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Wednesday, December 16, 2009

The Times

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briefs

Man taken from hiding place to jail

by **SHELDON COMPTON**
 STAFF WRITER

HAROLD — A Toler Creek man was arrested Monday on burglary charges, after police found him hiding near his home.

Police said Eric Allen, 42, of the Left Fork of Toler Creek, was found while police searched for him at his home Monday to serve a warrant for burglary, police records said. When they arrived and asked Allen's mother and girlfriend how long it had been since he'd been home, the officers said they received conflicting reports from the two.

The officers conducted a search of the house and did not find him, but checked the area surrounding the home and reported discovering Allen hiding in a storage building near the house.

Allen was taken into custody at that time and now faces charges of second-degree burglary, fourth-degree assault and also failure to pay child support.

The burglary charge stems from a criminal complaint taken out against Allen by Harold resident Jason Allen. The charges are that Allen broke into Jason Allen's home in January and took several items. It was not mentioned in police reports if the two men are related. Allen was arraigned Tuesday morning and was given a cash bond of \$25,000 following his arrest.

WAITING FOR SANTA



photo by Ralph B. Davis
The Archer Park roller rink was a packed house Thursday night, as area children waited for a chance to visit with Santa Claus and Mrs. Claus during the city's annual Christmas in the Park celebration. Each child received a present from the jolly old elf, and there were games, face painting and tattoo booths to partake in, as well as plenty of punch and cookies.



Thieves target cash, smokes in robbery

by **SHELDON COMPTON**
 STAFF WRITER

BETSY LAYNE — J&J Liquors was the target of a burglary this past weekend, the latest in a series of such break-ins that have taken place in the past year in the county.

According to state police, the store owner arrived at the business Monday morning to find that the burglars forced entry through the front door. In addition, phone lines were cut to the establishment, said Trooper Mike Goble of Post 9 in Pikeville.

Taken from the store was an undetermined amount (See **ROBBERY**, page eleven)

Natural gas prices much lower this winter

by **SHELDON COMPTON**
 STAFF WRITER

LEXINGTON — Winter heating bills are not expected to pack such a punch as past years for Columbia Gas customers, as December natural gas prices for the company are at the lowest rate in more than a decade.

The most recent costs are up slightly from last month, but Columbia officials say a look back at last December shows a vast drop of 67 percent from record highs. This price, which comes out at just over \$4 per 1,000 (See **GAS**, page eleven)

School board looks to get share of millions

by **JARRID DEATON**
 FEATURES WRITER

PRESTONSBURG — The Floyd County Board of Education held its final regular meeting of the year at Prestonsburg High School on Monday, and board members had no trouble going through a lengthy agenda and approving all consent items without any major discussion.

During the meeting, a memorandum of agreement with the Kentucky Department of Education for the "Race to the Top" initiative was approved by the board, and Supt. Henry Webb said that the state could be getting anywhere from \$60 million to \$175 million in funding for education improve-

ment. By entering into the agreement with the Kentucky Department of Education, Floyd County Schools will be eligible to receive some of the funds if the district's grant application is accepted.

Other items approved by the board included commercial carriers for numerous school trips, the creation of a supplemental educational services position at May Valley Elementary, the approval of a Database Initiative Grant application for the replacement of E-Macs with I-Macs, a price increase for yearbooks, the rejection of bids for school bus DOC and CCV systems and cleaning machines for diesel

(See **BOARD**, page eleven)



The Prestonsburg High School Honor Choir performed Christmas favorites with song-appropriate attire before the meeting of the Floyd County Board of Education on Monday.

photo by Jarrid Deaton

Office of Highway Safety launches drunk driving crackdown

FRANKFORT — Drunken driving is one of America's deadliest crimes. Last year, 11,773 people died in highway crashes involving a driver or motorcycle rider with a blood alcohol concentration (BAC) of 0.08 or higher.

That is why the Kentucky Office of Highway Safety (KOHS) announced Monday it is joining with sheriff's offices, police departments and the Kentucky State Police to take part in a national crackdown on impaired driving — Drunk Driving: Over the Limit. Under Arrest.

"Make no mistake. Our message is simple. No matter what you drive, if you are driving impaired, you will be arrested. No exceptions. No excuses," said

KOHS Executive Director Chuck Geveden. "Officers will be out in force statewide conducting sobriety checkpoints, saturation patrols and using undercover officers to get more drunk drivers off the road and save lives that might otherwise be lost."

In Kentucky last year there were more than 5,000 alcohol-related crashes, resulting in 2,754 injuries and 160 deaths. Twenty fatalities — eight involving alcohol — occurred during the Christmas and New Year's holidays.

"Driving with a BAC of .08 or higher is illegal in every state, yet we continue to see far too many people suffer debilitating injuries and loss of their loved ones as a result of impaired driving,"

said Boyd Sigler, director of the KOHS Division of Highway Safety Programs. "This careless disregard for human life must stop."

Geveden said drunken driving is simply not worth the risk. "Not only do you risk killing yourself or someone else, but the trauma and financial costs of a crash or an arrest for impaired driving can be significant," said Geveden. "Violators often face jail time, the loss of their driver's license, higher insurance rates, attorney fees, time away from work, and dozens of other expenses."

Sigler wants all motorists to do what is necessary to protect themselves against a drunk driver. "Both drivers and passengers must realize that seat belts

are the single most important safety device in the vehicle," said Sigler. "Not only is it the law, it is your best defense against injury and death."

The Drunk Driving: Over the Limit. Under Arrest. impaired driving crackdown is a deterrence program organized by the U.S. Department of Transportation's National Highway Traffic Safety Administration. It combines high-visibility enforcement with heightened public awareness through advertising and publicity.

This December's effort is supported by \$7.5 million in national advertising to help put everyone on notice that if they are caught driving impaired, they will be arrested.

2 DAY FORECAST

Today
 Clear
 High: 38 • Low: 20

Tomorrow
 Partly cloudy
 High: 43 • Low: 20

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

inside

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To be given away December 22nd at 8 p.m.

A3

Big Sandy holds winter commencement at Mayo

PAINTSVILLE — Big Sandy Community and Technical College (BSCTC) hosted its Annual BSCTC Commencement Ceremony on the Mayo Campus, Dec. 11. Numerous graduates participated in the Ceremony, taking great pride and honor in their accomplishments. Excitement and happiness filled the Mayo Auditorium as families, friends and community members gathered to celebrate the joyous occasion with the students.

BSCTC Vice President of Business Affairs, John Herald welcomed students, families and community members via a packed Auditorium. Herald told the students, "This is your day. Be proud of your accomplishments."

Herald briefly explained the degrees, diplomas and certificates offered by Big Sandy. Additionally, he acknowledged the graduates' grade-point averages and membership such as honors program and Phi Theta Kappa.

BSCTC Assistant Director of Music and Drama, Clayton Case provided a rendition of "The River," receiving a gracious response from the guest in attendance.

BSCTC President and CEO Dr. George Edwards praised the students, acknowledging their success and achievement. Additionally, President Edwards welcomed the Judge Susan Johnson to the podium amidst great accolade and tribute as he shared many of her accomplishments.

Judge Susan Johnson served as District Judge for the

24th Judicial District. She was selected by the Chief Justice of the Supreme Court to serve as the Chief Regional District Judge from 1999 thru the present date. In addition, she served as past secretary, vice president and president of the District Judges' Association. She has served on numerous committees, including the District Judges' Education and Legislative Committee and the Civil Rules Committee. Lastly, Judge Johnson serves as the District Judges' representative on the Judicial Conduct Commission and the Kentucky Bar Association Convention Planning Committee.

Judge Johnson conveyed many facets of her life story as she addressed the audience. Students and audience members listened intently as she portrayed her life in Eastern Kentucky. Johnson remarked, "I had to contemplate what I wanted to do with my life. I always wanted to be a lawyer, even in high school."

Judge Johnson encouraged the students to stay the course — to believe in one's self and never give up on goals and dreams. Additionally, Judge Johnson commented, "This is an exciting day. I am honored and humbled to be with you."

Judge Johnson concluded with the statements she asked the students to remember: Adversity and difficulty lead to creativity; good things can come from bad, and have a plan for today and tomorrow.

BSCTC Provost, Dr. Nancy Johnson announced the graduates as Dr. George Edwards,



Big Sandy Community and Technical College President Dr. George Edwards presented a diploma to Lora Simpkins Friday, during the school's winter commencement exercise.

presented BSCTC Degrees, Diplomas and Certificates. Additionally, BSCTC Associate Dean of Student Affairs, Jimmy Wright, Judge Johnson and BSCTC Vice President, John Herald greeted and congratulated the students.

BSCTC President, Dr. George Edwards concluded the Ceremony via a few words of wisdom to the students. "Think of a turtle on a fence post. He did not achieve his position and status in life without hard work and help from others. You are like the turtle — work hard and accept help

and assistance from others in life. You can achieve your goals and dreams."

The recession followed with the "Triumphal March" played by BSCTC Human Resource Specialist, Bryen L. Goble. Following the Ceremony, several students commented on their educational experiences at Big Sandy.

Paula Howard, BSCTC Associate of Science graduate remarked, "The staff and faculty at BSCTC encourage students — hence inspire them to the highest levels of achievement."

Lora Simpkins, an Associate of Arts graduate commented, "I enjoyed my studies at BSCTC. The staff and faculty were very accommodating, thus, helped me achieve my goals and dreams."

Another BSCTC graduate, Jordan Williams of the Criminal Justice Program graduate said, "My education at BSCTC has been an adventure. I am ready to seize life

and make the most of it."

For information about programs at offered at BSCTC, visit Big Sandy today. Big Sandy Community and Technical College provides excellence in teaching and learning with the goal of Transforming Lives, Transforming Kentucky.

Big Sandy Community and Technical College is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (SACS) and is an equal opportunity education and employment institution. BSCTC offers a broad range of programs, from two-year

Associate in Arts or Associate in Science degrees to various occupational/technical programs that meet workforce needs. Options include short-term certificates, diplomas and degrees. Applications and class schedules are available via the BSCTC website at <http://www.big-sandy.kctcs.edu/>, or by calling 1-888-641-4132.



Hundreds gather for HRMC Senior Advantage program Christmas luncheon

PRESTONSBURG — More than 300 senior citizens from throughout the Big Sandy Region gathered for the 2009 Highlands Regional Medical Center Senior Advantage Christmas Luncheon, held Tuesday, Dec. 8, at the Janny Wiley Wilkinson-Stumbo Convention Center.

The festive atmosphere of the luncheon was highlighted by enjoyable entertainment and fellowship shared by participants. Highlands Regional Medical Center Chairman Ted Naim welcomed the group, followed by comments from Greg Reynolds, District Manager of the Social Security Administration. Entertainment was provided by The Blanton Sisters and Ron Castle, an Elvis impersonator.

The Senior Advantage Program at HRMC is an exciting opportunity for seniors to meet peers who share their interests and to take advantage of resources within the community geared especially for our friends over 50! Program members enjoy recreation and entertainment activities as well as a chance to attend programs on a wide range of topics including financial, lifestyle, health, travel, and more.

Membership Benefits include: Regular monthly meetings featuring topics of interest, refreshments and door prizes; Free Medicare, Medigap and general health-care payment counseling; Free copying of important documents; Free notary service for non-health care documents;

Special services and discounts during any hospital stay, including flowers and a free newspaper each day; Discounts from local merchants; Recreation activities and social events including day trips, holiday parties, picnics, and more; Free blood pressure checks; Quarterly cholesterol and blood sugar screenings; 10% discount in the Food Court at HRMC; Notification of special events or programs being held in our area; And much more!

"Highlands Regional

Medical Center thanks our Senior Advantage group for their continued support of HRMC during the year," said Melissa Vance, Highlands Health System Director of Community Development. "HRMC consistently looks for new and innovative ways to provide services which benefit those in our community."

Individuals interested in learning more about the Senior Advantage Program may contact the Community Development Department at 606-886-7468.

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AVATAR (PG-13) Mon-Sat 7:00, Sun (1:30) 7:00

Cinema 2—Starts Friday, Dec. 18
ARMOURD (PG-13) Mon-Sat 7:00-9:00, Sun (1:30) 7:00-9:00

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12/18/09 - 12/24/09

Cinema 1—Hold Over
OLD DOGS (PG) Mon-Sun 7:15-9:30; Fri (4:30) 7:15-9:30; Sat-Sun (2:15-4:30) 7:15-9:30

Cinema 2—Hold Over
THE BLIND SIDE (PG-13) Mon-Sun 6:50-9:25; Fri (4:30) 6:50-9:25; Sat-Sun (1:45-4:20) 6:50-9:25

Cinema 3—Starts Friday, Dec. 18
ARMOURD (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

Cinema 4—Hold Over
NEW MOON (PG-13) Mon-Sun 6:50-9:20; Fri (4:20) 6:50-9:20; Sat-Sun (1:45-4:20) 6:50-9:20

Cinema 5—Hold Over
2012 (PG-13) Mon-Sun 8:00

PLANET 51 (PG) Fri (4:30), Sat-Sun (2:15-4:30)

Cinema 6—Starts Friday, Dec. 18
DID YOU HEAR ABOUT THE MOR-GANS? (PG-13) Mon-Sun 7:00-9:20; Fri (4:20) 7:00-9:20; Sat-Sun (2:00-4:20) 7:00-9:20

Cinema 7—Starts Friday, Dec. 18
AVATAR (PG-13) Mon-Sun 8:15, Fri (5:00) 8:15; Sat-Sun (1:30-3:45) 8:15

Cinema 8—Starts Friday, Dec. 18
AVATAR (PG-13) Mon-Sun 8:00, Fri (4:45) 8:00; Sat-Sun (1:30-3:45) 8:00

Cinema 9—Hold Over
THE PRINCESS AND THE FROG (G) Mon-Sun 7:00-9:20; Fri (4:20) 7:00-9:20; Sat-Sun (2:00-4:20) 7:00-9:20

Cinema 10—Hold Over
NINJA ASSASSIN (R) Mon-Sun 7:05-9:25
A CHRISTMAS CAROL (PG) Fri (4:25) Sat-Sun (2:05-4:25)

STARTING WEDNESDAY, DEC. 23
ALVIN AND THE CHIPMUNKS

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Worth Repeating ...

"A man's respect for law and order exists in precise relationship to the size of his paycheck."

— Adam Clayton Powell Jr.

Guest View Instead of solutions, health reform opponents offer fear

What campfires are to spooky ghost stories, Congressional Republicans have become to frightening, fabricated urban legends about health care reform. Death panels! Rationing! Medicare cuts! It's like Halloween in December.

"Don't cut Grandma's Medicare," Sen. Lamar Alexander, R-Tenn., implored the other day.

Sen. John McCain, R-Ariz., fumed about "draconian" Medicare cuts in the Senate health care reform bill — though he proposed even bigger ones while running for president last year.

And then there's the Stephen King of elderscare: Sen. Tom Coburn, R-Okla. Health care reform, a hysteric Dr. Coburn recently warned elderly Medicare recipients means "you're going to die sooner."

Does it? Is health care reform premised on inter-generational theft? In a word, no.

All that heat arises from a tiny ember of truth: Bills in the House and Senate rely on savings from Medicare to partially pay for health care reform. But neither bill would cut Medicare benefits, deny health care to the elderly or lead to otherwise preventable deaths.

In fact, despite the rhetoric, both the House and Senate health reform bills actually would increase Medicare benefits. The savings come from cutting waste in the program.

The bills also would eliminate the so-called donut hole in Medicare drug benefits. That's a bizarre gap in drug coverage built into Medicare. About a quarter of elderly people with prescription drug expenses fell into the donut hole in 2007.

That coverage gap is large — \$3,610 in 2009. And without reform, it's projected to grow to \$6,000 in 2019, which makes it a significant burden for elderly people on fixed incomes.

The health care reform bills also would eliminate co-payments and deductibles on most preventive care and, for the first time, add coverage for vaccines.

You'd think that politicians from a party that fumes about "wasteful government spending" would support cutting waste. You'd think that politicians from a party that fumes about huge federal deficits would realize that Medicare liabilities make up a significant part of the projected deficit.

Of course they know it. They'd rather play politics by scaring and misleading older Americans.

So where are those massive cuts that opponents of health care reform are warning Grandma about? They mostly affect private health insurance companies that offer what are called Medicare Advantage plans.

Those are all-in-one insurance options that combine drug coverage and health care traditionally provided directly by Medicare.

The plans often offer additional services that aren't available with traditional Medicare, such as gym memberships, reduced premiums and reduced co-payments.

Medicare Advantage plans often are less expensive for elderly enrollees, but they're substantially more expensive for taxpayers. Payments for private Medicare Advantage plans average 14 percent more than traditional Medicare.

Excess payments to private health insurance companies would be reduced by \$192 billion over 10 years. Some companies might respond by increasing premiums to enrollees or reducing the extras they offer. This might be an inconvenience. But in every case, basic Medicare would still be available for all people who are eligible.

Reform bills would reduce automatic price increases for hospitals. And they would place stricter oversight on home health agencies. Recent government audits have found widespread abuse and fraud in these programs.

It's hard to square those relatively modest changes with the dire predictions of doom. But that's the way all good ghost stories work.

Mysterious scratching sounds in the attic — like overblown rhetoric in the halls of Congress — can be a little frightening.

But Halloween is over. When you turn on the lights, you find it's just a bunch of blowhards inventing scary stories.

— St. Louis Post-Dispatch



Guest Column House week in review

by REP. HUBERT COLLINS

The numbers from a 2009 Pew Center study are staggering: 1 in 35 Kentucky adults are under some form of control by state and federal corrections programs, whether it be probation, parole, county jail or prison.

The 1 in 35 figure is a little better than the national rate of 1 in 31 adults, but that is little consolation when you consider how fast our prison population is growing. With 50 percent growth in the past eight years, Kentucky has the unwanted distinction of being the fastest growing prison system in the nation. Not good. Not good at all.

The situation was much different around three decades ago in 1982 when the number of adults under correctional control in Kentucky was 1 in 104, or around 22,000 people. Today, we have that many people in our jails and prisons alone, with over 90,000 under correctional control overall.

Most of our news involves the financial toll this growth has taken on our state budget. It cost Kentucky over half a billion dollars a year in fiscal year 2008 (\$521 million), or around 5.5 percent of the state's General Fund budget, to cover its corrections budget. Most of that money went for incarceration; in fact, for every dollar we spent on prisons in 2008, we only spent 13 cents on probation and parole according to the Pew Center study, titled "1 in 31: The Long Reach of American Corrections". And that is a big part of Kentucky's problem.

Kentucky knows we are spending too much on incarceration of prisoners when thousands could be better handled through probation and parole with

the aid of new tools like GPS monitoring, rapid-result drug testing, improved efforts in drug treatment, re-entry programs and tracking of new arrests. The question is, what are we doing about it?

Action was taken by the 2009 General Assembly to address some problems. These included increasing the threshold for misdemeanor/felony theft from \$300 to \$500 and raising the penalty for theft of more than \$10,000 from a Class D felony, carrying 1 to 5 years in prison, to a Class C felony carrying between five and 10 years; requiring nonviolent Class D felony offenders to serve only 15 percent of their sentence or two months service (whichever is greater) to be eligible for parole and grant credit known as "street time" for time spent on parole by nonviolent nonsexual offenders; requiring a nonviolent nonsexual offender to be released from parole after serving a minimum of their sentence, and require a violent offender or sexual offender to be released from parole after serving the maximum time allowed for their sentence, and allowing someone convicted in a criminal case to waive preparation of certain presentencing reports.

Now, a group of Kentucky state lawmakers called the Subcommittee on the Penal Code and Controlled Substances Act is taking further action. The group, created by the 2009 General Assembly, has prepared draft recommendations that could repeal criminal penalties many believe are tougher than necessary. Some of the ones they are on crime. Many recommendations in the report are expected to come before the 2010 General Assembly in regular session beginning next month.

A few of the recommendations are of test rules were found by officials at Prestonsburg High School. It seems that Dr. Toler didn't take filing test ethics charges serious enough. Maybe he wanted to avoid getting his cohort friends in trouble.

Letters

Penalties few for test violators

There were very few penalties across the state for test violations reported by local officials. And there were suspected violations by educators in tests for students, but no action was taken by the Education Professional Standards Board, nor by the local superintendent.

According to an article from the Lexington Herald-Leader dated July 31, 1997, teachers violated state-mandated tests, but no action was taken by the local superintendents. Many superintendents have avoided getting teachers into trouble by never bringing the standards board into play.

State officials would not say whether superintendents take filing test ethics charges serious enough, but no charges have been filed in dozens of cases where officials found serious breaches of test rules in Floyd County in 1995. For example, state investigators scolded local officials at the Floyd County school board, saying they found that their teachers at Prestonsburg High School let students finish test questions at home. But no charges were ever filed with the standards board.

When making an open records request to the Floyd County school

board to see who was employed in 1995 as superintendent, principal at Prestonsburg High School, assessment/secondary education and special education coordinator, the board said, "Dr. Steven Toler (superintendent), Karen Trivette (principal at Prestonsburg High School), Phil Page (assessment/secondary education coordinator) and Brenda Fish (special education coordinator).

Dr. Steven Toler was superintendent at the time when serious breaches of test rules were found by officials at Prestonsburg High School. It seems that Dr. Toler didn't take filing test ethics charges serious enough. Maybe he wanted to avoid getting his cohort friends in trouble.

Why did state investigators only give local officials at the Floyd County school board a good scolding? This was a joke! State investigators didn't hesitate to investigate me. And how come I didn't get scolded? Instead, I was fired!

When Dr. Toler resigned, how the next superintendent didn't follow suit on filing test ethics charges to state investigators? How about the next superintendent and right on down the line? What about Paul Fanning? What did he do? Nothing! What about Henry Webb, the heir to the throne? What has Henry done about filing test ethics charges? Nothing!

What about all those high test

scores around some of the Floyd County schools, Henry? Don't you suspect cheating? Why don't you have some of your administrators investigate some of your teachers and students like Paul Fanning had me and my special education students at South Floyd Middle School investigated.

The principal, assessment coordinators and special education teacher at South Floyd Middle School questioned me and my special students on the CATS test. What about you, Henry? Follow suit like your buddy Paul did. Have your principals, assessment coordinators and special education teachers at the schools where there were high test scores investigate the teachers and students.

Henry, you don't care to say that I'm not a qualified teacher because of the CATS test. What about the other teacher here in Floyd County that violated the CATS test? She didn't get fired like I did. She didn't even get scolded! But she did get admonished/warned for the CATS test and has a file at the standards board office like me, which should make her not qualified. Maybe I should have been born a female, or born in the Left Beaver/McDowell area to get something done.

John Hicks
Hueysville

The Times

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A5

Maytown Center celebrates night of Christmas fun



Lauren Wright, Megan Boyd, Whitley McKinney, Jamie Walker, Bailey Wright and Dalton Thomas performed in "The Shepherd's Christmas."

The Maytown Center celebrated the 10th annual Christmas Dinner, Craft and Caroling Night on Monday night for the community.

The evening started with a dinner that consisted of potluck dishes — dishes that turned out to be both nourishing and delicious, followed by delicious desserts that invariably tempted people to eat more than they should.

After dinner was finished, students from the Breakaway program (grades 4 through 6) presented a play about Christmas, entitled "The Shepherd's Christmas," directed by Erin Moore. The play encouraged all in attendance to have courage to serve God in whatever way God asks. The students enjoyed being in the spotlight especially in a skit about the real meaning of Christmas — Jesus. The par-

ents beamed with pride as the students did an excellent job playing their parts.

The next part of the program was devoted to crafts. Kathy Curtis gave a brief discussion and description of the items that were to be made and then pointed to the materials — styrofoam balls and a large collection of fabrics. Using these basic materials, the crafters turned out Christmas ornaments that reflected the

various aspects of Christmas. The ornaments were both beautiful and functional.

Then the Maytown Center's director Dan Chauncy took the carolers around town to sing. The singers targeted those houses where people who could not get out lived. It would be hard to say who enjoyed the performance more — the community folks who sang or those who listened attentively to the singing.



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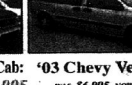
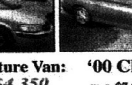
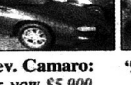
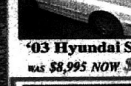
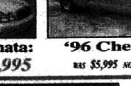
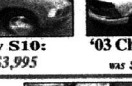
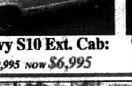

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Justell Bridge project nears completion

BETSY LAYNE — Men in hazmat suits who look like characters from Star Wars have been seen for several months on the Justell Bridge.

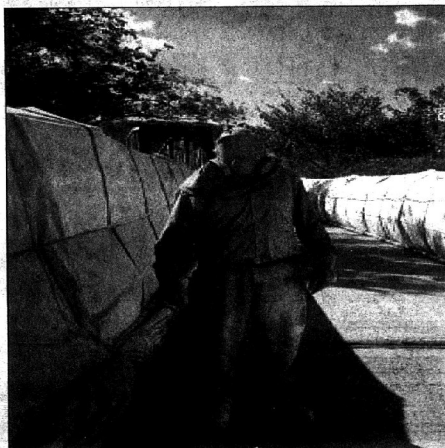
No, they are not aliens who showed up in UFOs. They are with Troy Painting of Campbell, Ohio, the company hired by the Kentucky Transportation Cabinet to remove the old lead-based paint from the bridge and replace it with organic zinc-rich epoxy paint.

The old bridge at Betsy Layne used to be a railroad bridge. The last time it was painted, there were no restrictions on using lead paint. This time the Kentucky Transportation Cabinet had to figure out how to accomplish lead abatement — which means not allowing any debris, dust, or paint chips to fall onto the ground around the bridge or into the river.

An important issue complicated things: the bridge is the only way in and out of the Justell community, so it had to be open to traffic while the work was under way.

The twin bridges in Martin and the Town Branch Bridge were similar truss structures," said Matthew Moore, Engineering Section Supervisor for Highway District 12. "Those bridges were torn down and replaced with new structures." The Justell Bridge is structurally sound — and no doubt historic — by now. Engineers wanted to preserve the truss bridge, the type of bridge popular in the 1930s, so they had to come up with a way to make improvements at a reasonable cost.

Enter Troy Painting of Campbell, Ohio, Stefanos Frangopoulos (Steli) and his



Equipped in hazmat suits, workers removing paint from the Justell Bridge can appear otherworldly.

crew specialize in lead abatement and recycling of material from older steel structures. "We are recycling material which comes off the bridge. Nothing is wasted. We did the same thing on the bridge on Route 302 at the Dewey Lake spillway and on Route 3051 at Auxier. It's environmentally safe, both for the natural and the human environments," explained Steli.

GPI of Lawrenceburg, Kentucky, serves as inspectors on the project, which actually

includes three bridges in one contract: the bridge over the spillway at Dewey Lake (Route 302), the structure on Route 3051 at Auxier, and the Justell Bridge. The other two bridges were finished in August and September.

Bobby Meade of GPI said work has stopped temporarily because of the cold weather. "They actually have until August 2010 to complete all three bridges," he pointed out.

"But they blazed through the first two and if they'd had just

a week or two more of good weather, they would have finished at Betsy Layne."

Meade also pointed out that there is some touch-up and finishing work left on all three bridges. "So if people see a little spot here and there, they shouldn't worry about it. It will be taken care of when the weather warms up." The contract amount for lead abatement and painting on all three structures is \$11.6 million, of which \$1,183,159.00 is for the Justell Bridge, easily the most difficult of the three. The company will not be paid out until the work is completed.

Construction season officially ended November 15, but Frangopoulos wanted to work longer, as long as the weather held out. Meade said the season will start again the first of April, but if we have a warm February or March, the company may come back before that. "They have to give us two weeks' notice that they want to get back on the job, and we have to approve that," Meade explained. "So people will know ahead of time when to expect work to resume."

When the painting is under way, long canvas canopies cover the approaches to the bridge as well as the arches. The men in hazmat suits work inside the canopies. Two types of equipment are placed inside the canopies. One sucks out all the dust in the air, which is collected into large drums for recycling. The other sucks out all the paint chips and solid material, separating it into various grades and types, also for recycling.

"We are extremely careful," Steli said. "We all have to have blood work done every six weeks to have our lead levels

checked. This is serious business. You know we are going to do it right because our health depends on it." A Greek-American (he was born in this country), Frangopoulos is a third-generation bridge painter. Although traffic has had to slow down somewhat, it hasn't

been as bad as people thought. "Hey, it's a one-lane bridge. We have to take turns any way," said one man waiting to cross. "Besides, it's kind of interesting to watch what they're doing, what we can see of it. Mostly they're under those tarps there, but it's still fun to watch."

Isom/Newsome to Wed On Saturday, Dec. 19th



In the spirit of peace and joy this holiday season, Johnny and Johnna Regina Isom of Martin, together with their son, Jacob, announce the marriage of their daughter, Brianne, to Mr. Shawn Newsome of Prestonsburg.

Shawn is the son of Bobby and Rita Newsome of Prestonsburg, and the grandson of Lois Reynolds of Virgie.

The wedding will be held Saturday, December 19, 2009, at the Wilkinson/Stumbo Convention Center at Jenny Wiley State Park, Prestonsburg, Ky.

The couple will reside at Garrett.

Ribbon-cutting set for Route 645 flyover bridge

INEZ — The long-awaited flyover bridge that extends Route 3 over Route 645 just outside Inez is almost ready for traffic. A ribbon-cutting ceremony is planned for Friday, Dec. 18, at 1 p.m. at the Martin County Maintenance Facility on Route 645.

"We are having the event inside because of the weather," said Sara George, District Information Officer. "We want people to be comfortable." She said at the end of the speaking, the group will move to the actual bridge site to cut the ribbon. "We will assemble on the KY 3 end of the bridge, which is actually the entrance to the one-way structure."

Bob Mitchell, 5th Congressional District Director for U.S. Congressman Hal Rogers, will be among the speakers. Jim Booth, CEO of Booth Energy, will also make remarks. They will be joined by State Senator Ray S. Jones and State Rep. Hubert Collins, and Martin County Judge/Executive Kelly Callahan.

Officials from HDR Engineering, design consultants; and Haydon Bridge Company, contractor, are also expected to attend.

Construction on the \$6.2 million project began on April 14, 2008. The low bid contractor was Haydon Bridge Company of Springfield, Kentucky. Guardrail and signs



Work on the flyover bridge at Route 3 and Route 645 is nearly complete.

were installed this week and last. A final inspection is expected to take place next week.

The public and the media are invited. Just come to the Kentucky Transportation Cabinet's Martin County Maintenance Facility by 1 p.m. on Friday, December 18. There should be plenty of parking.

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FLOYD COUNTY Sports

Wednesday, December 16, 2009

UK Football
• A8

South Floyd turns back Betsy Layne in overtime

Turner, Hall combine for 47 points in district victory

by STEVE LeMASTER
SPORTS EDITOR

HI HAT — South Floyd shook up the 58th District/Floyd County

Lady Cats suffer first loss at Letcher Central

Betsy Layne remains out in front in district after power over South Floyd

by STEVE LeMASTER
SPORTS EDITOR

WHITESBURG — Fourteenth Region girls' basketball title contender Letcher County Central dealt Betsy Layne its first loss Monday night, defeating the Lady Cats 67-50.

Betsy Layne absorbed the loss after carrying a 17-13 lead out of the opening quarter and facing a four-point deficit at the intermission.

Senior forward Shannon Bays and freshman guard Keilah Eldridge led a balanced Letcher County Central offensive effort, scoring 13 points apiece for the Lady Cougars. Sophomore guard Erica Meade and freshman post player Julie Cornett contributed 12 points apiece as Letcher County Central remained undefeated, improving to 4-0 after winning.

Senior guard Brittany Sexton added eight points for the Lady Cougars.

Letcher County Central led 31-27 at halftime. The Lady Cougars gradually pulled away from visiting Betsy Layne in the second half. Letcher County Central outscored the Lady Cats 16-11 in the third quarter.

Senior guard Megan Hamilton netted a game-high 24 points for the Lady Cats. Junior guard Taylor Hott followed Hamilton in the Betsy Layne scoring column, adding 16 points in the loss. Junior forward/center Taylor Watkins chipped in four points and senior guard Lindsey Martin, junior forward Keleigh Wagner and freshman T.J. Tackett tossed in two apiece for the Lady Cats.

Betsy Layne will face 11th Region championship contender Lexington Catholic Friday in the opening round of the Republic Bank Holiday Classic. Lexington Catholic hosts the annual holiday tournament.

Betsy Layne 64, South Floyd 49. Taylor Hott led a trio of scorers in double figures Friday as Betsy Layne defeated South Floyd. Hott scored a game-high 21 points for the Lady Cats. Lindsey Martin netted 17 points and T.J. Tackett added 13 for Betsy Layne in the 58th District/Floyd County Conference victory.

Megan Hamilton and Courtney Burgess added four points apiece for the Lady Cats. Keleigh Wagner and Taylor Watkins rounded out the Betsy Layne scoring with three and two points, respectively.

Hott recorded a team-high five rebounds for the Lady Cats.

Ashley Castle and Chelsie Tuttle led South Floyd with 10 points apiece. Kayla Hall scored nine points and Gabrielle Bailey added eight for the Lady Raiders.

Conference scene in a big way Friday night, outlasting favorite Betsy Layne 95-90 in overtime.

The game entered an extra session after the fourth quarter ended deadlocked.

South Floyd pulled away in the extra period, converting on the offensive end, including from the free throw line.

Shannon Turner scored a game-high 25 points for the Raiders. Dakota Hall netted 22 points and Brandon Marson added 18 for host South Floyd. Marson was a leader for South Floyd in the extra session.

Dakota Newsome netted 14 points and Wes Light added 11 in off of the bench for the Raiders.

South Floyd ended the game shooting 50 percent (35-of-70) from the field.

"We played okay but still need a lot of adjustments on defense," South Floyd Coach Barry Hall said. "This was the first time in a few years that we played with heart and we were pleased with that. It was a hard-fought conference game

that ended up just the way we like it. The two Adkins kids for Betsy Layne are pretty good players."

Raiders to host Allen Central Friday, Dec. 18

Turner pulled down 11 rebounds and Hall handed 12 assists for the Raiders as two different South Floyd players registered double-doubles in the shootout.

"Brandon Marson took over in overtime and Wes

Light was a whirlwind off the bench adding 11 points," Hall confided. "Dakota Newsome knocked down four threes and was very steady. It is going to be very interesting in Floyd County this year."

Jordan Newman led Betsy Layne, 23 points and 12 rebounds. Bryce Adkins scored 18 points and Nathan Martin added 16 for Betsy Layne, which dropped its second straight game following a loss to 14th Region favorite Knott County

Central three nights earlier. Casey Adkins and Adam Howell added 11 points apiece and Stephen Johnson chipped in seven for the visiting Bobcats.

Betsy Layne knocked down over half of its shots from the field in the loss. The Bobcats made 12-of-18 attempts from the free throw line in the district/conference contest.

South Floyd will entertain Allen Central Friday, Dec. 18 in another district game.



University of Kentucky guard Rebecca Gray scored a career-high 19 points in Sunday's win over Florida A&M. A former Miss Basketball, Gray is the granddaughter of Jimmy and Kay Gray of David and David and Peggy Turner of Drift.

Gray scores career-high 19 points

Kentucky women improve to 9-0

TIMES STAFF REPORT

LEXINGTON — Despite playing without All-Southeastern Conference forward Victoria Dunlap, nine different Wildcats stepped up in leading the Kentucky women's basketball team to 91-39 win over Florida A&M on Sunday in Memorial Coliseum.

Sophomore Rebecca Gray (Georgetown), a player whose Kentucky roots run deep in Floyd County, came off the bench to help Kentucky tie the school record for the best start in school history at 9-0. She led all scorers with a UK career-high 19 points on a perfect shooting display, hitting 6-of-6 from the field, including 3-of-3 from beyond the arc, and 4-of-4 from the free-throw line. She also grabbed three rebounds and had two assists with zero turnovers in just 26 minutes of action. Fellow sophomore Keyla Snowden (Lexington) followed with a UK career-best 15 points and junior guard Carly Morrow

(Chattanooga, Tenn.) and freshman guard A'adia Mathies (Louisville) added 14 and 11 points, respectively. All nine players that saw action scored at least one point and grabbed at least one rebound. UK's bench scored 41 points compared to FAMU's two.

Dunlap, who is UK's leading scorer and rebounder averaging 18.5 points and 10.5 rebounds per game, was dressed and on the bench but did not see action due to a mild concussion sustained in practice on Friday. The junior had played and started in 73 consecutive games prior to Sunday's game.

Kentucky never trailed in the game, but the Lady Rattlers (5-3), who just upset Florida in Gainesville last week, kept within striking distance through the first 10 minutes of the first half. The Wildcats built a 19-10 lead after the game's first eight minutes by limiting Florida A&M to 5-of-19 shooting

from the floor. However, the Lady Rattlers heated up, connecting on four of their next six attempts to pull within 22-19 at 9:17.



Rebecca Gray

The Wildcats defense clamped down once again and they began pulling away over the next six minutes. UK outscored Florida A&M 17-4 after a Gray three-pointer and Amani Franklin (Stone Mountain, Ga.) who finished with nine points and six rebounds. UK led 47-29 at the half and scored 15 points off 16 FAMU turnovers.

The Cats continued their defensive attack in the second half, jumping out to a 16-6 run with 11:19 left in the game. Senior Lydia Watkins (Hopkinsville), who started in Dunlap's absence, scored four of her nine points during that span. UK allowed just three field goals and a mere 10 points in the final 20 minutes of play and

the Cats held FAMU to a season low 39 points in the game. UK has held eight of its nine opponents this season to under 60 points, including seven in a row.

With the victory, Kentucky tied the school record for wins to start a season with nine. The Wildcats match the feat accomplished by the 1980-81 squad.

The 52-point win was the second-largest margin of victory this season. UK, which came into the game ranked eighth nationally in scoring margin, has defeated all nine opponents by double digits, including three by 30 points or more.

Kentucky shot 50.0 percent from the field (30-of-60) while limiting FAMU to a season-low 24.2 percent (15-of-62) from the floor, including just 22.2 percent (2-of-9) from beyond the arc. The Wildcats have held three of their last four opponents to under 30 percent shooting from the floor.

The Cats forced 28 turnovers and has now forced 20 or more turnovers in seven of nine games this season, including five consecutive games with 25 or more miscues.

BEARS WIN, ENTER BREAK 9-1

TIMES STAFF REPORT

PIKEVILLE — Six players reached double figures and the home team shot the lights out as Pikeville College knocked off Ohio State-Mansfield 114-62 Saturday afternoon at the East Kentucky Expo Center.

Pikeville entered the Christmas break 9-1 after the win. The Bears will enjoy that record for a while. Pikeville College won't play again until Jan. 2 when it hosts U.Va.-Wise in a doubleheader with the women.

Pikeville shot 59.5 per-

cent from the field, hitting 25-of-42 from the floor in both halves. The Bears also hit 10-of-22 (45.5 percent) from the three-point arc.

Freshman Trevor Setty, who gained his eligibility on Friday when the fall semester ended, following a transfer from Georgetown College, led the Bears with 21 points in the win. Junior Justin Hicks, a Hazard High School product, followed with 20 points and five assists for the Pikeville College team.

Sophomore Kane Belcher turned in a double-double

with career-highs in points (19) and rebounds (10).

Sophomore Zach Hurt (Cordia) also recorded a career-high, finishing with 13 points. Junior Andre Thornton followed with 12 points for the Bears. Junior Ryan Whitaker scored 10 points and pulled down eight rebounds for host Pikeville College.

Sophomore Sam Barnhill led the Mavericks with 21 points, 17 of which came after the intermission. He also had eight rebounds to lead his team. Freshman Caleb Stewart followed with

18 points and six rebounds for the Mavs. Sophomore Curtis Remy followed with 13 points for the Ohio State-Mansfield club.

Mansfield fell to 2-10 following the loss.

TURN THE PAGE...

- Bears move up to No. 8 in NAIA poll.
- Lady Bears roll over OSU-Mansfield.

Lady Panther's upend S. Floyd

by STEVE LeMASTER
SPORTS EDITOR

HI HAT — Pikeville senior guard Madie Shull made herself right at home in Raider Arena Monday. Shull scored a game-high 32 points, recorded five steals and two assists, pulled down four rebounds and blocked one shot to lead Pikeville past South Floyd, 63-51.

Pikeville, which upped its record to 4-1 after posting the win, forced South Floyd to play from behind in the opening quarter, outscoring the Lady Raiders 18-8. The early double-digit deficit proved to be too much for host South Floyd to overcome.

After leading 21-25 at the intermission, Pikeville stretched its lead back out to double digits in the third quarter. The Lady Panthers limited South Floyd in the first eight minutes after the recess, outscoring the Lady Raiders 14-6 in the third quarter.

Senior guard/forward Lauren Lawson flipped in 10 points, sophomore guard Lindsey Isner added nine and senior forward/center Rachel Donney tossed in six for the Lady Panthers.

Sophomore guard Ashley Castle and junior guard/forward Chelsie Tuttle paced South Floyd (2-3) with 10 points apiece. Senior guard Kayla Hall added nine points for the Lady Raiders. Sophomore center/forward Gabrielle Bailey scored eight points, senior guard Andrea Conn and sophomore guard/forward Kiana Hall netted six apiece and eighth grade guard Joslyn Isaac added two.

Lady Raiders complete sweep of Piariest School

by STEVE LeMASTER
SPORTS EDITOR

HI HAT — The South Floyd Lady Raiders completed a regular-season sweep of the Piariest School Saturday. South Floyd, following a 49-64 loss to 58th District/Floyd County Conference foe Betsy Layne one night earlier, returned to the win column in impressive fashion at Raider Arena. The Lady Raiders rolled to the win, defeating Piariest 67-34.

South Floyd claimed an early lead and never trailed, outscoring Piariest 16-3 in the first quarter. The Lady Raiders put Piariest out of the game in the second eight minutes thanks to a 25-14 run. South Floyd led 41-17 at halftime and outscored Piariest in each of the last two quarters.

South Floyd owned a commanding 55-27 lead at the conclusion of the third quarter.

Kiana Hall scored a game-high 16 points for the Lady Raiders. Hall, however, wasn't alone in the South Floyd scoring column. Gabrielle Bailey netted 12 points and Ashley Castle added 11 for the Lady Raiders. Chelsie Tuttle, which hit one of South Floyd's three three-point field goals, flipped in nine points. Kayla Hall and Andrea Conn contributed eight points apiece. Kelsey Dye tossed in two points and Janel Brown scored on a successful fourth quarter free throw attempt for the Lady Raiders.

Guard Haley Dyer led Piariest, scoring a team-high 15 points. Shonda Bailey followed with seven points for the Lady Knights. Whitney Hall and Chelsie Newsome added six points apiece for Piariest in its setback of the season to the Lady Raiders.

Bears climb to No. 8

TIMES STAFF REPORT

PIKEVILLE — Turns out being off for Finals Week wasn't a problem for the Pikeville College Bears. In the poll released Monday evening, the Bears moved up one spot and will spend the Christmas and New Year's holidays ranked No. 8 in the country.

The Bears, who knocked off Ohio State-Mansfield on Saturday 114-62 to improve to 9-1 on the season, moved up one spot thanks to last week's No. 6 team, Lindenwood, tumbling all the way out of the Top 25. As a result, last week's 7-8-9 teams all moved up one spot.

Everyone is still chasing Mountain State University, which is unbeaten and nearly halfway through its season at 14-0. The Cougars picked up eight of the 12 first place votes this week. Second-ranked Concordia (Calif.) University got three of the remaining top-five votes and stands 9-0, while

third-ranked Oklahoma Baptist is 9-0 and got the other first-place vote.

The ranking equals the highest the Bears have reached in years. They were eighth in the country in the poll released Feb. 4, 2003, when a 2-0 start to league play pushed them to seven places in the poll. The Bears ended the '02-'03 season in the national tournament, the second in a run of three visits in four years.

The Bears will remain eighth for a while. The next poll is set to be released in three weeks on Monday, Jan. 4. Pikeville is off until only two days prior to that, returning to action on Saturday, Jan. 2 when U.Va.-Wise visits for the second time this week. Don Butcher, a graduate of Pike County's Mullins High School,

has coached his University of the Cumberlands into the Top 10, replacing the Bears at No. 9. The Patriots are 10-2 on the season.

Georgetown College, standing at 8-2, moved up one spot to No. 18 this week.

Campbellsville University, coached by Paintsville native Keith Adkins, got enough votes to land 30th in the ratings. St. Catharine College was one of eight teams to get a single vote in the poll.

Pikeville is in the midst of a logjam in the second five. The Bears got 241 total points in the poll, leaving them eight behind No. 7 Fresno Pacific and six in front of Cumberland.

The three teams with first-place votes are followed in the Top 5 by Oklahoma Christian and Biola (Calif.). The second five are LSU-Shreveport, Fresno, Pikeville, Cumberland and St. Xavier (Ill.) University.

Lady Bears roll past Mansfield

TIMES STAFF REPORT

PIKEVILLE — Four players reached double figures and all 10 scored as the Pikeville College Lady Bears rolled over Ohio State-Mansfield 88-34 Saturday.

Pikeville shot 56.3 percent from the floor in the win to build a 2-16 lead, and essentially repeated that after halftime for the win.

The Lady Bears improved to 7-3. The Lady Bears have won three straight and five out of their last six games.

Natiera Hinton paced Pikeville College with 22 points. She also had seven steals and six rebounds in the

win. The other three double-digit scorers came off the bench for the Lady Bears. Pikeville reserves outscored Mansfield nonstarters 45-11.

Freshman Katelyn Minix scored a career-high 13 points and added four steals for the Lady Bears. Pikeville had 23 steals on 35 Maverick turnovers.

Junior Meagan Johnson and sophomore Jalisa Jones netted 11 points apiece for the Lady Bears.

Johnson distributed six assists for the Pikeville women's team.

Freshman Sally Roberts finished with nine points, six rebounds, five steals and four

assists in a solid outing for the Lady Bears.

Mansfield (2-7) had no players in double figures in the scoring column, but got nine off the bench from Rhannon Lewis, Chelsea Marquis followed with seven points for the Lady Bears.

Pikeville was back in action on Tuesday night on the road at Union College. The Pikeville-Union women's game ended too late to make this edition.

The Lady Bears will host the Gatti's Classic at the Pikeville College Gym Friday and Saturday.

ALC women fall to KCU in final seconds

TIMES STAFF REPORT

PIPPA PASSES — The Alice Lloyd Lady Eagles traveled to Carter County Tuesday, Dec. 8 faced with the difficult challenge of playing NCCAA powerhouse Kentucky Christian University. In a contest that was a battle for 40 minutes, KCU defeated ALC 71-67.

Both clubs competed fiercely as the first half proved to be a battle in the trenches. However, thanks to defensive tenacity, ALC was able to

grind out an 33-25 lead at the break.

The game remained close throughout the second half. Alice Lloyd was able to push its lead to as much as 10 early in the second half, but KCU's defense was able to hold off defending national champion in its division, began to methodically work their way back into the game.

KCU continued to grab the lead and extended it to four (67-63) at the 1:58 mark. At that point Lady Eagle forward Nicole Lutes completed a rare

four point play to tie the score at 67. Lady Knight Kristin Hecht then responded with a bucket with just under a minute left to put her squad up by two. Following a miss by ALC, KCU's comeback overtook the Lady Bears.

Hecht paced KCU (8-3) with 12 points.

Lutes led ALC (3-8) with 15 points. Junior Whitney Frater scored 11 points and sophomore Gemma Gray chipped in 10 for the Lady Eagles.

Hartline returns to practice

TIMES STAFF REPORT

LEXINGTON — After the coaches spent a week on the recruiting trail and the players prepared for final examinations, the University of Kentucky football team returned to practice Saturday morning with a two-hour workout in the Nutter Field House.

The major news was the return of quarterback Mike Hartline, who, except for a brief appearance in the Vanderbilt game — has been out of action since incurring a knee injury at South Carolina on Oct. 10.

"Hartline did 7-on-7, 1-on-1 (drills) and all of that, and if he doesn't have any setback we'll increase his reps into the team period tomorrow," Brooks said. "What I was impressed with was his accuracy. When he came back before we played at Vanderbilt, he was throwing it accurately but when he had to move he couldn't move. We didn't stress that today. There's no soreness right now. There's

no swelling. We'll see how it reacts from what he did today and increase that on a daily basis and hopefully he won't have any setbacks. We have two more practices (Sunday and Monday) and then he'll get a three-day break before a fourth night practice next week."

With All-Southeastern Conference performer Sam Maxwell out of the bowl game because of shoulder surgery, Brooks also addressed the situation at strongside linebacker. Junior Jacob Duffene and true freshman Ridge Wilson have played a lot this season on special teams, but have seen limited action as Maxwell's backups.

"It's a little early to tell," Brooks said. "Duffene knows what he's doing. Ridge has to pick it up and get more familiar assignment-wise. They're getting a lot of work right now, so I think they'll be fine."

Brooks reported that players missing practice Saturday included defensive tackle

Antwane Glenn (illness), defensive tackle Corey Peters (shoulder injury), tight end Nicky Miller (shoulder), and linebacker Ronnie Sneed (shoulder and shin). Tight end T.C. Drake returned to practice after missing most of the last month because of a severe groin strain.

Brooks turned his attention to Clemson, Kentucky's opponent in the Gaylord Hotels Music City Bowl.

"They're a really good football team," Brooks said. "They were a tremendous team (when UK played Clemson in 2006), they're a better team now. (All-America tailback C.J.) Spiller was a freshman at that time and sharing carries. He's a major weapon. They have great receivers, big physical, offensive line, tremendous talent on defense — they're the real deal."

The Wildcats will battle the Tigers on Sun. Dec. 27 at 8:30 p.m. EST at LP Field in Nashville, Tenn.

Wall named SEC Freshman of the Week for fourth straight time

TIMES STAFF REPORT

LEXINGTON — University of Kentucky men's basketball player John Wall was named the SEC Freshman of the Week for the fourth straight week as announced by the league office on Monday.

Wall, a 6-4 guard from Raleigh, N.C., averaged 18.0 points, 5.0 assists, 4.0 rebounds and 3.5 steals in leading the Wildcats to wins over 14th-ranked Connecticut and at Indiana.

Against UConn, he scored

12 of Kentucky's final 15 points, including a three-point play with 30 seconds left to give the Wildcats a 63-61 lead, en route to a career-high 25 points. His six steals against the Huskies tied for third-most ever by a UK freshman.

He nearly posted a triple-double against Indiana, finishing with 11 points, eight assists and seven rebounds in helping the Cats to a 90-73 win in Bloomington.

The honor is the fourth straight SEC Freshman of the Week honor for Wall and the

first time in league history a freshman has won the weekly award four consecutive weeks.

The Wildcats have won all five weekly freshman honors from the conference office this season, beginning with Eric Bledsoe in the first week and Wall in the second week. Junior Patrick Patterson was named the league's Player of the Week in week two, giving the Wildcats six SEC Player/Freshman of the week awards this season.

Kentucky will host Austin Peay Saturday.

Pikeville College hires new soccer coaches

TIMES STAFF REPORT

PIKEVILLE — Pikeville College has filled its more recent coaching vacancies, hiring new coaches for men's and women's soccer.

Former Pikeville College goalkeeper Kevin Reigle will be the coach of the men's soccer program, while Georgetown College assistant Jillo Serrano will now coach the women.

For Robert Stagg, director of athletics, it was important to fill the vacancy with not one but two qualified coaches. "We saw the demands on our previous coaches trying to take care of both teams. It's difficult enough coaching two teams during different seasons," he said, speaking from experience as coach of the volleyball and softball programs at the college, "but to deal with two teams at the same time is just too much to ask of one coach."

"We're thankful President (Paul) Patton and James Hurley agreed with this and provided the resources to allow us to hire two very qualified coaches like Kevin and Jillo."

Serrano holds several coaching licenses from the United States Soccer Federation and the National Soccer Coaches Association. During the 2009 season at Georgetown, Serrano helped in the everyday operations of the women's soccer programs, recruiting and travel planning.

"Serrano is excited about the move to Pikeville. We want our team to take on the working culture of the people of Pikeville," he said.

Serrano grew up playing soccer both in Mexico and California, learning the game from his father, a semipro soccer player. His playing career ended after a knee injury in high school. "I believe God had another plan for me, and that is to coach."

Since then, Serrano has coached at every level from youth under 5 through college. In addition to his experience at Georgetown College, Serrano will also bring experience as a coach for the Kentucky Olympic Development Program and as a Kentucky Youth Soccer Coaching Education Instructor.

Reigle was All-Mid-South Conference as a goalkeeper in 2005 at Pikeville College, where he earned a Bachelor of Science in Communication. He also holds a Master of Education in Curriculum and Instruction. He is a United States Soccer Federation Licensed Coach and holds a National Goalkeeping Diploma and Advanced Youth Diploma from the NSCAA.

"I'm very excited to return to a place I feel is my home," Reigle said. "I love Pikeville College and soccer, and am excited to return to lead the men's soccer programs here to provide young men the same opportunity Pikeville provided me."

Reigle was the assistant men's coach at Neesho County Community College in Kansas last season. The Panthers enjoyed a successful season that saw them earn a trip to the quarterfinals of the NJCAA Region 6 tournament. While there, he also served as state goalkeeper coach for the Kansas Olympic Development Program.

He also has coaching experience from Canada's Trent University, where he served as goalkeeper coach in 2008 when the team qualified for the Ontario University Athletics playoffs and compiled the best regular-season record in the history of the program.

For two seasons, Kevin was a player development and pre-academy goalkeeper coach for the New York Red Bulls of Major League Soccer, where he was responsible for goalkeeper training and the RDS residential camp system and the Red Bull Fantasy Camp at Giants Stadium.

The Middleburg (Penn.) High School all-league goalkeeper also played for the New York Athletic Club of the NFL.



ONE-ON-ONE: Allen Central senior guard Justin Jackson (12) lofted a shot over Betsy Layne (one) Dylan Maldonado during a game earlier in the month.

Backreeling saves big fish on light line

by LEE MCCLELLAN KENTUCKY AFIELD

FRANKFORT — On a recent Sunday, we put the boat in right after dawn and fished Lake Cumberland hard for smallmouth bass. It was a long day of bite-free fishing. I threw a small jig for most of the day, until I surrendered about 3:30 p.m. to a live shiner.

I didn't get a hit for a good hour after switching presentations, until a tiny South dink smallmouth hit my shiner. I just bought my highest-quality spinning rod to date and wanted to break it in with a fish longer than a hot dog bun.

About 5:30 or so, I struggled to see the shoreline in the quickly falling dusk and made one of the last casts of the day. I didn't know what type, but I felt a thump and my rod tip bent down immediately, often the sign of a heavier than usual fish.

It was a heavier than usual fish. After I set the hook, a huge smallmouth wallowed on the surface of Lake Cumberland and my pulse jumped. She made the move of trophy smallmouth: coming to the surface and then bulldogging to the bottom.

The big smallie swam down and backward to me, as I faced. The brute had me pinched under the boat. I've broken off some big fish in this position before, but I flipped off the anti-reverse switch and backreeled. After a tense give and take, the 21-incher came to hand.

Backreeling involves switching your spinning reel's

anti-reverse switch off and reeling backward, forsaking the drag system. You can give a big fish line much faster reeling backward than relying on the drag. The technique is the best prevention for break-offs while winter fishing with 4-, 6-, or 8-pound test line. It relieves much of the stress on the line and knot.

Learning to backreel will also put more trophy bass in the net when fishing the highly effective float and fly technique. This presentation involves suspending a small craft hair or duck feather jig under a bobber to entice smallmouth bass during the coldest time of the year. Anglers developed different riggings for the float and fly over the seasons, but all use 4-pound monofilament fluorocarbon line at the business end.

Last January, I landed my biggest smallmouth ever on the float and fly by flipping the anti-reverse switch off and reeling backward. Just a little over 20 inches long, the big smallmouth weighed 5 pounds even and I got her to the net on 4-pound fluorocarbon line. I would've lost this fish without backreeling.

Practice backreeling on average-sized bass before trying it on a trophy. A farm pond or small lake is a good place to rehearse before hitting the big water. It felt weird the first time I tried it, but I soon grew to like the great amount of control I had on the fish.

Don't let go of the reel handle while the anti-reverse switch is off. The handle will quickly rotate backwards and

lead to a nasty tangle. Also, avoid reeling backwards too fast or the same thing will happen. Let the movement of the fish dictate the release of line. You always want to feel the weight of the fish as you backreel.

Backreeling works best on deep lakes like Lake Cumberland, Herrington Lake, Laurel River Lake and such. You need room to let the fish run while you give it line. It is also a proven way to land trophy stream smallmouth bass when they make a downstream power run while fishing 4- or 6-pound line.

I don't backreel when I am fishing shallow lakes, heavy cover, docks or timber. You'll backreel the fish right into snags and break your line.

The technique also prevents line twist, the worst enemy of a spinning reel. The drag releasing line through the line roller on the ball of a spinning reel causes line twist. Reeling against a slipping drag is a mistake even the most seasoned angler makes. This triggers terrible line twist as well.

Line twist is the culprit when you hear a funny sound on a cast and see a bird's nest clogging the lowest guide on your spinning reel. This leads to a cut and reeve almost every time. Backreeling puts little to no twist on the line.

Using light line is essential for catching finicky, cold weather bass. Learning to backreel greatly increases the opportunity for putting a trophy in the boat when using whisper-thin line in winter.

A9

Dr. Antimisiaris joins Pikeville Medical Heart Institute

PIKEVILLE — Pikeville Medical Center has announced that Dr. Michael Antimisiaris has joined the team of physicians at the Heart Institute. Dr. Antimisiaris is the region's only electrophysiologist, specializing in the diagnosis and treatment of abnormal heart rhythms.

Walter E. May, president and chief executive officer at Pikeville Medical Center, said the addition of Dr. Antimisiaris provides "another world-class service close to home."

"Dr. Antimisiaris is a fine physician and his expertise in cardiac care will only elevate the quality of care we are able to provide our patients," May added. "Our organization is committed to bringing the best and brightest health care professionals to our facility, and the addition of Dr. Antimisiaris brings a much needed service closer to our patients."

Triple board certified by the

American Board of Internal Medicine. Dr. Antimisiaris said Pikeville Medical Center's commitment to provide world-class care and its recent distinction as the National Hospital of the Year award recipient made his decision to come to eastern Kentucky an easy one.

"Pikeville Medical Center has established itself as one of the fastest growing health care organizations in the nation, and I want to be a part of the

wonderful work this hospital is doing across the region," Dr. Antimisiaris said.

Dr. Antimisiaris said symptoms of abnormal heart rhythms include weakness, dizziness, fainting or black-outs, fluttering in the chest, shortness of breath, and chest pain, pressure or discomfort.

"The treatment we provide is not only for those accustomed to cardiac problems, but also treating healthy patients and correcting their rhythmic

problems quickly," he explained. "I get the most satisfaction by seeing my work make a difference in the quality of life of my patients."

Pikeville Medical Center's Heart Institute was one of the first 10 hospitals in the nation — and the very first health care facility in Kentucky — to earn the highest accreditation from the Society of Chest Pain Centers. Dr. Bill Harris, an interventional cardiologist with the Heart Institute, said

the addition of Dr. Antimisiaris "completes our cardiology program."

Dr. Antimisiaris' specialty really allows us to offer the full continuum of care," Dr. Harris said. "He's a wonderful physician who places his patients first. He'll be a wonderful fit to our Heart Institute."

For more information on Dr. Antimisiaris or to schedule an appointment, please call (606) 218-2939.



Dr. Michael Antimisiaris

Bariatric surgery proves effective for many in the area

PRESTONSBURG — Obesity is one of the primary health care issues across the nation. In fact, the Centers for Disease Control and Prevention report that more than 72 million Americans suffer from varying degrees of obesity. For those who have been frustrated by an endless series of diets and plans, bariatric surgery remains an effective option.

At the Highlands Center for Weight Loss, bariatric surgeons help many individuals daily throughout the region successfully lose weight. HRMC's Bariatric Coordinator, Amy Music, noted that a thorough understanding of the procedures available help to determine if a person is a good candidate for the surgery.

"There are several options for patients," Music explained. "Our surgeons determine the right course of action for each individual. It is not a 'one size fits all' procedure."

For more information on surgical weight loss procedures or the free Surgical Weight Loss Seminar, call the Highlands Center for Weight Loss at (606) 886-7664.



Blending a consistent sense of professionalism with a caring and courteous attitude, Highlands Regional Medical Center's Brenda Meade is popular among her patients and peers. Those traits also serve as the basis for her being named Employee of the Month for December at HRMC. Meade, an LPN on the second floor of the medical center, has been an employee for over 30 years. "She always maintains a positive attitude," stated Director of Medical Surgical Services Samantha Rowe. "As she deals with her patients, her commitment to professionalism is exceptional. During her work, Brenda always manages to exude a friendly, courteous and respectful attitude." In the nomination submission, Meade was described as being "constant in her enthusiastic performance. She really enjoys her work and is always willing to help with clerking and aiding. She uses her knowledge and skills to her fullest."

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A10

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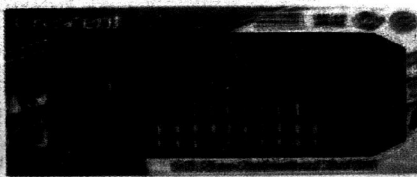
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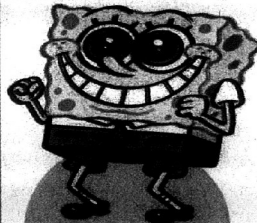
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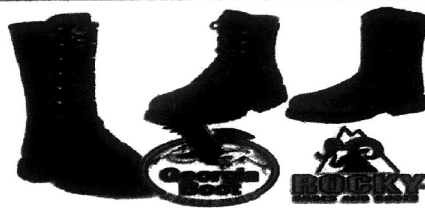
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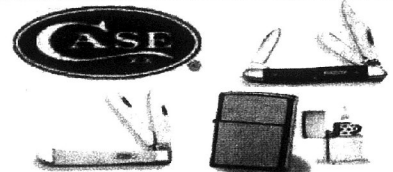
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cubic feet, will remain in effect until the next scheduled gas cost adjustment. That adjustment is set for March, officials said.

"It's not unusual to see natural gas prices rise slightly during the winter heating season as the demand for home heating increases," said Columbia President Herbert

Miller Jr. "These lower market prices are a much needed relief to struggling consumers this winter."

Columbia typically adjusts its prices quarterly to reflect current market conditions.

A customer's monthly bill is composed of two primary components: the gas supply cost and delivery costs. The

delivery charges cover the cost of delivering the gas to a customer's home or business through the company's pipeline infrastructure, as well as line inspection, repair and 24-hour emergency service.

The gas supply cost includes the commodity cost, interstate pipeline charges and storage costs. These costs nor-

mally account for approximately 60 percent of the customer's monthly bill.

One thing Columbia representatives are encouraging

customers to do is enroll in their budget payment plan. The plan spreads winter heating costs through the year and allows customers to pay the

same amount every month. To enroll in this plan, call 1-800-432-9345 between 8 a.m. and 5 p.m. Monday through Friday.

Continued from p1

Board

filters, a practicum agreement between Eastern Kentucky University's Department of Psychology and Floyd County Schools, the housing of the Catholic HEART Work Camp at Betsy Layne Elementary for one week in July of next year and a facility request made by Eric C. Conn for the use of Betsy Layne Elementary Gym for a memorial tribute service in honor of Dr. Don Bevins, the local television and radio personality who died last week.

During the recognition portion of the meeting, the board honored the Prestonsburg

Police Department and the Prestonsburg Fire Department for helping direct traffic at the local schools, and honored the football team from Prestonsburg High School for

its recent success. The next meeting of the Floyd County Board of Education is scheduled to take place at May Valley Elementary on Jan. 25.

Continued from p1

Robbery

Continued from p1

of cash and the stock of cigarettes, investigators said.

The cutting of phone lines has become a trend with the most recent rash of burglaries in the area and investigators have speculated that this has been an attempt to disable any alarm systems that might be in place.

In addition to cutting the lines at J&J Liquors, the burglars also cut lines at other establishments throughout the plaza, as well as gained entry into a nearby tanning salon.

Police said nothing was taken from the tanning salon, but added that the burglars attempted to gain entry into the Betsy Layne pharmacy during the Sunday night attempts.

The case is being investigated by Det. B.J. Caadill. Anyone with information into the burglary should contact the Kentucky State Police by calling toll-free at (800) 222-5555.

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In observance of the Christmas Holiday The Floyd County Times will publish on Tuesday, Dec. 22nd and Thursday, Dec. 24th All advertising material for the 22nd edition should be submitted by Friday, Dec. 18th, at 5:00 p.m. Thursday, Dec. 24th edition material should be submitted by Tuesday, Dec. 22nd.

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Miscellaneous
 For Sale: 2006 Monte Carlo Black with 33,000 miles. Loaded. \$8,000. Call 889-0587 or 886-3857.
 For sale: 2005 Honda 500 S Foreman, \$3,800. 1000 miles. Call 226-1028 or 874-0752.
 Living room sale- sofa, chairs, tables, rug, picture, microwave, bird ect. Also concrete mixer like new. Call 606-886-6600.
 For Sale: 55 inch Plasma TV (\$600). Also kitchen table with 4 chairs \$125. And 5 disc od player with radio and cassette player \$80. Call 606-874-1752 after 4 pm.
 For sale: 5x10 tilt trailer \$400. Call 874-0752.
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 18 2 br apartment for rent. Located on Ky Rt 321 between Highland hospital & Davis market. Central heat / air with washer / dryer hookup. References and deposit welcome. Call 788-5973.
Commercial
 50 X 90 Building 18 ft tall for rent. Located at Martin. \$400 a month. 606-285-3368.

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 Nationwide Mutual Insurance Company and affiliated companies
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Chief Financial Officer Needed
 Immediate opening for Chief Financial Officer with a medium-sized eastern Kentucky, coal-related company. Applicant must have a minimum of B.S. business or accounting with 5 or more years of Finance and Accounting management experience. MBA and CPA preferred. Applicant will also need strong computer skills. The ideal candidate would combine both strong management experience, with hands-on database, spreadsheet and presentation skills. Good pay, benefits and bonuses. Mail resume to: P.O. Box 964, Prestonsburg, Kentucky 41653.
 (Qualified applicants only, please.)

Abbott Engineering, Inc., has opening for Underground Surveying Crew Chief
 The applicant should have a minimum of three years of underground surveying experience.
 Please send resume to:
Abbott Engineering, Inc.,
3073 KY Route 321,
Prestonsburg, KY 41653
 or by email to:
 rwarrix@abbottengineering.com
 or call (606) 886-1221

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 For information contact:
 1-800-525-2445
 or www.trustforlife.org

NOTICE OF INTENTION TO MINE Pursuant to Mine Application Number 836-0330 Renewal
 (1) In accordance with KRS 360.055, notice is hereby given that Wolverine Resources Inc., P.O. Box 77, Ivel, KY 41642, (606) 889-8440, has applied for renewal to an existing surface coal mining and reclamation operation, located 1.0 mile southwest of Brainerd, Kentucky, and in Floyd and Magoffin counties. The proposed operation, will disturb 594.87 acres of surface disturbance and will underlie an additional 18.55 acres, making a total area of 613.42 acres within the permit boundary.
 2) The permit area is approximately 0.75 mile southwest from KY 114's junction with Prater Branch, and located 0.92 mile southwest of Middle Creek. The latitude is 37°39'26". The longitude is 82°54'44".
 3) The operation is located on the Iynton U.S.G.S. 7 1/2 minute quadrangle map. The surface area to be disturbed by the amendment is owned by Kennie Carpenter Jr., and Ron Cooley, Debbie & Phillip Ousley, Luther Miller Estate C/O Kathleen Miller, Fork Farm Inc., C/O Della W. Durke, Cassie Dunn, Green Holbrook Heirs C/O Charles Bays, Bill England Heirs C/O Glen Allen, Jamie & Lisa Powell, Richard & Bernice Risner, Charles Prater Estate C/O Ezra Allen, Johnnie & Linda Adams, Black Diamond Land Company, and Alma Land Company. The operation will use the area mining method of surface mining. The operation will affect an area within 100 feet of Purchase Camp Creek Road and Rough and Tough Road. The operation will not involve relocation of the public road.
 4) The renewal has been filed for public inspection in the Division of Mine Permits, Department for Surface Mining, Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, Kentucky 41653, phone (606) 889-1745. Written comments or objections, must be filed with the Director, Division of Permits, No. 2 Hudson Hollow, US 127 South, Frankfort, KY 40601.
 5) This is the final advertisement of this application; all comments, objections, and/or requests for a permit decision must be received within thirty (30) days of this date.

APARTMENTS FOR RENT
 1, 2, 3, 4 Bedrooms
 available for extremely low-income people at Highland Heights Apts. in Goble-Roberts Addn., and Cliffside Apts. on Cliff Road, Prestonsburg. Computerized learning centers offer social/educational programs for children and adults. All utilities included at Highland Hgts., utility allowance at Cliffside. Call (606) 886-0608, 886-1927, or 886-1819. TDD: 1-800-886-6056. Highland Heights and Cliffside Apartments do not discriminate in admission or employment in subsidized housing on account of race, color, national origin, sex, age, disability, religion and familial status.

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 15' ROUND - 14850
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 18x33 OVAL - 28250

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 No telephone calls please.

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Applications Being Accepted For 1-BEDROOM APARTMENTS FOR PERSONS 62 AND OLDER
 Located behind Wendy's at Pizza Hut in Prestonsburg and the rent is based on 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, air conditioning. For more information, please call Highland Terrace at 606-886-1925. TDD: 1-800-886-6056. Highland Terrace is on Highway 25 or 71, 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, creed, religion, sex, national origin, familial status or disability.

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 Home Office: One Nationwide Plaza, Columbus, OH 43215-2200
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Chief Financial Officer Needed
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 (Qualified applicants only, please.)

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4 Br house for rent in city limits. \$750 month plus deposit. Call for details. 889-9265 or 226-0725.

1 Br. house for rent. \$600 per month. Located in Betsy Layne. Call for details 606-478-5403.

House for rent: Two story, 4 br with 2 bath. Located at 101 Herald St. Prestonsburg, Ky. Call 859-234-6997.

2 br, 2 ba house for rent. Large yard with 2 car carport. 2 miles up Abbott. \$700 per month and \$700 deposit. Call 886-3662 or 226-0322.

Rentals
2 br mobile home for rent \$575 month plus \$400 deposit. Call 226-6652 or 886-8072 ask for Janice Pennington. Non smoker preferred.

Nice 2 br mobile home for sale. May rent lot or move it. Call 886-9317 or 791-9311.

Like new 16x80 mobile home for rent. 3 br with all appliances furnished includes washer/dryer, microwave and dishwasher. \$600 month plus utilities. Very nice lease. HUD approved. Call 874-0800

16x80 Mobile home for rent. 3 br. 8 miles from Prestonsburg on Rt 114. \$500. Call 886-2842.

Mobile home for rent. Located in North Prestonsburg. Deposit and references required. Call 889-0363.

5m furnished mobile home for rent. Just off the Mt Parkway on old 114. Call 886-8724.

2 Br, 2 ba mobile home for sale. May rent lot or move it. Call 886-9317 or 791-9311.

2 Br mobile home for rent. All electric. Located in the Cowcreek area with 1/4 acre of private land. \$400 month plus utilities. Very nice lease. HUD approved. Call 874-0800

Mobile home for sale. Equipped with central heat & air and stove. With electric hookups. \$2,500. Call 536-4524.

Help Wanted - General
For Hire: R.N. or L.P.N. or respiratory therapist. To stay with elderly woman. Call 226-6243 or 226-1324 or 297-4887.

Webb Medical Group Help wanted. Now accepting applications for RN or LPN. Prior office experience with acute and pediatric patients preferred. Call 606-874-0029 or fax resume to 606-874-0011 10:30 a.m.

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sales person wanted. No experience needed. Paid training. \$30,000-\$50,000 yearly plus benefits. All applicants will be drug tested and a criminal background check run. Call 1-800-789-5301 ask for Jerry.

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***** JOB ANNOUNCEMENT *****
Mobile Outreach Worker
Temporary Full-Time Position
Big Sandy Area Community Action Program is seeking a Mobile Outreach Worker for the Floyd County services area. This position is funded through the Community Services Block Grant (CSBG) Program/American Recovery and Reinvestment Act (ARRA). Duties would include, but not limited to: providing outreach, intake, referral, and direct services in various off-site locations in an effort to expand services and increase outreach efforts to low income residents. Associates Degree in human services or comparable field is required. Professional experience working in the non-profit sector or social services is a plus. The successful candidate must possess outstanding interpersonal, community relations skills, and excellent organizational skills. Must have the ability to apply program rules and objectives, and maintain good working relationships with program staff. Candidate must have a valid driver's license and access to an automobile. This is a temporary full-time position. Qualified applicants may submit a resume and letter of application to Big Sandy Area Community Action Program, Inc., ATTN: Human Resources Manager, 230 Court Street, Paintsville, KY 41240. Closing date for applications is Thursday, December 31, 2009, at 4:30 p.m. An equal opportunity employer.

Searching for something?
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Check out the community's most popular web site at www.floydcountytimes.com

A14

Why was Pikeville Medical Center Chosen the National Hospital of the Year?

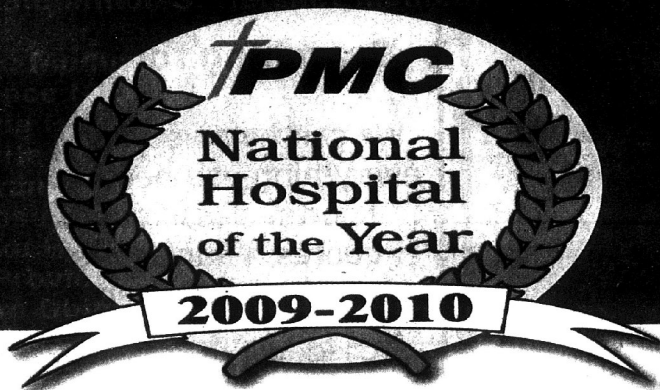
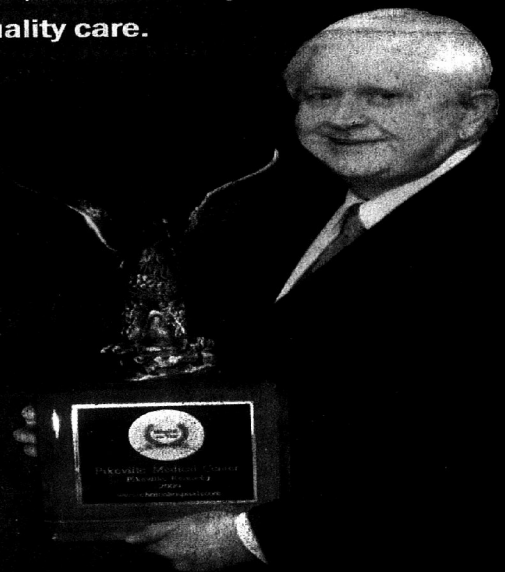


It was the way we treated our patients. In the last year, close to 300,000 patients came through our doors. The vast majority were well satisfied.

The top 400 hospitals across the nation were evaluated. Some of the standards included: conduct, performance management and improvement, staff development and training, systems of communication, good citizenship, educational and promotional material made available to patients, and other key components of providing quality care.

We congratulate some of the other top performing hospitals:

Cedars-Sinai Medical Center
Cleveland Clinic
Duke University
Mayo Clinic



PIKEVILLE MEDICAL CENTER

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

The secret weapon in your spice rack

by SANDY MILLER HAYS
AGRICULTURAL RESEARCH SERVICE

Ladies, forget about your fancy French perfumes; according to at least one report, men's favorite scent is... the smell of freshly baked apple pie! Of course, any cook knows there's a lot more than apples that goes into making an apple pie great. There's the cinnamon, for starters, and maybe a sprinkle of nutmeg, and perhaps you have some "secret ingredients" of your own (I certainly do). But a lot of what we love about that apple-pie aroma is the cinnamon.

Research over the past couple of decades has revealed that cinnamon is good for a lot more than luring men into the kitchen. In fact, the scientists of the Agricultural Research Service (ARS) have been looking into cinnamon's surprising capabilities since the 1990s.

Way back when, the ARS scientists discovered that cinnamon contains substances that, in test tube studies, "wake up" body cells to the hormone insulin. Because insulin regulates glucose metabolism and thus controls the level of glucose in the blood, this indicated to the ARS scientists that the substances from cinnamon could have the potential to delay or prevent adult-onset (Type 2) diabetes.

The ARS scientists have stayed on cinnamon's trail ever since, with some exciting results. For example, in a study conducted in 2003 by ARS researchers at Beltsville, Md., and cooperators in Pakistan, less than half a teaspoon of cinnamon per day reduced the blood sugar levels of 60 study volunteers who had Type 2 diabetes. In Type 2 diabetes, either the pancreas doesn't produce enough insulin, or the body can't correctly use it.

Subsequent ARS studies have offered clues as to the "why" of this phenomenon. In test tube assays, compounds called phenolic polymers, isolated from cinnamon, increased sugar metabolism in fat cells 20 times over! Millions of us have impaired sugar and fat metabolism, which can - you guessed it - lead to Type 2 diabetes and cardiovascular disease.

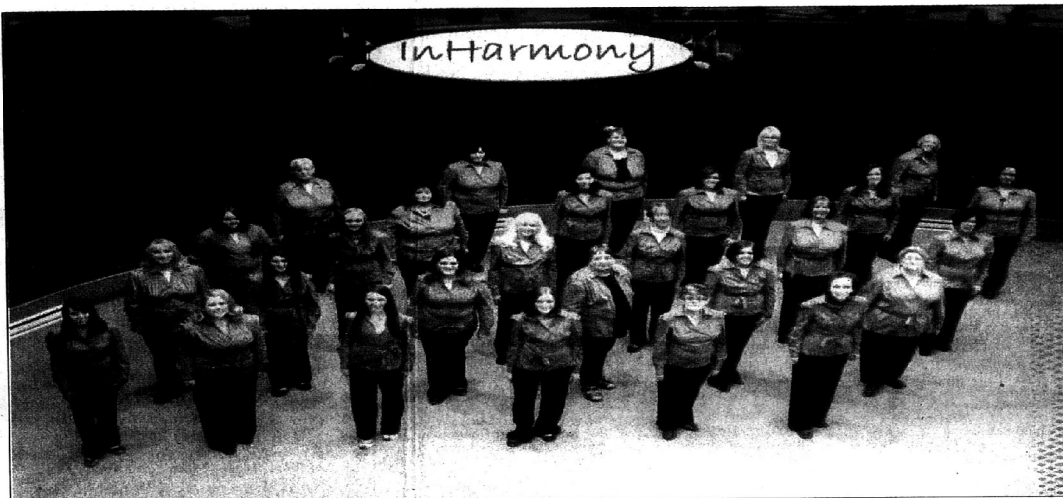
Still, this definitely does not mean you should go into your kitchen and start eating cinnamon by the teaspoonful. That's because table cinnamon contains fat-soluble compounds, and those could accumulate in your body if ingested consistently as more than a spice over long periods of time. What would that do to you? The truth is, scientists aren't sure... but you don't want to take any chances! The cinnamon compounds used in these ARS studies are water-soluble - definitely a horse of a different color.

So what's the test in the wild world of cinnamon? This is even more incredible, in my opinion: In cell-culture studies by ARS scientists looking at how compounds from cinnamon affect brain cells, the scientists found that the compounds studied prevented isolated brain cells from swelling, one of the many abnormal conditions resulting from traumatic brain injury and stroke.

Brain swelling occurs when fluid either accumulates within the brain cells, or is retained in blood vessels that form around brain cells. Scientists don't totally understand the mechanisms behind brain cell swelling when a stroke has occurred, but that swelling may be due in part to a membrane inside brain cells not working properly.

The scientists used isolated glial cells - those are cells that support essential elements of neural tissue found in the brain and spinal cord - and put them in a culture solution. After the cells had been deprived of oxygen and glucose for five hours, the scientists measured the function of the mitochondrial inner membrane in those cells. They found a nearly 40 percent drop in mitochondrial membrane potential. Then they exposed

(See SCIENCE, page four)



Pictured are the members of InHarmony Women's Chorus. From left are Rachael Hayes, Director Laura Ford Hall, Rebecca Tackett, Ashley Fleming, Jane Bond, Alicia Hughes, Patricia West, Paige Newsome, Sara Tackett, Leila Hall, Julie Wells, Linda Spurlock, Rhonda Alley, Nicole Pennington, Mary Lou Lavender, Sharon Tackett, Donna Jackson, Virginia Williamson, Bonita Stone, Sarah Jackson, Denise Boyd, Robin Varney, Mona Dingus, Betty Montgomery, Madge May, Dawn Stambaugh, Kendra Hall and King Fultz.

CHRISTMAS CONCERT

BSCTC musical groups spreading sounds of the season

by JARRID DEATON
FEATURES WRITER

PRESTONSBURG - The popular musical groups from Big Sandy Community and Technical College will be performing a special Christmas concert in the Rhododendron Conference Center at Breaks Interstate Park on Friday, Dec. 18.

InHarmony, Serenade and members of the Big Sandy Singers will perform at the concert, which will also include a dinner.

"The Christmas concert brings together some of the most beautiful voices of the area and is

unlike any Christmas event the park has ever hosted," said Matthew O'Quinn, superintendent of Breaks Interstate Park.

Serenade will headline the concert, with dinner scheduled to begin at 7 p.m. Serenade is a female vocal ensemble comprised of students from Big Sandy Community Technical College, high school students and community members. The group performs for colleges, community and church events.

InHarmony, another all female group that features 40 members, will entertain the audience with Christmas songs.

The performance is produced and directed by

Laura Ford Hall, with Timothy Cooley, technical director, Alicia Hughes, accompanist and Clayton Case, assistant director.

Tickets for the event are \$22.50 each, or \$40 per couple. A full table with six place settings may be reserved for \$120. According to Laura Ford Hall, only a few tickets remain. To reserve tickets, contact Breaks Interstate Park by calling (276) 698-8432.

For more information on the Big Sandy Singers and the associated groups, including upcoming shows, visit <http://www.bigsandysingers.com>.

Underwood to perform in Pikeville

NASHVILLE - Country music superstar Carrie Underwood will kick off North American tour in March, and one of the stops on her list in Pikeville.

Underwood will appear in Pikeville on Saturday, April 3, at the Eastern Kentucky Expo Center.

Underwood will appear with special guests Craig Morgan and Sons of Sylvia. The first leg of 45 shows runs through May 30 with tickets for all shows going on sale starting Friday, Dec. 18. Locally, tickets will be available at the Appalachian Wireless box offices in Paintsville and Pikeville, at ticketmaster.com or charge-by-phone at (800) 745-3000.

"I am getting so excited about next year as we are currently working through all the big plans for the tour," says Underwood. "I cannot wait to perform new music and see familiar faces across the U.S. and Canada!"

Underwood spent this past year writing and recording for her new album "Play On" and performed a few select concerts. Her previous tour, 2008's highly successful "Carnival Ride Tour" wrapped after 137 shows with 1.2 million fans in attendance.

Underwood recently launched "Play On" at the number-one spot

on both the country and pop album sales charts and has sold over 700,000 copies in five weeks. The release earned the highest first-week sales of the year for any solo country artist at that point and makes Carrie the only country act in Nielsen SoundScan history to achieve first-week sales of more than 300,000 units on each of their first three albums. The feat also extends to American Idol, where the Season Four winner is the first contestant to launch three albums in a row above the 300K threshold, with her 2005 debut, "Some Hearts," now seven-times Platinum, and 2007's "Carnival Ride" currently triple-Platinum.

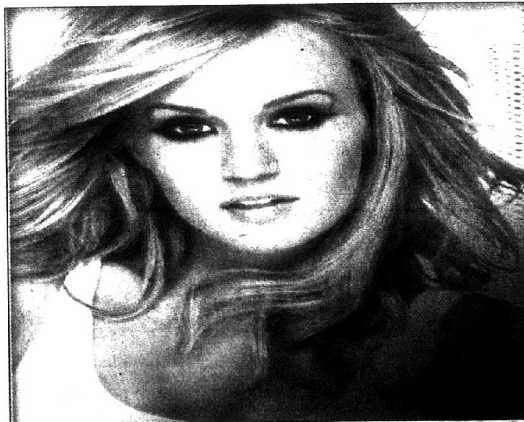
Underwood is a four-time GRAMMY winner, ACM Entertainer of the Year, a three-time CMA and three-time reigning ACM Female Vocalist winner, and a member of the Grand Ole Opry with total album sales now in excess of 11 million.

Go to www.carrieunderwood.fm for up-to-date tour information.

Other Acts

■ Craig Morgan is signed to Sony Entertainment Nashville's

(See UNDERWOOD, page six)



Carrie Underwood

B2

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.

Benchmark Family Services is seeking foster parents. Benchmark Family Services in Prestonsburg, a non-profit, private foster care agency is looking for foster parents in your area. Monthly financial compensation, financial bonuses and mileage reimbursement available. We offer free and flexible foster parent training schedules. Please call us for more information, at 606-886-0163.

Left Beaver Fire & Rescue Annual Santa Claus Run Sunday, December 20
12:00 Across from Drift Ball Park
12:15 Minnie Ball Park
12:30 Left Beaver Creek Townhouse
12:45 McDowell A.R.H.
1:15 Left Beaver Fire & Rescue Station No. 2
1:45 p.m. Pilgrim Rest Church, Hi Hat
2:00 Little Nancy Church, Hi Hat
2:15 Foot of South Floyd High School Hill
2:30 Old Bud Reynolds Store, Ligon

Attention Floyd County Veterans
A Veterans Benefits Field Representative will be at the Floyd County Public Library,

in Prestonsburg, on Wednesday, December 16, from 1:30 p.m. until 3:30 p.m. Veterans and their dependents will receive assistance filing for Federal and State veterans benefits. This service is provided free of charge by the Kentucky Department of Veterans Affairs. To apply, veterans need to furnish copies of pertinent documentation to verify eligibility. For further information, please call toll free 1-866-847-2826 to speak with a Veterans Benefits Field Representative.

First Presbyterian Church to hold Christmas celebration

The First Presbyterian Church in Prestonsburg would like to invite you to join them in their celebration of the Christmas holiday. Each Wednesday in December we will be having Advent Study beginning at 5:30 p.m. Supper will be provided.

December 20, 2009 will be our Christmas Play and Potluck Dinner.

Our Christmas Eve Candlelight Service will be December 24, at 9 p.m. Please plan on bringing your family and joining us for these special times of worship.

Regular worship services are Saturday mornings at 11 a.m. If you are looking for a church family, come worship with us.

For further information, you may contact the church at 886-2214.

FCHD offers Body Recall exercise classes

The Floyd County Health Department offers Body Recall gentle exercise classes every Monday, Wednesday, and Friday, at 9:30 a.m. at May Drive, just off 1428, and at 10:30 at the First Presbyterian Church in Prestonsburg.

Classes are free and open to the public. Call 886-2788 for more information.

Adult Day Services Center

Christmas party, Dec. 12
Happy House Adult Day Services Center is having their Christmas party, December 12, from 4:30 pm-8:30 p.m. Foods, Christmas crafts, handmade scarfs, kids can paint their own Christmas ornaments, etc. All proceeds go to Happy House Adult Day Services Center! Phone: (606) 886-0265.

Toys food and coats for area kids

Our local Cash Express and G.A.P. have teamed up to help Santa out this year. We are now asking for your help! Cash Express has officially been named a drop off point for toys, food and coats for the children of our local area. Bring your donations to us and G.A.P. will give them to the families who need them. The last day we can take donations is December 10. Please bring slightly used toys and coats to our drop off. We do ask that the toys and coats be in good shape. Cash Express, 606-886-9997.

Become a Volunteer with Victim Services Program

You are more likely to be hurt by someone whom you know rather than be assaulted on Kentucky's streets by a total stranger. Learn to assist victims of sexual assault, child abuse and domestic violence by becoming a Volunteer with Victim Services Program. Call today to receive an application for our free training program. Call the Volunteer Coordinator at (606) 886-4323 for further information or to request an application. (The Victim Services Program is a program of Mountain Comprehensive Care Center.)

The Auxiler Center Fall Class Schedule
Classes begin week of September 14, 2009.

Basic Computer Class
Mondays, 9 a.m.-noon—5 to 6 weeks
Instructor: Gordon Scott
Thursdays, 9 a.m.-11 a.m.—

5 to 6 weeks
Instructor: Dan Bell
Thursdays, 5 p.m.-8 p.m.—

5 to 6 weeks
Instructor: Jerry Hatfield
The Hidden Secrets of Windows

Computer class, Mondays, 6 p.m.-8 p.m.—5 to 6 weeks
Instructor: Frank Rictor
(Windows class requires students bring a IGB jump/thumb drive)
All Computer Classes Cost \$30 non-refundable

•One computer per family—students must meet income guidelines and not have a computer of their own.

Quilting Class
Mondays, 5:30 p.m.-8:30 p.m.—8 weeks
Instructor: Nancy Froschauer
Cost: \$20

Sewing Class
Mondays, 10 a.m.-1 p.m.—8 weeks
Thursdays, 5:30-8:30 p.m.—8 weeks
Instructor: Donna Woods

Cost: \$20

OutPatient Drug Treatment Program and Education

Narconon warns parents that abuse of addictive pharmaceutical drugs with youth is on the rise with deadly consequences. Learn the signs of drug abuse. Call Narconon for a free brochure on the signs of addiction for all drugs. 877-379-0208. www.drugsnos.com

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 instructor—

(See CALENDAR, page three)

COMMONWEALTH CHIROPRACTIC CENTER DR. CHIP SALYERS

To our patients and friends:

Each year during the holiday season, we take great pleasure in setting aside our regular work and sending a heartfelt message to all our best friends and patients.

How blessed we are that this time has come again to extend to you our sincere gratitude, because it is good friends and patients like you, who make our practice possible.

May your holiday be filled with joy, and the coming year be overflowing with all the good things in life.

We invite you to join us in celebrating our eighth annual patient appreciation week and food drive, December 1st, through December 23rd.

• Patient Appreciation Gifts • Grand Door Prize

PLEASE BRING A CANNED ITEM THAT WILL BE DONATED TO A LOCAL PANTRY.

Merry Christmas & Happy, Healthy New Year
Dr. Chip Salyers and Staff

Please join us for
CUSTOMER APPRECIATION DAY
Friday, December 18, 2009
4:00 to 6:00 pm
Main Office Lobby
311 N. Arnold Avenue, Prestonsburg

PICTURES WITH SANTA • REFRESHMENTS ENTERTAINMENT
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REGISTER TO WIN TWO GIANT STOCKINGS
AT ANY FCB LOCATION *Stocking winners need not be present to win.*

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Main Office (606) 886-2321
Betsy Layne (606) 478-9596
Northside (606) 886-4582
Martin (606) 285-3266
Pikeville (606) 437-1619

B3

Calendar

tors are waiting to assist you!

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.

Auxiliary Community Center
Free GED classes, Monday, Tuesday and Wednesday, from 10 a.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 889-8260 for more information.

Need Help With Home Repairs?
The Auxiliary 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.

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 pharmacy), from 7-8 p.m.
Mondays, at Little 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.

Hope in the Mountains
Hope in the Mountains will host public meetings on Mondays, at 9 a.m., at the junction of U.S. 23 and Rt. 80, on Water Gap Rd., behind the Trimble Chapel Church. Meetings focus will be to offer information in regard to community resources available to women seeking freedom from drug abuse. Family members are also welcome to attend. The Hope initiative proposes to help women break free from addictive lifestyles to become self-respecting contributing members of society. Call 874-2008 or 788-1006 for more information.

Prestonsburg Rotary Club
Prestonsburg Rotary Club meets, 12 noon to 1 p.m., at Made From Country at Heart. For additional information, contact Chris Daniel, 886-7354.

UNITE
The UNITE coalition of Floyd County will meet on the fourth Thursday of each

month, at 5:30 p.m., at the New Allen Baptist Church. All interested persons welcome to join UNITE's fight against drugs.
***"Living Free"**: A support group sponsored by the Floyd County UNITE Coalition. Group will meet weekly at the old Allen Baptist Church, on US 23 N., between Allen and Banner, on Tuesdays, at 1:15 p.m.
***Living Free** is a faith-based 12-step support group open to all who are searching for recovery. There is no fee to attend. For more info., contact Shirley Combs at 874-3388 or 434-8400.

'Earn While You Learn'
The Big Sandy Area C.A.P. office is taking applications for its "Senior Training Program." You must be 55 or older to apply. In Floyd, call 886-2929; Johnson, call 789-6515; Magoffin, call 349-2217; Pike, call 432-2775; and in Lawrence, call 638-4067.

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

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 5:30 to 6:30 p.m. The meetings are free of charge. Call 886-6025 for more information.
***Overeater's Anonymous** Meetings held each Wednesday at 6:30 p.m., at the old Allen Baptist Church, located in Allen, just past red

light. Call 889-9620 for more info.
***US TOO! 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 Thursdays at 6:30 p.m., at the Martin Community Center. 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 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. Children will not be provided. For more information, contact Dedra Stone, adoptive parent liaison, at 432-4110 or 422-7927, or email to: dosstone@eastky.net.
***PARENTS!** - Contact the Big Sandy Area Community Action Program, Inc. to find out about child care services in your area, the STARS for KIDS. NOW licensing standards program, and how you

can earn an income by staying home with your own children while caring for the children of others. Find out more by calling Cheryl Endicott at 886-1280, or 888-872-7227 (toll free).
***East Kentucky S.T.A.R.S. Homeschoolers** - Will hold monthly meetings at the Paintsville Recreation Center. For more information, call 606-433-1119 or christophercook@hotmail.com.

Now you don't have to wait in line for government services and get information because now the government is officially online. First, log on. Use the search engine. FirstGov.gov - The official web portal of the Federal Government. The government information by phone, call 1-800-451-4242. (Other: 1-888-332-4343). U.S. General Services Administration.

GET OUT OF LINE
Now you don't have to wait in line for government services and get information because now the government is officially online. First, log on. Use the search engine. FirstGov.gov - The official web portal of the Federal Government. The government information by phone, call 1-800-451-4242. (Other: 1-888-332-4343). U.S. General Services Administration.

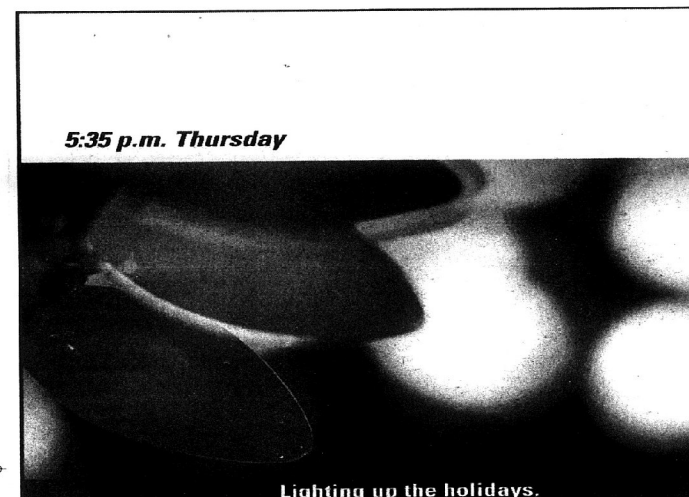


The Floyd County Animal Shelter PET OF THE WEEK



The celebrities of the week are the past and current members of the Floyd County Bar Association, who will be hosting a fundraiser for the local food pantries, at the Floyd County Judicial Center, on Friday, December 18th, at 9 a.m. The event is open to the public and "100% of monies raised will be donated to the local pantries."

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



5:35 p.m. Thursday

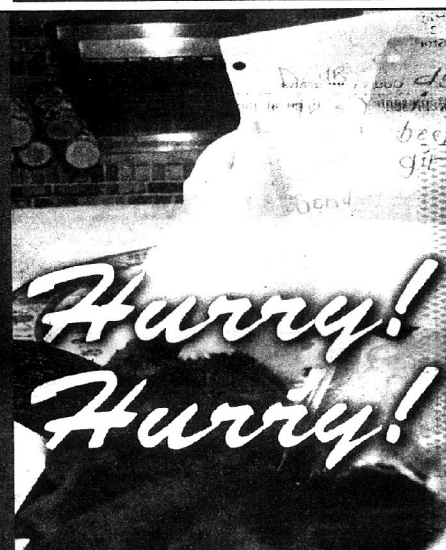
Lighting up the holidays.

As you begin using decorative lighting in and around your home this holiday season, Kentucky Power reminds you to keep safety in mind. Check light strings for frayed cords, and use only UL-approved lights and extension cords. Remember not to overload circuits, and remind children not to touch lights or outlets. And on behalf of all of us here at Kentucky Power, please enjoy a safe, bright holiday season with your family and friends. **Kentucky Power is there, always working for you.**



www.KentuckyPower.com

Letters to Santa



The Floyd County Times will be publishing Letters to Santa in our annual Season's Greeting Section on Thursday, December 24, 2009.

Letters will be accepted until 10:00 a.m., Monday, December 21, 2009.

SEND LETTERS TO:
"Letters to Santa"
The Floyd County Times
P.O. Box 390, Prestonsburg, KY 41653
or drop your letter off at
The Floyd County Times
263 S. Central Ave., Prestonsburg.

All letters need to be legible, have your full name, age, and address.

If you would like to have your child's picture published with letter, include \$5.00.

YESTERDAYS

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

Ten Years Ago

(December 10, 12, and 15, 1999)
Despite last-minute lobbying by Councilman Gorman Collins in favor of his own plan, the Prestonsburg City Council gave final approval, Thursday, to an ordinance which placed control of an 18-hole golf course planned for the city's mountaintop project in the hands of an advisory board, subject to veto power by the council and mayor. The Floyd County Fiscal Court gave its approval to an amended budget presented by the Floyd County Sheriff's Department during a special meeting held Wednesday. The budget okayed by commissioners increases expenditures for the department by \$29,121.99, as well as reflects unanticipated revenues of \$166,095.56. The standing-room-only crowd indicated a high interest in the Wheelwright City Commission's special-called meeting, Tuesday night. A quick glance at the first two items of a three-item agenda—a resolution regarding purchase of body armor and cancellation of the December meeting, left little doubt that the people were out to hear what was said about the situation at Otter Creek Correctional Center (OCC), and to have their say about the matter. Larry Newsome, 42, of Hi Hat, entered a not guilty plea on a charge that he sexually abused a child. He was arrested Friday and charged with a single count of engaging in unlawful sexual contact with a 12-year-old female juvenile. Members of the Allen City Council discussed enforcement of the existing curfew law during a meeting, Monday night. Young people who are not "home grown" have been wandering the city during the wee hours of the night, said Cindy Parsons and Police Chief Vignell Conn. Brian Mulkey, a convict in court for violating his parole, shocked a judge when asked to go back to jail instead of being placed under supervised release. He appeared in Floyd Circuit Court, Friday, for a hearing to decide whether his probation would be revoked. He had been charged with first degree assault in 1992, but in exchange for a guilty plea, his charge was amended to first-degree wanton endangerment. It appears the flood control project of the city of Martin may stand a better chance of becoming a reality after the city council adopted a resolution during Thursday

night's special-called meeting to request that the Floyd County Fiscal Court act as sponsor for the proposed flood control project for the city. The Kentucky State Police Professional Association (KSPPA) gave 71 children a chance to meet Santa and to buy something they truly wanted for Christmas. Eight troopers and four dispatchers from the KSP Post 9 in Pikeville, along with volunteers, led five children each throughout Paintsville Knart. Most headed straight for the toy department, but a few chose to wander into the clothing section. Governor Paul Patton signed an executive order Friday lifting the burn ban across the state. The executive order rescinds the ban put in place on November 18, as a response to forest fires which endangered public health and safety, and threatened the natural resources of the state. Police arrested 28 people in Pike and Floyd Counties, yesterday, during an early-morning drug raid. According to Kentucky State Police officers from that department, in conjunction with Pike City Police and the Pike County Sheriff's Department began raiding homes of suspected drug dealers at 7 a.m., yesterday. Timothy Wayne Hall, 37, of Galveston, was one of 30 people indicted by the grand jury yesterday. He now faces three counts of first-degree drug trafficking, five counts of second-degree drug trafficking, five counts of third-degree drug trafficking, seven counts of possession of a handgun by a convicted felon, 12 counts of possession of a firearm by a convicted felon, and two counts of possession of a police radio. Firefighters from the Coal Run and the Betsy Layne fire departments responded to a warehouse fire just across the Floyd and Pike County line at Boldman on Monday. The fire is under investigation by Don Parker, arson investigator for Kentucky State Police. Starting in January, 30 area youths and 10 police officers will kick off a new program for those in desperate need. Rita Whicker of the Martin Housing Authority and the Floyd County Sheriff's Department worked together to procure a grant for the children of the Grigsby Heights and Pageant Hills housing projects in Martin. The Garrett Volunteer Fire Department is passing along word of a 4-year-old cancer-stricken girl in Tennessee, who has asked for Christmas cards for what will likely

be her last holiday. There died: Phillip Dale Niece, 41, of Harold, Wednesday, December 8, at the Pikeville Methodist Hospital; Kenneth Isaac, 37, of Melvin, Wednesday, December 8, at his residence; Wayne Wright Tackett, 55, of Ypsilanti, Michigan, formerly of Bevinville, Wednesday, December 1, at his residence; Roxie Keen, 84, of Wayland, Tuesday, December 7, at her residence; Rosa Lee Mullins Newsome, 53, of Martin, Tuesday, December 7, at the Central Baptist Hospital, Lexington; Ruth Alice Francis, 82, of Allen, December 9; Albert Rose, 78, Monday, December 6, at Whetsone Care Center, Columbus, Ohio; Barbara Fouts, 92, of Virgie, Wednesday, December 8, in her residence; Truman Johnson, 68, of River Rouge, Michigan, Monday, December 6, at his residence; Kimberly Ann Jacobs, 22, of Pippa Passes, Friday, December 10, at Vencor Hospital, Louisville; Lonnie Samons, 73, of Allen, Thursday, December 9, at Highlands Regional Medical Center; Elzie Edward "Duke" Pack, 52, of Wheelwright, Friday, December 10, at the Veterans' Hospital, Huntington, West Virginia; Siella Perry Martin, 83, of Printer, Friday, December 10, at Highlands Regional Medical Center, in Prestonsburg; Will (Bill) Ward Jr., 54, of Hi Hat, Saturday, December 11, at his residence; Virdie Conn, 77, of Martin, Saturday, December 11, at the J.J. Jordan Geriatric Center, Louisa; Alice Conley, 89, of Mousie, Wednesday, December 8, at Hazard Appalachian Regional Medical Center; Sil Tunic Hall Yates, 92, of Bevinville, Saturday, December 11, at McDowell Appalachian Regional Hospital; Roberta Louise Sammons, 61, of Kingman, Kansas, formerly of Water Gap, Wednesday, December 8, at Wesley Medical Center, Wichita, Kansas; Lona Stone Ferguson, 67, of Lexington, formerly of Martin, Sunday, December 12, at her residence.


Twenty Years Ago
(December 13 and 15, 1989)

A team from the special prosecutions branch of the state Attorney General's office will conduct an investigation into allegations of election fraud and vote buying in Floyd County in the coming months, according to Assistant Attorney General Jeff Mackin. In a move

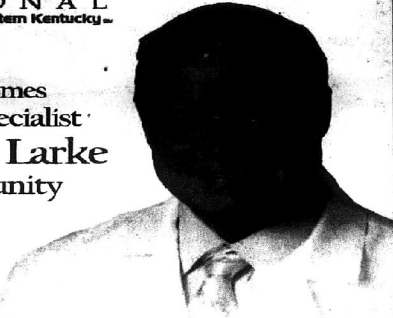
designed to save money for Floyd County school construction projects, the school board at a special meeting, Monday, cancelled the selling of bonds for the Allen Elementary School project and immediately reauthorized the sale of \$8,065,000 in bonds, combining the Allen sale with the Left Beaver High School project's bond sale. A Saturday morning fire destroyed the Lucketts Antique Mall. Prestonsburg Mayor Ann Latta was selected Sunday as treasurer of the organizing committee for the East Kentucky Job Creation Authority, as the committee met for the first time to consider organizational issues. Prestonsburg City Council conducted a first reading, Monday, of an ordinance designed to prevent flood damages within the city. "Cosby" and whatever else was on the television tube last night (December 14) didn't have much of a chance of capturing local viewers. Most sets were tuned to CBS-TV's "48 Hours," which was focused on Floyd County. The state's intervention in the Floyd County school system has not been effective in addressing problems of patronage hiring, political favoritism or low teacher pay, but the state should continue to positively change the system within the county. So says a survey of 362 Floyd County parents and teachers, conducted in October by the Floyd County Education Forum. There died: Edgar Bradley Blackburn, 72, of Stanville, December 3, at his residence; William "Bill" Melvin Blackburn, 64, of Prestonsburg, December 9, at his residence; Elder Liney L. Boyd, 72, of Dana, December 6, at St. Joseph Hospital in Lexington; Elsie Mae Conn, 65, of Printer, December 11, at Our Lady of the Way Hospital; Manerva Johnson Dobson, 97, of Wheelwright, December 10, at Highlands Regional Medical Center; Maltie Lee Hall, 76, of Banner, December 7, at his residence; Wid Hall, 49, of Bevinville, December 7, at Pikeville Methodist Hospital; Betty Jean Nelson, 55, of Adrian, Michigan, formerly of Floyd County, December 4, at Bixby Medical Center in Adrian; Hattie Hall Stockdale, 70, of Alamo, Georgia, formerly of Melvin, December 6, at Glenwood Hospital in Georgia; Curt Tackett, 74, of Price, December 10, at

(See CALENDAR, page six)

HIGHLANDS REGIONAL MEDICAL CENTER



**Highlands Welcomes
Orthopaedic Specialist
Dr. Daryl S. Larke
to Our Community**



Daryl S. Larke, M.D.

5000 KY Rt 321, Suite 2129
Highlands Regional
Medical Office Building
Prestonsburg, KY 41653

(606) 889-6200 - phone
(606) 889-6201 - fax

Highlands Regional Medical Center would like to welcome Orthopaedic Specialist, Daryl S. Larke, M.D. In 1976, Dr. Larke graduated from Northwestern University in Chicago, Illinois, and completed a residency in orthopaedics at the Cleveland Clinic. He received his Board Certification from the American Board of Orthopaedic Surgery and is a member of the American Medical Association and the American Academy of Orthopaedic Surgeons. Highlands Regional Medical Center is pleased to welcome, Orthopaedic Specialist, Dr. Daryl S. Larke to our community.

Dr. Larke provides the following services:

Surgical / non-surgical treatment of:

- Fractures
- Arthritics
- Sprains
- Strains
- Tendinitis

Orthopaedic Procedures Include:

- Arthroscopy (Knees and Shoulders)
- Knee and hip replacement
- Carpal tunnel release
- Foot surgeries
- Fracture care

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PER MONTH

MERRY CHRISTMAS!
BASIC SECURITY BUNDLE

\$100 OFF

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Statement must be current to receive Certificate of Insurance from Mikrotec Security. Most take install by Jan. 15, 2010. Disclosure rate 30 month monitoring contract required. \$29.95 per month.

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 + \$5,500 Rebate
\$30,315

**2009 Dodge
 Challenger**
 \$39,150 MSRP
 \$100 Over Invoice
\$37,069

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 Deal Unless It's
 A Deskins
 Deal!

**2009 Hyundai
 Sonata**
 \$25,800 MSRP
 \$24,381 \$100 Over Invoice
 \$3,000 Rebate
 \$1,000 Additional Discount
\$20,381

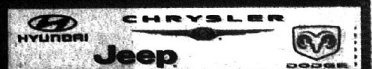
**2009 Hyundai
 Vera Cruz Ltd**
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\$34,151

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 06 Ford Ranger \$11,968	 06 Nissan Altima \$12,868	 09 Hyundai Sonata \$13,968	 09 Toyota Corolla \$14,868	 07 Chrysler Pacifica \$14,968	 06 Town & Country Ltd \$15,968
 07 Ford Explorer \$16,868	 06 Jeep Wrangler \$16,968	 06 Dodge Dakota \$16,968	 07 Jeep Grand Cherokee \$16,968	 09 Dodge Charger SXT \$17,968	 08 Hyundai Santa Fe \$17,868
 06 Town & Country Ltd \$18,968	 08 Toyota Tundra \$19,868	 07 Ford F150 \$23,968	 08 Dodge Ram 1500 \$23,968	 07 Chevy Avalanchie \$28,968	 08 Mercedes C-Class \$28,968

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 Saturday, 9:00 a.m. - 5:00 p.m.

B.6

Yesterdays

McDowell Appalachian Regional Hospital; Herman Tackett, 62, of Weeksburg, December 7, at McDowell ARH; Cyril Tisdale, 81, of Auxier, December 12, at Paul B. Hall Regional Medical Center, Paintsville; Denzil Whitten, 83, of Prestonsburg, December 11, at HRMC; George Washington Burke, 88, of Westwood, formerly of Jack's Creek and Drift, November 7, at King's Daughters Medical Center in Ashland; Jerry Stamper, 26, of Garrett, December 13, at Shelca Coal Company in Honaker, from a falling accident; Dave Stephens, 80, formerly of Floyd County, December 6, at the Renaissance Village Nursing Home in Columbia City, Indiana.

Science

Continued from p1

some of the cells to a cinnamon extract -- and the decline in membrane potential was alleviated by the presence of the extract.

Ninety minutes later, they measured the volume of the glial cells. Among the cells that had been deprived of oxygen and glucose for 24 hours, the volume of the cells had climbed by more than 34 percent. But that swelling wasn't seen in the presence of the cinnamon polyphenol extracts at the highest level tested.

There's still a lot to learn about cinnamon's potential, but it'll be exciting to watch how this progresses. In the meantime, let's have another cup of coffee, and let's have another piece of (apple) pie!

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.

Underwood

Continued from p1

BNA Records label, and released his fifth studio album, "That's Why," last fall. His latest hit, the anthemic "Bonfire," is currently Top 5 at country radio and headed for the top of the charts. Last year Morgan received one of country music's highest honors - he was inducted into the membership of the Grand Ole Opry. Morgan has made more than 150 appearances on the Grand Ole Opry, and plays over 200 sold-out concerts a year. He spent ten years on active duty in the U.S. Army before launching his music career, and makes a point to perform as often as possible at US military installations both in the US and abroad.

Sons of Sylvia are currently finishing up their debut album release on 19 Recordings/Interscope Records due out in 2010. Ashley, Austin, and Adam Clark (formerly known as The Clark Brothers who won FOX's Next Great American Band) are longtime friends of Underwood, and the band is currently featured on her new album in a powerful collaboration called "What Can I Say."



By 6th grade, an alarming number of girls lose interest in math, science & technology, which means they won't qualify for most future jobs. That's why parents have to keep their interest alive, in every way we can. It's her future. Do the math! www.girlsgotmath.org

Thirty Years Ago (December 12, 1979)

Last Friday, on the eighth anniversary of his entrance to the State Capitol as lieutenant Governor, and four days prior to his leaving the office of governor, Julian Carroll returned to Floyd County to dedicate a section of new KY 80, an event which he had promised two years ago. The dedication and ribbon-cutting ceremony, held near the Water Gap interchange of the new highway and US 23, drew a wind-chilled crowd estimated at 400, and included some officials and citizens from Knott and Perry counties. Five allocations totaling \$43,239.94 recommended by the Floyd County coal severance economic aid board have been approved, according to Commissioner William S. O'Daniel, Department for Local Government. A \$15,000 allocation to the Floyd County Child Care Project will be used toward the purchase of land as a site for care center construction. All of the remainder goes to volunteer fire departments to upgrade facilities and services. Although clearing and excavation work, had been underway for about a week, official groundbreaking for the \$3.8 million apartment complex set for construction at Cliff was held Friday afternoon, with Congressman Carl

D. Perkins, local and state officials, taking part. The Cliff project calls for construction of a 94-apartment, walk-up townhouse structure on one of two sites owned by the Prestonsburg Industrial Corporation, a group of Prestonsburg area businessmen who originally purchased the property for industrial development. There died: Robert Lawson, 67, of Printer, at Highlands Regional Medical Center; Douglas Campbell, 29, of Larkslane, was fatally injured at Mousie in an automobile accident; Mrs. Ocie Marie Clark Linville, 62, of Greenville, Tennessee, formerly of Auxier, last Friday, at Lake Shore Hospital in Knoxville, Tennessee; Mrs. Maudie Goodman, 89, of Emma, Sunday, at Mountain Manor Nursing Home, Pikeville; Archie Burke, 56, of Martin, Saturday, at the VA Hospital in Lexington; Mrs. Merle H. Campbell, 68, of the Water Gap section, Friday, at Highlands Regional Medical Center; Epp Newsome, 88, of St. Petersburg, Florida, formerly of this county, Saturday, in a St. Petersburg hospital; Ollie Owsley Jr., 42, of New Buffalo, Michigan, formerly of this county, November 13, at St. Anthony Hospital, Michigan City, Indiana; Darwin Ray Maynard, of Endicott, Sunday, at his home;

Columbus Collins, 73, of Georgetown, formerly of Van Lear, Tuesday, December 4, at Spring Haven Nursing Home in Georgetown; Mrs. Goldia

Slone Cornett, 66, wife of Circuit Judge Chris Cornett, of Hindman, last Friday, at the June Buchanan Clinic, Hindman.

(1969, 1959, 1949 and 1939 are unavailable.)

Continued from p1

CHRISTMAS SALE! Technology is at the top of everyone's wishlist this year! And Greg's has it... All on SALE! FREE FINANCING FREE DELIVERY FREE SETUP Save on In-Dash Car Stereo Systems Navigation Subwoofers & Amps! Big Savings on Flat-panel TVs

Your Heart is Talking Are you Listening?

If you think your risk of a heart attack is lower because you're a woman—think again. In fact, heart disease is the No. 1 killer of women. You can be your own best friend... but you have to listen.

- Unusual Fatigue / Weakness: Unexplained fatigue or weakness that doesn't go away is a major warning sign.
Shortness of Breath: This is the most important warning sign for women.
Indigestion: Many women report indigestion or nausea. Don't ignore this early sign.
Upper Body Discomfort: A feeling of pain or discomfort in the arms, back, neck, jaw or stomach also can be a sign.
Chest Pain: Only about a third of women report pressure, pain or tightness of the chest.
Cold Sweats: A common symptom of a heart attack, cold sweats may occur in women as well as men.
Other Signs: Anxiousness, unexplained dizziness and sleep disturbances are additional signs.



Whether you're a man or a woman, if you have one or more symptoms of a heart attack, call 9-1-1 right away. When it comes to your heart, time is muscle. The quicker you act, the better your chances of a complete recovery. The heart experts at King's Daughters stand ready 24/7. Our accredited Chest Pain Center averages a door-to-balloon time of just 52 minutes. That's significantly better than the national standard of 90 minutes. And we do every major heart procedure... and more of them than anyone in the region. Your heart deserves expert care.

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