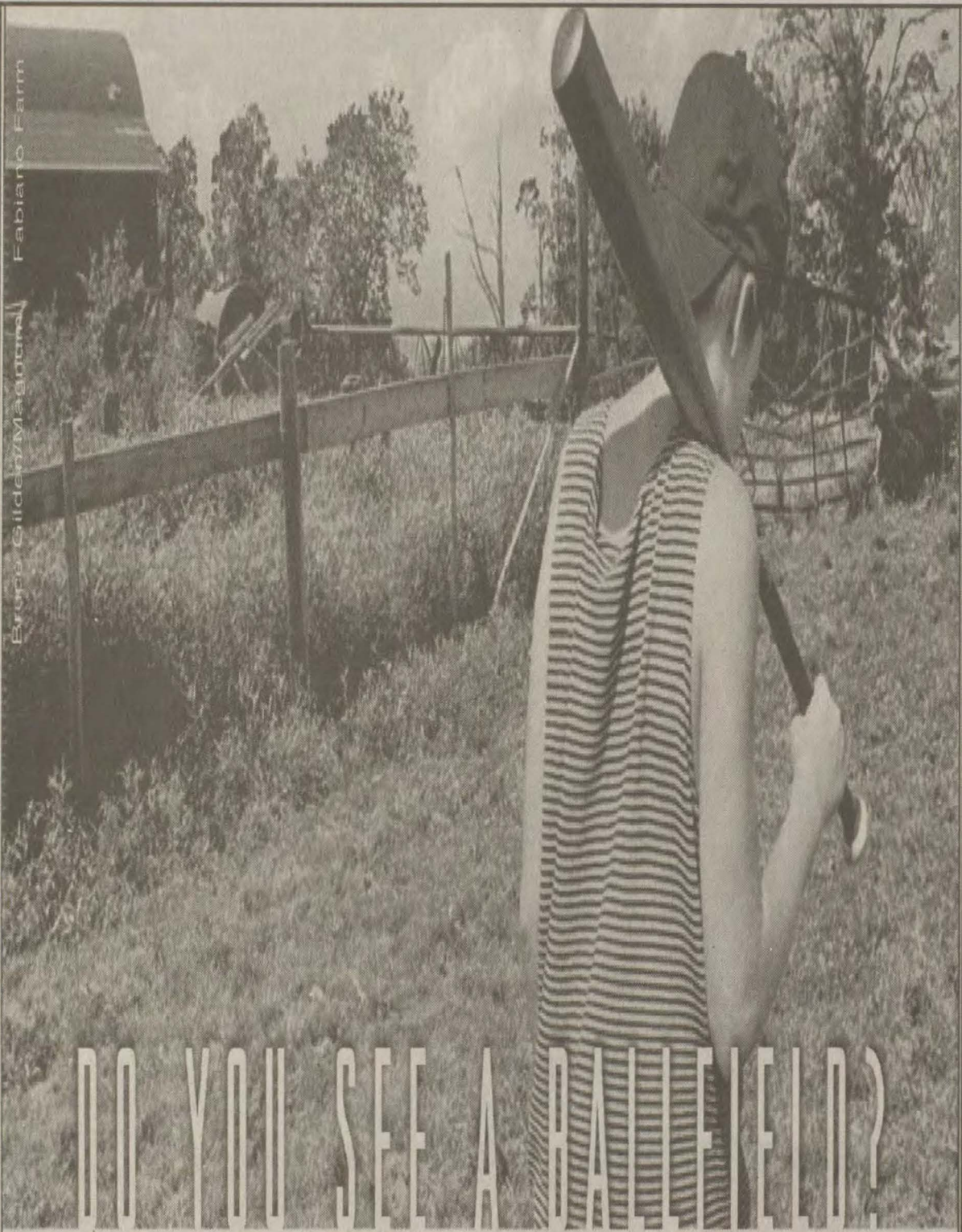
Qualified candidates should submit résumé to:

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Carl D. Perkins Job Corps  
478 Meadows Branch  
Prestonsburg, Kentucky 41653

Fax (606) 886-6073

Email: [scott.mabeline@jobcorps.org](mailto:scott.mabeline@jobcorps.org)

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 <b>06 Nissan Altima</b> Stk#Z2412A Was \$12,868 Now \$11,868	 <b>08 Ford Focus</b> Loaded, Stk#6166L <b>\$11,968</b>	 <b>09 Hyundai Sonata</b> Low Miles, Stk#6103P Was \$13,968 Now \$12,968	 <b>09 Toyota Corolla</b> Stk#Z2462A Was \$14,868 Now \$13,968	 <b>06 Town &amp; Country Ltd</b> Stk#6203D Was \$15,968 Now \$14,968	 <b>05 Dodge Durango</b> Stk#6310P <b>\$15,968</b>
 <b>06 Jeep Wrangler</b> Must See <b>\$15,968</b>	 <b>07 Jeep Grand Cherokee</b> Rocky Mountain Ed, 42K, Stk#Z5826A Was \$16,968 Now \$15,968	 <b>08 Hyundai Santa Fe</b> 4WD, Stk#6197P Was \$17,868 Now \$16,868	 <b>09 Dodge Charger SXT</b> Stk#62850 <b>\$17,968</b>	 <b>07 Ford Escape XLT</b> 4WD, Stk#6273L <b>\$18,968</b>	 <b>09 Jeep Liberty</b> Stk#6320P <b>\$21,868</b>
 <b>09 Hyundai Santa Fe</b> 4WD, Stk#6233L <b>\$22,868</b>	 <b>08 Toyota Highlander</b> Stk#6257D <b>\$22,968</b>	 <b>07 Ford F150</b> Ext Cab, XLT, Stk#6275L Was \$23,968 Now \$22,968	 <b>08 Dodge Ram 1500</b> Stk#6250D <b>\$23,968</b>	 <b>07 Chevy Avalanche</b> LTZ Loaded, Stk#6174D Was \$28,968 Now \$27,468	 <b>08 Mercedes C-Class</b> Must See, Stk#6289D Was \$28,968 Now \$27,668

# DESKINS MOTORS



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