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Saturday, January 3, 2009

The Times

FLOYD COUNTY

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briefs

Blood center offering King promotion

LEXING Kentucky E wants to mo donors in a off 2009. Th Like the Kin that celebr Presley's bir free Elvis t-s chance to w Memphis or s Ve s.

Everyone who d late blood Jan. 3 through Jan. 10 will be registered to win either a trip to Memphis, including airfare for two from Blue Grass Airport and a night at the Heartbreak Hotel or airfare for two from Blue Grass Airport to Las Vegas and two nights at the MGM Grand.

The t-shirt being given away (while supplies last) is a black t-shirt that features a picture of Elvis donating blood early in his career. Elvis Presley Enterprises and Graceland have allowed the blood center the use of the photo in order to promote blood donations.

In addition, Graceland has provided the night's stay at the Heartbreak Hotel, two Platinum passes to tour Graceland as well as two passes for the Stax Museum, Memphis Rock 'N' Soul Museum and Sup Studios.

Meanwhile, another prize winner might be chosen to win the two night's

(See KING, page five)

2 DAY FORECAST

Today

 High: 51 • Low: 41

Tomorrow

 High: 58 • Low: 32

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

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The Floyd County Times is printed on 100 percent U.S. recycled paper



Hollis Whitehead directs a media tour Friday of Highlands Regional Medical Center's new emergency room department. Whitehead, the hospital's director of emergency services, says he hopes people will see in this new wing the "commitment to provide a great customer service experience."

photos by Sheldon Compton

New emergency room opens Monday

SHELDON COMPTON
STAFF WRITER

PRESTONSBURG — Members of the local media had an opportunity to see Highlands Regional Medical Center's new emergency room department during a scheduled tour Friday afternoon.

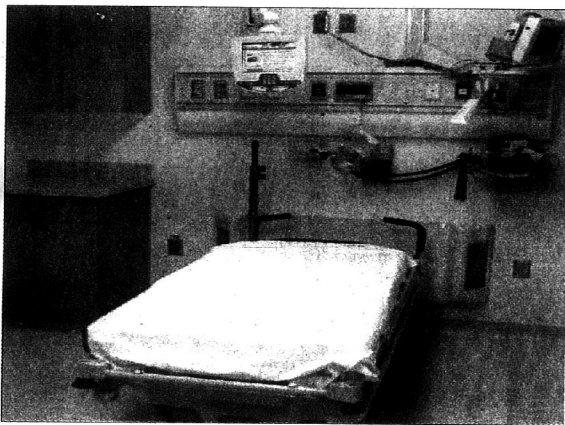
The new emergency wing will include a triage room designed to more effectively determine the nature and severity of patients' injuries, trauma and Fast Track rooms with far more privacy than the old emergency department and an expanded work area for staff and a spacious waiting area seating up to 50 people.

"We were trying to put in more bed space and by enlarging this allow us to compare to other emergency departments in the country," said Hollis Whitehead, the newly named director of emergency services.

When HRMC first opened its doors in 1973, the emergency department could handle up to 10,000 patients. In the 1980s, adjustments were made to that number to 15,000.

However, according to the hospital's director of marketing and public relations Stephanie Damron, the hospital has been seeing more than 25,000 in

(See HIGHLANDS, page five)



New emergency rooms at Highlands Regional Medical Center in a new wing set to open Monday will provide patients with higher levels of privacy, progressive monitoring equipment and extras such as television access.

FCHD anti-smoking effort starts next week

SHELDON COMPTON
STAFF WRITER

PRESTONSBURG — Representatives with the Floyd County Health Department will mark the beginning of their new Right to Breathe Clear Air campaign Monday with postcards aimed at dispelling myths about secondhand smoke.

The series will consist of three postcards as part of what department officials have said will be a community public health education campaign to "protect citizens from known health hazards" of secondhand tobacco smoke.

The three myths and following statements about those myths that will appear on the postcards are as follows:

■ Secondhand tobacco smoke poses no real health risks. The U.S. Surgeon General in June 2006 declared "The debate is over, the science is clear. Secondhand smoke is a serious health hazard that causes death and disease in children and non-smoking adults." Every major health and medical authority in the world agrees with this conclusion.

■ Short-term exposure to secondhand smoke in a restaurant or an enclosed building does no real physical damage to a person. The scientific research shows a very different picture. Exposure to secondhand tobacco smoke makes it harder for the human heart to pump blood after five (5) minutes.

(See CHANGES, page five)

Truck hits stolen ATV

Times Staff Report

MARTIN — A woman who police say pulled in front of a coal truck while riding a stolen all-terrain vehicle earlier this week may now be facing theft charges.

Kimberly Collins, 36, of Printer, was severely injured after she pulled into the path of a coal truck driven by Larry G. Hancock at around 4:30 p.m. Monday.

Collins was driving a stolen 2002 Honda all-terrain vehicle along the stretch of Route 122 at the time.

Collins was transported to Cabell-Huntington Hospital after the collision and admitted due to her injuries, which were not specified in reports made available by the Kentucky State Police. Hancock was not injured in the accident.

The incident is being investigated by KSP Trooper Austin Hicks, who has said the stolen all-terrain vehicle, which sustained extensive damages, could lead police to charge Collins with theft pending further investigation.

Pike man killed in New Year's Eve wreck

SHELDON COMPTON
STAFF WRITER

VIRGIE — Police are saying that alcohol could have been a factor in the death of a Jenkins man following a car accident on New Year's Eve.

Though toxicology reports have yet to be returned, investigating officer KSP Trooper Justin Cornett has said alcohol is a "suspected factor" in the collision that killed 34-year-old William H. Hodge at Dorton Wednesday evening at approximately 7 p.m.

According to reports from state police, Hodge, a resident of

(See ACCIDENT, page five)

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Regional Obituaries

FLOYD COUNTY

■ **Evelene Booth**, 80, of Prestonsburg, died Thursday, December 25, at her residence. Funeral services were held Sunday, December 28, under the direction of Nelson-Frazier Funeral Home.

■ **Sparkle Hunter Brown**, 64, of Martin, died Friday, December 26, at her residence. She is survived by her husband, Edgar (Johnny) Brown. Funeral services were conducted Tuesday, December 30, under the direction of Nelson-Frazier Funeral Home.

■ **Robert Carlson**, 43, of Seven Springs, North Carolina, died Friday, December 26, at Highlands Regional Medical Center. He is survived by his wife, Monica Page Carlson. Services were conducted Tuesday, December 30, under the direction of Nelson-Frazier Funeral Home.

■ **Barry Ray Collins**, 30, of Minnie, died Tuesday,

December 23, at Weeksby. Funeral services were conducted Monday, December 29, under the direction of Nelson-Frazier Funeral Home.

■ **Gaylys Skaggs Conn**, 93, of Somerset, died Monday, December 29, at Lake Cumberland Regional Hospital in Somerset. Funeral services were held Friday, January 2, under the direction of Hall Funeral Home.

■ **Eula Mae Nelson Conley**, 69, of Allen, died Tuesday, December 23, at Highlands Regional Medical Center, in Prestonsburg. Funeral services were held Saturday, December 27, under the direction of Nelson-Frazier Funeral Home.

■ **Green "Tanker" Hamilton**, 75, of Garrett, died Friday, December 26, at King's Daughters Medical Center in Ashland. Funeral services were conducted Monday, December 29, under the direction of Nelson-Frazier Funeral

Home.

■ **James Hobert Howell**, 60, of Lake Station, Indiana, formerly of Floyd County, died Tuesday, December 23, at his residence. He is survived by his wife, Dianne Howell. Funeral services were conducted Wednesday, December 31, under the direction of Hall Funeral Home.

■ **Maggie T. Howell**, 81, of Teaberry, died Saturday, December 27, at her residence. Funeral services were conducted Tuesday, December 30, under the direction of Hall Funeral Home.

■ **Joe Innis**, 66, of Honaker, died Tuesday, December 16, at St. Joseph Martin. He is survived by his wife, Joann Kidd Innis. Funeral services were held Saturday, December 20, under the direction of Nelson-Frazier Funeral Home.

■ **Leonard Marsillett**, 74, of Prestonsburg, died Sunday, December 21, at Highlands Regional Medical Center, Prestonsburg. He is survived by his wife, Georgia Powers Marsillett. Funeral services were held Tuesday, December 23, under the direction of Nelson-Frazier Funeral Home.

■ **William Lewis (Bill) Miller**, 75, of Prestonsburg, died Saturday, December 27, at his residence. He is survived by his wife, Mary Alice Calhoun Miller. Funeral services were conducted Monday, December 29, under the direction of Nelson-Frazier Funeral Home.

■ **Dorothy Moore**, 84, of McDowell, died Thursday, December 25, at Highlands Regional Medical Center. Funeral services were held Sunday, December 28, under the direction of Nelson-Frazier Funeral Home.

■ **Gloria Gaye Porter**, 67, of Prestonsburg, died Tuesday, December 16, at her residence. She is survived by her husband, Clyde Porter. Funeral services were held Friday, December 19, under the direction of Nelson-Frazier Funeral Home.

■ **Gartha M. Stewart**, age 91, of Tram, died Monday, December 22, at her residence. Funeral services were held Thursday, December 25, at under the direction of Hall Funeral Home.

■ **Paul Douglas Stewart**, 55, of Ivel, died Friday, December 26, at his residence. He is survived by his wife, Brenda Keathley Stewart. Funeral services were conducted Tuesday, December 30, under the direction of Nelson-Frazier Funeral Home.

■ **Bryan David Tackett**, 30, of Hi Hat, died Wednesday, December 24, at Bevinville. He is survived by his wife, Talina Shantel Kendrick Tackett. Funeral services were held Sunday, December 28, under the direction of Nelson-Frazier Funeral Home.

■ **Jerrie VanHoose**, 59, of Ashland, formerly of Prestonsburg, died Saturday morning, December 27. Funeral services were held Tuesday, December 30, under the direction of Caniff Funeral Home.

■ **Henry J. Wright**, 76, of Minnie, died Saturday, December 27, at the King's Daughters Medical Center, Ashland. He is survived by his wife, Mattie Wright. Funeral services were conducted Tuesday, December 30, under the direction of Hall Funeral Home.

PIKE COUNTY

■ **Sylvia Belcher**, 73, of Columbus, Ohio, formerly of Belcher, died Sunday, December 28, in Columbus. Funeral services were held Wednesday, December 31, under the direction of O.R. Woodard Funeral Home of Columbus.

■ **Kenneth Ray Bentley**, 65, of Danville, Va., a Pikeville native, died Saturday, December 27, at his home. He is survived by his wife, Peggy Ashworth Bentley. Funeral services were held Tuesday, December 30, under the direction of Wrenn-Yates-Westover Chapel of Danville.

■ **Frances Hamilton Blankenship**, 85, of Pikeville, died Friday, December 26, at her home. Funeral services

were held Tuesday, December 30, under the direction of Lucas & Son Funeral Home.

■ **Chester Boyd**, 76, of Hurricane Road, Pikeville, died Friday, December 26, at Pikeville Medical Center. Funeral services were held Monday, December 29, under the direction of J.W. Call Funeral Home.

■ **James R. Chapman**, 62, of McVeigh, died Saturday, December 27, at Huddy. Funeral services were held Wednesday, December 31, under the direction of R.E. Rogers Funeral Home.

■ **Linda Compton**, 54, of Island Creek, died Saturday, December 27, at the University of Kentucky Medical Center, Lexington. She is survived by her husband, Finis Compton. Funeral services were held Wednesday, December 31, under the direction of J.W. Call Funeral Home.

■ **Sidney Juanita Justice Coots**, 78, of Xenia, Ohio, died Thursday, December 25, at Greene Memorial Hospital, Xenia. Graveside services were held Tuesday, December 30, at the Annie E. Young Cemetery, under the direction of J.W. Call & Son Funeral Home.

■ **Clyde Cecil Darnell**, 58, of Steele, died Saturday, December 27, at Pikeville Medical Center. Funeral services were held Wednesday, December 31, under the direction of Bailey Funeral Home.

■ **Augusta Stratton Elswick**, 78, of Pikeville, died Monday, December 29, at Pikeville Medical Center. Funeral services were held Thursday, January 1, under the direction of J.W. Call & Son Funeral Home.

■ **Joe H. Harris**, 94, of Sidney, a Floyd County native, died Monday, December 29, at the "South" Williamson Appalachian Regional Hospital Skilled Nursing Facility. Funeral services were

held Wednesday, December 31, under the direction of R.E. Rogers Funeral Home.

■ **Daisy Kaners**, 82, of Michigan, formerly of Dorton, died Saturday, December 27, at St. Joseph Mercy Hospital, Superior, Mich. Funeral services were held Wednesday, December 31, under the direction of Hall & Jones Funeral Home of Virgie.

■ **Elijah Kiser**, 72, of Caney Creek, died Tuesday, December 30, at his home. He is survived by his wife, Mary Ellen Robinson Kiser. Funeral services were held Friday, January 2, under the direction of Hall & Jones Funeral Home.

■ **Lentford Little**, 62, of Pikeville, died Sunday, December 28, at Pikeville Medical Center. Funeral services were held Wednesday, December 31, under the direction of J.W. Call Funeral Home.

■ **Eddie Dean Newsome**, 59, of Caney Highway, died Saturday, December 27, at Central Baptist Hospital, Lexington. He is survived by his wife, Sharon Lavonne Newsome. Funeral services were held Wednesday, December 31, under the direction of Lucas & Son Funeral Home.

■ **Anita Kiser Spears**, 41, of Collins Highway, died Sunday, December 28, at Pikeville Medical Center. Arrangements, under the direction of Hall & Jones Funeral Home.

■ **Edward Stevens**, 76, of Pikeville, died Saturday, December 27, at Pikeville Medical Center. He is survived by his wife, Anna Lois Compton Stevens. Funeral services were held Tuesday, December 30, under the direction of J.W. Call Funeral Home.

■ **Harold Dean Stiltner**, 50, of Mouthcard, died Saturday, December 27, at Pikeville Medical Center. He is survived

by his wife, Lydia Chaffins Stiltner. Funeral services were held Tuesday, December 30, under the direction of Bailey Funeral Home.

■ **Rev. Arnold Syck**, 93, of Trenton, Mich., a Pikeville native, died Thursday, December 25. Funeral services were held Sunday, December 28, under the direction of John Molnar Funeral Home of Brownstown, Mich.

MARTIN COUNTY

■ **Shirley Dotson**, 75, of Kernit, died Monday, December 15, at Williamson Memorial Hospital. Funeral services were held Friday, December 19, under the direction of Richmond-Callahan Funeral Home, Inc.

■ **Elberta Horn Jarrell**, 86, of Inez, died Friday, November 14, at her residence. Funeral services were held Sunday, November 16, under the direction of Phelps and Son Funeral Home.

KNOTT COUNTY

■ **Hattie Blair**, 85, of Jeremiah, died December 13, at the Whitesburg ARH. Funeral services were held Tuesday, December 16, under the direction of Hindman Funeral Services.

■ **Carlos Everage Jr.**, 28, of Lotts Creek, died Wednesday, December 10, at Talcum. Funeral services were held Sunday, December 14, under the direction of Hindman Funeral Services.

■ **Daily Slone Robinson**, 90, of Lackey, died Thursday, December 11, at St. Joseph Martin Hospital. Funeral services were held Monday, December 15, under the direction of Nelson-Frazier Funeral Home.

■ **Andrew Scott Smith**, 41, of Dwarf, died Tuesday, December 9, at Pikeville. Funeral services were held Saturday, December 13, under the direction of Hindman Funeral Services.

Obituaries

Evelene Booth

Evelene Booth, 80, of Prestonsburg, died Thursday, December 25, 2008, at her residence.

Born December 14, 1928, in White House, she was the daughter of the late Marion and Goldie Ramey Stapleton. She was a mother, grandmother, and a retired sales clerk for Ben Franklin Store.

She was preceded in death by her husband, Monroe Booth.

Survivors include her son and daughter-in-law; Jackie Marion and Diane Booth of Prestonsburg; a daughter and son-in-law; Joyce and James E. Carroll of Prestonsburg; her sisters; Bertha Cline of Prestonsburg; Dolly Kendrick and Jean Burd, both of Michigan; and Lillian Smith of Florida; four grandchildren, eight great-grandchildren, one stepgreat-grandchild, and three great-great-grandchildren.

In addition to her husband and parents, she was preceded in death by a daughter, Linda Booth; four brothers; Francis Stapleton, Hershell Jarrell, Bill Jarrell, Wesley Jarrell, Elizabeth McCoy, Idella Stapleton; and Melinda Jarrell Wiley.

Funeral services will be held Sunday, December 28, at 1 p.m., at Nelson-Frazier Funeral Home, in Martin, with Bobby Carpenter and Carl Woods officiating.

Burial will be in the Richmond Cemetery, in Prestonsburg, under the direction of Nelson-Frazier Funeral Home.

Visitation is at the funeral home. (Paid obituary)



Vonda Damron Burke

Vonda Damron Burke, 82, of Weeksby, died Tuesday, December 30, 2008, at the Princeton Community Hospital, in West Virginia.

Born April 7, 1926, in Floyd County, she was the daughter of the late Wayne Damron and Cholie Sykes Damron. She was a homemaker, and a member of the Weeksby Church of Christ.

She was preceded in death by her husband, Calvin Coolidge Burke.

Survivors include two sons; Jeffery Burke "Mitzi" of Weeksby and Wayne Joe Burke; a daughter, Sonja Reed and Danny Sr., of Lenora, West Virginia; two sisters; Loretta Barnett of Jones town, Ohio; and Fody Price of Obetz, Ohio; five grandchildren, and seven great-grandchildren.

In addition to her parents, and husband, she was preceded in death by a son; Hayden Burke; and four brothers; Lorenza Damron, Wayne Jr. Damron, Paul Damron and Ron Damron.

Funeral services were held Friday, January 2, 2009, at 1 p.m., at the Weeksby Church of Christ, with Eddie and John Burke officiating.

Burial was in the Lonsome Pines Cemetery, under the direction of Roberts Funeral Home, Robinson Creek.

Visitation, at the Weeksby Church of Christ. (Paid obituary)



Ray Hamilton

Ray Hamilton, age 79, of Troy, Ohio, formerly of McDowell, passed away Tuesday, December 23, 2008, in Kindred Hospital, Dayton.

He was born in Dony, Kentucky, on March 12, 1929, the son of the late Tandy and Zella (Moore) Hamilton. He was a carpenter in the Dayton area for many years, where he retired at the age of 65.

He is survived by his children; Larry (Donna) Hamilton of Mansfield, Ohio, Lois (Mike) Crawford of Tipp City, Ohio, Debbie (Quenton) Short of McDowell, and Wilma Martin of Teaberry; 14 grandchildren; Scott (Shelly) Hamilton, Kim Allen, Chris Dacre, Marc Dacre, Angel Hamilton, Adam Hamilton, Ryan (Stephane) Crawford, Jonathan (Kara) Crawford, Jamie (Mike) Poynter, Chandra (Brandon) Traylor, Mary Beth Short, Emily (Jamie) Hamilton, Nick (Kandice) Martin, and Nathan Martin; 11 great-grandchildren; and two great-great-grandchildren.

In addition to his parents, he was preceded in death by two brothers; Arvil Hamilton and Pay Hamilton; and two sisters; Elyc Hamilton; and Alice Hamilton.

He was a loving dad, grandpa, great grandpa and great great grandpa, and will be missed by everyone who knew him.

Funeral services were held Saturday, December 27, 2008, at 11:00 a.m., at the Jennings Funeral Home, with Rev. James Carder officiating.

Burial followed at Maple Hill Cemetery, Tipp City, Ohio.

In lieu of flowers, memorial contributions were made in Ray's memory to a favorite charity.

Palbearers were: Scott Hamilton, Adam Hamilton, Ryan Crawford, Jonathan Crawford, Nicholas Martin, and Nathan Martin. (Paid obituary)

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DON'T LET YOUR CHILD FEEL LIKE A FISH WITHOUT WATER.

A3

For the Record

Marriage Licenses
 Harlie Rose Easterday, 18, Wheelwright, to Jonathan Alan Frank, 23, of Wheelwright.
 Hilda Arazo, 58, of Prestonsburg, to Pedro Castillo, 67, of Prestonsburg.
 Devon Carol Reynolds, 24, of Gretzel, to Shannon Neil Akers, 27, of Prestonsburg.

Civil Suits Filed
 Michèle Stumbo vs. Keith Stumbo; complaint for child and medical support.
 Community Trust Bank vs. Deborah Patton; complaint.
 Atlantic Credit and Finance vs. Charmaine S. Potter; complaint.
 Wells Fargo Bank, N.A. vs. Cline L. Goble; complaint.

Janie Hill Franklin vs. Floyd Skeans; complaint.
 Everhome Mortgage Company vs. Dennis M. Hutchinson; complaint.
 Estill Newsome vs. Chris Hoffman; complaint.
 Kentucky Foster Care vs. Sheila Morgan; petition for child support and healthcare insurance.
 Vanderbilt Mortgage and Finance Inc. vs. Glen Ramey; complaint.
 Black Acre Enterprise LLC vs. Myrl McKinney; complaint.

Small Claims Filings
 By Here Pay Here Furniture vs. Wendell Dewayne Johnson; debt collection.

Buy Here Pay Here
 Furniture vs. Brian Click; debt collection.

Charges Filed
 Wayne Exley, 66, Auxier; harassing communications.
 Tiffany R. Halbert, 28, McDowell; theft by deception.
 David M. Stumbo, 44, Wayland; criminal trespassing.
 Roger Henderson Jr., 32, Weeksburg; criminal littering.
 Sandra Burchett, age unlisted, Prestonsburg; criminal trespassing.
 Mark A. Moore, 35, Melvin; parent of custodian failure to send child to school.
 Roger George, 47, East Point; alcohol intoxication, criminal trespassing, disorderly conduct, resisting arrest.


Brian Conn, 41, LaGrange; alcohol intoxication.
 Kevin Wood, 23, Allen; theft by unlawful taking.
 Tiffany Phillips, 19, Beaver; fourth-degree assault.
 Sarah Elizabeth McCoy, 30, Prestonsburg; theft by unlawful taking.
 Justin J. Jones, 18, Prestonsburg; fourth-degree assault.
 Jerry B. Collins, 29, Honaker; alcohol intoxication.
 Christopher D. Moore, 18, Prestonsburg; alcohol intoxication.
 Lydia Stone, 63, Mallie; harassing communications.
 Vicky Gray Shaffer, 45, Staffordsville; harassing communications.
 Andrew Spurlock, 21, Salyersville; alcohol intoxication.
 Lydia Gibson, 62, Mallie; harassing communications.
 Emmitt Williams, 66, Gretzel; fourth-degree assault, menacing, disorderly conduct, terroristic threatening, criminal mischief, resisting arrest.
 Tim Stephens, 29, Langley; terroristic threatening.

Property Transfers
 Deonna Allen to Agnes Vicars and Homer Vicars, property not listed.
 Jerry Dean Allen to Agnes Vicars and Homer Vicars, property not listed.
 Juanita Compton to Bonita Compton and Susan Elaine Compton, property located at Right Beaver Creek.
 Vickie Harmon to Pilgrim

Energy, property not listed.
 William Howell to William R. Howell, property not listed.
 Gretia Martin to William R. Howell, property not listed.
 Dennis C. McCoy to Curtis Dale Conn and Jill Renee Conn, property not listed.
 Linda C. McCoy to Curtis Dale Conn and Jill Renee Conn, property not listed.
 Greg Salisbury to Wade Tackett and Wade C. Tackett, property located at Left Beaver Creek.
 David Ardell Smith to Rachel Smith, property not

listed.
 Artie Sue Thornsberry to Judy Crum and Virgil Crum, property located at Steeles Creek.
 Larry Thornsberry to Judy Crum and Virgil Crum, property located at Steeles Creek.
 Terry Thornsberry to Judy Crum and Virgil Crum, property located at Steeles Creek.
 Berta Turner to Pilgrim Energy, property located at Left Fork of Beaver Creek.
 Ray Turner to Pilgrim Energy, property located at Left Fork of Beaver Creek.

GET YOUR LICENSE FOR CARRYING CONCEALED DEADLY WEAPONS



Class for license will be held in Prestonsburg Saturday, January 10, 2009 (8:30 to 5:00)

Class consists of about 6 hours in the classroom and 2 hours on the firing range.

Cost for the class is \$75.00

Contact: Ancil Lewis
 Certified Instructor #1738

Call between 6:00 p.m. and 10:00 p.m.
 606 424-8192 or 789-8620



Kiwanis Club gives to help pediatric patients

The Prestonsburg Kiwanis Club recently presented Highlands Regional Medical Center Pediatric Unit with a \$750 Wal-Mart gift card, as well as TV and DVD transportation carts. Prestonsburg Kiwanians Maggie Banks, Jimmy Williamson, and Barb Kinney were on hand to present the gift to the HRMC Pediatric Unit. Members not pictured are Melissa Biery, Ernest Brewer, Chris Hoffman, Joshua Byers and Ellis Osborne. Osborne was instrumental in fundraising efforts. Kiwanis, through guidance and example, works to develop future generations of leaders.

Mountain Comprehensive Care Center

Offices in Floyd, Johnson, Magoffin, Martin, and Pike Counties

Effective January 1st, 2009

We now do DUI Assessments and classes for first offenders for a total cost of \$100.00.

Please contact your local MCCC office for an appointment.
 Transfers not applicable.

Ten died on Kentucky roads over Christmas holiday period

FRANKFORT — Preliminary statistics indicate that 10 people died in 10 separate crashes on Kentucky's roadways during the Christmas holiday period from 6 p.m. Wednesday, Dec. 24, through 11:59 p.m. Sunday, Dec. 28.

Nine of the fatalities involved motor vehicles and none of those victims were wearing seat belts. Single vehicle crashes occurred in Bourbon, Breathitt, Campbell, Fayette, Floyd, Madison, Pulaski, Rowan and Wayne counties. One fatality involved a pedestrian in Jefferson county.

Through Dec. 28, preliminary statistics indicate that 811 people have lost their lives on Kentucky roadways during 2008. This is 50 fewer than

reported for this time period in 2007. Of the 628 motor vehicle fatalities, 391 victims were not wearing seat belts. Of the 89 motorcycle fatalities, 53 were not wearing helmets. Twenty-three people have been killed in ATV crashes and 21 of those were not wearing helmets. Sixty-five pedestrians have been killed. A total of 174 fatalities have resulted from crashes involving the suspected use of alcohol.

Residents can contribute to highway safety by reporting erratic drivers to the Kentucky State Police toll-free at 1-800-222-5555. Callers will remain anonymous and should give a description of the vehicle, location, direction of travel and license number if possible.

These statistics are still preliminary as KSP waits for all

local law enforcement agencies throughout the state to report any crashes and fatalities that may have occurred in their areas.

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 with Rebecca Haywood

Give your child the gift of music

FREE DEMO CLASSES!

Newborn-18 months
 Monday, January 5
 10:30-11:15 and 6:00-6:45

18 months-3 years
 Thursday, January 8
 10:30-11:15 and 6:00-6:45

- Researched based
- Developmentally appropriate
- Based on process, not performance
- Fun for children and parents
- At-home materials

Classes held at First United Methodist Church, Prestonsburg (center parking lot door)

For more information or to register by phone, Call 606-886-3568

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I Lost 78 Lbs. and feel GREAT!!

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Date of class:
 Jan 5th, 2009

Website:
 www.jvconlinewic.com

Phone: 502-367-2375

Email:
 jclaypool3@insightbb.com




Viewpoint

Amendment 1

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

— Sir Barnett Cocks

Guest View

Cliché watch: Words still matter

The National Conference of Editorial Writers — a group of savants whose erudition is matched only by their comeliness — recently engaged in a bout of self-examination. The topic: words and phrases that have outlived their usefulness or that weren't all that useful in the first place.

Believing, as we do, that clichés should be avoided like the plague and obfuscation always should be eschewed, we hereby present the results of the NCEW's survey, along with selected commentary by various NCEW savants:

■ Issues and challenges. "No one has problems any more," said one editor. "We have 'issues.' Likewise, we have 'challenges.' ... Why isn't that a 'problem'?"

■ Faith-based. "Almost 100 percent of the time this phrase is used, the user means 'religious,' and they should just suck it up and use the real term."

■ Going forward. "Not with this phrase, you are not."

■ Perfect storm. "A wretched phrase now attached to every storm under the clear blue sky. ... Not every storm is perfect. Even in Lake Wobegon."

■ At the end of the day. "At the end of the day, all I'm looking for is a good martini."

■ Proactive. "Needs to be retroactively banished from the language."

■ Input, prioritize, buzz, buzz words, time will tell. "All banned in Detroit," said Ron Dzwonkowski, who runs the editorial page at the Detroit Free Press. "At least that's the plan as I understand it. Bottom line."

■ Declined comment. "We're not inviting people to tea parties here. We're asking questions. ... They didn't 'decline comment.' They 'would not comment.'"

■ Closure. "An appalling word that crept out from the woodwork of psychobabble where it squats, poisoning the language, above all in journalism."

Going forward, we will proactively avoid these buzzwords, but only time will tell whether, at the end of the day, the challenges presented by the perfect storm of the news will permit us to prioritize our input on this issue. Which brings us to closure.

— The St. Louis Post-Dispatch

Letter Guidelines

Letters to the Editor are welcomed by The Floyd County Times.

In accordance with our editorial page policy, all letters must include the signature, address and telephone number of the author.

The Times reserves the right to reject or edit any letter deemed slanderous, libelous or otherwise objectionable. Letters should be

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Chuck Norris Oprah's weight and Obama's food-o-rama

According to a new USA Today/Gallup Poll, Obama is the man Americans admire most. And that fixation has focused recently upon his fitness, which some say even contributed to his victory in the election.

Those who doubt Obama's pro-organic positions are referred to an array of nutritional news stories, blogs, photos and video streams of him eating, golfing, playing basketball, working out at the gym, etc. This past week, one of the largest Internet searches was sneaking a peak of the heavy and shirtless president-elect on the beach at his \$9 million Hawaiian holiday getaway. There's even a Website committed to every possible link between food, drinks and Obama.

Obamafoodorama.blogspot.com, including Barack's favorite trail mix and his beer of choice, the "audacity of hops."

While many admire Obama's physique and others commend his athletic ability, critics are busy lam-

basting some of his present actions as not what he pitched on the campaign trail. They say proof is in his personal consumption practices, which include periodic binges of fast and fatty foods and nicotine fixes. Further political evidence is found in his choice for agriculture secretary, former Iowa Gov. Tom Vilsack, whom many frown upon for his support for big agribusiness, genetically modified crops and ethanol subsidies.

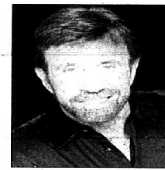
To be honest, I'm not sure if Obama is fit enough to be America's next nutritional guru, but I would remind him (especially as a relatively young president) that his health disciplines can help shape our country's youth like few others in the past, especially in a processed and fast food nation, in which there are more food additives than grains of sand at the beach, not to mention that obesity now affects one-third of all youth.

Here's something else of which I am quite certain: that we should not be a tenth as fixated upon Obama's

nutritional plan (or even Oprah's fluctuating weight) as we should be on our own. Whether Obama sneaks a few puffs or Oprah splurges on bagels and cream cheese, we should be more self-reflective than judgmental and examine our own eating and exercise habits, and not just those our culture admires. In an age where organic foods are making mainstream news, gaining an upper hand on dinner tables and restaurant menus, we all need to fight to be fit and provide better models of well-being, instead of waiting for another "government bailout" in the form of universal health care to rescue us from our declining health.

I truly believe that the remedy to our health care crisis begins with Americans, not governmental intervention and more bureaucracy that mandates socialized medicine. Our Founders agreed. They never could have imagined a government micro-managing civilian diets by creating a

(See NORRISS, page eight)



Chuck Norris

— beyond the Beltway — Newsmakers — Good, bad and ugly

by DONALD KAUL
MINUTEMAN MEDIA

Fresh names have been popping up in the news at a head-spinning pace of late. For example:

■ Caroline Kennedy — Daughter of John and Jackie, sister of John John, niece of Teddy and Bobby, cousin of Robert Jr. and Maria S., etc., etc. — has announced her willingness to be appointed Senator from New York.

Some have criticized this as presumptuous. They say that one should not expect to be a New York Senator without prior immersion in the hurly-burly of New York politics, serving in menial positions like Congressperson or Governor or Mayor of New York City. They question her qualifications for the office.

To which I say: Qualifications? For the U.S. Senate? Whatever are you talking about?

There are no qualifications for the Senate. We have senators with the mental acuity of cabbages, senators who are senile, who are crooks, lazy or crazy, we have senators who are sexist, homophobic or racist. We have senators whom you would not trust to hold your watch while you dived into a pool to save a drowning child.

Carolyn Kennedy is none of these things. She is smart, hard-working and, from the look of her, a genuinely nice person. These qualities alone would put her, if appointed, in the upper half of the Senate. If she fig-

ures out where Utica is and what's it's doing there, she could quickly move into the top 20 percent of the class.

I say appoint her.

■ Rod Blagojevich — The governor of Illinois is the anti-Caroline, her absolute, polar opposite. Far from being appointed to office, he overcame a severe hair disability to win election — twice. He was not a neophyte; he was a battle-hardened veteran of the political wars, having served in the Illinois legislature and the U.S. House of Representatives.

Yet, when last seen he was selling U.S. Senate seats from the back of a truck.

Which proves that in politics, as in most things, experience can be a good thing but it doesn't have to be. It depends on the experience.

■ Bernard Madoff — They say he bilked investors of \$50 billion by running a Ponzi scheme. Ha! Don't make me laugh.

A Ponzi scheme takes money from investors on the promise of high returns but relies on new investors for the money to pay those returns. It works so long as you have more investors giving you new money than old investors demanding returns. They're generally short-lived.

Charles Ponzi, for whom the scam is named, made his money by offering a 50 percent return on investment to a clientele made up largely of unlettered immigrants in New England during the early 1920s. He was a two-bit hustler whose hustle lasted about six months and cost investors a few million.

Madoff stole his money over

decades and took it from friends, the cream of society — Stephen Spielberg, Fred Wilpon (owner of the New York Mets), Mort Zuckerman (owner of U.S. News). Fifty billion dollars! He paperized billionaires and brought whole charities to their knees, closing them down. In the face of swindling he is a giant.

I think TIME magazine should have made him Man of the Year. At the very least they should start calling it a Madoff scheme.

■ Muntadhar al-Zaidi — This is the Iraqi journalist who threw his shoes, one at a time, at George

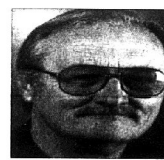
Bush's head during a press conference in Baghdad. It was an outrageous act, of course, and journalists everywhere should condemn it. I certainly do.

One of the first things we learned in journalism school — I remember the professor writing it on the blackboard — was "Do not throw your shoes at the interviewee during a press conference. It calls into question your objectivity."

(And I'm proud to say I've never done it, although I did get thrown out of a Richard Nixon event once for making a rude noise.)

As soon as word of his feat got out al-Zaidi became a national hero. Call me a defeatist but I think the battle for the hearts and minds of Iraq is lost.

Don Kaul is a two-time Pulitzer Prize-winning Washington correspondent who, by his own account, is right more than he's wrong. Email him at dkaul2@earthlink.net.



Donald Kaul

Suspicious reader asks about maintenance charges

by TOM and RAY MAGLIOZZI

Dear Tom and Ray:

Today I took my 2005 Prius in for its 55,000-mile routine service. I have been basically faithful in getting service done on schedule since getting it new in May of 2005. In addition to the routine maintenance items, they suggested: (1) MAF (Mass Air Flow) Sensor, \$52; (2) Service Throttle Body, \$89.95; (3) Vent Noise, \$70; (4) Drive Belt Noise, \$135 (Replace Belt); (5) Adjust Parking Brake, \$89.95; (6) Nitrogen Tire Service, \$20; (7) Check Alignment. Next Visit, \$84.95. I did not elect to have them do any of these things today, deferring to the next service at 60,000 miles. And by the way, I've never heard any noise from the drive belt. What's up with all of this? Are they just trying to raid my wallet? If this stuff is routinely required, why is it not on the scheduled maintenance list? — Dennis

RAY: Well, the giveaway here is the "nitrogen tire service." They overreached with the nitrogen, which is totally unnecessary. And that does cast suspicion on the other services they recommend.

TOM: If you needed a mass air flow sensor, your "check engine" light would be on. Is it? If not, scratch that one off the list.

RAY: We generally don't recommend throttle body service unless it's either recommended by the manufacturer or we're trying to solve a performance issue. Is the car hesitating, or losing power? If not, cross out that one, too.

TOM: We don't know what "vent service" is on the Prius. We don't know if it's spraying a biocide in the ventilation system, checking the fuel vapor recovery system or cleaning the vent windows — which the Prius doesn't have. If it's related to treating mold in your ventilation system, that would be done to address a bad smell.



CLICK & CLACK
Talk Cars

Is there a bad smell in your car? Is my brother in the car? If you answered "yes" and "no," respectively, to those questions, then get the vent service. If not, forget about that, too.

RAY: A typical car's drive belt lasts about 80,000-90,000 miles. You have only 55,000 miles on your car. And since it's a Prius, the engine doesn't even run all the time. So I doubt it's time for a new belt.

TOM: The parking brake might need adjustment. We can't tell without testing it. A wheel alignment shouldn't be necessary unless your tires are wearing unevenly or you've had an accident. And you don't need to buy nitrogen unless you plan on farming algae.

RAY: So I'd say you did the right thing by declining these services, Dennis. The problem is, if you don't trust these guys (perhaps with good reason), how are you going to know when there really IS something wrong? Eventually, you WILL need repairs, and unscheduled services.

TOM: So you need to find a mechanic you DO trust. Since you own a technologically advanced car, there are some things you will have to go to the dealer for. But there are plenty of other things, like oil changes, tires and exhaust work, that can be done by any good mechanic.

RAY: So, ask friends for recommendations of mechanics they like, or check the

Mechanics Files at www.cartalk.com. That's a database of mechanics who are personally vouched for by other readers of our column and listeners to our radio show.

TOM: When you find someone you like and trust, you can ask him about this list of recommended services. Maybe your drive belt IS faulty? Maybe your parking brake is out of adjustment? Maybe there IS an algae farm in your future?

This gift is good to go

Dear Tom and Ray:

I am an old lady, 83, and I have a 2003 Ford Focus Coupe with all the bells and whistles and only 3,000 miles on it. It has sat in my Ohio garage since 2004 with only an occasional one-mile trip around the block. My granddaughter graduates from college this summer

King

stay at the MGM Grand in Las Vegas. Blue Grass Airport has donated the flights to promote blood donation.

All Kentucky Blood Center locations and blood drives are participating in the event. Donors can make an appointment to give blood by visiting

Accident

Meadowbrook in Pike County near Jenkins, was traveling west on Route 610 at Dorton when he lost control of his 1997 Ford Ranger pickup truck.

Hodge then struck a guardrail and was ejected through and out the passenger side window of the vehicle, police said.

Following the single-vehicle accident, Hodge was transported to Jenkins Community Hospital and was later pronounced dead by Eletcher

and I want to give her this car, but the local garage says it isn't safe, that it needs new everything, even tires. Please, "Say It Ain't So." Just what do I need to replace? I have had the oil and gas changed, and the brakes sanded. What else do I need to do? Thank you for your help. — Irene

TOM: Nothing. The car should be perfect just the way it is, Irene.

RAY: I agree. Safety experts and tire salesmen, I might add — now say that tires should be replaced after six years, regardless of tread wear. They say that the rubber dries out and degrades, making the tires less safe, even if the tires aren't used much.

TOM: So you might want to consider giving her an additional gift of a set of tires next year for her birthday. Or let some other family member do

kybloodcenter.org or calling 800-775-2522.

The Kentucky Blood Center is a non-profit organization dedicated to ensuring a safe, adequate blood supply for patients at nearly 70 Kentucky hospitals and clinics in more than 60 counties.

County Deputy Coroner Robert Campbell.

Police said Hodge was not wearing a seat belt at the time of the fire wreck.

In addition to Trooper Cornett, others responding to the accident included officers with the Kentucky Commercial Vehicle Enforcement, the Pike County Sheriff's Department, "DHP-Ambulance," Dorton Fire Department and the Shelby Valley Rescue Squad.

that. But otherwise, just give her the keys, and tell her to please drive safely.

RAY: She's a lucky girl to have you as a grandnephew, Irene. All I got from my grandmother were some Italian phrases that I'm not allowed to use in public.

Smoking

ties of exposure. Just two hours of exposure to second-hand smoke can cause changes in the rhythm of the heart that increase the risk of heart attack and stroke.

A sign posted "no smoking section" provides a safer area for children and non-smoking adults. At the current time, there is no feasible ventilation system that can reduce exposure to secondhand tobacco smoke to safe levels because there is no risk-free level of exposure to secondhand smoke, which causes diseases such as asthma, cancer

and premature death among non-smokers. This means that smoke-free environments are the only way to protect everyone, workers and the public.

Along with citing the U.S. Surgeon General on one post-card, health department officials are also pointing to studies conducted by the American Lung Association that they say found that smoke-free laws have no adverse economic effect on restaurants and bars.

For more information, contact the Floyd County Health Department at (606) 886-2788.

Continued from p1

Highlands

that same capacity since then.

"If our patients have a need, we are bound to respond in immediate fashion to that need," Damron said Friday.

Whitehead said the projected number of people who will visit the hospital's emergency room over the course of this year was approximately 27,000.

Jimmy Williamson, director of facility services, was also on hand for the media tour also explained that further expansion in the late summer or early fall of this year would find a new wing housing a nursery and post-partum unit.

"It's about meeting needs," said Williamson. "There are some 800 to 900 children delivered here annually and so we saw there was a need here and responded to it."

The 11,400 square foot emergency department, with an overall price tag of \$6 million, will nearly double the size of the existing facility. It will consist of two stories to create an additional 5,000 square feet of space.

The work completed for the new emergency department is considered Phase 1 work on the project, which will consist of two additional phases, Damron said.

The hospital, through its Highland Foundation, has raised more than \$1.3 million of a stated goal of \$1.75 million toward funding the overall project. Phase 2 work will begin immediately, hospital officials said.

The new department will be open to the public Monday.

Continued from p1

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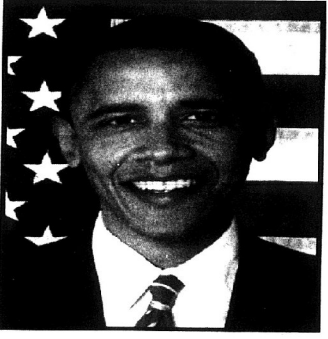
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January 21, 2009

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SOCIAL SECURITY

Social Security's new year's resolutions to you

by JENNIFER HOPKINS
SERVICE REPRESENTATIVE
SOCIAL SECURITY ADMINISTRATION

The new year is a time for many people, companies and organizations to make resolutions for the year ahead.

In past years, Social Security has suggested resolutions to readers, such as to plan ahead for your retirement, check your Social Security Statement and safeguard your Social Security card and number. This year, we'd like to turn the tables and pledge to you our own resolutions as an agency. So, in 2009 Social Security resolves to...

■ Make it easy to plan your retirement online. Our online Retirement Estimator is rated the best online service in government. You just answer a few identifying questions and it will use your earnings record to automatically give you an accurate estimate of your future retirement benefits. You can play around with variables (such as when you'd like to retire and how much you expect to earn in the future) to see different retirement amounts. This should be the first step and a regular check point for planning a comfortable retirement. www.socialsecurity.gov/estimator

■ Make it easier than ever before to apply for retirement benefits online. This year, our resolutions to our online retirement application make it easier than ever before to apply for retirement benefits. Because the improved

(See SOCIAL, page seven)

DINNER DIVA

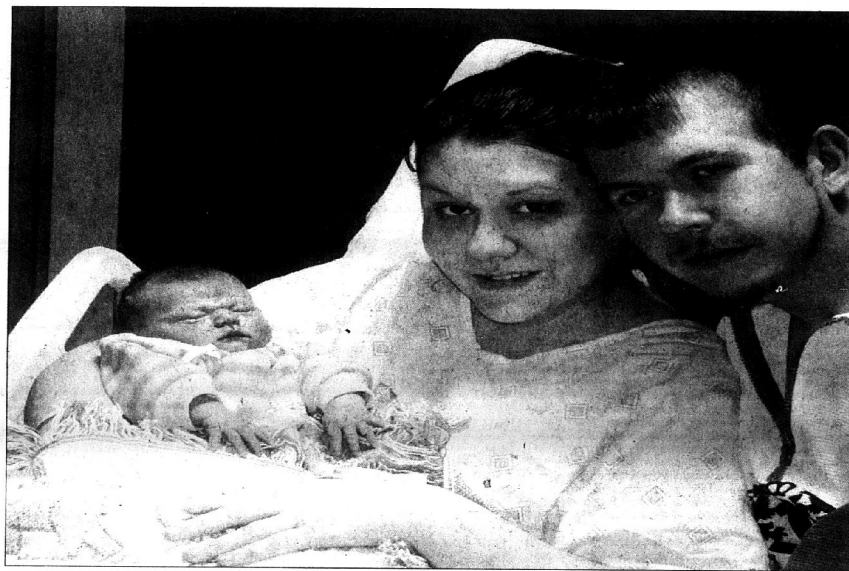
Children's nutrition

This morning I was reading an article about unhealthy kids. The author of the article had interviewed a doctor named Fuhrman who said a couple of very provocative things. In the past 10 years, diabetes in children has doubled and in his practice and those of his colleagues, they are seeing the beginning of heart disease occurring in children!

Researchers have further declared this generation of children is the first generation that will not outlive their parents. The article goes further to list some ways to step up nutrition for your kids because it's the lack of nutrition and the eating of harmful substances that's ruining our children's health, big time.

One of the biggest issues is eating fast food. You know I'm down on fast food for anyone, but it's especially harmful for children's growing bodies. Think about it: you're giving the lowest quality food to a growing body. This isn't exactly quality material for the body to develop and build from! You wouldn't put known poor quality gasoline in your car, yet we rationalize throwing absolute garbage food down our children's throats! Dr. Fuhrman says, "Fast food is for parents who don't care about their kids. WOW! Now, before anyone gets all crazy on me and starts sending me email bombs, I didn't say that, Dr. Fuhrman did. But if you have ears

(See DIVA, page seven)



Tori Michelle Fairchild, daughter of Bobby and Jessica Fairchild, was the first New Year's baby born in eastern Kentucky. Fairchild was born at 2:35 a.m. at Highlands Regional Medical Center on Jan. 1.

photo by Jenni Deaton

BABY NEW YEAR

West Van Lear couple has first baby of the year at Highlands Regional

by JARRID DEATON
FEATURES WRITER

The first baby of 2009 born in eastern Kentucky came into the world at Highlands Regional Medical Center at 2:35 a.m. on Jan. 1.

Tori Michelle Fairchild, daughter of Bobby and Jessica Fairchild, of West Van Lear, was born four weeks early, but appears healthy and is now reaping the rewards of being the first New Year's baby

at Highlands.

Representatives of the hospital brought numerous items to the Fairchild's room, including balloons, blankets, a quilt, diapers, a sterling silver birth certificate and picture frame, and other times. A \$500 savings bond was also part of the welcoming package for Tori Fairchild.

"We give them pretty much every single thing that you can think of when it comes to a baby," said Jeanette Reese Voisine, with Highlands.

Although the early birth was draining for both the mother and the father, they appeared happy as hospital officials showed them the items for their baby and snapped pictures to be used as keepsakes.

Despite being born early, Tori Fairchild weighed in at 7 pounds and 9 ounces and was 18 inches long.

Another New Year's baby was born during the afternoon in Letcher County on Jan. 1.

FLY LADY

To resolve or not to resolve

None of us like change in any form or fashion! Every New Year's Eve we are faced with that proverbial issue: To resolve or not to resolve? The dictionary defines resolve with "to make up your mind" and "to do something." This means that in order to make up our minds we have to do something different. Change is so hard for us!

We like the ruts we have made for ourselves. They are comfortable! They fit us like good old pair of shoes! We don't want anyone to declutter our old shoes! The rule is do something different. Change is so hard for us!

We have to evaluate what is not working and try to come up with a solution. Re-solution... Could that be that we have made the same decision to make the change before. On New Year's Day of 1999, I made my last New Year's Resolution and it was

one I had made many times. My lack of organization was hurting me. I had problems finding things and keeping our home clean. I wanted to feel better about me and the way our home looked. I resolved to "Get Organized!"

I sat down on New Year's Day and tried to figure out why I could not keep house. I soon realized that I was not lazy but I didn't have routines for my home or for me! The only time I had ever keep my home clean was when I was using Pam Young and Peggy Jones card file system from their book The Sidetracked Home Executives. They had a card for everything to do in your home, daily, weekly, monthly and seasonal maintenance. They also had cards for personal maintenance.

That day I pulled my card file which was hidden under my kitchen counter and began to sort through my five hundred cards; after all out of sight out of mind. No wonder it never helped me for very long. I would begin to feel guilty when I would see the file unused and struck it away! That is when I realized that I was pushing myself too hard. Change is tough enough in itself but to pile on and set yourself up for failure by trying to be perfect was not nice. That is

when I made a second resolution. To be kind to myself!

My realization that day was my perfectionism was getting in the way of my decision to make a change in my life! This is probably why when we make a mistake and miss a day of our New Resolution; we give up! We chunk it out the window, beat ourselves up and get back in our ruts.

Only you can make a resolution! Only you can decide to make the change, because if a resolution is forced on you then it is not yours. Think about it this way! A wise man told me this a few days ago. If an alcoholic is forced into rehab, they will not stay sober. We all have our own drugs of choice and they keep us stuck in our ruts. You can make the decision to change if that is what you want! My blessing for you in this New Year is for you to find the Peace that I have found! This Peace came because I took babysteps to make simple changes in my life. Those habits became my routines and those routines filled my life with a calm that

allowed me to become who I am today! As part of my journey I saw perfectionism as the saboteur and eliminated that stinkin' one thought at a time!



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The clutter we really need to fling is the clutter that is in our heads. I like to call it Body Clutter! I even co-authored a book by the same name that helps you to take those babysteps to make our resolutions become lasting life changes! Isn't that what making New Year's Resolutions is all about! Any day can be your New Year's Day if you make your mind up

to do it!
For more help getting rid of your CHAOS; check out her website and join her free mentoring group at www.FlyLady.net or her book, Sink Reflections published by Bantam and her New York Times Best Selling book, Body Clutter published by Fireside. Copyright 2007 Marla Cilley Used by permission in this publication.

Chicken Soup for the Soul: Just another day

by CHARLOTTE "CHARLIE" VOLNEK
"CHICKEN SOUP FOR THE SOUL:
ON BEING A PARENT"

Is it morning already? I rub my eyes and get up to ready myself for just another day.

It's just another day. I look out my window to see the sun beaming down, caressing the earth with its golden rays. Above, white clouds float in the brilliant blue sky. I hear a cardinal singing to his mate as he "perches upon my back fence. And a bed of crocus open their purple heads to the heavens in joyful thankfulness.

It's just another day. My

small daughter bursts into the room, her giggle ringing through the house as she hugs my neck tightly. Her small hand fits into mine as she pulls me to the kitchen to show me the card she has made. A stick figure with curly brown hair waves from the paper and beneath it, written in purple crayon are the words, "I love you, Mommy."

It's just another day as I stand quietly and watch a handicapped child. He struggles to get his special walker

over the curb, but it won't budge. A well-meaning teacher offers assistance, but he brushes her away. With determination, he conquers the curb and is off to laugh and play with his friends. I weep inside for his handicap, but I am inspired by his courage. And I smile as I watch the children play, totally accepting their friend for who he is, not judging him for what he lacks.

It's just another day. My son proudly presents the report he did for school. He shares

with me the hopes and dreams he holds for his future. His curiosity and excitement are contagious as we unfold the limitless possibilities that lie before him. I am encouraged that no dream is beyond our reach if we want it bad enough.

It's just another day. My beloved wraps his arms around me and surrounds me in love. I turn to look in the eyes that share my innermost feelings. What a special friend I have. Someone who loves me for

who I am. Someone to lean on when I feel down. Someone to share my happiness. Someone to love.

Yes, it is just another day. A day to enjoy God's gracious beauty upon this earth. A day to kiss the cherub cheeks of my children, and share in their hopes and dreams. A day to learn the value of determination and hard work. A day to learn the value of judging mankind for the quality he has, not what he has not. A day to learn the value of love.

Yes, it's just another day, I sigh. The stars dance in the velvet sky as a full yellow moon smiles cheerfully down. The house is quiet and still. The only sound is the soft, even breathing of my spouse. I recall the scripture: "This is the day the Lord has made; let us rejoice and be glad in it." (Psalm 118:24) And as I lie at the side of my soul mate, I pray that God will let me see "just another day!"

Norris

Continued from p4

Food and Drug Administration or U.S. Department of Agriculture. Thomas Jefferson once quipped, "Was the government to prescribe to us our medicine and diet, our bodies would be in such keeping as our souls are now." Our Founders' health care system was a very simple one: take care of your health.

We don't need to pay hundreds of billions of dollars through new taxes to provide universal medical coverage. If anything, I believe the government needs to discover new ways to motivate personal responsibility and disease prevention, encourage the states' role as stages for new market-based ideas, support county and community health collaborations, and challenge the private sector to seek creative ways to bring down medical costs.

Most of all, if we took better care of ourselves, we could reduce our personal and national medical costs, and live longer and happier at the same time. That is also exactly why I've endorsed the Total Gym for over 30 years and devoted an entire chapter in my new book "Black Belt Patriotism" to "Be fit for the fight," which contains for the first time my personal diet and workout plan as well as 50 years of fitness knowledge that can help you overcome the obstacles to being a better you in 2009.

A short time back, a friend sent me one of those Chuck Norris Facts that circulate the Internet. It read, "Chuck Norris can eat just one Lay's potato chip." Whoever wrote that fact has not seen me when I am watching a football game at home. I can tear the bag open during the first quarter and ask myself by halftime, "What's this empty bag doing in my hand (while licking the salt from my fingertips)?" I won't even tell you how quick a bowl of ice cream can disappear in the second half!

I'm a believer in new beginnings. That is also exactly why I'm an advocate of New Year's resolutions. Now, before tuning me out about fresh starts, hear me out. The potential to fail is always present. But so is the potential to succeed and soar to the next level. And studies show that our successes actually happen more often than we think.

A University of Washington survey conducted a number of years ago showed that 63 percent of the people questioned were still keeping their No. 1 resolution after two months. That's great and hope-filled news.

Whether you want to exercise more, lose weight, stop smoking, cut down on alcohol, make a new spiritual commitment or make new friends, don't ever quit. Better yourself each and every year.

Or, as Benjamin Franklin put it, "Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man." If you do, I believe you too will find the power and discipline to eat just one Lay's potato chip! Of course, except during football games!

To find out more about Chuck Norris and read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate Web page at www.creators.com.

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FLOYD COUNTY Sports

Inside COACHES • LIVES • B2

Keathley named CBA Coach of the Month

TIMES STAFF REPORT

ALBANY, NY — The Continental Basketball Association started the new year Thursday (Jan. 1) with an announcement that East Kentucky Miners Head Coach Kevin Keathley had been named the December Coach of the Month for his team's performance in the past month.

The Miners finished December with a 6-0 record against ABA opponents, capturing 40.5 out of a possible 42-quarter points. The Miners started their season

on the road against the Kentucky Bisons in Owensboro before moving on to a five-game homestand.

East Kentucky, under the Keathley's guidance, has dominated foes.

The Miners hosted the West Virginia Blazers in a two-game series to start the season at the East Kentucky Expo Center. East Kentucky prevailed convincingly over the Blazers, winning 140-94 (7-0) and 119-87 (7-0). The Bisons then made a trip to Pikeville with revenge on their minds, but were unsuccessful.

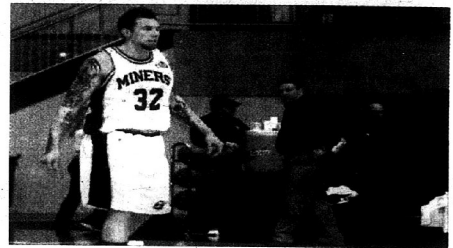
The Miners defeated the Bisons 132-106 (6.5-5). East Kentucky rolled past another ABA opponent from West Virginia, defeating the West Virginia Wild 154-111 (7-0) and 172-70 (7-0) — before heading into the Christmas break.

"This team has the chance to be pretty good — I believe," said Keathley. "I'm excited about the potential this team has."

Keathley is a former ABA Coach of the Year. He has never endured a losing season. During the 2007-08 season, the Keathley-coached

Miners led the CBA in scoring, averaging 111 points per game. East Kentucky is currently averaging 135 points per game in the 2008-09 season. The Miners lead pro basketball in the points per game average category.

"Coach Keathley has started the season on a hot streak and has a team that is a good mix of established veterans and up and coming pros," said CBA Commissioner Dennis Truax. "They will be a formidable team the whole season and will be a tough team to beat."



Floyd County native Keathley Keathley has earned the CBA Coach of the Month award for December. Keathley is pictured along with first-year Miner Joe Buck.

Cats set to face Cards

TIMES STAFF REPORT

LEXINGTON — Kentucky will open 2009 by traveling to in-state rival Louisville this Sunday in Freedom Hall in a game nationally televised by CBS. This is the 40th meeting between the two schools, with Kentucky holding a 26-13 advantage. The Wildcats have won three of the last four in the series.

The Cats are coming off an 84-52 win over Central Michigan led once again by junior Jodie Meeks. Meeks tallied a game-high 23 points while Patrick Patterson chipped in 15 points and nine rebounds. Josh Harrellson added 12 points and six rebounds in only 17 minutes of action.

The Wildcats enter the rivalry game on a season best six-game winning streak, and has won 11 of their last 12 games.

Louisville will enter the game after a 56-55 loss to UNLV on Wednesday.

Patterson named SEC Player of the Week

TIMES STAFF REPORT

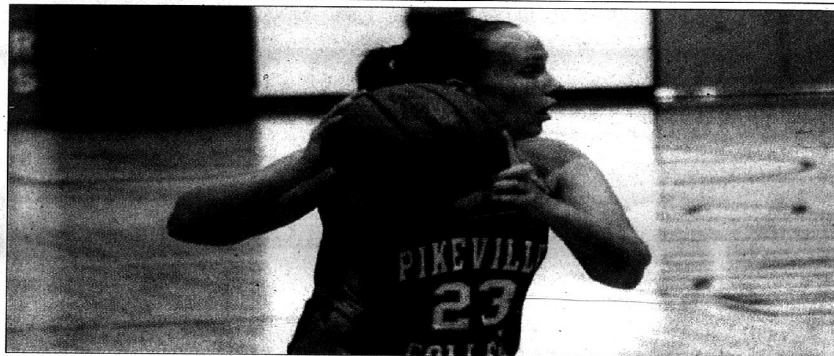
LEXINGTON — Sophomore Patrick Patterson was named the SEC Player of the Week as announced by the league office on Monday.

The 6-9 Huntington, W.Va., native averaged a double-double on the week, with 30.0 ppg and 12.5 rpg. Patterson recorded back-to-back double-doubles in helping lead the Wildcats to wins over Tennessee State and Florida Atlantic. He has eight on the season and 14 in his career, tying Randolph Morris for 26th on UK's all-time double-double list. Patterson recorded a career-high 33 points against Tennessee State and followed with a 27-point effort against Florida Atlantic, while pulling down 11 and 14 rebounds respectively.

The award was his first of the season and the fourth weekly honor of his career. Patterson was named the SEC's Freshman of the Week three times in his rookie year.

It also marked the second straight week a Wildcat has been named the SEC Player of the Week and the fourth of the week and the fourth of the time this season. Jodie Meeks has received the honor twice while DeAndre Liggins was named the league's Freshman of the Week earlier this year.

UK FOOTBALL: The Liberty Bowl game pitting Kentucky East Carolina ended too late to make this edition. A complete recap of the game will appear in the Wednesday, Jan. 7 edition.



JOHNSON CENTRAL HIGH SCHOOL GRADUATE ALICE DANIEL is a senior for the Pikeville College women's basketball team. Daniel ranks as one of the Pikeville College team's top players.

Setser, Gearheart to play in Border Bowl

by STEVE LEMASTER SPORTS EDITOR

WILLIAMSBURG — Two Prestonsburg High School senior football players will face Tennessee foes during an upcoming all-star football game. PHS seniors Seth Setser (RB/LE) and Austin Gearheart (WR/DB) will play in the

National Guard Border Bowl all-star football game between Kentucky and Tennessee. The game is slated to kickoff at 1 p.m. on Jan. 17 at 1 p.m. at the University of the Cumberland's James H. Taylor Memorial Stadium.

Setser rushed for over 1,200 yards and 29 touchdowns during his senior campaign, establishing himself as one of the state's top rushers. Gearheart, one of the state's top pass-catchers, hauled in passes for over 1,000 yards and

12 touchdowns. Belfry and Johnson Central will also be represented in the Border Bowl. The Kentucky roster is made up of the following players: Greg Adams (Hazard); Hunter Adams (Middlesboro); Jeremy Armfield (South Laurel); Ben Benedict (Estill Co.);



Seth Setser (pictured) and Austin Gearheart (not pictured) will represent Prestonsburg in the upcoming Border Bowl.

Chase Blackburn (Bryan Station); Ricky Bowling (South Laurel); Aaron

DeKon Hicks (Franklin Co.); Cossy Ison (Harlan County); Cody Jones

(Whitley Co.); Josh Kidd (Hazard); Ed Lawson (Williamsburg); Ivan Lee (Belfry); Will Letton (LexCath); Zach Lewis (Clay Co.); Robby Logan (Raceland); Earl McCann (Bryan Station); Monte Merrick (Bell Co.); Max Muckerheide (Conner); Keenan Parker-Green (Lafayette); Tyler Perkins (Powell Co.); Roy Philon (Bryan Station); Jason Powers (Whitley Co.); Chase Richardson (Johnson Central); Anthony Ridner (Whitley); Tyler Rollins (Williamsburg); Muhammad Saifullah (Bryan Station); Anthony Sandoval (Scott Co.); Seth Setser (Prestonsburg); Sam Simpson (Henry Co.); Clay; Cory Smith (Knox Central); Mike Sullivan (Cov. Holy Cross); Demetri Travis (Perry Central); Daniel Vogelsang (LexCath); Oakley Watkins (Franklin Co.); Ian Welch (Johnson Central); Ryan Williams (Clark Co.); Tyler Woolum (Pineville).

Hot-shooting Bears fall to West Liberty State in double OT

TIMES STAFF REPORT

WHEELING, W.Va. — West Liberty State College ended its modest two-game losing streak by holding off Pikeville College 114-110 in double overtime Tuesday night in the Main Street Classic. Pikeville (10-5) had the ball at the end of regulation and the first overtime but failed to come away with the points it needed to win. In the second overtime, the NCAA Div. II Hilltoppers scored the first six points and were never headed. West Liberty (7-2) ended its first losing streak in December since 2003. The Hilltoppers

led 49-39 at intermission but were outscored by the Bears 55-45 to send the game to overtime tied at 94. Each team posted 11 points in the first extra frame to send it to double-overtime. Pikeville had the basketball for the final 11 seconds of regulation tied at 94. Junior Josh Samarco shot a contested three-pointer that fell short to send the game to the first overtime. The Bears had the ball again at the end in overtime, but senior Haakim Johnson was called for travelling as he spun through the paint to send the game to the next extra period.

All five Pikeville starters reached double figures in the scoring column, led by sophomore Justin Hicks with 31 points on 7-of-16 three-point shooting. Samarcy followed with 28, thanks to going 8-of-16 shooting from the arc. Johnson followed with 22, with senior J.B. Smiley tossing in 15 and senior Ewan Linton adding 10. Johnson had a double-double with 10 rebounds while Linton came one rebound shy. Junior Anthony Smith had nine rebounds off the bench for the Bears, who lost the rebounding battle 49-46. Hicks, in addition to his scoring, handed out five assists, grabbed four rebounds and picked off

three steals. Senior guard Ben Howlett matched his career high with 39 points for the Hilltoppers, going 15-of-19 from the floor and hitting the three-pointer late in the first overtime to set the stage for the second. Sophomore Corey Pelle followed with 27 to go with eight assists and seven steals, while sophomore John Wolosinczuk had 18 points and 11 rebounds and junior Scott Mirich coming off the bench for 11. The Bears are now off until Jan. 10 when they return home to play Berea College.

Lady Bears hold off Wise, 69-59

TIMES STAFF REPORT

PIKEVILLE — Three players reached double figures and Pikeville College survived 21 turnovers to knock off U.Va.-Wise 69-59 Wednesday afternoon.

The win lifted the Lady Bears to 11-3 on the season and gave them three straight wins to end the calendar year.

Pikeville led by as many as eight twice in the second half, but the Lady Cavaliers hung around all game long, and when freshman MaShonna Hughes hit a jumper with 5:37 remaining, the guests took a 56-55 lead.

It stayed that way for 2:30 before sophomore Whitney Compton hit a free throw to tie it, and sophomore Lakkia Bailey put back the missed second try to give the Lady Bears back a lead they would never lose.

The 10-point margin of victory was the biggest lead since Pikeville led 12-2 in the early going.

Bailey and freshman Natiera Hinton led the way with 17 points each. Bailey added six rebounds off the bench while Hinton had five.

Senior Alice Daniel followed with 14, hitting three three-point baskets and all five of her free throw attempts.

U.Va.-Wise (4-8) also had three players in double digits, with freshman MaShonna Hughes coming off the bench to lead the way with 18 points and nine rebounds. The Manassas, Va., product also blocked four shots and recorded three steals.

Freshman Kristin Mullins followed with 2 and freshman Ashley Tanner tossed in 11.

Corbin hits century mark in win over Raiders

TIMES STAFF REPORT

CORBIN — Four different Corbin players reached double figures in the scoring column last Saturday (Dec. 27) as the Redhounds dismantled South Floyd 100-38 in the Cumberland Falls Invitational.

Host Corbin jumped out to an early lead and never looked back. The Redhounds led South Floyd 31-11 at the conclusion of the opening quarter and 85-26 at the intermission.

Fourteen different Corbin players provided scoring.

Junior guard Madison Johnson led Corbin with 30 points, hitting six shots from numerous spots of the floor.

Josh Smith scored 12 points while Josh Crawford and Issac Wilson added 10 apiece for the Redhounds.

Corbin got stronger as the game went on. The Redhounds held South Floyd to six points in each of the last two quarters.

Shannon Turner led South Floyd, posting 11 points. Corey Paige followed with 10 points for the Raiders. Dakota Hall scored six, Wesley Light netted four and Brandon Marson chipped in with three for South Floyd in the set-back. Tyler Mitchell and Andrew Vance rounded out the South Floyd scoring with two points apiece.

2008 WYMT All-Mountain Football Team

Offense

Third Team

QB - Zach Lewis (Clay County)
 RB - Cody Jones (Whitley County)
 RB - Demetri Travis (Perry Central)
 FB - Caleb Watkins (Corbin)
 WR - Michael Campbell (Hazard)
 WR - RC White (Pulaski County)
 Utility - Jordan Amis (Perry Central)
 Kicker - Nick Armstrong (North Laurel)

Second Team

QB - Ricky Bowling (South Laurel)
 RB - Greg Adams (Hazard)
 RB - Nathaniel Gilliam (Harlan County)
 FB - Ivan Lee (Belfry)
 WR - Aaron Brock (Williamsburg)
 WR - Austin Clearheart (Prestonsburg)
 Utility - Chris Muse (Pulaski County)
 Kicker - Austin Delpont (Hazard)

First Team

QB - Charlie Banks (Letcher Central)
 RB - Channing Fugate (Breathitt County)
 RB - Chase Richardson (Johnson Central)
 FB - Jason Powers (Whitley County)
 WR - Jake Cobb (South Laurel)
 WR - Noah Reid (Clay County)
 Utility - Hunter Adams (Middlesboro)
 Kicker - Monte Merrick (Bell County)

Players of the Year

1A - Greg Adams (Hazard)
 2A - Hunter Adams (Middlesboro)
 3A - Channing Fugate (Breathitt County)
 4A - Shawna Zachery (Bell County)
 5A - Charlie Banks (Letcher Central)

Coaches of the Year

1A - Mark Di... (Hazard)
 2A - Steve Jewell (Corbin)
 3A - Mike Holcomb (Breathitt County)
 4A - Dudley Hilton (Bell County)
 5A - Jim Black (Whitley County)

Honorable Mention

Quarterbacks
 Jade Haddix (Breathitt County)
 Tyler Olinger (Hazard)
 Michael Burchett (Prestonsburg)
 Ryan Moses (Williamsburg)

Running Backs

Hunter Crowder (Allen Central)
 Logan Crowder (Allen Central)
 Charlie Danson (Belfry)
 Thomas Varney (Belfry)
 Spencer Greer (Bell County)
 Dylan Maldonado (Betsy Layne)
 Andrew Link (Harlan)
 Nathan Dillon (Johnson Central)
 Dexter Carnes (Knox Central)
 Tyrone Persons (Lynn Camp)
 Josten Helton (Magoffin County)
 Nehemiah Doderer (Paintsville)
 Daniel Harmon (Pikeville)
 Allen Craynon (Prestonsburg)
 Seth Setser (Prestonsburg)
 Winston Hines (Pulaski County)
 Casey Hays (Rockcastle County)
 Ryan Kelly (Sheldon Clark)
 Kyle Howell (South Floyd)
 Stephen Quillen (South Laurel)
 Jake King (Southwestern)
 Ed Lawson (Williamsburg)

Wide Receivers

Chase Ely (Bell County)
 Chris Gilbert (Clay County)
 Cody Hensley (Leslie County)
 EJ Hampton (Pike Central)
 Tyler Baker (Pikeville)
 JP Henderlight (Somerset)
 Strom Wilson (Somerset)
 Chris Mitchell (South Laurel)
 Matt Powers (Whitley County)

Utility

Adrian Wardrup (North Laurel)
 Alex Abner (Pulaski County)

Kickers

Al Merrick (Pineville)
 Tyler Lester (Pulaski County)

Defense

Billy Lawson (Bell County)
 Matt Rains (Bell County)
 Matt Simpson (Bell County)
 Dylan Smith (Harlan County)
 Ian Welch (Johnson Central)
 Gre Phillips (Knox Central)
 Randon Collett (Leslie County)
 Brandon Hillingsworth (Pineville)
 Austin McKinney (Prestonsburg)
 Clay Jamerson (Prestonsburg)
 Weston Hines (Pulaski County)
 Tyler Stone (Pulaski County)
 Steven Trimble (Rockcastle County)
 Cody Bramlett (Whitley County)
 Garrett Phillips (Williamsburg)

Team Defense

Third Team
 Whitley County

Second Team

Breathitt County

First Team

Bell County

Offensive Line

Third Team
 Johnson Central

Second Team

Belfry

First Team

Whitley County

Floyd native Bentley leads Centre past Maryville, earns all-tourney nod

TIMES STAFF REPORT

DANVILLE — One day after having its five-game winning streak snapped, the Centre College men's basketball team bounced back defeating Maryville College for the second time this year, this time winning 78-72 on the second day of the 2008 Papa John's/Country Hearth Inn Tournament hosted by Centre Tuesday, Dec. 30.

The Colonels, which won the earlier meeting between the two teams 73-71 in Maryville, Tenn., improve to 8-2 overall, while the Scots fall to 4-6 on the season.

The first half was tight throughout as the lead changed hands five times and was tied

on four other occasions. Centre led by four (21-17) at the 7:08 mark for the biggest lead of the half, before going into the locker room with a 29-25 lead.

The Colonels led the entire second half going ahead by as many as 13 points (65-53). Down 10 points, Maryville cut the lead to six (72-66) with 0:51 left to play but would get no closer as Centre closed out the game for a 78-72 win.

The Colonels shot 46.0-percent (23-50) from the field on the evening, while Maryville finished at 40.9-percent (27-66).

Senior guard Kris Bentley (Pikeville) led Centre with 22 points on seven of 10 shooting, including six of nine from

beyond the three-point arc. The Floyd County native was strong from start to finish in the tournament tilt. Junior forward Danny Noll (Et. Mitchell) finished with another big game scoring 21 points and grabbing five rebounds.

Senior guard Ryan Crowdis (Louisville) chipped in 10 points and four assists, while sophomore forward Alex Lloyd (Lexington) grabbed a game high eight rebounds and blocked five shots.

Greg Hernandez led the Scots with 26 points and seven rebounds. Jordan Dameron notched 11 points off the bench in the defeat.

Hanover College won the earlier game of the day, defeating Piedmont College 97-74.

Mitchell Meyer led the Panthers with 23 points and 10 rebounds. Piedmont was led by J.C. Heredia, who finished with 23 points and seven rebounds.

Heredia, Hernandez, Bentley, Noll and Hanover's Taylor Dial were each named to the All-Tournament Team for their efforts. Meyer was named the Tournament MVP after leading Hanover to a 2-0 record.

Centre will return to action Sunday, Jan. 4 with a Southern Collegiate Athletic Conference (SCAC) road contest against DePauw University. Tip-off is set for 1 p.m. in Greencastle, Ind.

Eagles rally for road win at ETSU

TIMES STAFF REPORT

JOHNSON CITY, Tenn. — Leon Buchanan scored 23 points Maze Stallworth added 22 points to lead Morehead State to a 71-61 win at East Tennessee on Tuesday (Dec. 30).

"I looked up in the second half, and we were down eight or nine points," said MSU Coach Donnie Tyndall. "Then, Derrick Echols took a big charge, and I challenged our team during a timeout.

and those things got us started. Our veterans, Leon, Maze and Kenneth stepped up, and that was promising to see."

MSU, now 5-8 on the season, also got 12 points from Demonte Harper. Faried had 17 rebounds and three blocked shots, and Buchanan had 10 rebounds.

ETSU, now 8-4, got 23 points from Courtney Pigrum and 21 points from Kevin Tiggs.

After trailing much of the

first half, ETSU rallied at the end of the period to take a 33-29 lead at intermission. Tiggs hit all five of his field goal attempts and scored 12 points to lead the Bucs in the first 20 minutes. MSU's Buchanan had 15 points to lead all scorers in the first half.

ETSU built its lead to nine points early in the second half only to see the Eagles go on a 17-4 run to go up by four points. That set the stage for several ties and lead changes

before MSU spurted out to a comfortable lead and made its free throws down the stretch.

The Eagles return to Ohio Valley Conference play when they begin a two-game league road trip on Saturday (Jan. 3) at Austin Peay. Tip off at the Dunn Center in Clarksville, Tenn., is scheduled for 8:30 p.m. EST. The road trip will conclude with an 8:30 p.m. EST game in Nashville against Tennessee State on Monday (Jan. 5).

Morehead State women fall to Central Michigan

TIMES STAFF REPORT

LOUISVILLE — Morehead State junior Brittany Pittman had eight blocked shots Tuesday to break the MSU career blocks record, and sophomore Chynna Bozeman scored a career high 29 points - including 20 in the second half, but a furious second half rally came up short as Central Michigan held on to defeat the Eagles 95-88 at Freedom Hall in the final game of the Downtown Marriott Cardinal Classic.

Pittman broke Tasha Gales' record of 205 with her 206th block at the 5:44 mark in the final half. In just her 44th

career Eagle game, she is now just 28 rejections shy of eclipsing Austin Peay's Gerlonda Hardin's Ohio Valley Conference record of 233.

MSU fell to 8-6 after absorbing the loss.

Meanwhile, Bozeman ignited an MSU rally in the second half. Down 8:57 with 8:04 left in the game, she hit a jumper to start a 12-2 scoring spurt that saw the Eagles rally back to within three (82-79) with 5:02 remaining. Bozeman was 7-of-16 from the field in the final half and nearly helped her team make the comeback complete. Down 91-88 with 1:07 left, she got an open look from distance but the ball

rimmed out, and the Eagles were forced to foul down the stretch as the game inched out of reach.

MSU was also down by as much as 15 in the first half when the Chippewas shot 53 percent and led 49-38.

Bozeman also added six rebounds and four assists in 38 minutes. The Eagles hit a season high 14 three-pointers after draining 13 Monday against New Hampshire. Three other Eagles reached double figures. Tiffany Hamilton and Tiffanie Stephens each notched 15, while Courtney Lumpkin added 12 points, five boards and seven assists. Pittman also

tallied eight points and a team-best eight rebounds.

CMU landed six players in double figures and exploited the Eagle defense in the paint where they out-scored MSU 50-26. Brandi Barker had 17 to lead the way, while Kaibla Szunko had 14 points and a game high 15 rebounds.

For the day, the Eagles shot 43 percent, including 45 percent in the final 20 minutes. CMU finished shooting 50 percent and had five more boards than the Eagles (45-40).

MSU will return to Ohio Valley Conference play Saturday (Jan. 3) at Austin Peay at 6:15 p.m. EST.

Crusaders jolt Jackson City; Knott Central falls to Hopkins Central

TIMES STAFF REPORT

JACKSON — June Buchanan finished strong Monday, outscoring Jackson City 24-10 in the fourth quarter of a boys' high school basketball matchup. The Crusaders pulled away late, defeating Jackson City 68-42. The victory allowed June Buchanan to snap a two-game losing streak.

Clint Stepp poured in a game high 28 points and Garrison Collins added 12 for the Crusaders. Stepp and Collins make up one of Eastern Kentucky's top high school boys' basketball tandems.

June Buchanan enjoyed a balanced scoring effort. Junior guard Braxton Childers scored nine points and senior forward Brent Hall had eight for the Crusaders.

Seven different June

Buchanan players stepped up and scored in the regular-season matchup. John Howard had seven points for the Crusaders. Lewis Collins and Travis Thomas added two points apiece for June Buchanan.

After ending the first quarter in a 9-9 tie, June Buchanan outscored Jackson City in each of the last three quarters. The Crusaders carried a 28-22 lead into halftime.

For Jackson City, three players reached double figures in the scoring column. Sierra paced Jackson City with 18 points. Gayheart was the second-leading scorer for Jackson City, finishing with 13 points. Hayes added 11 points for the Tigers.

June Buchanan owned a 16-10 scoring advantage in the third quarter. The Crusaders were especially tough defensively, holding

Jackson City to 10 or fewer points in three quarters.

With the win, June Buchanan improved to 6-4.

Hopkins Central edges Patriots: Knott County Central fell short in a comeback bid to defeat Hopkins County Central Tuesday in the Republic Bank Holiday Classic at Lexington Catholic.

The Patriots scored eight points in the last 51 seconds. Hopkins County Central, however, managed to hold on for the win. The Storm defeated Knott County Central in close fashion, winning 51-49.

Hopkins Central won despite hitting just two of 12 attempts from beyond the three-point arc. The Storm also struggled at the free throw line, hitting 17-of-33 attempts.

Junior center Daniel Croft paced Hopkins County Central (7-4), fin-

ishing with 11 points. Junior point guard Jevonte Hughes scored 10 points and Senior guard Coble added nine for the Storm. Junior shooting guard Josh Riley added eight points for Hopkins Central.

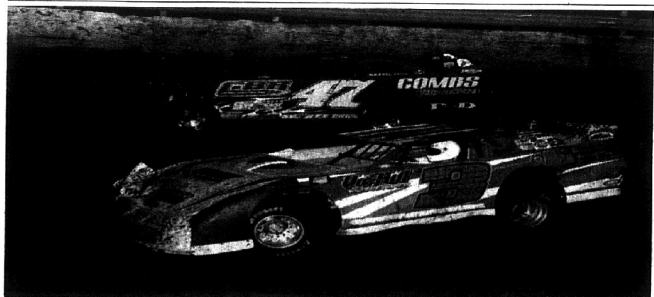
Hopkins Central and Knott Central exchanged leads throughout the tournament contest. The two teams were in a 10-10 deadlock at the conclusion of the first quarter. Hopkins Central slipped into halftime out in front 24-22.

The Storm outscored Knott Central 13-10 in the third quarter and held on for the win in the final period.

Tate Cox led Knott Central with a game-high scoring effort of 21 points. Freshman point guard Zack Davis added eight points for the Patriots. Braxton Ratiff and Jarrod Amburgey contributed six points apiece for Knott Central (9-4).

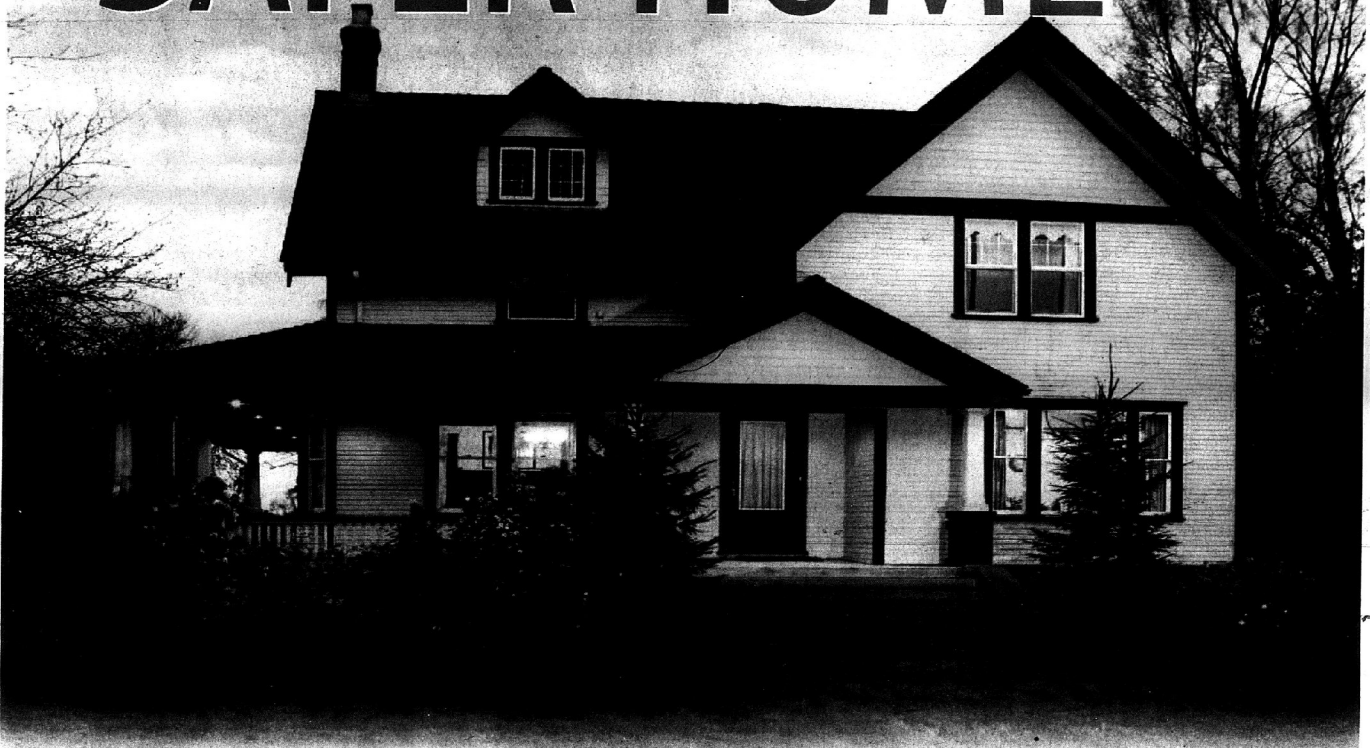
BluegrassPreps.com Girls' Basketball Top 20

1. Dupont Manual
2. Iroquois
3. Elizabethtown
4. Franklin-Simpson
5. Christian Academy-Louisville
6. Paul Dunbar
7. North Hardin
8. Montgomery County
9. Lexington Christian
10. Meroy
11. Lexington Catholic
12. Butler
13. Southwestern
14. Highlands
15. Simon Kenton
16. Marshall County
17. Lincoln County
18. Nelson County
19. Henderson County
20. Rockcastle County



THE START OF THE 2009 DIRT TRACK SEASON is nearing for Letcher County driver Chris Combs (47). Combs ranks as one of Kentucky's top Late Model drivers. photo courtesy of Battle of the Bluegrass

one small change for a SAFER HOME



FAMILY FEATURES

Every fall we're reminded to turn back our clocks for daylight saving time. And most people remember to do it. We're also reminded to change the batteries in household smoke detectors — but how many make that change? Forgetting the clock means you could be an hour late. Forgetting the smoke detector could put the whole family at risk.

Did You Know?

- Approximately every three hours a home fire death occurs somewhere in the nation.
- Children ages five and under are twice as likely as the population as a whole to die in home fires.
- 1,000 children die every year in home fires.
- 80 percent of home fire deaths result from fires in homes without working smoke alarms.

Local fire departments are a community's first defense in emergencies such as home fires. The International Association of Fire Chiefs (IAFC) and Energizer have teamed up for the 'Change Your Clock Change Your Battery' campaign. They want to remind people that the best way to protect your family in a home fire is to have a working smoke detector. Twenty-five million homes are at needless risk due to worn or missing smoke detectors.

There are two types of smoke detectors: an ionization alarm and a photoelectric alarm. They have varying response times in specific fire situations. The National Institute of Standards and Technology concluded that ionization alarms provide a "better response to flaming fires," while photoelectric alarms provide "considerably faster response to smoldering fires." However, 90 percent of U.S. homes have the ionization alarms, which usually are cheaper than photoelectric smoke detectors.

You only have about three minutes to escape a house fire. So it's vital to have effective equipment that works.

Alarm Tips

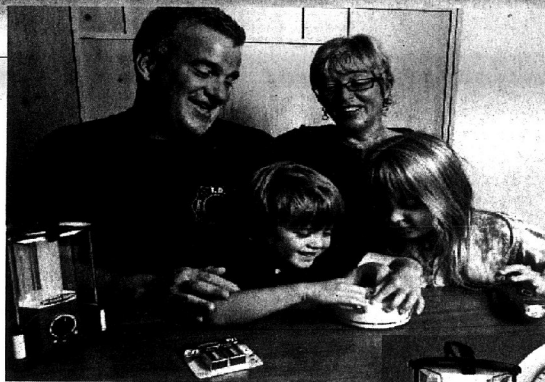
- Buy new smoke detectors at least every 10 years because they lose their sensitivity over time. Install some ionization and some photoelectric smoke detectors.
- Install detectors on every level of your house, preferably in every room, but especially inside bedrooms.
- Change the batteries when you change your clocks and test your smoke alarms once a month by pushing the button.
- Follow the manufacturer's directions for optimum placement. It's best to install most smoke alarms on ceilings because smoke rises, and that gives you the earliest possible warning.

Changing a battery is a little thing — but it could be the little thing that saves your life.

'Change Your Clock Change Your Battery' is part of an overall family safety program championed by Energizer and the IAFC. Called, Keep Safe. Keep Going, it not only informs families about fire safety in the fall, it also encourages them to be prepared for natural disasters that typically occur during spring and summer months.

For more information on home safety, visit www.iafc.org or www.energizer.com.

Sources of statistics and information: National Fire Protection Association, International Association of Fire Chiefs, Centers for Disease Control and Prevention, Department of Health and Human Services



The fall time change is a great reminder to prepare an emergency power kit in case of a power failure caused by severe winter storms. NYFD firefighter Terrance McGann and his family get ready by changing the batteries in a smoke alarm and a flashlight.

Fire Facts

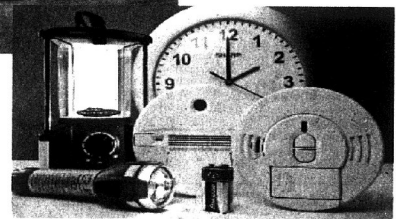
- Seniors 75 and older are three times more likely to die in a home fire.
- 10 p.m. to 6 a.m. are the peak hours for home fires — when most people are asleep and the house is dark.
- Only 25 percent of U.S. families have developed and practiced a home fire escape plan to ensure they could escape quickly and safely. Developing a family emergency escape plan can be crucial to everyone's safety.

Emergency Power Kits

Energizer and the IAFC remind families the fall time change is a great time to prepare an emergency power kit so that they are prepared in case of a power failure caused by severe winter storms.

"A flashlight, extra batteries and a battery-operated radio are important to have on hand should the lights go out," says Chief Larry Grorud, President of the International Association of Fire Chiefs. "The IAFC urges people not to use candles in case of a power outage and to use flashlights and battery powered light sources instead."

- Candles used for light in the absence of electrical power cause one-third of fatal home fires.
- Candles are the second leading cause of injuries from home fires, following cooking.
- When your power goes out, use flashlights instead of candles.



Carbon Monoxide Detectors

Families also need to change the batteries in carbon monoxide detectors.

- Carbon monoxide is sometimes called the silent killer. It is colorless, odorless and tasteless.
- More than 500 people in the U.S. die each year from accidental carbon monoxide (CO) poisoning.
- 67 percent of households use gas, wood, kerosene, coal or fuel as their major heating source. These heating sources, which release carbon monoxide when burned, cause more than 100,000 medical visits and 300 home poisoning deaths each year, due to improper equipment servicing or lack of precautionary detectors.

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\$16

5 Easy ways to place your ad:

1. Call: (606) 886-8506, LeighAnn Williams
2. Fax: (606) 886-3603
3. E-mail: classifieds@floydcountytimes.com
4. Stop by: 263 S. Central Avenue, Prestonsburg
5. Mail: P.O. 390, Prestonsburg, KY 41653

Our hours: 8 a.m.-5 p.m.
DEADLINES:
 Wednesday's paper @ Mon., noon
 Friday's paper @ Wed., 5 p.m.
 Sunday's paper @ Thurs., 5 p.m.
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The Best Way To Write An Ad:

- Begin with a key word (item for sale, etc.)
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- State your price or terms
- Include a phone number and/or e-mail address

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ADDRESS: _____

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Write your ad here:

(approximately 18 letters per line)

CREDIT CARD: _____

Our CLASSIFIEDS Will WORK For You!!!

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

Employment

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

Experienced ONLY Tower Climber needed for local work. Job also includes two way radios and car kit installs. Must have valid driver's license and pass drug screening.

Must have references! Excellent benefits Package available. Please send resume to PO Box 873, Prestonsburg, Ky 41653. Call 886-3181.

We currently have an opening for a director of nursing at Prestonsburg health care center. Fulfilling position. We offer competitive pay and benefits. For more information please call 606-886-2378.

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

or fax resume to 606-946-9225.

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

Drivers needed. Apply in person at Papa Johns of Prestonsburg. Call 606-886-2900.

Sandy Valley Transportation Services Inc. (SVTS) is seeking qualified applicants for the position of Part time or Full time receptionist. Senior citizens welcome. Benefits for eligible employees include: health, dental, life, vision

insurance, retirement plan, credit union, holiday, sick and vacation days. Phone 1-800-444-RIDE / 7433, or write to SVTS at Resource Court, Prestonsburg, Ky 41653-7850 for an application for employment and more information.

Accountant/ Tax preparer. Full time position preparing individual taxes and payroll. Job in Prestonsburg and we provide an excellent work environment. Call 606-889-0100.

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

Miller Bros. Coal, LLC is seeking qualified applicants for the position of Surface Mine Planning Engineer. Mining Engineering degree and experience required. Competitive salary and benefits package. Interested applicants should send their resume in confidence to 1801 Watergap Rd Prestonsburg, KY 41653. Phone inquiries not accepted.

Services

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

Animals

Found 2 lost dogs! Brown in color. Either pit bulls or boxers. Found in Wilson Creek at Maytown. Call 285-3362.

Misc.

HAY FOR SALE

Grass hay for sale. Located in Georgetown, Ky. \$4.00 per bale if picked up and \$4.50 per bale if delivered. Will deliver to Prestonsburg area. Call 502-316-5277.

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

Leave message if no answer.

Hay for sale. \$7.00 a bale. Call 791-8850.

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


Firewood for sale. \$75 a pickup load. Oak, hickory, and beechwood. Call 259-1356 or 866-6848.

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 the Busiest Web Site in the Area.
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Big Sandy Health Care, Inc.
 is seeking candidates for
PRN Pharmacists
 at
Hope Family Pharmacy - Salyersville
Mud Creek Clinic Pharmacy - Grethel
Shelby Valley Clinic Pharmacy - Pikeville
 Hours of operation: 8:30 - 5:00, Monday - Friday
 Applicants must have current licensure in Kentucky
 Position Offers
 \$500 per day
 Mileage reimbursement
 Mail, fax or email resume to
Big Sandy Health Care, Inc.
 1709 KY Route 321, Suite 3
 Prestonsburg, KY 41653
 Fax: (606) 886-8548
 Email: l.martin@bshc.org

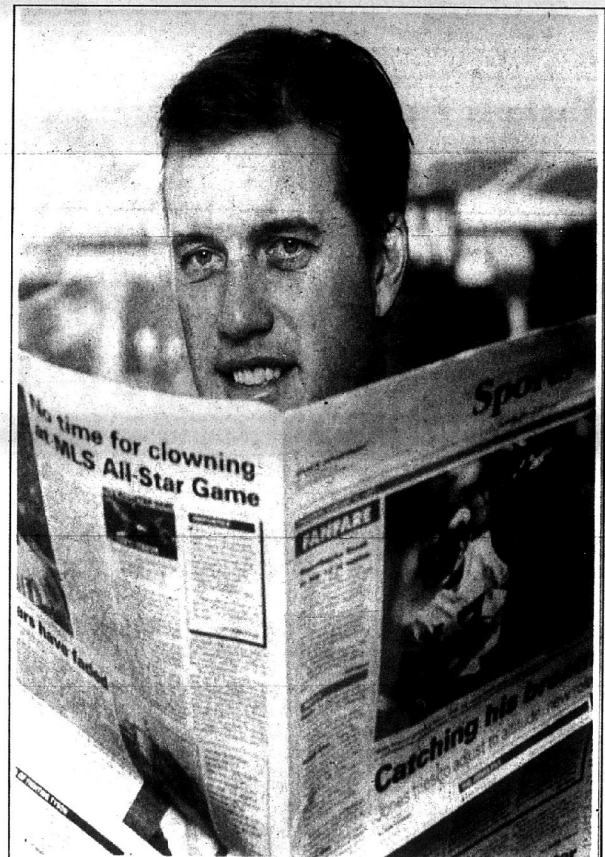
ADVERTISEMENT FOR BIDS & SPECIFICATIONS
 Sealed Bids will be accepted by the Floyd County Fiscal Court until Thursday, January 15th, 2009, at the hour of 4:00 p.m., for the sale of the following:
 One (1) Used Wastewater Plant
 Any specifications for the above-listed item may be obtained at the Office of the Floyd County Judge/Executive, on the second floor of the old Floyd County Courthouse, 149 South Central Avenue, Suite 9, Prestonsburg, Kentucky 41653 [Telephone: (606) 886-9193] during regular business hours. The specifications are as follows:
 One (1) Used Wastewater Plant with the following:
 (a.) Three (3) Blower Housing Units
 (b.) One (1) Four (4) Tube Chlorinator
 (c.) Two (2) 9000 Gallon Wastewater Tanks
 (d.) Three (3) control panels, KY 41653
 (e.) One (1) Chlorinator Tank
 (f.) One (1) Main Power Panel
 The bid will be awarded to the highest and/or best bidder at the Regular Fiscal Court Meeting to be held on Friday, January 16th, 2009, at the hour of 10:00 o'clock a.m., in the Floyd County Fiscal Courtroom, on the second floor of the old Floyd County Courthouse, 149 South Central Avenue, Prestonsburg, Kentucky.
 The Floyd County Fiscal Court has the right to accept and/or reject any/or all bids.
 Robert D. Marshall,
 Floyd County Judge/Executive

WELDING POSITIONS AVAILABLE
 EXCELLENT PAY.
 Drug screen required.
 Call Monday-Friday between 8 a.m.-5 p.m.
285-9358

Speech Language Pathologist
 McDowell ARH Hospital has an immediate opening for a Speech Language Pathologist
 Please apply online at www.arh.org or send resume to: Debbie Egan, ARH, Attention: Careers/Recruitment, 1000 S. Main Street, Hazard, KY 40401
 Email: degage@arh.org
 Fax: 502-487-7315
 FEO/AE/M/PAH

www.arh.org

Be an Angel.
 Become a Kentucky organ & tissue donor.
 Sign the back of your drivers license or place a Donor Dot on it & tell your family of your wishes.
 For information contact:
 1-800-525-3456,
 or www.trustforlife.org

 Kentucky Circuit Court Clerks Association
 Organ And Tissue Donation Awareness
 PSA



"Encourage your children to read a newspaper every day. It will make them stars in the most important game of all—the game of life."
 —John Elway, Quarterback
The Times
 It all starts with newspapers.
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 PUBLISHED BY THE NEWSPAPER AND THE NEWSPAPER ASSOCIATION OF AMERICA.

B7

RENTALS

APARTMENT

2 Br apartment for rent. With stove and fridge. Call 886-2504.

Town house apartment for rent. 2 br, 1 bath, stove, fridge, w/d hook up, city limits at US 23 & Hwy 80. \$535 mth plus utilities with \$350 deposit. No pets. 1yr lease. 606-237-4758.

2 BR apartment for rent. Located in Prestonsburg. \$700 per month includes utilities. Also a 2 br house available at Martin for rent. \$500 mth plus deposit. Call 794-0249.

Renovated apartments for rent. Good location. Downtown Martin. Call 358-3072. Monday-Sat. between 9am-6 pm.

2 Br, townhouse for rent. Located on 4 miles from Prestonsburg. Hardwood flooring with all amenities. No HUD accepted. Call 358-9483 or 794-9484.

APT FOR RENT Branhon height Apt Wheelright KY. is now accepting applications for one bedroom Handicap accessible Apt. rent is based on income. Contact Ashley. 452-4777

Houses

For rent - 3 br house. located 3 miles from downtown Prestonsburg on Stephens Br/ Cliff Rd. \$600 month plus utilities. For information call 367-1047 or 606-886-2416 after 7 pm.

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

For Rent: 3 Bedroom, 2 bath located at Langley, Ky. \$475 per month. Call 226-1138.

Nice 4 br, 2 bath house for rent. No smokers, no pets. Call 438-6104.

For rent: 2 br, 1 bath house. \$350 deposit. Located at Martin, \$500 month plus \$500 deposit. Call 478-5139 or 791-9992.

House for rent: 1,500 sq ft, 2 br, 1 bath fully furnished. All utilities. Located on US23 between Prestonsburg & Pikeville. \$795 deposit & \$795 month. Call 606-422-1862.

Mobile Homes

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

Land / Home - owner financed. \$350 deposit. Flexible payment plan. Call 859-623-9404.

Special FHA Finance Program \$0 Down if you own land or use family land. We own the bank your approved. Call 606-474-6380.

Nice 2 br Mobile home for rent. Located in Prestonsburg Call 874-0875 or 226-3207.

Own your land. Need a home. No down payment. 1-877-310-2577.

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

available. Low monthly payments.

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

Social security. Disability. If you have a house hold income of more than \$1500.00 We can get you financed on a New or Used home. Call 859-498-7725 to pre-qualify.

Year End Clearance!!! 15 Display Model homes released for immediate sale! Many with furniture packages!! Call for an appointment. Call 858-736-3332.

TO MINE Pursuant to Application Number 836-0342 NW

In accordance with KRS 350.055, notice is hereby given that Frasure Creek Mining, LLC, 4978 Teays Valley Road, Scott Depot, WV 25560, (304) 204-1455 has applied for a permit for a surface coal mining and reclamation operation located 1.7 miles northeast of Hippo, Kentucky in Floyd County. The proposed operation will disturb 373.34 surface acres and will underlie 4.92 acres, and the total area within the permit boundary will be 378.31 acres. The proposed operation is approximately 0.8 miles south from KY 1210 junction with Alum Lick Road and located 0.2 miles southwest of Caney Creek. The proposed operation is located on the Martin USGS 7 1/2 minute quadrangle map. The operation

will use the mountaintop removal and auger methods of surface mining. The surface area to be disturbed is owned by George Thornsburg, et al, Evie Thornsburg, et al, Shada and Patricia K. Pitts, Lou Ellen Pitts, et al, Big Branch Holding Company, LLC and Chris Damron, Danny Ousley, Rosie Reffett, Craig Ousley, et al, Betty Litsey, Charles Gordon Ousley, Donald and Bronca Ousley, Adrian Bradley, James and Rose Marie Bradley, Ronald and Jackie Bradley, Sally R. Kessie, Charles E. Bradley, Amy Bradley, Adam Bradley, Johanna L. Silveus, Kenneth Silveus, Earl and Peggy Stephens and Sianna Risner, Mont Ousley Heist, Edward L. and Sadie Shepherd, J.T. and Anna Lea Thornsburg, Phyllis Reffett, Glen Hurd Estate, Curt and

Anna Howard and Harrison D. Reffett. The operation will underlie land owned by Shada and Patricia K. Pitts, Lou Ellen Pitts, et al, Big Branch Holding Company, LLC and Mont Ousley Heirs. The application has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, KY 41653. Written comments, objections, or requests for a permit conference must be filed with the Director of the Division of Permits, #2 Hudson Hollow Complex, U.S. 127 South, Frankfort, Kentucky 40601. This is the final advertisement of the application. All comments, objections, or requests for a permit conference must be received within 30 days of today's date.

Legals

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Send a photo with description, along with check or money order, or credit card, for only \$50, and your Deals on Wheels will continue to run until Sold.

Contact: Donnetta Mullins, 606-886-8506, today, or mail to P.O. Box 390, Prestonsburg, KY 41653

SOLD!

1994 Dodge 350 Extended Cab Van
All shelves, Reese hitch, ladder rack, new tires, and air conditioning. A good work van!
\$1,995.00
Open Road Auto 886-9220

SOLD!

Beautiful 1980 Corvette T-Tops
Air conditioning.
\$5,995.00
Open Road Auto 886-9220

SOLD!

2001 Toyota Tundra Extended Cab
Rino bedliner, power windows and steering
\$12,500.00
Open Road Auto 886-9220

SOLD!

2004 Ford Mustang
\$10,800.00.
40th Anniversary Edition.
V6, Gas Saver!! Glossy Red.
Call AB Motors 606-886-1922 606-434-5551

SOLD!

2005 Dodge Ram 4x4 SLT
\$17,800.00. NADA price \$19,300. Local, 1-owner, 4-door, 4-WD, auto. Looks brand new, inside & out, charcoal in color.
Call AB Motors 606-886-1922 606-434-5551

SOLD!

2002 Toyota Sienna
\$9,999.00. NADA price \$12,000. Local, 1-owner, Carfax certified, champagne in color. Heated leather seats with sunroof, V6, Gas Saver!!
Call AB Motors 606-886-1922 606-434-5551

HOME FIRES

America's Biggest Disaster Threat

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

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

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

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

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





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