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# Obituaries

## Flora C. Akers

Flora C. Akers, age 78, of Harold, passed away Monday, May 4, 2009, at the Highlands Regional Medical Center, in Prestonsburg.

She was born May 27, 1930, in Amba, the daughter of the late Daniel Akers and Norma Hall Akers. She was a retired employee of General Motors Corporation, and attended Life Fellowship, in Harold.

Survivors include two brothers: Eddie Akers of Harold, and Fostera Akers of Deming, New Mexico; and a sister, Twanna Frasure of Harold.

In addition to her parents, she was preceded in death by a sister, Arzella Cordle Akers.

Funeral services for Flora C. Akers will be conducted Wednesday, May 6, at 11:00 a.m., at the Hall Funeral Home Chapel, in Martin, with Clergymen Ted Shannon, William Stone, and Terry Adkins officiating.

Burial will follow in the Lee Alley Cemetery, in Grethel, with the Hall Funeral Home caring for those arrangements.

Visitation is at the funeral home. (Paid obituary)

## Melda Campbell

Melda Campbell, 80, of Hindman, died Friday, May 1, 2009, in the Knott County Nursing Home, Hindman.

Born April 16, 1929, in Knott County, she was the daughter of the late Wilson and Virgie Stone. She was a homemaker.

She was preceded in death by her husband, Doutha Campbell.

Survivors include two sons: El B. Campbell and Eugene Campbell, both of Hindman; four daughters: Oma (Anthony) Gibson of Chavies, Thelma (Gary) Amburgey of Pinetop, Judy Perkins of Hindman, and Maria Mullins of Mallie; four brothers: Fred Stone of Mousie, James Stone of Larkslane, Carmel Stone of Garner, and Sonny Stone of Hindman; three sisters: Clara Mae Campbell of Larkslane, Fern Stone of Pippa Passes, and Beth Stone of Lotts Creek; 20 grandchildren; and numerous great-grandchildren, nieces, nephews, family and friends.

In addition to her parents and husband, she was preceded in death by two sons: Herbert Stone and Douglas Campbell; one daughter, Shirley Campbell; and one sister, Velma Campbell.

Funeral services will be held Monday, May 4, at 1 p.m., at

Nelson-Frazier Funeral Home, in Hindman, with Carlos Craft officiating.

Burial will be in the Campbell Cemetery, Pinetree Hollow, Larkslane.

Visitation was at the funeral home with additional services Sunday night at 7 p.m. (Paid obituary)

## Vonnie Ellen Jones Campbell

Vonnie Ellen Jones Campbell, age 81, of Banner, widow of Ray "Shag" Campbell, died Friday, May 1 at her residence.

She was born December 19, 1927, in Banner, a daughter of the late Leonard and Virda Akers Jones. Vonnie was a retired U.S. Postmaster, having worked at the Banner Post Office; a member of the Floyd County Homemakers; and a member of the Allen First Baptist Church.

Survivors include two sons, John L. Campbell, his wife Teresa, and Barry L. Campbell, all of Banner; four brothers, Hubert Jones of Michigan, Ronnie Jones of Banner, and Glenn and James Jones, both of Mt. Sterling; one sister, Sereda Brown of Banner; three grandchildren: Richard, Ray, and Cory; and six great-grandchildren, Austin, Cody, Megan, Nicole, Nicholas, and Addison.

In addition to her husband and parents, she was preceded in death by two brothers: Clyde and Bruce Jones; and one sister, Irene Adkins.

Funeral Service for Vonnie Ellen Jones Campbell were conducted Monday, May 4, at 11 a.m., in the Hall Funeral Home Chapel, Martin, with Arnold Turner Jr. and Larry Breshear officiating.

Burial was in the Davidson Memorial Gardens, Ivel, with the Hall Funeral Home caring for those arrangements.

The family requests that in lieu of flowers, please make donations to Appalachian Hospice Care, P.O. Box 3457, Pikeville, Kentucky 41502.

Pallbearers: Ray Lyon, Jared Jones, Richard Lyon, Kenny Adkins, Allen Adkins, Howard Brown, Roger Brown, Jeff Jones, Johnny Lee Martin, Wesley Samons, Tom Jones, James E. Jones, and Cory Campbell.

Honorary: Norm Paline, Bruce Rice, Mike Robinson, French Campbell, Hubert Jones, Lowell Samons, Lowell Samons Jr., Richard Crisp, and Glenn Jones. (Paid obituary)

## Lois Samons Hughes

Lois Samons Hughes, 78, of Taylorsville, a native of Martin, died Sunday, May 2, 2009, at Hospitrus-Hospice of Louisville.

Born May 6, 1930, in Martin, she was the daughter of the late Newton and Sue Samons. She was a homemaker, and a member of the Church of Christ, in Bardstown.

She was preceded in death by her husband, Wilbert Hughes.

Survivors include one son,

Wilbert Dale (Michelle) Hughes of Martin; one daughter, Debra Hughes (Rod) Cundiff of Taylorsville; one sister, Mildred Taylor of Colorado Springs, Colorado; five grandchildren: Susan, Lisa, Amber, Charlie and Billy; and one great-granddaughter, Lilly.

In addition to her parents and husband, she was preceded in death by four brothers: Lester, Roger, Brian and Leland Samons; and one sister, Fay Samons.

Funeral services were held Tuesday, May 5, at 2 p.m., at Nelson-Frazier Funeral Home, in Martin, with Roy Robinson officiating.

Burial was in the Newton-Samons Cemetery, (Arkansas Creek), in Martin.

Visitation was at the funeral home. (Paid obituary)

## Andrew Lewis

Andrew Lewis, 77, of Banner, died Sunday, May 2, 2009, at Highlands Regional Medical Center.

Born October 15, 1931, in Floyd County, he was the son of the late Banner Lewis and Mary Jane Mullett. He was a general laborer.

He is survived by his wife, Daisy Lou Hard Lewis.

Other survivors include one son, Jeffery Lewis of Dana; four daughters: Betty Boyd of Prestonsburg, Kathy Hall of Flat Gap, Peggy Boyd of Dana, and Charlene Lamb of Danville; 11 grandchildren; 15 great-grandchildren; and one great-great-grandchild.

In addition to his parents, he was preceded in death by one son, James Kenneth Lewis; three brothers: Banner Jr., Woodrow, and Benny Lewis; and five sisters: Helen Beatrice Hunt, Thelma Russ, Martha Alice Boyd, Edna Marie Thompson, and Rachel Peggy Jo Stephens.

Funeral services were held Tuesday, May 5, at 11 a.m., at the Nelson-Frazier Funeral Home, in Martin, with Sonny Ray Boyd, Berkey Lewis, and Tim McCoy officiating.

Burial was in the Kidd Family Cemetery, in Dana.

Visitation was at the funeral home. (Paid obituary)

## Pauline McKinney

Pauline McKinney, age 78, of Martin, widow of Hillard McKinney, died Sunday, May 3 in the Riverview Healthcare Center, Prestonsburg.

She was born August 23, 1930, in Martin, a daughter of the late Dewey and Nell Allen Crum Conn. She was a retired restaurant owner, and a member of the Church of Jesus Christ of Latter Day Saints.

She is survived by three sons, Mickey, Randy and Mark McKinney, all of Martin; four grandchildren, and nine great-grandchildren.

In addition to her husband and parents, she was preceded in death by one daughter, Leah McKinney Johnson; one brother, James Conn; and one sister, Goldie Harris.

Funeral services for Pauline McKinney will be conducted Wednesday, May 6, at 1 p.m., in the Hall Funeral Home

Chapel, Martin, with elders of the Church of Jesus Christ of Latter Day Saints officiating.

Burial will follow in the Jeff Hunter Cemetery in Printer, with the Hall Funeral Home caring for those arrangements. (Paid obituary)

## Marsha Francis (Frankie) Stapleton Meade

Marsha Francis (Frankie) Stapleton Meade, 72, of Betsy Layne, died Monday, May 4, 2009, at the Pikeville Medical Center.

Born December 15, 1936, in Martin, she was the daughter of the late Bill and Molly Clieck Stapleton. She was a deli worker for Hobbs, Magic Mart, and IGA; and was a member of the Betsy Layne Freewill Baptist Church.

Survivors include three daughters: Kathy Hamilton (Ricky) and Janie Daughterty, both of Pikeville, and Sherrie Bryant (Kenny) of Betsy Layne; a brother, Sonny Stapleton of Harold; two sisters: Patricia Scarf of Harold, and Sue Bush of South Carolina; five grandchildren: Brandi McCoy, Chad Bryant, Victoria Bryant, Fran Chaney and Amy Daughtery; and five

great-grandchildren: K'Lee Bryant, Bethanie Webb, Lauryn McCoy, Jacob Chaney, and Braxton Chaney.

In addition to her parents, she was preceded in death by a sister, Margaret Sparks; and a grandson (truly missed by all), Craig Hamilton.

Funeral services will be held Thursday, May 7, at 11 a.m., at the Betsy Layne Freewill Baptist Church, with Tracy Patton and Tim McCoy officiating.

Burial will be in the Stapleton Cemetery, (Pinhook Hill) in Harold.

Visitation is at the church.

Nelson-Frazier Funeral Home, Martin, is in charge of arrangements. (Paid obituary)

## Keith Douglas Webb

Keith Douglas Webb, 62, of Dwale, died Sunday, May 2, 2009, at Highlands Regional Medical Center.

Born July 4, 1946, in Dwale, he was the son of the late Ballard and Mary Vaughn Webb. He was a disabled veteran; senior vice commander of Prestonsburg Post 5839 VFW; and a member of the DAV, in Ivel.

He is survived by his wife, Ida Fraley Webb.

In addition to his wife, sur-

vivors include one son, Keith Douglas Webb II of Dwale; three brothers: Glenn Webb of Hurricane, W.Va., David Walter Webb of Concord, Michigan, and Charles O. Webb of Abion, Michigan; one sister, Garnett Laferty of Allen; and one granddaughter, Lakin Breann Webb.

In addition to his parents, he was preceded in death by one son, Glenn Douglas Webb II; two brothers: James E. and Curtis Terry Webb; and three sisters: Josephine Stephens, and Ruby and Pearl Webb.

Memorial services were held Monday, May 4, at the Nelson-Frazier Funeral Home, in Martin, with Gordon Fitch officiating.

Burial was in the Webb Cemetery, in Dwale.

In lieu of flowers, please make donations to the VA Medical Center, Hazard. (Paid obituary)

(See OBITUARIES, page three)

## In Loving Memory of Dean Conn

May 30, 1954 - May 4, 1990



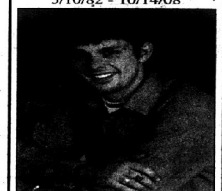
Gone is the face we loved so dear, Still is the voice we loved to hear. Too far away for sight or speech, But not too far for thoughts to reach.

The heavenly gates had opened, And a lovely voice said, "Come." And with farewells unspoken, He gently entered home.

No one knows the silent heartaches, only those who have lost care. Of the grief that's borne in silence, for the one we loved so well. Since you have gone first, and I remain, One thing I would have you do; Walk slowly down that lonely path, For soon I will follow you. I'll want to know each step you take, So that I may walk the same; For some day down that lonely road, You will hear me call your name.

Poem by mother  
We love and miss you very much. From the family, mother & father Carlle Blackburn and Virgil Conn

## Two Days We'll Never Forget DUSTIN OWENS



Missing You  
It's been 7 months since you went away. The pain is as fresh as it was that day. On May 10th, you will be 27. Celebrating your birthday, up in Heaven.

You are such a handsome young man. So full of life, so full of plans. Your body was broken and badly bruised. The Dr. told us the devastating news. He said you wouldn't make it through the night. This can't be happening, this can't be right.

I begged, pleaded and cried... Take me, Lord, as I stood by your side. Let him live, and in exchange my life I give.

But I guess it wasn't in God's plan. Because He took you by the hand. And so on that October day, The Lord took you away.

I know we're not suppose to question why, But it's hard when all you do is sit and cry.

And so as your headstone reads, Forever in our hearts, always on our mind. That's how it will be, until the end of time.

Deeply Mourned By: Mom, Dad, Scott, Nikk, Nikk, Family and Friends

## Card of Thanks

The family of Helen P. Ison would like to express our appreciation to all who sent flowers, brought food, spoke a kind word, or prayed on our behalf. We especially want to thank Reverend Sandy Douglass and Reverend Clyde Damon for their comforting words; Clayton Case and Phillip Simpson for their uplifting music; the Sunshine Girls for their friendship; the Sheriff's Department for their assistance in traffic control; and the Hall Funeral Home for their kind and professional care. Your outpouring acts of kindness will always be treasured. Thank you, and God bless.

THE FAMILY OF HELEN P. ISON

## Card of Thanks

The family of Edna Allen Frazier would like to humbly thank each and everyone who helped in any way during our recent loss: those who sent beautiful floral arrangements, food, and words of encouragement. A special thanks to Clergymen Roy Harlow for his comforting words; the Sheriff's Department for their assistance in traffic control; and the Hall Funeral Home staff for making our loss a little easier to bear. For anyone who may have helped in any other way, we lovingly say, thank you and God bless.

THE FAMILY OF EDNA ALLEN FRAZIER

## Card of Thanks

The family of Hubert D. Hicks would like to express our appreciation to all who sent flowers, or perhaps said a kind word, and for the prayers that were spoken on our behalf. We especially want to thank the ministers of the Martin Branch Freewill Baptist Church for their comforting words; the East Ky. Veterans Center and the Mountain Hospice of the Bluegrass for the excellent care they provided to our father; and the Hall Funeral Home for their kind and professional care. All the acts of kindness will never be forgotten. Thank you, and God bless.

THE FAMILY OF HUBERT D. HICKS

## Card of Thanks

We the family of Mary M. Smith Buehrer would like to sincerely say Thank You to all of our wonderful friends and neighbors who helped to comfort our family during this difficult time, those who sent flowers and food, or came by to share our loss. A special thanks to Clergymen Randy Osborne for his comforting words; the Sheriff's Department for their assistance in traffic control; and to the staff at Hall Funeral Home for their kind and professional service. To all we say, thank you, and God bless.

THE FAMILY OF MARY M. SMITH BUEHRER

## Card of Thanks

The family of Jacob Grant Parsons would like to thank the beautiful people who took the time to stop by the funeral home; who brought food to our home; who sent cards; who said beautiful words and the prayers that have been said; and the outpouring of love that was shown.

The family would especially like to thank the employees of the Board of Education, especially the teachers and staff of May Allen Central Middle School; Duff Elementary School; May Valley Elementary School; and Opportunities Unlimited for the gifts, the time spent, and the kind words that were offered to Jacob's brothers and sisters, and his family.

The family would also like to thank the staff of Hall Funeral Home for their love and compassion, and understanding during our time of need.

THE FAMILY OF JACOB GRANT PARSONS

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A3

# Pikeville College commencements set for May 9

PIKEVILLE — Pikeville College will honor the academic achievements of 136 undergraduate degree candidates and 78 new physicians from the Pikeville College School of Osteopathic Medicine on Saturday, May 9.

The undergraduate commencement will be held at 2 p.m. at the Eastern Kentucky Exposition Center in Pikeville. The medical school commencement begins at 7 p.m., also at the Ekpo Center.

Two distinguished individuals will be recognized for their significant contributions in education, medicine and public service.

On Thursday, May 7, graduating students in the college's Elizabeth Akers Elliott Nursing Program will be honored during a pinning ceremony at 7 p.m. in Booth Auditorium of the college. The ceremony marks a milestone for the college — the 25th anniversary of the first class of nursing graduates.

### Pikeville College Undergraduate Commencement

The keynote speaker for the undergraduate commencement will be Harold H. (Hal) Smith, who served as president of Pikeville College from 1997-

2009. A native of northern Kentucky, he graduated from Centre College in Danville and has an MBA from American University in Washington, D.C. During an 18-year term at Centre, he served as dean of admissions, lecturer in economics and management, and vice president and dean of students. Prior to Pikeville, he served for 14 years as vice president for development at Muskingum College in Ohio.

Smith and his wife, Karen, met at Centre. They have three grown children and five grandchildren and have chosen to retire in the Louisville area, near their family.

The Smiths have had the opportunity to serve Pikeville College and the region during a period which has experienced significant growth. In their 12-year tenure, the college has graduated more than 2,000 undergraduates, including 250 nurses and more than 200 teachers, most of whom are serving in this region. And, the medical school has graduated nearly 500 new physicians, approximately 200 of whom are now in practice, with 80 percent in primary care and 90 percent serving in this and other medically underserved areas.

While at Pikeville, the

Smiths have been actively and visibly involved with students and they have promoted student development programs and opportunities. They have lived and worked as partners in advancing the mission of Pikeville College and the "value" of education for all.

During the undergraduate commencement ceremony, Pikeville College will present an honorary Doctor of Humane Letters Degree to Thomas A. Musselman Sr. for his contributions in education, athletics and philanthropy.

A native of Louisville, Musselman's business career began in the residential construction industry and moved into fast food restaurants and motels. He and his sons have developed, owned and operated as many as 30 hotels at any given time.

A member of the University of Louisville's Athletic Hall of Fame, St. Xavier High School's Hall of Fame, and the Kentucky Golf Hall of Fame, he was instrumental in starting the KGA (PGA), the governing body to Kentucky golf, and he co-founded the Musselman-Dunne Junior Golf Tournament which sponsors 24 junior golf tournaments throughout the state each year.

An active philanthropist and leader, Musselman has been chairman of the Louisville's Dare to Care Food Bank, the Louisville and Jefferson County Parks Commission, and he was the first chairman of the Louisville Sports Commission. He has received the University of Louisville's highest award, the Hickman-Camp Award, and he also received the highest award bestowed by the Archdiocese

of Louisville, the Catholic Community Service Award.

In 2008, the Musselman's gifted to Pikeville College the Pikeville Days Inn in honor of longtime friend and Pikeville trustee, Bill Malone. The College has plans to convert and renovate this facility into a modern residential community for students studying in the School of Osteopathic Medicine. In making this gift, Musselman said, "We are pleased to share this gift with Pikeville College. The college has been very important to Pikeville and east Kentucky over the years. Hopefully, this property will enable it to continue its impressive growth and important mission."

Pikeville College School of Osteopathic Medicine The commencement address for the Pikeville College School of Osteopathic Medicine will be delivered by Richard Carmona, M.D., M.P.H., F.A.C.S. Carmona will also receive an honorary Doctor of Humane Letters Degree.

As the 17th Surgeon General of the United States (2002-2006), Carmona served as the nation's top doctor, issuing calls to action in the fight against major health concerns such as obesity, heart disease, cancer and the dangers of second-hand smoke.

During his tenure, Carmona focused on shifting the paradigm of health care from treatment to prevention, stressing that lifelong healthy living is a key component to medical care. Passionate about eliminating health disparities, he has championed health literacy, educating the American

public on health issues.

A man of integrity and fortitude, Carmona triumphed over great adversity. Growing up in an impoverished Hispanic family and dropping out of high school, he experienced health disparities firsthand. A decorated Green Beret in Vietnam, a police officer and a SWAT team member, he graduated from college and medical school at the top of his class. Carmona received his bachelor's degree and medical degree from the University of California. He also earned a master's degree in public health from the University of Arizona.

Carmona's medical career includes serving as an EMT, a nurse, a trauma surgeon, professor, public health physician and hospital and health system CEO, before being unanimously confirmed by the U.S. Senate as United States Surgeon General. He currently serves as vice chairman of Canyon Ranch, as president of Canyon Ranch Institute and as a distinguished professor at Zuckerman College of Public Health, University of Arizona. The community is cordially invited to the nursing pinning ceremony and the commencements for Pikeville College

and the School of Osteopathic Medicine. For more information, please contact the Office of Public Affairs at (606) 218-5270.

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## Obituaries

### John Thomas Workman

John Thomas Workman, 81, of Proctorville, Ohio, formerly of Ivel, died Sunday, May 3, 2009, at Saint Mary's Medical Center, in Huntington, West Virginia.

Born December 14, 1927, in Floyd County, he was the son of the late Lon and Ann Gibson Workman. He was a retired steel worker.

He is survived by his wife, Myrtle Damron Workman.

Other survivors include four sons: Russell Lee Workman and Oakie Workman, both of Lorain, Ohio; Ferlin Workman and Richard Workman, both of Proctorville, Ohio; three daughters: Judy Shoemaker of Proctorville, Ohio; Millie

Mercado and Carolyn Montgomery, both of Lorain, Ohio; a brother, Leonard Workman of Pike County; three sisters: Pauline Wallace of Allen, Lockie Little of Pike County, and Betty Daniels of Stanville; 20 grandchildren, and 21 great-grandchildren.

In addition to his parents, he was preceded in death by a son, George Workman; a brother, Robert Dean Workman; and two sisters, Irene Gayheart and Esta Mae Smith.

Funeral services will be held Thursday, May 7, at 1 p.m., at Nelson-Frazier Funeral Home, in Martin, with William Jarrell and Andy Wright officiating.

Burial will be in Davidson Memorial Gardens, in Ivel. Visitation is at the funeral home. (Paid obituary)

Continued from p2

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**The Allen Central High School Parent Organization will be accepting nominations for parent members of the School Based Decision Making Council until Monday, May 11, 2009. All nominations must be turned in to the Youth Services Center. The election for parent representatives will be held on Monday, May 18, 2009, from 5 p.m. to 8 p.m., at the main office of Allen Central High School.**

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**The Floyd County Animal Shelter. PET OF THE WEEK**

This week's celebrity is Liz Chaffin. Chaffin is the executive chef of the Three Legged Cafe. She is holding TERI. TERI is a four-year-old female terrier mix that loves to be around people and is very calm.

The Floyd County Animal Shelter is located at Sally Stephens Branch in West Prestonsburg  
Phone 886-3189

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U.S. General Services Administration

# 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.

## Guest View Far-flung change

A hundred days is far too short a span to judge the ultimate success or failure of Barack Obama, but it is a useful time frame in which to divine his intentions. And on that score it now is manifestly apparent that Obama aspires to the most intrusive and far-reaching role for the federal government of any administration in history.

In sheer scope and audacity — one of the president's favorite terms — Obama's agenda is breathtaking and, it would seem, boundless.

At this stage, a majority of Americans support the direction Obama is charting, polls show. If they harbor doubts about the limitless reach of the administration, they are willing nonetheless to give this new president the benefit of the doubt for now. This is due in large measure to the determined, confident leadership Obama has displayed during his first three months in the Oval Office. From the very start, he has projected an air of being presidential and displayed a keen ability to connect with voters. Meantime, his popularity abroad stands in sharp contrast with the antipathy widely shown to his predecessor.

Obama's ambitions range from a trillion-dollar bailout of the financial sector and other favored corporate giants with powerful unionized work forces, such as General Motors and Chrysler, to a trillion-dollar government intervention in the health care industry, with a nationwide high-speed rail system (of uncalculated costs) thrown in. Leaving no doubt about his sweeping interventionist policies, Obama abruptly fired GM's CEO and attempted with mixed results to dictate the level of bonuses paid out by Wall Street firms.

The administration's massive stimulus package sailed through Congress as though it were free pork, flung with abandon to every corner of America on the assumption that unlimited outlays of borrowed federal dollars were the sure solution to the global recession. This avalanche of spending, which caused the federal deficit to more than quadruple in a single year, prompted the Congressional Budget Office to warn of a jaw-dropping \$9.3 trillion in deficits over the coming decade, a level of borrowing as a percentage of gross domestic product not seen since World War II. And it prompted China's Communist leaders to lecture the White House about the dangers of weakening the dollar, hundreds of billions of which Beijing has acquired in U.S. government debt.

For Obama, the economic crisis is not a reason to delay his expansive spending plans and tax hikes, but rather a politically advantageous pretext to advance his agenda aggressively. Witness his leviathan proposal to impose a levy on carbon use, siphoning an estimated \$1.3 trillion from the U.S. economy through 2030. Yet even many of his supporters rightly worry that the White House is trying to take on too much, too soon and risks a widening gap between what the president promises and what he actually delivers.

All the same, the polls demonstrate that the American people on the whole remain committed to their choice of last November. A key reason for this is Obama's strong leadership, and his extraordinary political and communications skills.

The demand for change after eight years of George W. Bush in the White House could hardly have been more palpable when Obama took the oath of office on the West Front of the Capitol on a clear, cold Tuesday in January. After giving an inspiring, unifying inaugural address, Obama set about immediately invoking change across the board. The contrast with the previous administration was far more pronounced than usual, comparable to the sudden shift that occurred when Ronald Reagan replaced Jimmy Carter in the Oval Office almost three decades ago.

The transformative nature of the Obama administration cannot be overstated.

By now there is no doubt that he is a decisive president and an articulate, often eloquent, speaker. He is comfortable in the role of a chief executive who desires nothing less than to recast the federal government as the arbiter of American life. This demands government intervention in everything from determining what a fitting executive salary should be to what kinds of cars we drive and which industries get government backing and which get punitive treatment.

Americans are not the only ones who have embraced Obama. Abroad, the new president is the embodiment of a fresh start for the United States, whose standing was tarnished by the war in Iraq and related scandals, such as the Abu Ghraib prison abuses and the torture of terrorist suspects. Obama deserves credit for repairing the U.S. image around the world by announcing the closure of the Guantanamo detention camp and denouncing the use of torture tactics. In only a short period, this president has made it clear around the globe that fundamental change is afoot in Washington.

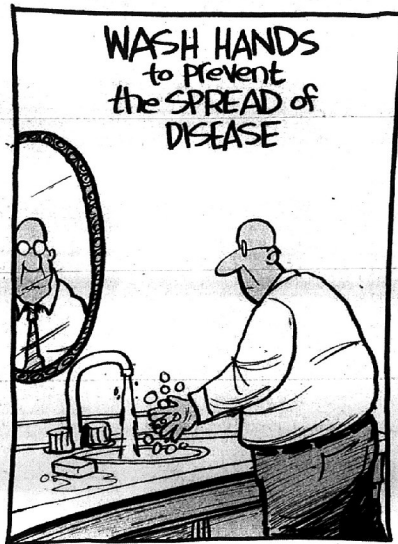
For certain, Obama's concept of change is nothing if not audacious. What is uncertain, however, is whether this far-flung change will prove good for America.

— San Diego Union Tribune

## Worth Repeating ...

Far and away the best price that life offers is the chance to work hard at work worth doing.

— Theodore Roosevelt



## Guest Column

### A legislative perspective

by SPEAKER GREG STUMBO

A little more than a week ago, while attending the East Kentucky Leadership Conference in Hazard, I had an unexpected opportunity to respond to a University of Kentucky professor who spoke out against surface mining.

His argument was certainly not new to those of us that call the mountains home, but it came during a time when coal is facing an unprecedented assault, especially in recent days. I could not let his words go unchallenged.

The simple truth is, until our country has another readily available source that can provide more than 50 percent of the country's electricity — and more than 90 percent of Kentucky's — coal will long remain one of our most valuable energy resources.

Those who wish it could be extracted without any surface mining literally ignore the reality on and under the ground. If Kentucky is to remain competitive as the nation's third-largest producer of coal, and if Kentucky is to keep our electricity costs among the nation's lowest, surface mining is often the only viable alternative.

Those who describe active mining sites as a "blight" on the mountains never seem to note the success found

on those reclaimed lands returned to the landowner.

In Kentucky, reclaimed surface mines have become home to such things as airports, factories, golf courses, shopping centers and neighborhoods. They have become new habitats for resurgent elk and quail populations and are now ideal locations for adventure tourism. A multi-state initiative led by the U.S. Office of Surface Mining, meanwhile, is moving forward to plant 38 million trees on reclaimed mine lands.

Here in Floyd County, we are about to undertake a public-private partnership that will be a true benefit to the taxpayers of the Commonwealth. The Mudd Creek Road project is designed to have the state team up with the McCoy Elkhorn Coal Corporation to help build a connector road between Minnie and Harold, utilizing four miles of reclaimed surface mine land already at final grade for the highway.

This type of project is common in other coal-mining states, but represents a first for Kentucky. Its success, however, should lead to similar projects in the years ahead. At the leadership conference, and in a letter I sent to Governor Beshear this past week, I called for greater oversight of how surface mines are used once the coal is gone. This comprehensive approach, focused on post-mining land use, and requiring approval before the first shovel of dirt is turned, would guide the coal companies' reclamation efforts at no extra cost to them while strengthening the

company's ties to the surrounding community.

In a fortunate twist that should please the UK professor, these sites could become much more valuable if Congress, as expected, regulates carbon dioxide production to help combat global warming. There are species of plants, for example, that could offset much of the carbon dioxide produced from the coal mined in the reclaimed areas. In other words, low-tech reclamation methods could help us meet high-tech congressional demands.

Kentucky is taking a much closer look at other carbon dioxide removal processes as well. In the last two weeks, we learned that drilling on a new test well for carbon dioxide storage is now officially underway. This well, to be drilled 8,300 feet deep, will test whether carbon dioxide can be stored safely underground.

A few days ago, Governor Beshear announced a partnership bringing together university and government agencies and electric utilities that will devote \$24 million during the next decade to study innovative ways to remove carbon dioxide from coal-fired plants.

There are a lot of challenges in front of us when it comes to better, cleaner and more "green" ways to mine and use coal, but I do not believe any of the challenges are insurmountable. The promise of clean-coal technology powers the light at the end of the tunnel and leads me to believe the industry's best days are still in front of us.

MEHUA SINHA  
The Winston-Zinger  
CREATING SYMPHONY

## Letters

### Jenny Wiley State Park trashed

No, I'm not talking about the park itself, but the corridor entrance known as Lancer-Watergap Road.

Tourists from Route 80 and U.S. 23 (both north and south) must be really amazed at the pathetic shape of the roadway leading to the beautiful Jenny Wiley State Theatre and park,

the so-called "crown jewel" of Eastern Kentucky. Construction debris and tree limbs dumped on the state right-of-way and scraped up into a pile as more is added, including concrete slabs to destroy your car if you should have to pull off onto the emergency lane. The pitiful entrance to the Job Corps, one of our biggest employers, is disgraceful. Let alone the tourists' view of our "Kentucky pride."

So what do we do? We level the mountains of trash debris and sow them down with grass and then find

someone to enforce the laws of the Commonwealth of Kentucky against littering and dumping alongside a state highway. Our top tourist draw deserves at least this.

And I wonder aloud how so many state workers and officials can drive by this mess to attend meetings at Jenny Wiley State Resort Park and not comment on the "Kentucky pride" exhibited along this roadway.

Oscar Rice  
Martin

## Letter Guidelines

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

In accordance with our editorial 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 objection-

able. Letters should be no longer than two type-written pages, and may be edited for length or clarity.

Opinions expressed in letters and other voices are those of the authors and do not necessarily reflect the views of the newspaper. Send letters to: The Editor, The Floyd County Times, P.O. Box 391, Prestonsburg, Ky. 41653.

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A5

# Back on Track

## Transportation officials meet in Pikeville to discuss Minnie-Harold connector

PIKEVILLE — Work to upgrade Route 979 in Floyd County between Harold and Minnie came to a halt a couple of years ago. No more roads, no more construction.

Kevin Damron, PE, Chief District Engineer, Highway District 12, announced last week that the project is back on track "and hopefully won't encounter any further stumbling blocks."

Transportation Secretary Joe Prather met with District 12 engineers on Wednesday, April 22, to outline plans to finish the upgrade project. Also attending the meeting were state Sen. Johnny Ray Turner, state Highway Commissioner Mike Hancock, and Steve Waddle, assistant state highway engineer for construction. Officials with Elk Horn Coal and Miller Brothers came to the meeting to discuss how their compa-

nies can help expedite the project. Kevin Damron said that the Cabinet views the partnership with the coal companies as a pilot project.

"We discussed the section from Tackett Branch to Little Mud, the possibility of the coal companies doing the excavation and the Transportation Cabinet doing the pavement and finishing work. This is how the project is presented in the biennial Six-Year Plan," he explained.

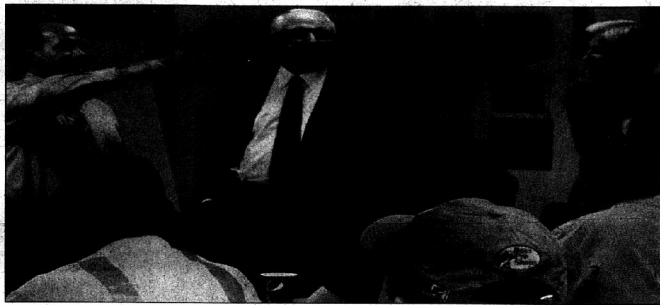
"Public-private partnerships are almost always successful in the road-building industry," Damron said. "This is part of Secretary Prather's implementation of practical solutions for highway construction during a time when government funding opportunities are among the most serious roadblocks to improving and safely maintaining our

roads and bridges."

Damron said that authority has been given to surface the section from Harold to Tackett Branch. "This will be let for bids in June," he said. "We have also been given the authority to proceed with right-of-way acquisition from Minnie to Upper Wolfpen of Little Mud. This puts the entire project back on track."

Since work stopped on the project about two years ago, there has been some misinformation circulating through the communities on Mud Creek.

"The road will not be four lanes," Damron remarked, "as some earlier news reports stated, but it was never designed nor intended to be four lanes. Also, the road will be finished. The Transportation Cabinet, and specifically Secretary Prather and Mike Hancock, are absolutely committed to making that happen."



Highway District 12 Chief Engineer Kevin Damron, left, introduces Transportation Secretary Joe Prather and State Highway Engineer Mike Hancock to some of the district's engineering technologists and equipment operators during a break in OSHA training. The stop was one of several that Secretary Prather and Hancock made during their first official visit to the district.



Morehead State University at Prestonsburg adjunct professor Ron Vanover was honored at the 11th Annual "Teachers Who Made a Difference" program hosted by the University of Kentucky College of Education. He was nominated by a former MSU student Gwendolyn Adkins. Vanover and wife, Kathy, attended the ceremony. Making the presentation was Dan Isael, left, and Cheri Isael, who served as chair.

# 19 highway deaths on Kentucky roads last week

FRANKFORT — Preliminary statistics indicate that 19 people died in 19 separate crashes on Kentucky roadways from Monday, April 27, through Sunday, May 3.

Sixteen of the crashes involved motor vehicles, and 11 of those victims were not wearing seat belts. Single-fatality crashes occurred in Adair, Allen, Boone, Christian, Clinton, Elliott, Fayette, Floyd, Grant, Graves, Hopkins, Jefferson (3), Letcher, and Warren counties. The suspected use of alcohol was a factor in five of the crashes.

Three motorcycle crashes occurred in Bell, Grant and Hopkins counties. Two victims

were not wearing helmets. The crash in Bell county involved the suspected use of alcohol.

Through May 3, preliminary statistics indicate that 240 people have lost their lives on Kentucky roadways during 2009. This is three more than reported for the same time period in 2008. There were 206 motor vehicle fatalities and 119 of those victims were not wearing seat belts. Thirteen pedestrians have been killed. Nineteen fatalities involved a motorcycle and two fatalities involved an ATV. A total of 57 fatalities have resulted from crashes involving the suspected use of alcohol.

Citizens 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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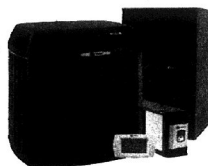
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# Stamp increase goes into effect May 11

by MARILYN LOESER

As you're probably aware, it'll cost you 44 cents to send a letter beginning May 11. But if you want to save yourself 2 cents a stamp now's the time to stock up on Forever Stamps, which are good indefinitely for the First-Class Mail one-ounce letter price.

Forever Stamps are designed to ease the transition during price changes so that customers won't need to worry about buying additional postage to mail a letter when the cost of stamps changes.

This year customers can also purchase 44¢ stamps before May 11, as they become available. The Purple Heart stamp, Wedding Rings stamp

and two-ounce Wedding Cake stamp are currently available. The Simpsons' stamps will be available May 7, and Love: King and Queen of Hearts will be available May 8.

U.S. Flag stamp coils of 3,000 and 10,000 are now available and U.S. Flag stamp coils of 100 will be available May 8.

What do you get when you purchase postage?

The obvious answer is transportation and delivery of your letter or package to any address in the United States, its territories and military APO/FPO addresses around the world.

But there's more; a lot more.

The Postal Service provides universal service - with no hid-

den surcharges - no matter where you live.

First-Class Mail is forwarded for one year after a customer moves - which adds up to more than 2 billion pieces every year. First Class Mail is always returned to the sender if it can't be delivered for any reason.

Letters are picked up from your mailbox free-of-charge and, when using Carrier Pickup, so are your Priority Mail and Express Mail packages. As long as you have one piece of Priority Mail or Express Mail, the carrier will pick up all your packages even if they're being shipped Parcel Post or Media Mail. Carrier Pickup is requested online at usps.com.

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Mail boxes and packaging supplies are provided free at Post Offices or can be ordered online from usps.com. There are several different sizes to fit all your shipping needs.

The Inspection Service protects your privacy, investigates mail fraud and is helping educate the public against fraud.

A postmark even documents that a legal brief has been filed by the deadline. Mail-in election mail programs are also in use in more than half the nation's states.

And what you pay is all you pay. The Postal Service is funded completely by the revenue it makes from its sales and services. It doesn't accept any tax dollars for its operations.



## KEYS event to promote children's mental health awareness

Kentuckians Encouraging Youth to Succeed (KEYS), a part of the Department for Mental Health, Developmental Disabilities and Addiction Services, will gather Saturday, May 9, at the Newport Aquarium to emphasize the importance of children's mental health awareness.

Youth involved with the

KEYS program along with students from Covington Holmes High School's modeling club will conduct a fashion show and education event to promote awareness and reach out to their peer groups. The event will be at 5:30 p.m. at the aquarium. Tickets are required for entry, but the event is open to all media.

"Awareness of mental health issues, particularly for children, adolescents and teenagers, is important as we move forward in the recognition of mental health, accessible and affordable treatment, and erasing the stigma attached to mental illness," said Devon Lindsey, KEYS marketing specialist. "Northern Kentucky

teens want to show their peers that it's possible to thrive when youth with mental concerns have the right supports and services available."

An original educational video produced by students from The Art Institute of Ohio-Cincinnati profiling youth in the show will be featured. Additionally, program partici-

pants will stage a fashion show showcasing a variety of fashions in the shade of green - the color symbolizing children's mental health awareness - donated by Plato's Closet, with hair and make-up from Art Institute students.

The goal of the event is to reach out to teens in northern Kentucky, bringing children's mental health issues to the forefront. Ultimately, the program aims to help young people feel comfortable addressing mental health needs.

"One in five children and adolescents has a mental health disorder, and one in 10 has a serious emotional disturbance, but many of our young people don't know how to seek help," said Lindsey. "We have to erase the stigma attached to mental illness so that our young people can get the help they need and thrive in the community."

In addition to the KEYS event, Gov. Steve Beshear also took part in emphasizing the need for more awareness and education about children's mental health issues, calling

attention to National Children's Mental Health Awareness Day on May 7 by officially proclaiming the observance in Kentucky.

MHDDAS and KEYS encourage more Kentuckians to join in these education and outreach efforts, particularly any young person with a mental health need who wants to seek help. Mental health issues in children and adolescents can interfere with daily life at home, at school or in the community. Without treatment, children with mental health disorders are at a higher risk for failure at school, contact with the criminal justice system and suicide.

Learn more about mental health services and supports by visiting the MHDDAS Web site at <http://mhmr.ky.gov/kdmhms/default.asp>.

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## Former P'burg resident honored by UK

LEXINGTON — Former Prestonsburg resident L. Stanley "Stan" Pigman was inducted into the University of Kentucky College of Engineering Hall of Distinction during an April 17 ceremony on UK's campus.

Pigman earned his bachelor's degree in mining engineering at UK in 1981. He began his career as a project engineer for Sierra Coal Co. in Eastern Kentucky, then moved in 1983 to Lexington to become a market analyst with Offshore Coal Co.

Pigman became the company's manager of marketing in 1987 and later became director of marketing for Pyro Mining Company in Henderson. In 1992, he and two partners formed Sugar Camp Coal and later partnered with Black Beauty Coal in Evansville, Ind., where he became vice president for marketing in 2000.

A year later, he formed Pigman Coal Sales in High Point, N.C., which he sold to Peabody Coal Co. in 2004. Since then, Pigman has formed

three companies that own and lease coal properties, Mackey Development, Buck Creek and Delaware Resources.

In 1999, he and his late wife, Sheila, established an undergraduate scholarship, primarily for students from coal-producing counties in Eastern and Western Kentucky. He and his current wife, Karen, remain involved in the scholarship process.

The couple lives in High Point, N.C. They travel extensively and enjoy yachting in the Bahamas.



Stan Pigman

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# Termites may be letting you know they're there

It can start off simply, a small dark-colored bug suddenly flying around. And then it becomes something much more, dozens upon dozens of winged, ant-like insects emerging in a cloud, outside the house — or inside.

"You might see hundreds of these things coming out in

your kitchen or some other room," says Mike Potter, an entomologist at the University of Kentucky College of Agriculture.

It could be the bugs are a nuisance for any homeowner.

Or they could be termites, a far more severe threat to hous-

es, garages and other structures, particularly vigilant," Potter says.

"Sometimes we see them close to foundations of houses emerging from mulch or landscape timbers. Or the swarms might be emerging from an old stump or base of a tree," he says.

When termites swarm inside a home, it's an alert to the homeowner that they have a termite problem which needs attention.

"Termites are actively feeding much of the year. Spring is the time when they tend to swarm, and this makes their presence more obvious to homeowners," Potter says.

Actually, swarming is a period of great vulnerability for termites. Usually, the underground insect is largely immune to the attacks of predators as they tunnel to dead tree trunks or the buffet served up by a human-built structure.

"When those winged termites emerge from colonies, the majority of them are picked off by birds, ants, lizards and other predators," Potter says.

Even if they survive predators' feeding, the winged termites will die off soon after mating and laying the eggs that launch new colonies.

Swarmers emerging indoors are incapable of eating wood, seldom survive, and are best removed with a vacuum cleaner. They do, however, indicate that an infestation is present.

Potter emphasizes that not every swarm of winged insects appearing in a home are termites. "They can also be ants. I encourage homeowners to capture a few and take them to the local Extension office to be identified, or call a pest control company."

Once identified, the insect can be handled appropriately, particularly if it is a termite.

"We have very effective tools to manage termites today," Potter says, but the solution requires treatment by a professional.

Professional pest control firms can provide the assistance homeowners need, he says.

There are other ways to

identify a termite problem, other than waiting for a swarm. Homeowners can check the walls of their foundations and their garages for mud tunnels, about the radius of pencils.

"Termites have soft bodies, and they need moisture. They build these tunnels to protect themselves as they find new food sources above the ground," Potter says.

He also cautions homeowners against mistaking termite damage with moisture-caused rot.

"If you see some wood you suspect of having termite damage, break into it a little. If it's hollowed out and there are traces of dirt inside it, it's probably termites. Otherwise, it may simply be rot, and you've found a moisture issue," Potter says.

## PMC implements precautionary measures in response to swine flu

PIKEVILLE — Citing concern about the swine flu outbreak in the United States, Pikeville Medical Center has reviewed its emergency procedures thoroughly to ensure the safety of its patients, visitors and employees.

Thus far, there have been no confirmed cases of swine flu in Eastern Kentucky.

The hospital has implemented a number of precautionary measures to prevent the spread of a potential virus. Janie Hall, director of Infection Control at PMC, is working closely with the Pike County Health Department to distribute educational materials to employees and visitors. Hospital employees have been trained on the CDC-mandated procedures of how to handle and maintain a specimen of a potential swine flu case.

"We have placed signs in triage and at the hospital's main entrance displaying the signs and symptoms of the Swine Flu. We are also asking visitors and patients who have traveled to the affected regions to please advise hospital personnel," Hall said.

Pikeville Medical Center has also placed respiratory hygiene stations (masks, tissues and hand sanitizer) in all waiting areas and the main entrance of the May Tower.

Mary B. Combs, director of safety and security at PMC, said the hospital has an adequate stock of medicine and supplies on hand if a case — or multiple cases — would arise.

"We have a plan for a variety of accidents and natural disasters," Combs said. "We review these policies and procedures regularly, and we are ready and prepared to put our plan into place."

Fewer than 260 cases of the Swine Flu have been confirmed across the globe. In the United States, the Centers for Disease Control and Prevention have confirmed 109 cases in 11 states (including Ohio).

Pikeville Medical Center is advising visitors to limit visitations and send cards or call patients during this time. Visitors can also send E-Cards to patients through the hospital's Web site ([www.medical-center.org](http://www.medical-center.org)).

Members of Pikeville Medical Center's Infection Control and Safety departments attended a meeting of the Healthcare Planning Committee on April 29 to discuss a regional emergency preparedness plan. This committee represents health care agencies in a 10-county area in eastern Kentucky.

"The safety and well-being

of our patients, visitors and employees is our top priority," said PMC President and Chief Executive Officer Walter E. May. "White Pike County and the state of Kentucky have not had a confirmed case of the Swine Flu, we have already put in place precautionary measures to ensure our patients receive the quality of care they have come to expect from Pikeville Medical Center."

## Paintsville SBDC to offer free business workshop on May 19

PAINTSVILLE — Morehead State University's East Kentucky Small Business Development Center (SBDC) in Paintsville will host "Starting Your Own Business 101" on Tuesday, May 19, at 5:30 p.m.

The workshop, which is for persons that have a desire to start their own business, will be held at the Kentucky Highlands Entrepreneur Center, located at 120 Scott Perry Drive off Teays Branch Road.

"The workshop is designed to provide information on how to choose a business, what business structure is best for your business, how to examine the business market, how to build a business plan, what business licenses are required and business financing," said Michelle Spriggs, SBDC consultant. "This is an excellent and affordable opportunity for individuals to embark on the first step in becoming an entrepreneur."

The workshop is free for all participants, however, seating is limited and advance registration is recommended. Training programs, sponsored or co-sponsored by SBDC, are available to all individuals without regard to race, color, sex, creed or national origin. Special arrangements will be made for

those with disabilities if requested in advance.

For a list of upcoming events, you may visit the MSU SBDC Web site at [www.moreheadstate.edu/sbdc](http://www.moreheadstate.edu/sbdc).

Additional information and pre-registration are available by contacting the Paintsville Small Business Development Center at (606) 788-6008.

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**Cinema 2—Held Over**  
17 AGAIN (PG-13)  
Mon-Sun, 10-10:25; Fri, (4:25) 7:10-9:25; Sat-Sun, (2:10-4:25) 7:10-9:25.

**Cinema 3—Held Over**  
OBSESSED (PG-13)  
Mon-Sun, 6:55-9:15; Fri, (4:15) 6:55-9:15; Sat-Sun, (1:55-4:15) 6:55-9:15.

**Cinema 4—Held Over**  
FIGHTING (PG-13)  
Mon-Sun, 6:55-9:15; Fri, (4:15) 6:55-9:15; Sat-Sun, (1:55-4:15) 6:55-9:15.

**Cinema 5—Held Over**  
CRANK 2 (R)  
Mon-Sun, 7:15-9:30; Fri, (4:15) 7:15-9:30; Sat-Sun, (2:05-4:15) 7:15-9:30.

**Cinema 6—Held Over**  
GHOST OF GIRLFRIENDS PAST (PG-13)  
Mon-Sun, 7:00-9:30; Fri, (4:30) 7:00-9:30; Sat-Sun, (2:00-4:30) 7:00-9:30.

**Cinema 7—Held Over**  
X-MEN ORIGINS: WOLVERINE (PG-13)  
Mon-Sun, 6:50-9:20; Fri, (4:20) 6:50-9:20; Sat-Sun, (1:50-4:20) 6:50-9:20.

**Cinema 8—Star Trek Friday, May 8**  
STAR TREK (PG-13)  
Mon-Sun, 6:50-9:30; Fri, (4:25) 6:50-9:30; Sat-Sun, (1:40-4:25) 6:50-9:30.

**Cinema 9—Held Over**  
HANNAH MONTANA (G)  
Mon-Sun, 6:50-9:20; Fri, (4:20) 6:50-9:20; Sat-Sun, (1:50-4:20) 6:50-9:20.

**Cinema 10—Held Over**  
HAUNTING IN AMERICA (PG-13)  
Mon-Sun, 7:15-9:30; Fri, (4:30) 7:15-9:30; Sat-Sun, (2:15-4:30) 7:15-9:30.

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**Cinema 1—Star Trek Friday, May 8**  
OBSESSED (PG-13)  
Mon-Sat, 7:00-9:00; Sun, (1:50) 7:00-9:00.  
**Cinema 2—HELD OVER**  
X-MEN ORIGINS: WOLVERINE (PG-13)  
Mon-Sat, 7:00-9:00.

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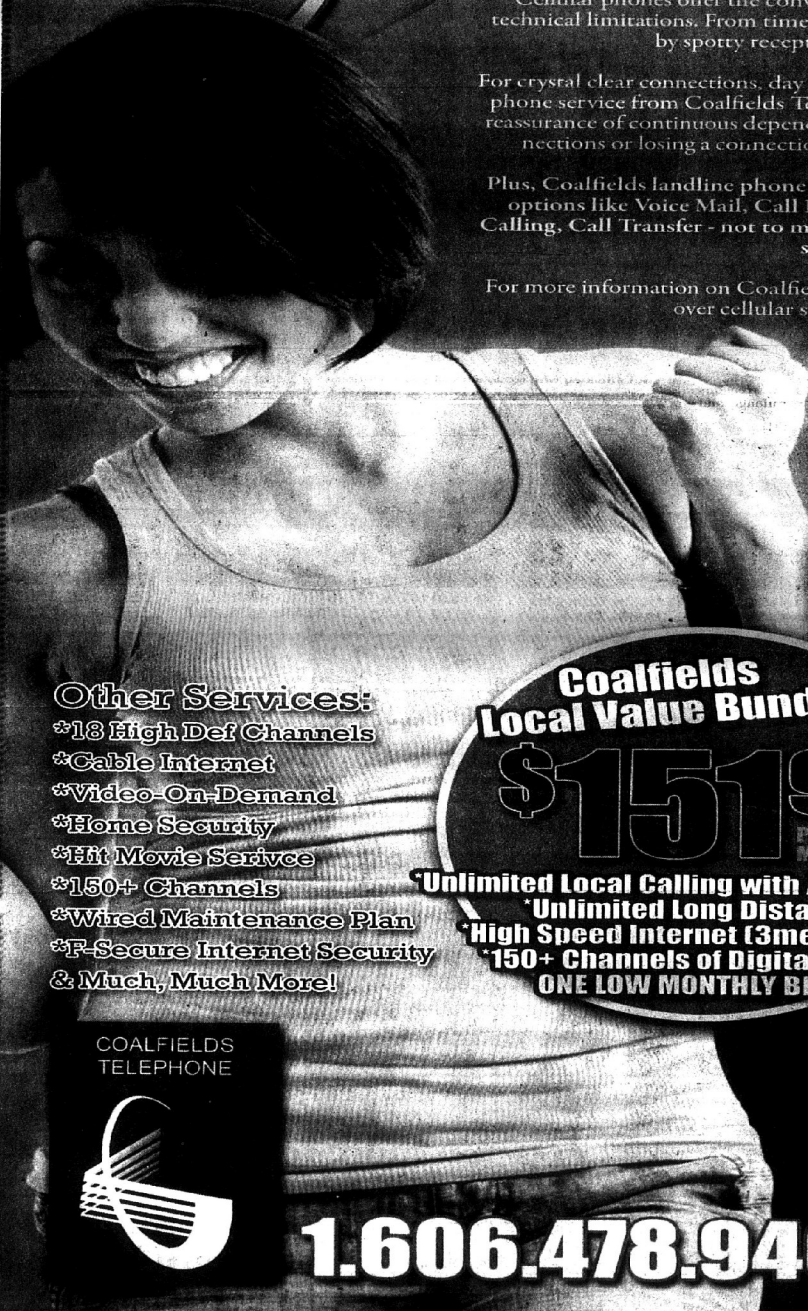
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A9

### Flood

for Johnson and many others. The flash flooding five years ago left homes wrecked and happened more or less overnight.

"We had just moved in here two months before that one came, and we lost a lot of

stuff," said Hattie Elliott. "This time around hasn't been nearly as bad."

Though the flooding is comparatively less severe, there were still residents of some 30 homes along the Left Fork of Little Paint who saw

waters take out portions of a culvert the county had been fixing as recently as this week. The residents were unable to leave due to the rising water until locals came up with some creative solutions.

"The county had temporary

ly put in this three-foot wide culvert until they could fix a bridge and the water just washed all that out," said Little Paint resident Rick Setser. "So we took four-wheeler ramps and made a little bridge for people to get across."

The makeshift bridge was necessary, said Setser, as several of the residents needed to get to work Monday morning. "The principal at Wesley Christian Academy had to get to work and so my son helped her across to get out," Setser said. "I guess you could say he gave her a helping hand."

County workers had fixed the culvert by Monday afternoon, Setser said. Floyd County 911 Coordinator Jim Caldwell said there have been no reports of water inside homes in the county, adding that water had passed over some area roads in the northern part of the county.

"It got over some roads in about three different areas," Caldwell said. "As far as we

have information for right now there are no homes that have been flooded. What we got last night might have put the lid on it. It looks like we might have got by."

County officials spent most of Monday traveling the area and assessing the water levels. Following this inspection, Floyd Judge-Executive R.D. "Doc" Marshall said the most significant concern were a variety of slips that had occurred due to the week-long rains.

Areas that saw the most flooding, according to Caldwell, were Middlecreek, Rough and Tough, Granny Fitz Branch, Abbot Creek, Left Fork of Little Paint and Crakeside.

Despite an optimistic stance from officials, there may still be the potential for further and worse flooding, according to the National Weather Service in Jackson.

A weather outlook update as of Tuesday afternoon forecasted heavy rainfall for today con-

tinuing throughout tonight. Runoff from these rains will likely result in several downstream points to rise near or above flood levels and make for high water concerns for Eastern Kentucky later in the week.

### No arrests after shooting

Times Staff Report

DRAFFIN — Police are investigating a shooting in Pike County over the weekend that left one man injured and his father the focus of that investigation.

Edmond Ratliff, 60, of Draffin, was involved in a domestic dispute with his son, Bart Ratliff, 30, when police said the father shot his son.

The shooting took place at approximately 8 p.m. Saturday and, as of Tuesday, police had made no arrests.



Heavy rains washed out a temporary culvert that had been built while a nearby bridge was being replaced, stranding several residents of Little Paint. The culvert was restored by Monday afternoon.

### School

Education, along with the combined three days of instruction that will result from the extension of the school day, the new closing date would have been June 3.

"We would like to thank everyone for their patience on

this issue and we encourage everyone to finish the year strong," Webb said.

Due to additional time off, the last day of instruction at May Valley Elementary and Betsy Layne High School is set for Friday, June 12.

Due to flooding, school was canceled in the county on Monday. However, any impact that closing has on the school calendar will not become official until after it is first reviewed by the board of education.

Continued from p1

### Numbers

Some good news for Floyd County was also presented, with Crouch showing data that population loss is slowing down, and that the county only had a 1 percent drop in population during the last year.

Also, Crouch told the Chamber that the Big Sandy region and Kentucky in general will have a good chance at becoming one of the powerful economic engines in the country due to its natural resources, including water.

"Places like California and New York are losing their population," Crouch said. "Some of them are moving to Kentucky."

After speaking in Prestonsburg, Crouch traveled to Lexington for another presentation. It's a common occurrence for Crouch, who travels across the country each year to help cities and counties analyze their data and find the best

possible solutions for some of the issues that the areas face.

"The United States is experiencing a major demographic revolution," Crouch said. "There are major regional differences taking place across the country. Our economy is changing and we are not pre-

pared for the new knowledge economy."

The changing economy is one of the main reasons Crouch racks up mileage and speaking engagements, and he hopes to present the real truth in numbers to those who are willing to listen.

Continued from p1

### Program

substance abuse treatment facility in Pike County in August the following year. Shortly afterwards, the Floyd County Detention Center partnered with the program to help inmates with alcohol and substance abuse.

The program itself blends several aspects of treatment and prevention including assessments, counseling, treatment and prevention such as anger management and parenting classes as well as relapse prevention education.

During a graduation earlier this year, Floyd Jailor Roger Webb pointed to statistics that show the need for such programs.

From January to December 2008, 155 inmates were housed at the Floyd County Detention Center. Of those, 54 percent were directly connected to drug-related charges. Further, a closer look at the statistics reveals that some 95 percent of those inmates were indirectly connected to drug-related charges.

Since beginning, the program has seen more than 80 participants in Floyd County.

## ATTENTION

It's time again for The Piarist School's HUGE indoor YARD SALE!!! Saturday, May 9th from 9:00 a.m., to 3:00 p.m. In the MCA/Piarist School Gymnasium.

Lots of new and used clothing, toys, kitchen supplies, shoes, and much more!!! Fill 4 bags of clothing for \$5.00 (Bags will be provided) All other items will be priced separately.

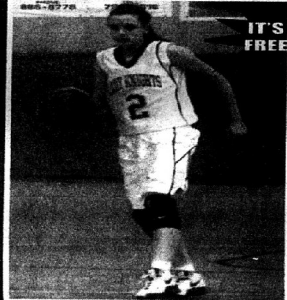
The school is located on Rt. 80, at the 2nd stop light, across from Save-A-Lot.

For more information, please contact the school at 606-285-3950

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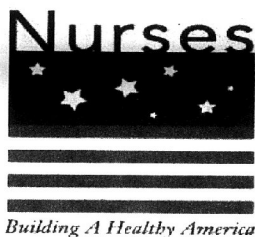
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# National Nurses Week!

May 6-12, 2009



## Thank You For All You Do!

In honor of the dedication, commitment, and tireless effort of our nurses to promote and maintain the health of our communities, Highlands Regional Medical Center is proud to recognize our nursing staff on this particular week for the quality work they provide seven days a week, 365 days a year. Thank you for your compassion and care.

Visit Us Online: [www.hrhc.org](http://www.hrhc.org)

# EASY MEALS for Moms on the Go

FAMILY FEATURES

If more gets added to your to-do list than gets crossed off, don't be overwhelmed — you are not alone. It's not easy juggling work and school schedules, activities, errands, daily chores and relationships. Some days it seems like the only exercise you get is dashing to the car for another appointment, and you feel lucky to eat at all, much less eat something healthy. Is it possible to find balance in today's hectic world?

Yes — if you put yourself and your family at the top of your list and make small changes that keep mom and those that matter balanced and healthy.

Andrea Metcalf is a nationally recognized family health and fitness expert. For more than 25 years, this mother of three has inspired people from all walks of life to get fit, eat right and feel better by making simple lifestyle changes in their lives. One of the easiest changes can be in our food choices.

"Making the right food choices is the key to good health and weight loss," said Metcalf. That's why she's teamed up with Mission Foods to help people change the way they think about living.

## Making small changes add up

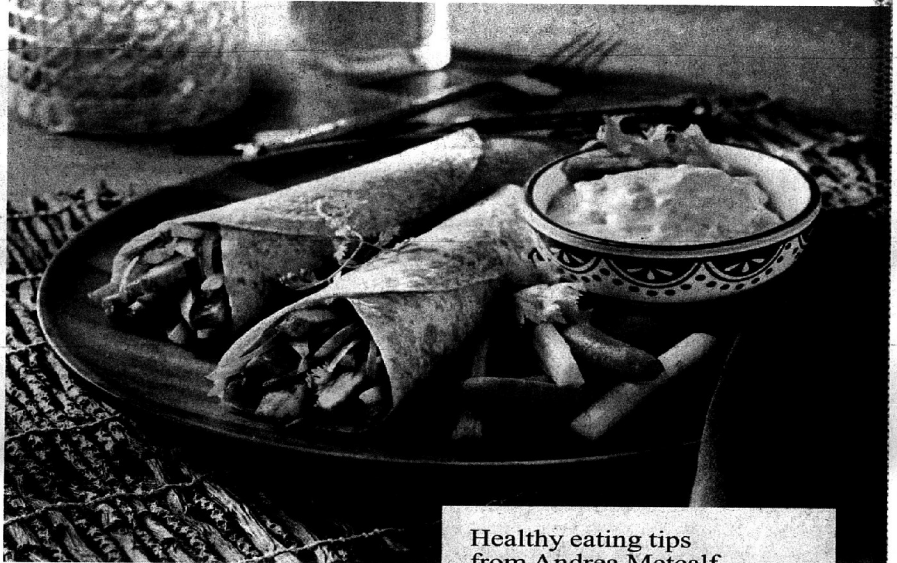
Those who've had success with diet and exercising say time after time that it's the small changes that add up to reaching your goal.

"Simple changes are vital to success and that's why I like using tortillas during mealtime," said Metcalf. "Their versatility, portability, variety of healthy choices and great taste make them appealing to folks like me with busy schedules who are looking for easy solutions in the kitchen."

Metcalf recommends Mission Life Balance tortillas because they provide as much calcium as a glass of milk and are an ideal food alternative for those who struggle to meet their daily calcium intake or may be lactose intolerant. She says, "They are also a great source of fiber and are enriched with 23 vitamins and minerals, including life's DHA, a vegetarian source of the omega-3 fatty acid, DHA."

These wrap recipes are a quick and easy way to start making simple changes that have a big impact. In just a few minutes, you can wrap up a delicious meal that will give you the fuel to keep you going throughout a busy day.

For more information on Mission Foods and other Tortilla Plus products, visit [missionmenus.com](http://missionmenus.com).



Buffalo Chicken Tacos

## Healthy eating tips from Andrea Metcalf

- Fruits, veggies, fiber and protein are cornerstones to eating better.
- Fruits are high in antioxidants and filling due to their water content.
- Vegetables are also your cancer-fighting foods. Cruciferous vegetables such as broccoli, cauliflower, kale, Brussels sprouts and cabbage contain two antioxidants, lutein and zeaxanthin, that may help decrease prostate and other cancers.
- Getting 25 to 35 grams of fiber each day is recommended for a healthy diet. Mission's Carb Balance Flour and Whole Wheat Tortillas contain up to 21 grams of fiber depending on the size.
- Protein is one of the basic building blocks of the body. Your muscles are built with protein, and protein is important for skin, hair and maintaining your immune system, too.



Chicken Club Wrap

## Get healthy!

### What's the scoop on DHA?

- The Food and Drug Administration has determined there is supportive scientific evidence that suggests a reduction in coronary heart disease as a result of eating foods rich in omega-3 fatty acids.
- Based on recent studies, the American Heart Association has also stated that individuals at risk for coronary heart disease would benefit from the consumption of plant- and marine-derived omega-3 fatty acids.
- A natural vegetarian source of DHA omega-3 fatty acids, life's DHA meets both Kosher and Halal food standards. Because it is not from fish, there is no risk of ocean-borne pollutants, which has become a concern for many Americans.

### Chicken Club Wrap

Serves: 4  
Prep time: 12 minutes

- 4 Mission Life Balance 8-inch Soft Taco Flour Tortillas
- 4 tablespoons low fat or light mayonnaise
- 8 slices fat free oven roasted deli style chicken breast, thinly sliced

- 1 large garden tomato, thinly sliced into 8 slices
- 1 small red onion, thinly sliced and separated into rings
- 1 cup iceberg lettuce, shredded prepared
- 1/2 avocado, peeled, pitted, sliced lengthwise into 8 thin strips (save the other 1/2 of the avocado for additional uses)
- 4 strips bacon, fully cooked (microwave to crispy)

1. Evenly spread 1 tablespoon of mayonnaise over each tortilla, covering each tortilla in a thin layer.
2. To build 1 wrap: place 2 slices of chicken breast, overlapping each other, on the center of the wrap. Top chicken with 2 slices of tomatoes. Top tomatoes with 2 thin onion rings. Top onions with 1/8 cup lettuce. Top lettuce with 2 slices of avocado. Top avocados with 1 strip of bacon to complete the wrap.
3. Fold in the left and right sides of the wrap towards the center, leaving a gap in the center. Using both hands, roll the bottom edge of the tortilla (facing you) from the bottom to the top into a burrito shape.
4. Slice the wrap in half, on a slight bias (angle) and serve.
5. Repeat steps 2 to 4 for each of the other 3 wraps and enjoy.

### Buffalo Chicken Tacos

Serves: 3 to 6

Prep time: 30 minutes

Cook time: 16 minutes

- 1 1-ounce package, taco or hot taco seasoning
- 2 tablespoons cooking oil
- 3/4 cup water
- 1 pound boneless, skinless chicken breasts
- 1 avocado
- 1/2 cup ranch dressing, prepared
- 6 Mission Life Balance Flour Tortillas warmed
- Hot sauce, to taste
- 2 ounces blue cheese crumbled
- 3/4 cup carrots, shredded
- 1/4 cup cilantro, chopped

1. Combine taco seasoning, oil and 1/4 cup water to make marinade. Reserve 1/2 cup.
2. Place chicken in re-sealable plastic bag and add marinade. Marinate in refrigerator for 30 minutes or longer.
3. Mash avocado (in mixing bowl) into small chunks and mix with ranch dressing until smooth.
4. Remove chicken from marinade and discard used marinade.
5. Grill chicken over medium-high heat, about 8 minutes per side or until thoroughly cooked. Remove chicken from grill and place on cutting board.
6. Slice chicken into thin strips and serve hot alongside warm tortillas. Serve with build your own sides: garnishes of hot sauce, blue cheese, carrots, cilantro and the avocado ranch dressing.

### Breakfast Burrito

Serves: 4

Prep time: 3 minutes

Cook time: 1 minute

- 4 Mission Life Balance Whole Wheat 8-inch Tortillas, warmed
- 12 slices fully cooked bacon, crispy and chopped small
- 12 eggs, whole
- 4 tablespoons grated cheddar cheese
- Salt and pepper to taste
- Vegetable spray

1. In a small bowl, whisk eggs with salt and pepper to evenly combine.
2. To make 1 burrito: heat non-stick sauté pan over high heat.
3. Spray pan with vegetable spray; add equivalent of 3 whole eggs to pan. Soft scramble eggs, taking approximately 30 to 45 seconds.
4. Add 2 tablespoons chopped bacon (equals 3 strips chopped) and 1 tablespoon grated cheddar cheese to the eggs and stir to combine, melting the cheese.
5. Spoon hot egg mixture into center of a warmed tortilla; roll burrito style and serve.
6. Repeat steps 2 to 5 for remaining 3 tortillas.

SAINT JOSEPH - MARTIN

**NURSES...****MAKING A DIFFERENCE EVERY DAY.**

*Nursing is an art: and if it is to be made an art, it requires an exclusive devotion as hard a preparation, as any painter's or sculptor's work; for what is the having to do with dead canvas or dead marble, compared with having to do with the living body, the temple of God's spirit? It is one of the Fine Arts: I had almost said, the finest of Fine Arts.*

*~Florence Nightingale*

## Celebrating National Nurses' Week May 6-12, 2009

In honor of this Nurse's Week, let us all take a moment to recognize and honor the tireless efforts and crucial role that nurses play in the health and well being of our community. Today's nurses make the ultimate sacrifice on a daily basis to provide expert care during times of disaster and crisis, while making a difference in the lives of their patients and in the nursing community. **Nurses are truly the cornerstone of health care.**

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# FLOYD COUNTY Sports

## Pikeville College football program to host summer events

**Camps to include 7-on-7 passing for prep teams**

by STEVE LeMASTER  
SPORTS EDITOR

PIKEVILLE — Pikeville College head football coach Joe Johnson has announced information for three camps to be held over the upcoming summer. Johnson served as assistant head coach and

defensive coordinator during the 2008 season while coaching defensive backs and kickers. Despite its 2-9 record in 2008, Pikeville College was first in the Mid-South Conference against the pass. A breakdown of the Pikeville College football camps follows.

Pikeville College Kicking Camp: Tuesday, June 9 through Friday, June 12. For players entering eighth grade

through entering 12th grade. The camp emphasis is on techniques and fundamentals for punting and kicking (both soccer-style and conventional, straight-on). For more information, contact Coach Joe Johnson at 606-794-9650.

Pikeville College Individual Football Camp: Monday, June 15 through Thursday, June 18. For players ages eight through 18-

years old or rising seniors. The camp emphasis is on individual techniques and fundamentals for each position. For more information, contact Coach J.P. Gunter at 803-741-4937.

Pikeville College Team 7-on-7 Passing Camp: Friday, July 10 through Sunday, July 12. For more information contact Coach J.P. Gunter at 803-741-4937.



**U19 SOCCER:** Fullback Devin Clifton of the Floyd U19 Cobras is pictured applying defensive pressure to a Johnson County forward with possession of the ball. Floyd County won the game 8-3.

## Sportsplex to host Marshall Volleyball Camp

by STEVE LeMASTER  
SPORTS EDITOR

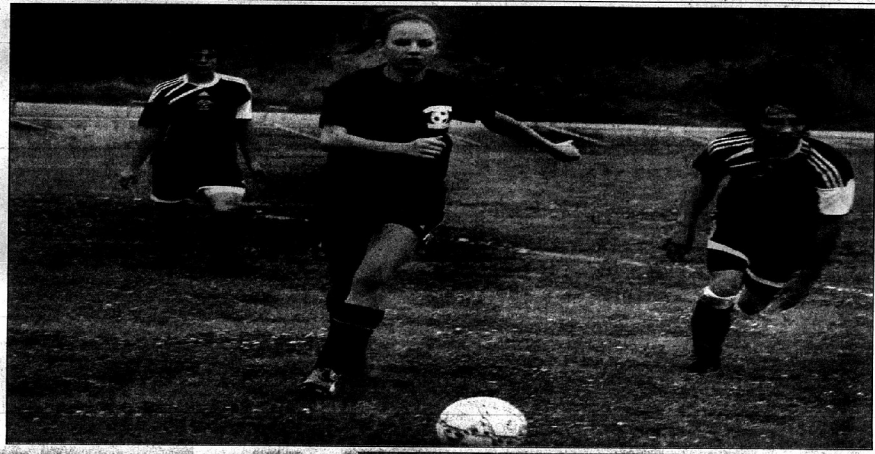
SOFT SHELL — The Knott County Sportsplex will host a volleyball camp presented by Marshall University volleyball coach Mitch Jacobs and his staff in early August. The camp — scheduled for August 3 and 4 — is open to girls in grades 4-12. For more information on the camp, call Sherry Robinson at 285-0036 or 791-0606.

Jacobs came to Marshall in 2002. He has guided the Thundering Herd to six consecutive 20-plus win seasons.

In 2005, Marshall recorded 26 wins — its most wins since 1995. The run included the Conference USA regular — season and tournament championships and an appearance in the NCAA Tournament. Prior to joining C-USA, Jacobs guided the squad to two consecutive Mid-American Conference Tournament finals.

In 2007, Jacobs led his team back to the top of the C-USA ranks, posting a dominant 15-1 record in league action, and a 23-9 overall record en route the Herd's second C-USA regular season title in three years. Marshall, the No. 1 seed and host of the 2007 C-USA Championship tournament, earned a 3-1 decision in the quarterfinals but dropped a heartbreaking 3-2 semifinals contest to conclude a brilliant season.

The Sportsplex is currently accepting signups for a co-ed adult volleyball league. For more information, call Robinson at either of the aforementioned phone numbers.



## U16 SOCCER

The Floyd County Dragons blanked Letcher County 3-0 Saturday in a U16 soccer game.

Above: Floyd County U16 Dragons forward Kaitlyn Mixx had her best game of the season on Saturday, scoring one goal and assisting on another.

Right, middle: The Floyd U16 team is predominantly female while the Letcher team is almost all male. Dragons midfielder Kaitheen Smith, however, didn't let that bother her.

Left, bottom: Floyd U16 fullback Micah Heffington was careful not to touch the ball as it rolls out of bounds, as volunteer linesperson Tina Petry kept a close eye on the situation.



## GOLF Kentucky US Open qualifying slated for Monday

Lexington course to serve as state site

TIMES STAFF REPORT

LEXINGTON — One of Lexington's historic golf venues will be the Kentucky site of the 2009 U.S. Open Championship qualifying round on Monday, May 11. Idle Hour Country Club will host 78 contestants — both professional and amateur — as they attempt to advance to the second stage of qualifying before reaching the 2009 U.S. Open at Bethpage State Park (Black Course), Farmingdale, N.Y.

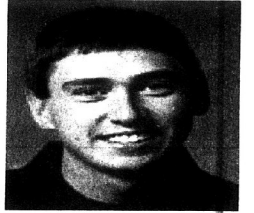
Opened in 1925, the Donald Ross design was the sight of the 1952 Kentucky State Amateur Championship won by Gay Brewer, Jr. Renovations have brought the golf course up to date and makes it one of the finest championship venues in the commonwealth.

## Herrick paces Bellarmine in opening round

TIMES STAFF REPORT

ALLENDALE, Mich. — The Bellarmine University's men's golf team opened the NCAA Midwest/Southeast Super Regional Tournament with a team score of 299, which places them 14th in the 20 team field.

Louisville sophomore Nick Becht and Prestonsburg junior Brooks Herrick led the Knights with 1 over par 72s Monday. The tournament is scheduled for 54 holes.



BROOKS HERRICK

## 15th Region Baseball Standings

Team	Record
Paintsville	16-8
Bethry	15-5
Johnson Central	15-9
Pikeville	12-9
Lawrence County	11-12
Phelps	10-4
East Ridge	10-5
Magoffin County	10-6
Prestonsburg	10-12
Allen Central	8-11
Sheldon Clark	7-13
Pike Co. Central	5-10
Betsy Layne	3-13
South Floyd	2-13
Shelby Valley	2-13

## 15th Region Softball Standings

Team	Record
Magoffin Co.	18-6
Lawrence Co.	18-9
Johnson Central	18-6
East Ridge	14-4
Shelby Valley	11-5
Allen Central	10-5
Betsy Layne	9-9
Prestonsburg	9-12
Bethry	8-9
Pikeville	7-8
Sheldon Clark	4-17
South Floyd	3-8
Pike Co. Central	2-12
Phelps	1-7

## Beaver Junction MX set to host Round 4

by STEVE LeMASTER  
SPORTS EDITOR

DWALE — Beaver Junction Motocross will host Round 4 of the 2009 Season on Sunday, May 10. Rider awards for Round 4 will be sponsored by Auto Brokers, located just off of Route 23 near Allen. A photographer will be on site at the Floyd County track to get up close and personal action shots of all riders. Riders will be able to purchase not only pictures but also order pins, posters, wall hangings and other items. The 2009 Beaver Junction

Motocross Outdoor Series T-shirt will also be available in the concession stand area. Everyone through the gate will receive a new copy of the official Beaver Junction Motocross newsletter. Finish Motorsports Services produces the Beaver Junction Motocross newsletter.

All Beaver Junction Motocross results are printed in newspapers across Eastern Kentucky, Southwest Virginia and Southern West Virginia, including The Floyd County Times.



FLOYD COUNTY CONFERENCE CHAMPS: The South Floyd Middle School Lady Raiders captured the 2009 Floyd County Conference volleyball championship. Head coach Keith Smallwood (back row, right) guides the SFMS volleyball program.

# Safety stressed during spring turkey season

TIMES STAFF REPORT

FRANKFORT — The Bluegrass is turning green. Once-bare trees hold thickening canopies of leaves thanks to plenty of rain and sunshine. But the growing leaf cover that spells springtime means turkey hunters must be extra careful in the woods.

"It's harder to see turkeys — but harder to see people, too. That's one of the big concerns," said Mary McQuillen, hunter training officer for the Kentucky Department of Fish and Wildlife Resources.

McQuillen advises hunters to positively identify what's moving before pulling the trigger, and not make the mistake of just shooting at a sound or movement.

Hunting remains a safe activity with just a few incidents reported each season. Although more than 75,000 people are turkey hunting in Kentucky this spring, there has been only one hunting accident reported as the general season approaches its second week. In that single incident, a hunter firing at a flying turkey accidentally struck his hunting

partner with some shotgun pellets.

"What happened in that particular situation was the turkey flew and was out of the hunter's zone of fire," said Bobby McKee, also a Kentucky Fish and Wildlife hunter training officer. "He ended up making a mistake and shooting his buddy. You always have to know your target and what's beyond it."

McKee recommends hunters create a plan when hunting with friends. "If you've got a buddy that is hunting with you, you need to constantly know where your friend is at," he said. "When I'm hunting with a friend, we plan ahead of time where each of us will be and how we're going to hunt that farm. Have a hunting plan and stick to it."

Even with the best plans, however, it's always possible to encounter an unexpected hunter in the field. Hunters should be cautious when alerting others to their presence.

"If you see another hunter, don't wave at him. That movement could get you shot," said McQuillen. "Stay still and, in a normal voice, say, 'Hey, I'm

hunting here.'"

McQuillen also cautions hunters against using gobble sounds, which other hunters may mistake for a real turkey. Additionally, hunters should be careful which colors they wear in the field.

"Never wear the colors of the American flag — those are the turkey's colors," said McQuillen. "Hunters see color and they think, 'turkey.'"

Turkey hunters should keep safety in mind at all times, no matter how much they want to take a bird. All it takes is one lapse in judgment to cause an injury.

"Sometimes the pressure is on if you haven't gotten your bird yet," said McKee. "It might make hunters a little anxious to harvest one. But this is not a time to make a bad decision."

Kentucky's spring turkey season is open now through May 10. For complete hunting regulations and additional turkey safety tips, check the 2009 Kentucky Hunting Guide for Spring, available at fw.ky.gov and wherever hunting licenses are sold.



FLOYD COUNTY SOCCER

Above: Floyd County midfielder Brad Stanley (left) and forward Andrew Brown (far right) bookend Johnson midfielder Jay Jenkins and Rebecca Smith, who have just cleared the ball away from their goal area.



Left: Dragons midfielder Caleb Petry outraced Letcher midfielder Arianna Collins to the ball.

# Cumberlands wins MSC President's Cup

TIMES STAFF REPORT

LOUISVILLE — University of the Cumberlands captures the 2008-09 Mid-South Conference President's Cup following the season-long competition that awards points based on regular season finishes in the conference's 17 sports, the conference announced on Saturday.

Cumberlands scored 76 points to finish just in front of second place Lindsey Wilson College who finished with 71 points. Georgetown College finished third with 67 points and Campbellsville University finished fourth with 65 points.

Pikeville College (26), West Virginia University Institute of Technology (21) and St. Catharine College (20)

rounds out the seven-institution competition reserved for the conference's full members.

The win is the sixth in the last seven seasons for Cumberlands.

Patriot teams earned the maximum number of points for either winning or tying for the regular season championship in women's basketball, men's cross country, football, men's golf and men's soccer. Cumberlands received the maximum number of points in men's and women's outdoor track and field after finishing the highest of the full member institutions.

Lindsey Wilson used regular season titles in women's golf, men's soccer, women's soccer, men's tennis and

women's tennis to finish second. Georgetown finished third with titles in men's basketball and volleyball and Campbellsville finished fourth with championships in baseball, women's basketball, cheerleading, women's cross country and softball.

"This has been another incredible year of competition for the Mid-South Conference," MSC Commissioner Mike Pollio said. "The President's Cup is a comprehensive competition of the finest institutions in the NAIA. We congratulate the University of the Cumberlands, their administrators, coaches and student-athletes for their outstanding performance throughout the year."

# Eagles remain alive in OVC race

TIMES STAFF REPORT

JACKSONVILLE, Ala. — The Morehead State University baseball team held a powerful Jacksonville State team to only nine total hits and just five total runs Saturday as the Eagles split a doubleheader with the Gamecocks. Pitchers Quentin Morgan and Michael Bottoms combined on a five-hit, 6-2, win in the opener, and Tyler Bess gave up only four hits but outduelled in the second contest as MSU fell 3-0. The split left the Eagles at 16-26 overall and 9-10 in the OVC and still in fifth place ahead of sixth-place Eastern Kentucky.

The opener saw Morgan toss six innings of three-hit ball and pick up the win to improve to 3-3. Bottoms fired the final three innings of shutout ball for his fourth save in 2009. Bottoms also went 2-

for-4 at the plate with two RBI. J.D. Ashbrook was 3-for-5 with his 11th home run of the season, and Luke Bainer drilled his sixth round-tripper in the game as well.

The Eagles broke open a 1-1 pitcher's duel with two runs in the sixth and three more in the seventh. In the sixth, Bottoms delivered a two-run single that scored Paintsville High School graduate Daniel Pugh and Ashbrook.

The Gamecocks tallied a run in the bottom of the sixth to creep to within 3-2, but Bainer led off the seventh with a homer to right centerfield. After Travis Redmond was hit by a Jodie Beistine pitch, Ashbrook took the JSU pitcher deep for a two-run homer to make it a 6-2 MSU lead.

Shortstop Drew Lee got the Eagles on the board in the first with an RBI single. Daniel Watts was saddled

with the loss for JSU.

The second game became a pitcher's battle between Bess and Gamecock starter Austin Lucas. Bess (4-5) went the distance, pitching all six innings the Gamecocks batted and struck out two while only allowing the four hits and just two earned runs. Lucas (6-1) allowed four Eagle hits but no runs to go along with three strikeouts. Bill Henke got the final three outs for his ninth save.

JSU scored off an MSU fielding error in the second inning and added a two-run homer from Daniel Adamson in the sixth - his 11th of the season.

Lee had two of the four hits to give him 77 in 2009 and pull him to within eight of tying Lance Seasar's single season school record of 85 hits set in 2005.

# Kentucky men's golf team selected for NCAA Regional

TIMES STAFF REPORT

LEXINGTON — For the fifth time in the past six years, the No. 42 Kentucky men's golf team will head to the Red Tail Golf Club in Sorrento, Fla., for the NCAA Regionals held May 14, announced by the NCAA Division I Golf Committee on Monday.

Among the 14-team regional field, Kentucky will face two Southeastern Conference foes, South Carolina and 2009 SEC Champion, Georgia, in the 54-hole regional tournament.

The Wildcats have finished in top 10 of every tournament during the spring 2009 season, including capturing the tournament title at the second-annual

UK Bluegrass Invitational.

The top five teams and the top individual will advance to the NCAA Championships held at the Inverness Golf Club in Toledo, Ohio, May 26-30.

Magoffin County High School graduate Chase Carpenter is a member of the University of Kentucky men's golf team.

More information on the upcoming NCAA Regional tournament, including tournament previews and round-by-round recaps can be found on UKathletics.com.

Red Tail Golf Club - Sorrento, Fla. Hosted by the University of Central Florida and the Central Florida

Sports Commission Teams (seeded in the following order):

- Georgia (Southeastern Conference);
  - Indiana; 3. South Carolina; 4. Central Florida (Conference USA); 5. Florida State; 6. Arizona; 7. Augusta State; 8. Kentucky; 9. Georgia Southern; 10. Georgia State; 11. Towson; 12. Charlotte (Atlantic 10 Conference); 13. Campbell (Atlantic Sun Conference); 14. Loyola (Maryland) (Metro Atlantic Athletic Conference).
- Individuals: 1. Zach Sucher, UAB; 2. M. Etienne Bussieres, South Alabama; 3. Josh Brock, North Carolina-Wilmington; 4. Bill Jones III, Mercer; 5. Kelly McHugh, Florida Atlantic.

On the occasion of  
**National Nurses Week**  
of the Bluegrass  
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5. Mail: P.O. 390, Prestonsburg, KY 41653

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### AUTOMOTIVE

#### Wheels/Misc

**Hicks Auto Sale**  
 David Road

- 1998 S-10 .4 cylinders, 5 speed. \$2,500.
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- 2001 Jeep Cherokee \$4,295
- 2000 Ford Windstar \$2,995
- 2000 Plymouth Voyager \$2,995
- 1994 Chevy 1500 Blazer \$3,295
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- 2003 Malibu with sunroof. Loaded \$4,500

Call 886-2842.

2003 Chevy Impala 4 door. Excellent condition. If interested call 454-1511.

### EMPLOYMENT

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

### The Housing Authority of Prestonsburg has an immediate opening for a Maintenance Mechanic

This is a full-time position with health insurance, retirement and other benefits. Applications will be taken at the Green Acres Office located at 12 Blaine Hall Street, Prestonsburg, KY, between the hours of 1:30 pm and 4:00 pm each day. General requirements for this position are ability to perform difficult skilled work in general maintenance, repair and modification of authority owned buildings and related equipment and appliances. Position will be open until filled.

### REQUEST FOR BIDS

Southern Water & Sewer District is accepting bids on three (3) new 2009 pickup trucks as follows:  
 1-2500 series or equivalent, 4 WD, Quad-cab, diesel engine, automatic transmission, air condition, towing package, vinyl seats, rubber mats, and white in color.  
 2-1500 series SLT Quad-cab, 5.7 liter engine or equivalent, towing package, 4 WD, white in color.  
 \*A written Power Train warranty must accompany all bids.  
 Southern Water & Sewer District reserves the right to accept or reject any or all bids. Bids will be accepted through Friday, May 6, at 2 p.m. For further information, please contact Gary Blankenship at 606-377-9296.  
 Southern Water & Sewer District  
 P.O. Box 610  
 McDowell, KY 41647

### IMMEDIATE OPENING

The Floyd County Health Department is recruiting for a full time Community Outreach Worker. Minimum High School Diploma or GED with experience in Public Health or in another position with the provision of social services, support services, personal care or related duties. Job duties will include acting as a liaison for services for women in the Cervical Cancer Program such as arranging transportation, scheduling appointments, and corresponding with clients. Must have good communication skills and be willing to travel in the county.

**Webb Medical group** now accepting applications for a physician assisting in the following specialties: **Orthopedic**, **Urology**, **Neurology**, **Internal Medicine**, **Obstetrics/Gynecology**, **Family Practice**, **Emergency Medicine**, **Cardiology**, **Endocrinology**, **Geriatrics**, **Hematology/Oncology**, **Infectious Disease**, **Neurology**, **Psychiatry**, **Thoracic Surgery**, **Transplant Medicine**, **Urology**, **Neurology**, **Internal Medicine**, **Obstetrics/Gynecology**, **Family Practice**, **Emergency Medicine**, **Cardiology**, **Endocrinology**, **Geriatrics**, **Hematology/Oncology**, **Infectious Disease**, **Neurology**, **Psychiatry**, **Thoracic Surgery**.

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 Send resume to jewellman73@yahoo.com or call 606-626-7289 to schedule an interview.

**Local contractor** looking for experienced concrete finisher. Must have own transportation and hand tools. Pay based on experience. Phone 606-886-8373 or 606-477-9307.

### Heavy Construction Equipment

Terminator gas-line scooter like new \$450. Salamander tractor with thermostat control \$200. Also frigidaire 14 cubic ft upright freezer. 1 month old \$375. Call 886-1539.

### Mystery shoppers!

Earn up to \$150 per day. Undercover shoppers needed to judge retail & dining establishments. Experience not required. Call 877-341-3504.

### Merchandise

New oak square table w/4 chairs. \$300. Used large oak table double pedestal w/5 chairs. Interested call 454-8858.

### Spring is in the Air at Park Place Apartments!

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### APPLICATIONS BEING ACCEPTED FOR 1-BEDROOM APARTMENTS FOR PERSONS 62 AND OLDER

Located behind Wendy's and 1/2 mile from Prestonsburg. All utilities are included and the rent is based upon gross monthly income. Several activities, such as line dancing, crafts, bingo, movies, hair salon and church services. The apartments are furnished with a refrigerator, stove, emergency alarm system, and air conditioner. For more information, please call: Highland Terrace at 606-886-1925, TDD: 1-800-648-6056 or 711, or come by the office for an application. Highland Terrace does not discriminate in admission or employment in subsidized housing on account of race, color, sex, national origin, age, marital status or disability.

### Furniture

**ALLEN FURNITURE**  
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 Furniture, used appliances, living bedroom suits, bunk beds, and lots more! Call 606-874-9790.

### Miscellaneous

For Sale: Terminator gas-line scooter like new \$450. Salamander tractor with thermostat control \$200. Also frigidaire 14 cubic ft upright freezer. 1 month old \$375. Call 886-1539.

### Mothers Day is here.

Treat your mom to a new purse. Call 874-8700.

### Medical Equipment for sale.

Hologic bone densitometry machine for sale. Will accept best offer to purchase. Call Webb Medical Group 606-874-0009.

### Several sizes of

new carpet for sale. 12 x 23 blue commercial \$175, 12x19 beige plush \$175. 12x13 Burg commercial \$85.00 some other sizes available. If interested call 606-454-8858.

### Real Estate

**Houses**  
 For sale or rent: 3 br, 1 ba house. Located on old Rt 114 close to Prestonsburg elementary & MAC. NO pets and no HUD. No land contracts. References required. Will sell for \$60,000. Rent for \$625. month plus utilities and \$625 deposit. Call 874-2411 or 791-4676 after 3pm.

### Sale or Lease

45 acres for sale. 3 miles from Martin Ky. Rt 1210. Serious inquires only. Call 606-653-0511.

### Commercial building for lease.

Located at South lake Dr. New building. Will fix office to your needs. 2,000 Sq ft. Call 886-

### Notice of property for sale.

Eight acres more or less

property for sale at the mouth of Bull Creek and Meadows Branch. Located near the Prestonsburg job core, near city water and sewage. Approximately 1/2 acreage is level and out of the flood plain. Suitable for residential or commercial use. If interested contact 806-874-2330. Serious inquires only. Price reduced.

### Rentals

**APARTMENT**  
 Town house apartment for rent. 2 br, 1 bath, stove, fridge, dw, w/d hook up, city limits at US 23 & Hwy 60. \$550 mth plus utilities with \$350 deposit. No pets. 1yr lease. 606-237-4758

### 2 BR Duplex for rent.

central heat and air. 1 mile North of Prestonsburg. No pets. references and security deposit required. Call 606-9747 or 886-9007.

### 1 BR. apartment for rent.

Utilities & appliances furnished. Located between Prestonsburg &

### 6186 or 226-9522.

**Office space for rent.** 3,000 sq ft, 2 bath, 10 individual rooms suitable for professional office. Call 794-6204 for more information. Located on 1320 North Lake Drive, Prestonsburg, Ky. Downtown from Jerrys.

### Furnished apartments.

No drugs or pets allowed. Out of state works, very clean, private and quiet. Good location near Prestonsburg & Jenny Wiley Lake. Suitable for 2 working people. Out of state works, pipeline, railroad all welcome. Rent Call 606-424-1150 886-3941 or 205-

### Painstville. No pets.

No parting. \$525 per month \$250 deposit. Call 791-6016.

### 2 br apartment for rent.

Located in Prestonsburg. \$700 month includes utilities. Plus deposit. Call 794-0249.

### 2 br 1 bath Apartment for rent.

Ground level. Storage room connected. Appliances and central heat and air. No pets. New Allen.

### Houses for Rent

3 br. house for rent at David, Ky (6 miles from the Mac) Prestonsburg. \$425. per month plus deposit. Call 606-476-3820 or 606-253-2659.

### 3 br house for rent.

\$750 month plus \$500 deposit. No HUD no pets. Call 606-424-1150 or 1-859-846-9575.

### PREMIER ELKHORN COAL COMPANY

Myra, Kentucky is now accepting applications for the following position:  
**SUR Lube Truck Driver** with 2 years experience to service surface mine equipment. PH record keeping required. KY Surface Mine Certification and CDL License required.  
 Applications will be accepted at:  
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 Premier Elkhorn Coal Company is an Equal Opportunity Employer.

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www.wrightconcrete.com  
**Wrightway Ready-Mix, LLC** is accepting applications for the following positions:  
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 Apply in Person ♦ E-mail ♦ Fax or Mail your resume to:  
 Wrightway Ready-Mix, LLC  
 9430 US Hwy. 23 S., Pikeville, KY 41601  
 Email to: wrightconcrete@mikrotec.com  
 Fax: (606) 639-4482  
 (Office located South of Pikeville on US 23, on Caney Highway, beside the Double Kukle)  
 Equal Opportunity Employer

### WRIGHT CONCRETE & CONSTRUCTION, INC.

www.wrightconcrete.com  
**Wright Concrete & Construction, Inc. and Wright Concrete Underground, LLC** are accepting applications for the following positions:  
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 ♦ Concrete Formwork Centers  
 ♦ Concrete Finishers  
 ♦ Welders/Fabrication  
 ♦ Core Drill Operator's  
 ♦ Drill Helpers  
 ♦ General Laborers (For Installing Mine Sinks and other Underground Construction)  
 ♦ Crew Leaders (For Installing Mine Sinks and other Underground Construction)  
 Excellent Working Environment with Top Pay & Benefits.  
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 Apply in Person ♦ E-mail ♦ Fax or Mail your resume to:  
 Wright Concrete & Construction, Inc.  
 9430 US Hwy. 23 S., Pikeville, KY 41601  
 Email to: wrightconcrete@mikrotec.com  
 Fax: (606) 639-4482  
 Equal Opportunity Employer

### NURSING R.N. OPPORTUNITIES

Three Rivers Medical Center in Louisa, KY, is looking for dedicated and experienced nursing professionals. Current Career Opportunities for Full-Time RN Positions are available in the following areas:  
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 E/O/E

### The Housing Authority of Floyd County has an open position for a Family Self-Sufficiency Coordinator/Program Support Specialist

Assist in everyday operations of the Central Office of the Authority. Develop and deliver resident services to families living in all developments of the authority. Assist in preparing grant applications to obtain funding. Develop and implement self-sufficiency programs for residents. Perform annual recertifications of program participants. Complete contracts for FSS Program. Track progress of FSS participants. Track escrow account payments and deposits. Prepare official reports.  
 High school graduate or equivalent, supplemented by three (3) years office experience, including working knowledge of computer operations and software. With experience in community work, social work, public relations, or related field. Knowledge of current office practices and procedures. Working ability to communicate orally and in writing. Must have a valid Kentucky Driver's License. Must be bondable. Must have the ability to work with confidential information. Pay commensurate with experience.  
 Applications will be taken, in person only, at the Central Office of the Authority, which is located at Warco Apartments, Highway 80, Langley, KY. Weekdays from 9:00 a.m. to 4:00 p.m., Wednesday from 9:00 a.m. to noon. No phone calls.  
 The Housing Authority of Floyd County is an Equal Opportunity Employer.





Ain

Mary Hall, Purvie and Hamilton, Daniel and Kathleen Newsome, Audie and Ewan Hewell, Joseph C. Akers, Arnold Turner Jr. et al., Richard Hamilton, et al., and Bobby and Sharon Paige. The operation will use the area, contour and auger methods of surface mining. The application has been filed for public inspection at the Department for Natural Resources' Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, Kentucky 41653-1410. 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 this application. All comments, objections, or requests for a permit conference must be received within thirty (30) days of today's date.

**NOTICE OF INTENTION TO MINE Pursuant to Application No. 836-5499 Renewal**  
In accordance with KRS 350.055, notice is hereby given that FCDC Coal, Inc., 587 North Lake Drive, Prestonsburg, KY 41653, has applied for renewal to an existing underground coal mining and reclamation operation located 1.23 mile northwest of Hunter, in Floyd County. The surface area is 9.45 acres, and the operation will underlie an additional 2,884.08 acres, for a total acreage of 2,894.03 within the permit boundary. The permit area is approximately 1.36 mile southwest from KY 122's junction with KY 2030, and is located on Akers Branch, 0.57 mile southwest of

Left Beaver Creek. The latitude is 37 degrees, 31 minutes, 18 seconds; and the longitude is 82 degrees, 45 minutes, 45 seconds. The permit area is located on the Martin, Harold, and Wayland U.S.G.S. 7 1/2 minute quadrangle maps. The surface area is owned by Orpha and Clive Akers, Jack Bates. Permit area underlies land owned by Orpha and Clive Akers, Willie Wright, Rhonda Halbert Estate, Eugene Akers, Lowell Perry, Gas, Charles Ray Patton, Luther Hicks, William Stortess, Brent Gibson, Oakie Sheppard, Ralph Hagans, Bud Hayes, Roland Jones, Chattie Dingsus, Conn, Johnnie Spurlock Estate, Vernon Marth, James Marth, Bessie Helton, Charles Salisbury C/O Morgan Salisbury, J.D. Salisbury Estate, Orpha Akers, Alice Gibson Martin, et al., Gordon Carroll, Marie Stelbasky, C.M. Wise, Mandey Moore, Jack A. Fisher, Trustee, James Hayes, Forest Dudley, Thomas Scalt, Leo Harmon, The Elk Horn Coal Corp., W.F. Martin Estate C/O William Martin, Mae Salisbury, Floyd County Solid Waste, Jerry Trumble, Mitchell, Fred O'Brien Jr., Curtis A. Cusley, Bee Halbert, Thomas Martin, Gaylor Ruth Salisbury, Vernon Salisbury, Rodney Case, Albert Cole, Clyde Sheppard, Vina Duckles, Audrey Salisbury, Anna Salisbury Estate, Tom Salisbury Estate, Bert Salisbury, Maxie Hayes Estate, Mildred Salisbury, Thomas and

Evelyn Martin, Ruby Moore, Martin Heirs, Sheridan Martin, Sheridan Martin, and Jack Bates. The renewal 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, Division of Permits, #2 Hudson Hollow Complex, U.S. 127 South, Frankfort, KY 40601.

**NOTICE OF INTENTION TO MINE Pursuant to Application No. 836-8057 Renewal**  
In accordance with KRS 350.055, notice is hereby given that Prater Creek Coal Corporation, 750 Town Mountain Road, Pikeville, Kentucky 41501, has applied for renewal of a permit for a loading facility, coal processing facility, affecting 26.35 acres, located 0.25 mile east of Ivel, in Floyd County. The proposed facility is approximately 0.25 mile southeast from U.S. 23's junction with Ivel Road, and located 0.25 mile southeast of the Lovisa Fork of the Big Sandy River. The latitude is 37°35'22". The longitude is 82°29'33". The proposed facility is located on the Harold

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U.S.G.S. 7 1/2 minute quadrangle map. The surface area is owned by Appalachian Land Company, J.K. Stratton Heirs, and Windell Stratton. The operation will affect an area within 100 feet of public road, Ivel Road. The operation will not involve relocation or closure of the public road. The application has been filed for public inspection at the Division of Mine Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, KY 41653-1410. Written comments, objections, or requests for a permit conference must be filed with the Director, Division of Mine Reclamation and Enforcement, No. 2 Hudson Hollow Road, Frankfort, Kentucky 40601.

**NOTICE OF INTENTION TO MINE Pursuant to Application No. 836-8061, Renewal**  
In accordance with KRS 350.055, notice is hereby given that Frasure Creek Mining, LLC, 4978 Teays Valley Road, Scott Depot, WV 25560, has applied for a renewal of a permit for a surface coal mining and reclamation operation, affecting 52.0

**PUBLIC NOTICE**  
Dale Hamilton Enterprises, P.O. Box 94, Topmost, KY 41862, hereby declares intention(s) to apply for a retail beer license(s) no later than June 1, 2009. The business to be licensed will be located at 2659 King Kelly Coleman Highway, Wayland, Kentucky 41616, doing business as Wayland Quik Mart. The owner(s), principal officers and directors, limited partners or members are as follows:  
Owner, Dale Hamilton of 484 Dry Creek Road, Topmost, KY 41862. Any person, association, corporation, or body politic may protest the granting of the license(s) by writing to the Department of Alcoholic Beverage Control, 1003 Twilight Trail, Frankfort, Ky. 40601-8400, within 30 days of the date of this legal publication.

acres, located 1.5 mile east of Goodloe, in Floyd County. The operation is approximately 0.6 mile west from KY Route 404's junction with KY Route 250, and located along Lick Fork of Middle Creek. The latitude is 37°35'00". The longitude is 82°52'18". The operation is located on the David & Martin U.S.G.S. 7 1/2 minute quadrangle maps. The operation will use the coal preparation and reclamation method of mining. The surface area is owned by Pierre Mather and Elmer Shepherd. The application has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, Kentucky 41653. Written comments, objections, or requests for a permit conference must be filed with the Director, Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601.

**TO ALL PERSONS,** be it known, that I, **OLLIE HOWARD,** of 310 Patton Fork, Hueysville, Kentucky 41640, do hereby revoke

and render null and void Power of Attorney previously granted to Lenora Chaffins.

**NOTICE OF INTENTION TO MINE Pursuant to Application Number 836-5463, Amendment #1**  
In accordance with KRS 350.070, notice is hereby given that The Elk Horn Coal Company, LLC 544 South Lake Drive, Prestonsburg, KY 41653 has applied for an amendment to an existing underground coal mining and reclamation operation located northwest of Burton in Floyd County. The amendment will add 3.1 acres of surface disturbance making a total area of 493.2 acres within the permit boundary. The proposed amendment area is approximately 0.65 miles north-

west from KY Route 1498's junction with KY Route 122 and located 0.25 miles west of Left Fork of Beaver Creek. The proposed amendment is located on the Wheelwright U.S.G.S. 7 1/2 minute quadrangle map. The surface area to be disturbed by the amendment is owned by The Elk Horn Coal Company, LLC and will underlie land owned by The Elk Horn Coal Company, LLC. The amendment will affect an area within 100 feet of public road KY Route 122. The amendment will not involve relocation. The amendment application has been filed for public inspection at the Department for Natural Resources' 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, Division of Mine Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601.

**NOTICE OF INTENTION TO MINE Pursuant to Application No. 836-8062, Renewal 5**  
In accordance with KRS 350.055, notice is hereby given that Frasure Creek Mining, LLC, 4978 Teays Valley Road, Scott Depot, WV 25560, has applied for renewal of a permit for a surface coal mining and reclamation operation, affecting 85.76 acres, located 0.75 mile northwest of Goodloe, in Floyd County. The operation is approximately 1.0 mile northwest from State Route 404 junction with State Route 850, and located 0.1

mile south of Buckeye Branch of Middle Creek. The latitude is 37°36'11". The longitude is 82°52'19". The operation is located on the David & Martin U.S.G.S. 7 1/2 minute quadrangle maps. The operation will use the coal preparation plant method of mining. The surface area is owned by Pierre Mather and Billie Doris & Elmer Shepherd. The application has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, Kentucky 41653. Written comments, objections, or requests for a permit conference must be filed with the Director, Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601.



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**Saint Joseph Health System**

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**YESTERDAYS**

Items taken from The Floyd County Times,  
20, 30, 40, 50, 60, 70 years ago. page B3

**INSIDESTUFF**

Community Calendar • page B2

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**EVERYBODY'S SCIENCE**

**Plants that protect us**

by SANDY MILLER HAYS  
AGRICULTURAL RESEARCH SERVICE

You've no doubt heard of "guardian angels"—but "guardian plants"? They're all around us, according to scientists of the Agricultural Research Service (ARS). There are beneficial compounds in fruits, vegetables and even spices that help our bodies fight harmful inflammation.

That's a lot more significant than it might sound at first blush, because it means these plant-based natural chemicals, called phytochemicals, could be helping reduce our risk of diseases associated with chronic inflammation, including the "biggies" like cancer, atherosclerosis and diabetes.

How do these phytochemicals work their wonders? The ARS researchers will readily admit that they don't fully understand that process. But they're coming up with some new clues to this complex puzzle. Their laboratory studies with cell cultures have uncovered probable modes of action of phytochemicals from red wine, green tea, garlic, curcumin and cinnamon.

The ARS scientists have found that phytochemicals can interfere with the normal flow of chemical signals or messages sent to and from cells, including the cells involved in unhealthy inflammation. Those cells send their "messages" in the form of proteins.

I try to avoid inflicting too many tongue-tangling scientific names on you, but here are a couple that we'll go past really quickly: "toll-like receptors" (TLRs for short) and—even worse—"nucleotide binding oligomerization domain containing proteins," or NODs. (I do apologize for that one!)

The ARS scientists' experiments show that certain phytochemicals can interfere with the messages that could otherwise travel from the TLRs and the NODs. If those messages weren't stopped, they could reach and activate "pro-inflammatory genes"—genes that kick off an inflammatory response.

Based on the results of the studies, different phytochemicals have different ways of interfering with the TLRs and the NODs. For example, consider curcumin. That's found in turmeric, which is the main ingredient of curry. Curcumin can undermine certain TLRs when a specific part of curcumin's chemical structure reacts with components in the TLRs.

By contrast, let's look at how resveratrol works. That's the phytochemical found in red grapes, and it's thought to be a key factor in why the French can eat all that butter and all those wonderful creamy sauces and not keel over with completely clogged arteries (red wine with every meal, perhaps?).

Resveratrol has a different set of what the scientists call "molecular targets." The ARS scientists say their experiments indicate that resveratrol busies itself interfering with molecules called TBK1 and RIP1 (I don't like the sound of that second one, do you?). Normally, TBK1 and RIP1 help convey signals to and from the TLRs. But the resveratrol acts much like a traffic light, slowing or stopping the flow of those signals.

The ARS scientists have also identified likely modes of action of a catechin in green tea, a compound in garlic, and a compound from cinnamon. They're also tracing the tactics of other phytochemicals, including those from cruciferous veggies such as broccoli and cauliflower.

This isn't the ARS scientists' first foray into the land of NODs (I'm sorry, I just couldn't resist that one). In their earlier work, they investigated the interactions between NODs, TLRs and fats in foods.

These same researchers were the first to show that modest quantities of certain beneficial polyunsaturated fatty acids, especially the omega-3s found in some marine fish, can inhibit certain TLRs, while saturated fats like those in red meat and butter actually activate some TLRs.

The ARS scientists' fatty acid experiments provide detailed information

(See SCIENCE, page five)

**KEEPING OUT THE COLD**

**BSACAP helps couple keep warm over winter**

by D.L. DAVIS  
BSACAP COMMUNICATIONS

PRESTONSBURG — Like many communities in Eastern Kentucky, Floyd County has neighborhoods that were named after animals. Particularly plentiful are those referencing the four-legged bovine family. What county doesn't have a Bull Creek or an Elk Fork? Floyd County can also boast a Calf Creek, a Buffalo Creek, and a Cow Creek, the latter being the current home of Jerry and Hattie Stricklin.

For the Stricklins, the past years have meant pulling up stakes and moving their mobile home from this creek to that creek, searching for safety in a region plagued by frequent flooding. When they lived at a trailer park near the old Johnson County airport, floodwaters surrounded them and nearly got inside their home, forcing them to relocate.

"We had such a close call," said Hattie, 66. "The water got up on the third step. We were lucky, but thought that we should move to be on the safe side."

The family then moved their home to Abbott Creek, to a location they thought was safe. Later, the worst flooding in decades that Memorial Day weekend in 2004 devastated Eastern Kentucky, shattering the Stricklin's much sought-after sense of security, and nearly costing them their home.

"The water was coming up so fast," recalls Jerry, 70. "We thought we'd better get out while the gettin' was good."

In many respects, the Stricklins were lucky: they escaped unhurt, but the floodwater had left destruction in its wake. Most of the mobile home's floor insulation was missing, along with much of the underpinning, and the furnace barely worked.

"We know we fared a lot better than a lot of people did in that flood," said Hattie. "But it was still hard to take."

So, in their search for safety, the Stricklins again pulled up stakes, and found a tract of ground to rent off Rt. 194 at Cow Creek.

"We liked the spot as soon as we



Jerry and Hattie Stricklin standing in front of a new door Big Sandy Area Community Action installed for them.

saw it," said Jerry. "It's not close to any water, and it's a nice place, with good neighbors."

While they felt safer with the location, Jerry and Hattie had no way of making repairs to their badly-damaged mobile home. The couple, married 47 years, reared a family on Jerry's earnings from his job at the strip mines. And like many women of her time, Hattie never worked outside the home. Running a house and running after seven kids left little time for much else, and came with no service pension. With Social Security benefits as their sole source of income, the couple struggled to make ends meet. Making any repairs to their home was simply out of the question; there just wasn't any money to do it. Matters weren't

helped any when Jerry underwent a triple bypass surgery in March 2007, further straining their already meager budget.

"Even if we'd had the money, we didn't have any way of doing the work," said Hattie. "In the winter time, the furnace ran all the time, but it didn't keep us warm. It just ran and ran. I had to turn the oven on and leave the door open just to keep us warm. We went two years like that, without any real heat. It was so cold."

Last fall, Hattie learned of a program available through Big Sandy Area Community Action Program that helps people with their home's heating system. Funded through the U. S. Department of Energy, the Weatherization Assistance Program

helps families make their homes safer and more energy efficient. Weatherization staff conducts an energy audit to determine what can be done to reduce a home's heating and cooling costs, and make certain that the home's heating system is safe.

By reducing the home's energy bills, Weatherization lets families spend money on other things the family needs, like medicine or food. On average, savings for the typical household is 32 percent. Last year, the Weatherization Assistance Program completed 151 homes in the Big Sandy region.

After Jerry and Hattie were approved for the program, Weatherization staff visited to conduct an assessment. Homes are assessed using the latest technology that measures energy efficiency, and identifies areas in the home where the energy is being lost. Armed with this information, staff can better utilize the materials on hand to make the home warmer in winter and cooler in summer.

For the Stricklin home, Weatherization staff installed a new electric heating system, sealed duct work, replaced storm windows and caulking, and replaced what floor insulation the floodwaters had left behind. Pipes were wrapped, underpinning replaced, and new smoke and carbon monoxide detectors now help ensure the family's safety.

"I can walk through my home now without shivering and shivering," says Hattie. "It makes a world of difference to people like us who could never have had the money to do this. Plus, the electric bill has been lower. The savings will really help us."

With the winter that wouldn't stop now finally at an end, thoughts of ice and snow and bone-chilling cold are fading. For many, it was the worst winter in memory. But for Jerry and Hattie Stricklin, the 2008-09 winter at Cow Creek was the warmest winter in years.

If you would like more information about the Weatherization Assistance Program, call the Big Sandy Area Community Action Program in your county, or (606) 886-2929 or (606) 789-3641.



**Going Green**

John M. Stumbo  
Elementary went green in April. For three weeks in April the school recycled paper and plastic material. Over 100 bags of paper and plastic were collected by the student council and taken to a recycling facility. The student council also planted trees on the school campus in honor of Earth Day, April 22.

# Community Calendar

## Calendar items will be printed as space permits

**Editor's note:** To announce your community event, you may hand-deliver your item to The Floyd County Times office, located at 263 S. Central Avenue, Prestonsburg; or mail to: The Floyd County Times, P.O. Box 390, Prestonsburg, KY 41653; or fax to 606-886-3603; or email to: features@floydcountytimes.com. Information will not be taken over the telephone. All items will be placed on a first-come, first-serve basis as space permits.

### Home repair help

Looking for ways to pump up your house that won't leave your wallet flat?

Then you should attend a free community workshop where you can find all the information you need to do just that. Learn simple do-it-yourself home repairs to increase the value of your home, make it safer, more comfortable and energy efficient!

Big Sandy Area Community Action Program is offering this two-hour workshop free to the public at 10 a.m. on Wednesday, April 29, at the Prestonsburg Senior Citizens Center, 76 Patsy Evans Drive. Call 886-2929 for more information and to reserve your spot.

### Pike County RAM expedition

Pike County RAM Expedition (Free medical, dental and vision services to the uninsured, underinsured, or those who cannot afford services), June 27 and 28 at Pike County Central High School (1901 US Hwy. 119 N. 41501). Doors open at 6 a.m., first come, first served. Call (606) 432-6246.

Joyous Junk sale

### May 8th and 9th

The Auxier Center is holding a junk sale on May 8th and 9th, from 9 a.m.-4 p.m., at the Auxier Center, 21 South River Street.

Furniture, clothing, appliances, baby items and more. Everything must go! All proceeds go toward the home repair fund. The Auxier Center is a program of Hand in Hand Ministries.

### PHS Class of 1969 to hold class reunion

The Prestonsburg High School class of 1969 will hold a class reunion on September 5, at Jenny Wiley State Park, May Lodge. Dinner will be from 6 p.m. till 8 p.m., in the dining room in lower level. The reunion will be upstairs behind check-in desk at lobby, from 5 till 11:30 p.m. Hope everyone will be able to attend.

P.S. If reservations are needed, the number for May Lodge is 1-800-325-0142.

### The Auxier Center to hold Computer camp for kids July 13 through July 17

The Auxier Center on 21 South River Street will hold a Computer Camp for Kids from July 13 through 17. Morning class: 10 a.m. or afternoon class: 1 p.m. Limited to 12 students per class. Call 606-886-0709 for reservations. FREE computer with successful completion of 5-hours of class time. The Auxier Center is a program of Hand in Hand Ministries.

### Betsy Layne High School class reunions, Sat., June 20

Betsy Layne High School Reunion classes of the 1930s, 1940s, 1950s, and 1960s will be Saturday, June 20th. Call for additional information. Joe Hinchman, 859-373-0518, or Marvin Williamson, 606-478-3310.

### Middle Creek Auxiliary "Clothes giveaway"

Sponsored by Middle Creek

Womens Auxiliary. Free clothes will be given to anyone in need, on the following days, times, and location.

Friday, May 8th, 10:00 a.m.-6:00 p.m., Saturday, May 9th, 9:00 a.m.-6:00 p.m.

Location: Old Middle Creek Fire Department.

For more information, call: Pearl Faye Holbrook, 886-8481; Terri Dickerson, 889-0123, after 2:30 p.m.

### Lunch 'n Learn: Understanding Alzheimer's Disease

Understanding Alzheimer's Disease is a free education program that will provide an overview of the warning signs of Alzheimer's disease, how to get an appropriate diagnosis and treatment options available. Lunch provided. Registration required.

Presenter: Navved Ahmed, MD. Location: Pike County Extension Office, 148 Trivette Drive, Pikeville, April 29, 12 p.m.-1 p.m. Call 1-800-272-3900 to register for this free presentation; to inquire about other education opportunities; to speak with a trained helping specialist; or to become a volunteer.

### Duff Kindergarten Registration

Kindergarten registration will be every Wednesday, from 9:00-12:00 at James A. Duff Elementary. Call the school at 358-9420 or 358-9878 for the required items necessary for kindergarten registration.

### Higher education begins here

The Kentucky Adult Education Learning for Life program offers GED, Adult Learning, Tutoring and College Preparation classes. These classes are managed by Big Sandy Community & Technical College. All classes are free to anyone 16 years old or older.

Along with GED preparation, we offer adult learning, tutoring and college preparation for people who have high school

diplomas or GED equivalent who want to continue their education. The (GED) classes are offered at various locations throughout Floyd County five days a week, from 8 a.m.-4:30 p.m. Evening classes are also available from 5-8 p.m. at some locations. There are no registration fees; all classes and materials are free.

For more information about the times and locations of these classes, call 606-886-7397, between 8 a.m. and 4:30 p.m., Monday through Friday. Information about home study for your GED is also available. Please call today, our instructors are waiting to assist you!

### Highlands Regional Medical Center Community Calendar May 2009

**GED Classes**  
May 6th, 11th, 13th, 18th, 20th, 25th  
Floyd Room - Basement of the Highlands Regional Hospital, 8:00 a.m. to 12:30 p.m.

**GED Classes**  
May 12th, 19th, 26th  
Floyd Room - Basement of the Highlands Regional Hospital, 6:00 p.m. to 8:00 p.m.

**AARP Driving Class**  
May 6th  
Meeting Rooms A & B  
Highlands Medical Office Building

**Sr. Advantage Meeting**  
May 12th  
Meeting Rooms A & B,  
Highlands Medical Office Building, 9:30 a.m. to 12:00 p.m.

**Highlands Blood Drive**  
May 26th  
Meeting Rooms A & B,  
Highlands Medical Office Building, 9:00 a.m. to 3:00 p.m.

**GED Classes**  
May 27th  
Martin Room - Basement of the Highlands Regional Hospital, 8:30 a.m. to 1:00 p.m.

**Living Well With Diabetes**  
May 28th  
Meeting Rooms A & B,

Highlands Medical Office Building, 4:30 p.m. to 6:30 p.m.

For more information concerning the support groups, please contact: Highlands Educational Services Department at 1-606-886-7424.

### Reunion/Memorial to be held in 2010

Old House Hollow, "Bristle Buck", East McDowell, to be held in 2010. For information. Send a post card to 47 Frasure Creek Road, McDowell, KY 41647, or e-mail: patricia.466@hotmail.com; also Post Card, P.O. Box 431, McDowell, KY 41647.

### Education series planned for Alzheimer's sufferers

The UK Sanders-Brown Center on Aging, Alzheimer's Association, Pikeville Medical Center and the Kentucky TeleHealth Network present: Education series for family members and friends of those who suffer from memory disorders. All programs are on Thursdays, 6:30-8:00 p.m.

**July 23, 2009**  
Dying with dignity: Late-stage dementia care and end-of-life issues

\* Palliative medical and behavioral care approaches

Registration is mandatory. Please confirm your attendance by registering with the Alzheimer's Association at 800-272-3900. Sites without registrants will cancel their participation in this event.

Your community location is: Pikeville Medical Center Library, Brenda Burgess, 626-427-3931.

**Auxier Community Center Free GED classes, Monday, Tuesday and Wednesday, from 10a.m.-12.**

**Autistic Children Support Group plans monthly meeting**  
Support group for Guardians of Autistic Children will meet the first Thursday of

every month at the Haven of Rest, 1601 Airport Road, Inez. Call 606-298-0520 for information.

### Free Bible Lessons

Write to: Bible Way Outreach Ministry, P.O. Box 3371, Kingsport, TN 37664. Lessons completely free of charge to all interested.

### Have an 'Out of this World' birthday party!

The East Kentucky Science Center is now offering a fun and distinctive party venue for kids of all ages. The Birthday Party package includes rental of a classroom and admission to exhibits and planetarium programs. Must be booked two weeks in advance; limit 40 guests. Call 889-0303 for more information.

### Need Help With Home Repairs?

The Auxier Lifetime Learning Center can help! We are now taking applications for home repairs. If you, or someone you know, are low income and need help with repairs on your home, please call 606-886-0709 for your application, or stop by our office at 21 South River Street, Auxier. Office Hours: Monday-Friday, 8-4.

### Democratic Woman's Club meets at May Lodge

The Floyd County Democratic Woman's Club meets the second Monday of each month at 6:00 p.m., at the May Lodge, Jenny Wiley State Park.

### Need help with addiction?

Lifeline of Floyd County "Conquer Chemical Dependency" is a Christ-centered 12-step program offering support to those who are coping with addiction and learning to live drug-free lives. The support group meets on the following schedule:  
Mondays, at Minnie (beside

(See CALENDAR, page four)



## Ramada Conference Center

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Sunday, May 10 — 11:30 a.m. to 2:30 p.m.

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### Menu

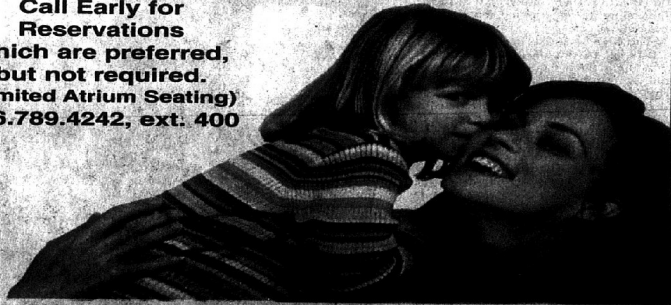
Grand Buffet Includes:

- Farm Tenderized Roast Beef (carved on line)
- Honey Baked Pit Ham (carved on line)
- Deep Ocean Codfish Fried to Perfection
- Sunday Morning Down on the Farm Chicken and Dumplings
- Tenderized Roasted Turkey and Dressing
- Farm Fresh Buttered Corn
- Morning Sugar Snap Peas
- Deep Earthed Baby Glazed Carrots
- Buttered Smothered Mashed Potatoes
- Rich & Creamy Scalloped Potatoes
- Candied Yams
- Heavenly Angelical Eggs
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Price includes Colossal Dessert Bar.  
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RAMADA: You Do Your Thing—Leave The Rest To Us!

B3

# YESTERDAYS

(Items taken from  
The Floyd County  
Times,  
10, 20, 30, 40, 50, 60,  
70 years ago.)

**Ten Years Ago (April 30 and May 5, 1999)**

Customers in the Bill Hall Branch area, near McDowell, will be without electricity for about 30 minutes this morning, American Electric Power says about 65 customers will have no power, while crews repair line equipment...The federal Mine Safety and Health Administration has released its investigation report on the March 4 accident at a Betsy Layne mine, in which Gary Sawyers of Ashcamp died...This Sunday, Morehead State University's Symphony Band and Percussion Ensemble will perform its Spring Concert to benefit the musicians' performance tour to the People's Republic of China...Speaking of Morehead, the work of Kevin Stone of former Mayor Raymond Griffith died Wednesday, April 28, at Our Lady of the Way Hospital in Martin...Although some folks may say lawyers don't have a heart, Bruce Levy can prove he has one. And Terry Marsillett is breathing easier now. The Pikeville Attorney and the Prestonsburg homemaker both received organ transplants almost four years ago...The longstanding case against former Floyd County Court Clerk Carla Robinson Boyd, who resigned April 16, appears to be heading toward resolution, after she pleaded guilty, Wednesday. In her pretrial meeting in Judge John David Caudill's court, Boyd pleaded guilty to the charge of "not making proper disposition" of public funds of \$26,821.98. Dr. Debra Floyd, president of Prestonsburg Community College is one of five finalists for the presidency of Western Nevada Community College, a three-campus college with the main campus in Churchill City. As of tomorrow, chief Prestonsburg attorneys will have changed roles. Brett Davis, who has been assistant commonwealth's attorney since January of 1997, will become deputy to the Floyd County Judge-Executive. Commonwealth's Attorney John

Earl Hunt said he will replace him with two part-time assistants, local attorneys Jeffrey Damron and Jimmy Webb...Two Floyd County attorneys are in the top 20 of "The Most Prolific Attorneys of 1998." Jerry Patton and Ned Pillemer are cited in the publication...Kentucky Trial Court Review...The Floyd County Republican Party is seeking qualified candidates to run for the offices of County Court Clerk and Circuit Clerk. Both positions will be on the ballot in the upcoming November 2 general election...Prestonsburg High School will host a blood drive on Monday, May 10...A group of Prestonsburg Community College students showed their support for sociology instructor Jeremy Kerr near the colleges administration building yesterday morning. Kerr's contract may not be renewed...Employees at Pikeville Methodist Hospital voted to give their union leaders authority to call a strike if contract negotiations stall, union officials told the Associated Press Tuesday...In wake of the shootings that occurred recently in Littleton, Colorado, the Floyd County Board of Education gave approval at Monday night's special-called meeting, to contracting security services for the school district...The Kentucky Department of Adult Education & Literacy (DAEL) has taken over management of the GED testing Center at Prestonsburg Community College because of "poor testing administration"...Letisha M. Yates, 19, of Eastern, a college student, and just weeks away from being a bride, was killed, Friday night, when her 1991 Toyota Camry collided with a 1998 Chevrolet pickup, which apparently went out of control and crossed the median on KY 80, around the Mountain Enterprises gravel pit near Martin...Ron McNeil, president of Sitting Bull College in North Dakota will be the guest speaker at Prestonsburg Community College's graduation ceremonies, Friday, at the Mountain Arts Center...There died: Mary Edna Hall Smiley, 92, of Dana, Tuesday, April 27, in Highlands Regional Medical Center; James Lewis Scott, 67, of Banner, Tuesday, April 27, at Highlands Regional Medical Center; Uhlen Hager Bowling, 80, of Caney Creek, Wednesday, April 28, at the Pikeville Methodist Hospital; Stella F. Hamilton, 83, of Coloma, Maryland, formerly of Prestonsburg, Tuesday, April 27, at the Union Hospital; Everett Sword, 81, of Wellington, Ohio, Tuesday, in Allen Memorial Hospital in Oberlin; Raymond Griffith, 79, of Martin, Wednesday, April 28, at Our Lady of the Way Hospital; Ruby Oppenheimer Clark, 80, of Prestonsburg, Monday, May 3, at Highlands Regional

Medical Center, Prestonsburg; Rosa Campbell Oney, 86, of Grethel, Saturday, May 1, in Our Lady of the Way Hospital, Martin; Georgia L. Little, 55, formerly of Caney Creek, April 30, at the University of Michigan; Susan M. Hackworth, 74, of Ada, Ohio, Saturday, May 1, at her residence; James Edward O'Bryan, 50, of Prestonsburg, Friday, April 30, in Martin; Vela M. Horn, 90, of St. Mary's Ohio, Thursday, April 29, at Valley Nursing Home; Clinnon Brown, 74, of Printer, Monday, May 3, at his residence; Thelma Merritt, 61, of Prestonsburg, Sunday, May 2, at her residence; Clive Case, 66, of McDowell, Wednesday, April 28, at Highlands Regional Medical Center; Alice M. McCoy, 89, of Washington Court House, Ohio, Tuesday, May 4, at Auburn Manor Nursing Home; Elizabeth (Lizette) Jane Meade, 80, of Dema, Friday, April 30, at Our Lady of the Way Hospital, Martin; Nick Jurich, 79, of Wilkesboro, North Carolina, Thursday, April 29, at his home; Joe H. Hobbs, 80, a graduate of Wayland High School, died Tuesday, April 27; Chalmers Stone, 75, of Dema, April 26, at his home; Elmer B. Wolverton, 87, of Prestonsburg, Sunday, May 2, in the Mountain Manor Nursing Home, Prestonsburg; Judy Lee Sparkman, 29, of Mousie, April 28, at the Hazard ARH; Vaughn Salisbury Roberts, 78, of Harold, Sunday, May 2, at the Parkview Nursing & Rehabilitation Center; Otha Mae Thornsburg, 79, of Martin, Saturday, May 1, at Highlands Regional Medical Center; Letisha Michelle Yates, 19, of Eastern, Friday, April 30, in Martin; Hencie Wright, 82, of Frenchburg, Friday, April 30, at Elkton City; Linda C. Smith, 47, of St. Mary's Ohio, Saturday, May 1, at Jt. Twp., Dist. Mem. Hospital, St. Mary's

Ohio: John L. Conn, 69, of Boiling Springs, South Carolina, formerly of Floyd County, Saturday, May 1, at Mary Black Hospital, in Spartanburg, S.C.

**Twenty Years Ago (May 3, 1989)**

Probably the first buffalo calf to be born in Floyd County, in several centuries, was born at Taylor Price's farm at Hager Branch, two weeks ago...Superintendent Ronald Hager, and members of the Floyd Board of Education, will receive a letter from state officials this week, emphasizing that they must make every move to balance the budget by the June deadline...Six-year-old Lowell Langefeld was killed, and his two brothers and mother seriously injured, Friday afternoon, in an accident at the intersection of US 23 and the Mountain Parkway in Prestonsburg...Prestonsburg City Council members reviewed the city's first \$2 million budget in special session, Monday...The grand jury was to hear evidence on Tuesday afternoon, in the case of a Lick Fork teenager who concealed the death of her baby daughter...Anthony Williams, 16, of Stanville, and Christine McKinney, 17, of Harold, were killed in separate accidents...There died: James Blevins, 96, of Goble-Roberts, April 30, at his residence; Tammy Renee Carroll, three-and-a-half-month-old daughter of Tommy and Rhonda Louise Fouts Carroll of Honaker, May 1, at Cabell-Huntington Hospital; Ned Jackson Colegrove, 60, of Wayland, April 30, at Our Lady of the Way Hospital; Mont E. Hall, 87, of Banner, April 27, at Highlands Regional Medical Center; Arnold "Tige" Herald, 67, of

(See YESTERDAYS, page four)

## Mountain Christian Academy

Post Office Box 1120, Martin, Kentucky 41649  
Phone: (606) 285-5141 • Fax: (606) 285-5142

**New Freshman Class — 2009-2010 School Year**

**Proposed Courses:** English I, Algebra 1, Science, Social Studies, Health/PE, Humanities/Christian Education, and an Elective.

**Electives chosen from:** Arts/Music, Foreign Language, Computer Keyboarding/Application, and Communication/Journalism.

**Registration Fee:** \$130 after May 15th; \$100 if paid prior to May 15th.

**Tuition determined by income.** 10% discount if paid in full by July 17th.

Register today! Only 15 openings available!

**NOTE:** All course work is compatible to high school graduation standards and college preparation of neighboring county school systems.

**Summer School**  
Session I: June 8-July 2, 2009 • Session II: July 7-July 31, 2009  
**Time:** 9 a.m.-Noon • **Ages:** Grade 1-8  
**Cost:** \$170 per session. (Discount of \$20 per second and successive children.)  
Three courses per session are possible.  
Available to children from any school system.  
Children may remain in SUMMER-CARE after school until 6 p.m. at the cost of \$5 per hour.  
Academic Day Camp is July 20-24, \$75 per participant, 10 a.m.-3 p.m.

## UK COOPERATIVE EXTENSION SERVICE

UNIVERSITY OF KENTUCKY—COLLEGE OF AGRICULTURE

### TAKING OWNERSHIP OF YOUR DIABETES

**DATES/LOCATIONS:**

- ★ May 11, 2009 - Highlands Regional Medical Center - Room A & B
- ★ May 26, 2009 - Floyd County Extension Office, 91 S. Lake Drive, Prestonsburg, Ky.
- ★ June 1, 2009 - Highlands Regional Medical Center - Floyd Room (in the basement)

**TIME: 5:00 - 6:30 p.m.**  
To register: Contact Dottie at 886-2668 or dcollins@uky.edu

Be the first in Kentucky to benefit from the use of the new UK Cooperative Extension "TAKING OWNERSHIP OF YOUR DIABETES" curriculum!

Taking Ownership of Your Diabetes sessions are for those who want to learn to enjoy eating healthy and manage their diabetes. If you, or a loved one, have been diagnosed with chronic disease like diabetes (or high blood pressure, heart disease, or are overweight) join us to learn how you can live healthier and happier.

For more information, contact Theresa at 886-2668, or tmscott@uky.edu.  
I look forward to seeing you and assisting in improving your health, and the health of Floyd County families.

Co-sponsored by Highlands Regional Medical Center

UKAg, UKAgHES, Educational programs of Kentucky Cooperative Extension Service are provided regardless of race, color, age, sex, religion, disability or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and National Extension Councils cooperating. Diabetic accommodations upon notification.

## INSPECTION PERIOD FOR THE PROPERTY TAX ASSESSMENT ROLL

The Floyd County Real Property Tax Roll will be opened for inspection from May 11, through May 27, 2009. Under the supervision of the Property Valuation Administrator or one of the deputies, any person may inspect the tax roll.

This is the January 1, 2009, assessment on which state, county and school taxes for 2009 will be due about September 15, 2009.

The tax roll is in the office of the Property Valuation Administrator in the county courthouse and may be inspected between the hours 8:00 a.m. and 4:00 p.m.

Any taxpayer desiring to appeal an assessment on real property made by the PVA must first request a conference with the PVA or a designated deputy, the conference may be held prior to or during the inspection period.

Any taxpayer still aggrieved by an assessment on real property, after the conference with the PVA or designated deputy, may appeal to the County Board of Assessment Appeals.

The taxpayer can appeal his assessment by filing in person or sending a letter or other written petition stating the reasons for appeal, identifying the property and stating the taxpayer's opinion of the fair cash value of the property.

The appeal must be filed with the County's Clerk's Office no later than one work day following the conclusion of the inspection period.

Any taxpayer failing to appeal to the County Board of Assessment Appeals, or failing to appear before the County Board of Assessment Appeals or by designated representative, will not be eligible to appeal directly to the Kentucky Board of Tax Appeals.

Appeals of personal property assessments shall not be made to the County Board of Assessment Appeals. Personal property taxpayers shall be served notice under the provisions of KRS 132.460(4) and shall have the protest and appeal rights granted under the supervision of KRS 131.110.

The following steps should be taken when a taxpayer does not agree with the assessed value of personal property as determined by the Office of Property Valuation Administrator:

- (1) He must list under protest (for certification) what he believes to be the fair cash value of his property.
- (2) He must file a written protest directly with the Department of Property Valuation within 30 days from the date of the notice of assessment.
- (3) This protest must be in accordance with KRS 131.110.
- (4) The final decision of the Revenue Cabinet may be appealed to the Kentucky Board of Tax Appeals.

**CONNIE HANCOCK**  
Property Valuation Administrator  
Floyd County

## \$1250.00 FIRST PLACE PRIZE

### STONECREST GOLF COURSE

Prestonsburg, KY

**SATURDAY, MAY 9, 2009**  
1:00 p.m. SHOTGUN START

### 2009 FLOYD COUNTY DEMOCRATIC WOMAN'S CLUB ANNUAL GOLF SCRAMBLE

**\$1250.00 1st PLACE • \$750.00 2nd PLACE • \$500.00 3rd PLACE**  
\$25,000.00 HOLE IN ONE ("HOLE NO. 17—162-yard par 3")  
\$100.00 LONGEST DRIVE ("HOLE NO. 2—510-yard par 5")  
\$100.00 CLOSEST TO PIN ("HOLE NO. 8—150-yard par 3")  
\$5.00 MULLIGANS • \$5.00 SKIRTS  
\*DESIGNATED HOLE

**ENTRY FEE \$75.00 per person (\$300.00 per four-person team)**  
Includes registration, green fees, cart, food, and drink.  
Playoff for first place, if tie after regulation play.

PRIZE MONEY AWARDED TO TEAM CAPTAIN FOR DISTRIBUTION TO OTHER TEAM MEMBERS IN ACCORDANCE WITH ANY APPLICABLE RULES.

FOR ADDITIONAL INFORMATION:  
Call Charlotte George—(606) 874-4455  
Tammy DeRossett—(606) 886-0480 Home; (606) 886-6061 work

**Yesterdays**

Prestonsburg, April 27, at Highlands Regional Medical Center; Lowell Richard Langefeld, six, of Harold, April 28; Christine McKinney, 17, of Harold, April 29; June Mullins Newman, 66, of Melvin, April 29, at McDowell Appalachian Regional Hospital; Otis Page, 67, of Dwayne, April 26, at the Veterans' Hospital in Lexington; Oscar Stanley, April 17, at his home; Harold Sisson Sr., 62, April 25, in Ohio; Anthony Wayne Williams, 16, of Stanville, April 28; Mary Lee Gunnell Woods, 68, of Emma, April 29, at the University of Kentucky Medical Center in Lexington.

**Thirty Years Ago (May 2, 1979)**

Court employs David R. Leslie to the files position in the office of county planner, vacated by William R. Callahan...Dewey Lake Wildlife Management Area will be reopened next fall to archery hunting of deer...Elizabeth Ann Martin is named Miss Floyd County 1979...Kentucky West Virginia Gas Co. offers a \$25,000 reward for information leading to the arrest and conviction of the person who killed its employees...Robert C. Meador, the David Branch Road...Ground breaking is held at Alice Lloyd College for its new library and learning center; also, trustees vote to convert to a four-year bachelors degree program...There died: Otis Cecil, 63, of Harold, at HRMC; John Durby, 87, of Cow Creek, at HRMC; Bud Handshoe, 96, of

Hueysville, at his home; Rhoda Patton, 79, of Printer, at Elmwood Convalescent Home in Ashland; Arthur Coburn, 62, formerly of Hueysville, at St. Rita's Medical Center in Lima, Ohio; Hazel Adkins Means, 52, formerly of Floyd County, at home in Charleston, West Virginia; James Amburgey, 50, of Warsaw, Ind., formerly of Ivel; Victor Reitz, 83, of Allen, at Our Lady of the Way Hospital in Martin; Ruby Salisbury, 63, formerly of Hunter, at her home in Sandusky, Ohio; Armintha Combs, 93, widow of B.F. Combs, at Meadow Brook Nursing Home in Lexington; William Spears, 90, formerly of Buffalo section of John's Creek, at the home of his daughter in Columbus, Ohio; and Jeremy Caudill, newborn, of Hi Hat, at McDowell Appalachian Regional Hospital.

**Forty Years Ago (May 1, 1969)**

The long search for a major industrial firm to locate on the so-called Kenwood site, four miles south of Paintsville, ended Saturday, with the announcement by American-Standard Inc., that its plumbing and heating division will construct a 150,000 sq.-ft. plant there, at a cost of approximately \$5 million...Formation of the Beaver Creek Consolidated Coal Company was jointly announced by Richard E. Thompson, vice-president of purchasing and traffic, National Steel Corporation, and George E. Evans Jr., president of Evans Industries of

Kentucky...State and city police set roadblocks and joined in an intensive manhunt, Wednesday morning, after two men had held up, at gunpoint, an attendant at Crum's Texaco Service Station, here, and robbed the cash register of approximately \$150...Army Sp-4 Garland Johnson, son of Mrs. Nora Johnson, Hi Hat, received the Bronze Star Medal, March 26, near Phan Rang, Vietnam...Born: to Mr. and Mrs. Charles Howard, of Handshoe, a son, April 24; to Mr. and Mrs. Robert Molluet, of Minnie, a daughter, April 27; to Mr. and Mrs. Abe Vanderpool Jr., of Columbia City, Ind., formerly of Prestonsburg, a son, Mark Edward, April 22, at the Methodist Hospital, Pikeville; to Mr. and Mrs. Darrell L. Profitts, a son, James Darrell, April 10, at the Whitesburg Appalachian Regional Hospital; to Mr. and Mrs. Kenneth Conley, a daughter, April Lynn, April 22, at the Paintsville Hospital...There died: Hugh "Scottie" Hamilton, 61, of Detroit, Mich., Wednesday, in Detroit; Mrs. Isania Patrick, 66, of Pyramid, at the home of a daughter; Mrs. Fernie Morgan, 80, of Price, Tuesday night, at the McDowell Appalachian Regional Hospital; Henry Johnson, 74, of Blue River, last Thursday, at Prestonsburg General Hospital; Mrs. Rhoda Stumbo, 63, of East McDowell, Tuesday night, at the McDowell Appalachian Regional Hospital; Edwin J. Gibson, 69, of Garrett, Saturday, at Our Lady of the Way Hospital; Mrs. Rosa Bell Hicks, 83, Friday, at her home in Mousie; Claude C. Allen Jr., 37, formerly of Risner, April 19, at his home in Elliott, Maryland.

**Calendar**

- pharmacy, from 7-8 p.m.
- Mondays, at Littlefield Mud, Spruce Pine School, from 7-8 p.m.
- Tuesdays, in Prestonsburg, in the Van Ark Building, from 2-3 p.m.
- Tuesdays, at David, The David School, from 3:30-4:30 p.m.
- Wednesdays, at Allen Baptist Church, from 7-8 p.m.
- Thursdays, at Allen Baptist Church, from 7-8 p.m.
- For more information, call Shirley Combs at (606) 434-8400, or Tom Nelson at (606) 478-2836.

**Senior employment program**

Are you a senior citizen on a fixed income struggling with soaring medical bills and living expenses? Could you use some extra spending money but don't know how to get back into the workforce? If you are at least age 55, the Senior Community Service Employment Program (SCSEP) may be able to help. Earn extra money, learn new skills, and help your community at the same time! To find out more, call: 886-2929

**External Diploma Program**

Kentucky residents age 25 and older can earn a high school diploma by demonstrating skills learned on the job or in raising a family. Flexible scheduling is provided and confidentiality maintained. Classes are held at the Carl D. Perkins Rehabilitation Center in Thelma, Mon. thru Fri; with evening classes on Thursday. EDP classes are also held at the Mullins Learning Center, in Pikeville, on Tuesdays from 4:30-8:30 p.m. Contact Andy Jones at 606-788-7080, or 800-443-2187, ext. 186, or Linda Bell, at ext. 160 to make an appointment. GED classes are also available.

**Looking for a Support Group?**

- **Floyd County Alzheimer's Support Group** meets regularly at Riverview Manor Healthcare Center. Call the center for meeting times.
- **Domestic Violence Support Group** - The Big Sandy Family Abuse Center holds meetings each Tuesday from 6:30 to 8:30 p.m. The meetings are free of charge. Call 886-6025 for more information.
- **Overeater's Anonymous** - Meetings held each Wednesday at 7:30 p.m., at the old Allen Baptist Church, located in Allen, just past red light. Call 889-9620 for more info.
- **FOO! Prostate Cancer Survivors Support Group** - For all men with prostate cancer and their families. Group meets the 3rd Thursday of each month, at 6 p.m., at the Ramada Inn, Paintsville.
- **Community Weight Loss Support Group** - Meets Thursday's at 6:30 p.m., at the Martin Community Center. For more info., call 377-6658. Those who have had gastric bypass surgery most especially welcome to attend. Meetings being offered as support to anyone needing extra support in dealing with weight loss.
- **Domestic Violence Hotline** - 24-hour Crisis Line manned

**Continued from p2**

by Certified Domestic Violence counselors. Call 886-6025, or 1-800-649-6605. Remember, "Love Doesn't Have to Hurt."  
 • **Disabled?** You may be eligible for grant money to assist in your daily living. For an application or more information, call 886-4326.  
 • **A.S.K. (Adoption Support for Kentucky)** - Support group for all adoptive parents (public, private, international, and kinship care), foster parents and all others interested in adoption. To be held the first Monday of each month, at the Department for Community Based Services office, 1009 North Lake Drive, Prestonsburg, from 6-8 p.m. Childcare will not be provided. For more information, contact Dedra Stone, adoptive parent liaison, at 432-4110 or 422-7927, or email to: doslone@eastky.net.

**Fifty Years Ago (May 7, 1959)**

The strike-torn eastern Kentucky coal counties of Pike, Letcher, Knott and Perry, continued quiet over the week-end, and up until mid-week. Restraining influences were the National Guard and an agreed continuance of an injunction preventing mass picketing, entered in the court of District Judge H. Church Ford at Jackson, Monday...Eight nationally-known educators, from six universities, will visit McDowell Memorial Hospital, Saturday, as a part of a two-day study they are making of the medical care program of the Miners Memorial Hospital Association...Eastern Kentucky's delegation attending last week's Congressional hearings on additional funds for Big Sandy flood control, returned with hopes higher than at any time since the fight for upstream reservoirs began. In the meeting, Tuesday, with Congressmen Perkins, Natcher and Jennings, it was agreed to ask for a total of \$994,000 for the Fishtrap reservoir - \$494,000 to complete planning, \$500,000 to start construction; and for Pound \$2,500,000...There died: Mrs. Ann Damron, 62, of Bypro, at the McDowell Hospital; Mrs. Teen Osborn Sammons, 90, at her home; Mrs. Alice Ratliff, 63, at her home on Trimble Branch; Mrs. May McCoy, of Auxier;

**Continued from p3**

Claude McKinney, 52, at his home at Amba; Donna Sue McKinney, 18, of Amba, at the Pikeville Hospital; William J. Turner, 81, at McDowell Memorial Hospital.

**Sixty Years Ago (May 5, 1949)**

Cave-in of an isolated section of the Floyd-Elkhorn Coal Company mine on Caney Creek, last week, resulted in an over-all loss unofficially placed at \$70,000; the cave-in extended to the top of the mountain, 1,100 feet from the bottom...All county officers handling public money now are required to publish annual financial statements in newspapers. The law applies to money-handling officers of school districts and cities of the fifth and sixth classes...A delegation of 150 Big Sandians is slated to leave by special train, Saturday afternoon, for Washington, D.C., to be on hand for the fight which starts Monday, before the Public Works Committee of Congress for approval of canalization of the Big Sandy River, and its two forks, the Levisa and the Tug...A Norfolk firm was low bidder for removal of 800 graves from the John's Creek section. The Norfolk firm's bid was \$44,444...There died: Jerry Owens, 27, Estill, at the home of his father; Dave Bryant, 82, Maytown, at King's Daughters Hospital, Ashland; Miss Arizona Little, Garrett, 17, at Our Lady of the Way Hospital, Martin; Melvin Sealf, 75, Buffalo Creek; William Nolen, 77, at home at Pyramid; Mrs. Laura Patton, 33, Garrett, at Johns Hopkins Hospital, Baltimore, Maryland.


**Seventy Years Ago (May 4, 1939)**

His appointment, made by Governor A.B. Chandler, Tuesday, last week, day of the burial of his predecessor, O.C. Hall, Carl D. Perkins, of Hindman, was sworn in here by Circuit Judge John W. Caudill, Wednesday morning, April 26, as Commonwealth's Attorney of the 31st judicial district. Twenty-six years old, Mr. Perkins is one of the youngest prosecutors ever to serve the district...At noon, Thursday, the mine wage contract conference remained in a deadlock, and unless settlement is reached today, general shutdown of the entire coal industry is seen, Friday...The Kentucky Public Service Commission has set May 25 for the day of a hearing to raise the Prestonsburg Natural gas rate from 40 to 57 cents per 1,000 cubic feet...Yeaman! Gee! Goody! O.K.! Good-luck! If you hear these common expressions coming from an undetermined source, don't get excited. They do not necessarily mean that a jitterbug session is getting underway, or that some one is departing for a spring vacation. Could be merely a neighbor reciting the names of a few of the more uniquely-named small towns in Kentucky...There died: John Hall, 82, Lackey, at the Stumbo Hospital; Mrs. Cora Stone, 29, Garrett, at Stumbo Hospital; John H. Short, 49, Weeksburg, at Beaver Valley Hospital.

**Caring**  
**Compassionate**  
**Skilled**  
**Dedicated**  
**Hardworking**  
**Exceptional**  
**Experienced**

**The ARH Team**  
 Celebrating National Hospital Week & National Nurses Week 2009

**Thank You!**  
 During National Nurses Week (May 6-12) and National Hospital Week (May 10-16) ARH would like to say thank you to all the members of our healthcare team for your commitment to caring for the communities we serve.



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B5



Regan Kinley Bryant celebrated her third birthday on May 2. She is the daughter of Amanda and Kevin Bryant, of Weeksbury. She is the granddaughter of Larry and Carolyn Bryant, of Wheelwright, and Doris and the late Ricky Bryant, of Weeksbury.

### Hall-Osborne to Wed

Tim and Cathy Steffey and Bob and Klora Osborne request the honor of your presence as Ginger Nichole Hall and Bobby Dwayne Osborne join together in holy matrimony on Saturday May 16, 2009 at 5:30pm. The traditional open church wedding will be held at Community United Methodist Church located on Burke Avenue in Prestonsburg. A reception in their honor will be held at Stone Crest Golf Course immediately following the service.

*This day I will marry my best friend, the one I laugh with, live for, dream with, and love.*

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Commercial & Residential

### Science

Continued from p1

about the mechanisms used by omega-3s to change the flow of messages from TLRs and NODs—and, in the process, help protect our bodies from harmful inflammation. Now other studies by researchers elsewhere are starting to confirm the ARS scientists' findings about this healthful effect of polyunsaturated fatty acids.

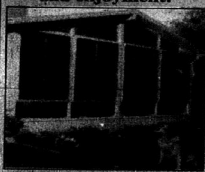
We still don't have all the answers about how phytochemicals go about interfering with the molecular messaging that's going on inside our bodies.

One thing we do know, though: Even though "you are what you eat" may not be strictly true, what you eat can have an impact on chronic inflammation and your consequent level of risk of chronic disease. That's definitely food for thought!

The Agricultural Research Service is the chief in-house scientific research agency of the U.S. Department of Agriculture. You can read more about ARS discoveries at <http://www.ars.usda.gov/news>.

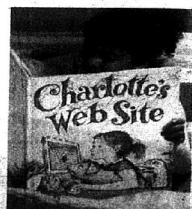
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It's her future. Do the math!

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The warning signs of a heart attack are clear. Too bad so many men ignore them.

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**Do you need  
to see a Doctor?**

# **FREE Health Screenings**

Pikeville Medical Center  
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daily on North US 23  
(beside Advance Auto Parts)  
Monday - Friday 8:30 a.m. - 4:30 p.m.

## **Screenings for:**

- EKG
- Blood Pressure
- Leg and ankle screening for circulation
- Cholesterol tests
- Oxygen saturation
- Blood sugar



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MEDICAL  
CENTER**

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