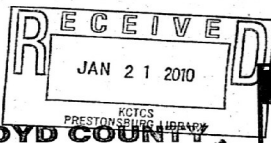


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Friday, January 22, 2010



The Times

WEEKEND EDITION

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HIGH SCHOOL BASKETBALL
— page A5

briefs

Girlfriend charged in stabbing

by SHELDON COMPTON
STAFF WRITER

DOTY BRANCH — A McDowell woman was arrested early Thursday morning after allegedly stabbing her boyfriend.

Samantha L. Collins, 26, of Doty Branch at McDowell, was taken into custody at her home after calling police herself, according to police records. According to reports from Kentucky State Police Trooper Shaun Little, Collins called 911 and told dispatch that she had just stabbed her boyfriend, Michael Tackett.

She later said she left from the scene on foot, and was found by Little walking along Doty Branch. Little said in his report that she smelled of alcohol at that time, and that she then told him that she had stabbed Tackett in the leg.

Both Collins and Tackett were taken to nearby McDowell ARH where Tackett was treated for his injury and Collins refused medical attention, according to Little.

Collins, who was jailed later that morning, was charged with second-degree assault and alcohol intoxication.

2 DAY FORECAST

Today
Mostly cloudy
High: 47 • Low: 29

Tomorrow
Mostly cloudy
High: 52 • Low: 36

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

inside

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Robbery arrest made after stop

by SHELDON COMPTON
STAFF WRITER

PRINTER — A complaint leading to a traffic stop in Printer in turn led to a Betsy Layne man being charged with robbery Wednesday.

James K. Lewis, of Betsy Layne, was stopped by state police in Printer after receiving a call saying the 25-year-old was "all over the road" while traveling along Route 122.

Police said they met Lewis traveling westbound on the road, noting that he was traveling approximately five to 10 miles an hour at that time.

(See ROBBERY, page eight)

Local races get first GOP candidate

by SHELDON COMPTON
STAFF WRITER

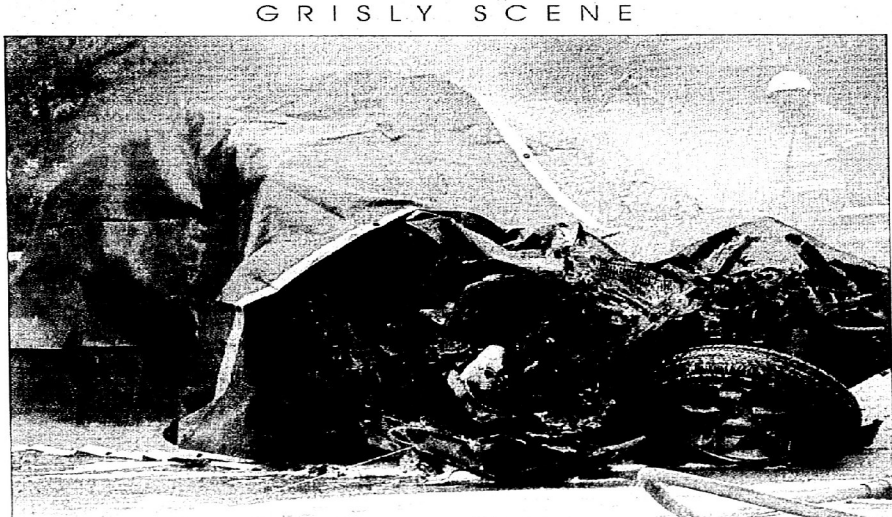
Floyd County saw its first hometown Republican file to run in the May primary this week, ensuring that at least one local race will not be unopposed in November.

Martin "MJ" Meade, of Stanville, filed his paperwork to run for District 4 magistrate in Prestonsburg this week. That race currently has two Democrats who have already filed, incumbent Ronnie Akers and challenger Dean Hall.

Also, two more Democratic candidates filed to run in the District 3 magistrate race, bringing the total number of candidates for that seat to seven individuals. The two new candidates for the District 3 race for magistrate are James "Bimbo" Collins, of Printer, and Basel Moore, of McDowell.

By far, more hopefuls have tossed their hats in the ring for

(See CANDIDATES, page eight)



The woman driving this Kia Sportage was killed Thursday morning following a collision with a coal truck along U.S. 23 at East Point. Her name had not been made available as of press time.

One killed in head-on crash with coal truck

by SHELDON COMPTON
STAFF WRITER

EAST POINT — A woman, who police had yet to identify as of press time, was killed in a two-vehicle accident along U.S. 23 Thursday afternoon.

According to police at the scene Thursday, the woman was traveling northbound along U.S. 23 near Skate Road just past the Floyd County line in Johnson County, when she crossed over into the southbound lane and into the path of an oncoming coal truck.

Police said that eyewitness accounts at the time reflected that the woman had crossed into the opposite lane of traffic and had traveled along the highway for a long while before striking the truck.

The accident choked off traffic in both directions Thursday as police pieced together preliminary accounts and worked the accident.

(See WRECK, page eight)



A debris covered U.S. 23 was shut down to traffic in both the northbound and southbound lanes until about 2 p.m. Thursday afternoon following a fatal wreck that left one woman dead.

Senate approves trio of veterans bills

FRANKFORT — Three bills aimed at helping Kentucky veterans through assorted aspects of life all sailed through the Senate unanimously today.

The three bills, all sponsored by Sen. Elizabeth Tori, R-Radcliff, increase veterans' chances at state jobs, expand a grant program to help more military families and reduce red tape for a new health care program for veterans.

Senate Bill 29 would guarantee an interview in most cases to eligible veterans, their widowed spouses, and dependent parents of servicemen and servicewomen killed on duty. If more than five qualified for an interview, at least five would have to be interviewed. The legislation also expands the pool eligible for preference points to those who received a general discharge, in addition to those who receive an

(See VETERANS, page eight)

NEW EXHIBIT

Jennifer Bailey, with Big Sandy Community and Technical College, checks out one of the activities that is part of the East Kentucky Science Center's "Energee" exhibit. The exhibit is designed and owned by the center.

photo by Jarrod Deaton

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Obituaries

Teddy Ray Akers

Teddy Ray Akers, age 59, of Dana, husband of Jan Kidd, Akers passed away Tuesday, January 19, 2010, at his residence.

He was born November 20, 1950, in Dana, the son of the late Thurman J. Akers and Jeanetta Jarrell Akers. He was a coal miner and inspector with the Department of Mines and Minerals, and a member of the Little Salem Regular Baptist Church.

Survivors include his wife, Jan; three sons: Bennie Joe (Sherella) Akers and Michael Thurman (Brooksie) Akers, both of Dana; and Dennis Ray (Paula) Akers of Harold; a brother, Bobby Joe Akers of Prestonsburg; and three grandchildren, Kelsie, Brandon, and Allyson.

Funeral services for Teddy Ray Akers will be conducted Friday, January 22, at 11:00 a.m., at the Little Salem Old Regular Baptist Church, in Dana, with Old Regular Baptist ministers officiating.

Burial will follow in the Fred Conn Cemetery in Dana, with the Hall Funeral Home, in Martin, caring for those arrangements.

Visitation is at the funeral home.

Pallbearers: Bennie Akers, Dennis Akers, Mike Akers, Brandon Akers, Rod Moore, Josh Kidd, Bill Kidd, Vaughn Watson, Keith "Petey" Akers, Danny Ray Kidd, Carlos Akers, Dillon Watson, Leonard Compton, Greg Akers, Edgar Hughes, Herman Conn, Don Wallen, David Rhodes, Ted Cordial, and Steve Cordial.

Honorary: All OMSL employees, Clyde Boyd, Clyde Jason Boyd, Floyd County District 4, John K. Blackburn, Keith Bartley, all nephews, Evan and Kyle Rhodes. (Paid obituary)

Nelson-Frazier Funeral Home is in charge of arrangements.

Imaline Hoover

Imaline Hoover, 84, of Topmost, died Monday, January 18, 2010, at her residence.

Born July 25, 1925, in Topmost, she was a daughter of Luke and Edith Hall. She was a homemaker.

She was preceded in death by her husband, Woodrow Hoover.

Survivors include two sons: Johnny Hall and Woodrow (Mattie) Hoover, both of Topmost; four brothers: Jerry Hall and Lawrence Hall, both of Topmost; Luke Hall Jr., of Winchester, Indiana; and Bill Hall of Dayton, Ohio, five sisters: Sadie Allen of Indiana, Geraldine Roberts, Molly Jacobs and Janice Johnson, all of Topmost; and Kathy Clemons of Piedmont, Indiana; three grandchildren: Alex Hoover, Imalee Hoover, and Katie Hoover; and several nieces and nephews.

In addition to her parents and husband, she was preceded in death by one sister, Alice Tuttle.

Funeral services will be held Saturday, January 23, at 1 p.m., at her residence in Topmost, with Curtie Hall and Chett Hall officiating.

Burial will be in the Joe Hall Cemetery, Dry Creek, in Topmost, under the direction of Nelson-Frazier Funeral Home.

Visitation is at her residence.

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



Kevin Hamby

Kevin Hamby

Kevin Hamby, 40, of Wheelwright, died Monday, January 18, 2010, in Wheelwright.

Born May 26, 1969, in McDowell, he was the son of Jerry and Glenda Mosley Hamby of Wheelwright. He was a coal miner.

He is survived by his longtime companion, Lora Smallwood of Wheelwright.

Other survivors include his paternal grandmother, Margie Buchanan Hamby of Pikeville; his maternal grandmother, Estelle Johnson Mosley of Weeksbury; one son, Kevin Cameron Hamby of Minnie; two daughters: NaShala Shontel Hamby of Minnie; and Lauren Hamby of Wheelwright; two sisters: Tammy Hamby Senavinn of Lexington; and Leah Shanell Hamilton of Wheelwright; two nieces: Avah Leigh Hubbard and Christina Jade Sanders; and two nephews: Ian Lennon Hubbard and Braxton Hamby Senavinn.

He was preceded in death by his paternal grandfather, Howard Hamby, and his maternal grandfather, Clyde Mosley.

Funeral services will be held Friday, January 22, at 1 p.m., at the Wheelwright Freewill Baptist Church, in Bypro, with Louis Ferrari officiating.

Burial will be in the Temporary Gardens, in Bypro, under the direction of Nelson-Frazier Funeral Home.

Visitation is at the church.

the coal mines, Ballard was a carpenter, a plumber, and a man who could and would fix anything.

Even though he needed the extra income to provide for his family, he enjoyed working for most of the residents of Maytown. Viola Stewart, Octavia Combs, Jones Tallent, Frank Stewart, Bess Webb, and Howard Ramey are only a few of the people that he built or made repairs to their dwellings.

He eventually got out of coal mines and began working at Kentucky Hydrocarbon Gas Company, where he retired in 1995.

He never truly retired. He always had a passion for his garden and "jimmying" around. Even this past year when he was unable to walk up the hill without taking a break, he still put that garden out.

He will be sorely missed. He was a true storyteller; always ready to share his story with anyone willing to listen.

Funeral services will be conducted at 1:00 p.m., Saturday, January 23, at the Hall Funeral Home, in Martin, with Clergyman Roy Harlow officiating.

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

Visitation is after 5:00 p.m., Thursday, at Hall Funeral Home, with Masonic service at 7:00 p.m., Friday evening.

In lieu of flowers, donations may be made to Graceway Methodist Church, Langley, KY, 41645, or Appalachian Hospice Care, P.O. Box 277, Hager Hill, KY 41222. (Paid obituary)

Nelson-Frazier Funeral Home is in charge of arrangements.

Funeral services will be held Saturday, January 23, at 1 p.m., at her residence in Topmost, with Curtie Hall and Chett Hall officiating.

Burial will be in the Joe Hall Cemetery, Dry Creek, in Topmost, under the direction of Nelson-Frazier Funeral Home.

Visitation is at her residence.

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

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

band of 66 years; Waldo W. Smit; a daughter, Charlotte Safewright and husband Stephen M., of Kingsport and son, Wallace Smith and wife Jean, of Hilton Head, South Carolina; and her grandchildren: Katelyn Safewright of Kingsport, Andy Safewright and wife Michelle of Maryville, Tennessee, Erika Smith of Hilton Head, South Carolina and Heather Jones and husband Matt, of Lawrence, Kansas; her brothers: Tom Oak McGuire of Prestonsburg, and John McGuire of Louisa; and her sisters: Alta Steig and Erma Baldrige, of Ohio and Jean Simpson of Auxier; several nieces and nephews.

There will be a private burial service on Friday, January 22, in East Lawn Memorial Park.

A memorial service will be conducted Saturday, January 23, at noon in East Lawn Funeral Home Chapel with Pastor Ron Davis and Pastor Mitch Whisnant officiating. The family will receive friends after the memorial service.

In lieu of flowers memorial contributions may be made to First Baptist Church, Preschool Dept., 100 W. Church Circle, Kingsport, TN, 37660.

Please visit MEM.COM to learn a condolence to the family. East Lawn Funeral Home is honored to serve the Smith family. (Paid obituary)

Funeral services will be held Saturday, January 23, at 1 p.m., at her residence in Topmost, with Curtie Hall and Chett Hall officiating.

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Visitation is at her residence.

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

the United States Air Force; and a member of the Hager Hill Freewill Baptist Church.

He is survived by his wife, Veronica Sisco Ward.

In addition to his wife, survivors include three daughters: Sherry Lynn Ward of McDowell; Sheila Ann Stone of Lexington; and Shelly Renee Ward of Martin; four grandchildren: Zecheriah Donovan Stone, Amber Jade Stone, Brittany Ann Stone, and Uriah MacKenzie Stone.

Funeral services were held Thursday, January 21, at 2 p.m., at Nelson-Frazier Funeral Home, in Martin, with Ronnie Spriggs officiating.

Burial was in the Ward Family Cemetery, in Martin, under the direction of Nelson-Frazier Funeral Home.

Visitation was at the funeral home.

Nelson-Frazier Funeral Home was in charge of arrangements. (Paid obituary)

Funeral services will be held Saturday, January 23, at 1 p.m., at her residence in Topmost, with Curtie Hall and Chett Hall officiating.

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Obituaries

Funeral Home.

PIKE COUNTY

■ Ethel Cleo Adkins, 74, of Shelbiana, died Friday, January 8, at her home. Funeral services were held Tuesday, January 12, under the direction of Roberts Funeral Home.

■ Edward "Pete" Belcher, 86, of Belcher, died Sunday, January 17, at Pikeville Medical Center. Funeral services were held Thursday, January 21, under the direction of Bailey Funeral Home.

■ Donald Gene Bentley, 53, of Rockhouse, died Saturday, January 9, at Pikeville Medical Center. He is survived by his wife, Sandra Kay Chaney Bentley. Funeral services were held Wednesday, January 13, under the direction of Thacker Funeral Home.

■ Terry Michael Childers, 34, of Elkhorn Creek, Shelby Gap, died Sunday, January 17, at Pikeville Medical Center. Funeral services were held Wednesday, January 20, under the direction of Lucas & Son Funeral Home.

■ Arnie Avenale Green, 72, of Pikeville, died Friday, January 15, at the Pikeville Medical Center. Funeral services were held Monday, January 18, under the direction of J.W. Call Funeral Home.

■ Pauline Dockery Hall, 83, of Jomacy, died Saturday, January 16, at Lexington Country Place. Funeral services were held Tuesday, January 19, under the direction of Lucas & Son Funeral Home.

■ Pluma Jeanette Hamilton, 83, of Booker Fork, died Tuesday, January 12, at the Ohio State University Medical Center. Funeral services were held Sunday,

January 17, under the direction of Hall & Jones Funeral Home.

■ Julie Ann Hankins, 28, of Florida, died Friday, January 8, at the North Broward Medical Center. Funeral services were held Monday, January 15, under the direction of Hall & Jones Funeral Home.

■ Robert Hoague, 72, died Friday, January 15, at Pikeville Medical Center. Memorial services were held Monday, January 18, under the direction of Thacker Funeral Home.

■ Jean Jewell of Williamson died Friday, January 15, at the South Williamson Appalachian Regional Hospital. Funeral services were held Wednesday, January 20, under the direction of Weaver Mortuary of West Williamson.

■ Lester Johnson, 69, of Bevinville, died Friday, January 8, at the Hazard Appalachian Regional Hospital. Funeral services were held Tuesday, January 12, under the direction of Roberts Funeral Home.

■ Homer Justice, 77 of Ransom, died Saturday, January 16, at the South Williamson Appalachian Regional Hospital. He is survived by his wife, Betty Jo Scott Justice. Funeral services were held Tuesday, January 19, under the direction of R.E. Rogers Funeral Home.

■ Loretta Sue Cavins Letwica, 65, of Pikeville, died Saturday, January 16, at Pikeville Medical Center. Funeral services were held Wednesday, January 20, under the direction of Lucas & Son Funeral Home.

■ Mildred L. Mullins, 89, of Borden, Ind., formerly of Dorton, died Thursday,

January 14, at Jeffersonville, Indiana. Funeral services were held Sunday, January 17, under the direction of Lucas and Son Funeral Home.

■ Jack Donald Nichols, 70, of Pikeville, died Monday, January 18, at his home. He is survived by his wife, Shirley Adams Nichols. Funeral services were held Thursday, January 21, under the direction of Lucas & Son Funeral Home.

■ Walter Colon Parker, 82, of Clay City, formerly of Robinson Creek, died Sunday, January 10, at his home. He is survived by his wife, Gracie Dutton Parker. Funeral services were held Wednesday, January 13, under the direction of Roberts Funeral Home.

■ Elster Ratliff, 80, of Kingsport, Tenn., formerly of Pike County, died Sunday, January 17, at his home. He is survived by his wife, Patricia Stanley Ratliff. Graveside services were held Wednesday, January 20, in the Mountain Home National Cemetery, Mountain Home, Tennessee.

■ Gary Dwayne Stiltner, 43, of Sevierville, Tennessee, died Thursday, January 7, in Columbus, N.C. He is survived by his wife, Kathy Stiltner. Funeral services were held Saturday, January 16, under the direction of Lucas & Son Funeral Home.

■ Ruby Walters, 73, of Varney, died Thursday, January 14, at her home. Funeral services were held Sunday, January 17, under the direction of R.E. Rogers Funeral Home.

■ Paul David "P-Paul" West, 23, of McAlester, Okla., died Wednesday, January 13, at Wuesthoff Medical Center, Rockledge, Fla. Funeral ser-

ices were held Monday, January 18, under the direction of Hatfield Funeral Chapel of Toler.

■ Harold Woodward, 79, of Shelby Gap, died Saturday, January 16, at Pikeville Medical Center. Funeral services were held Monday, January 18, under the direction of Lucas & Son Funeral Home.

■ Gary Michael Young, 32, of Brushy, died Sunday, January 17, in Pikeville. Funeral services were held Thursday, January 21, under the direction of J.W. Call Funeral Home.

MAGOFFIN COUNTY

■ Edna Francis Evans Arnett, 89, of Salyersville, died Tuesday, January 12, at her residence. She is survived by her husband, Sherman Arnett. Funeral services were held Friday, January 15, under the direction of Magoffin County Funeral Home.

■ Amber Nicole Craft "Coco," 18, of Salyersville, died Saturday, January 9, in Prestonsburg. Funeral services were held Friday, January 15, under the direction of Salyersville Funeral Home.

■ Randall "Randy" Wayne Fletcher, 54, of Gum Creek Road, in Salyersville, died Sunday, January 3, at his home. Funeral services were held Friday, January 8, under the direction of Salyersville Funeral Home.

■ Eva Cola Watson "Gram," 85, of Salyersville, died Monday, January 11, at the Salyersville Health Care Center, in Salyersville. Funeral services were held Friday, January 15, under the direction of Salyersville Funeral Home.

■ Clyde Holliday, 91, of Half Mountain Road, in Salyersville, died Monday, January 11, at his home. Funeral services were held Thursday, January 14, under the direction of Salyersville Funeral Home.

■ Judy Faye Howes Howard, 57, of Short Fork Road, in Salyersville, died

Continued from p2

Monday, January 4, at Highlands Regional Medical Center, in Prestonsburg. She is survived by her husband, Bobby Neil Howard. Arrangements, were under the direction of Salyersville Funeral Home.

■ Betty Wreman Salyer, 93, of Gunlock, died Friday, January 8, at Highlands Regional Medical Center. Funeral services were held Monday, January 11, under the direction of Magoffin County Funeral Home.

KNOTT COUNTY

■ Zelma Simpson Fugate, 96, of Middletown, Ohio, died Friday, December 25, 2009, at the Atrium Medical Center, in Middletown, Ohio. Graveside services were held Wednesday, December 30, under the direction of Hindman Funeral Services.

■ Ellen Ruth Hunter, 72, of Fisty, died Thursday, December 31, 2009, at the Hazard Appalachian Regional Medical Center. Funeral services were held Monday, January 4, under the direction of Hindman Funeral Services.

■ Ollie Johnson, 77, of Hindman, died Friday, January 1, at her home. Funeral services were held Monday, January 4, under the direction of Hindman Funeral Services.

■ Dorothy V. Madden, 81, of Amburgey, died Wednesday, January 6, at home. Funeral services were held Saturday, January 9, under the direction of Nelson-Frazier Funeral Home, in Hindman.

■ Kelly Sturgill, 78, died Tuesday, December 22, 2009, at St. Rita's Medical Center in Lima, Ohio. Services were held Monday, December 28, under the direction of Chamberlain-Huckriede Funeral Home, in Lima, Ohio.

■ Martha Helen Yenser, 66, of Celina, Ohio, a native of Hindman, died Wednesday, December 23, 2009, at her residence. Memorial services were held Saturday, January 16, under the direction of LHD Funeral Home.

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Cinema 2—Hold Over
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Cinema 3—Starts Friday, January 22
LEGION (R) Mon-Sun. 7:05-9:25; Fri. (4:25) 7:05-9:25; Sat-Sun. (2:05-4:25) 7:05-9:25
Cinema 4—Starts Friday, January 22
LEAP YEAR (PG) Mon-Sun. 7:00; Fri. 7:00; Sat-Sun. (2:00) 7:00
Cinema 5—Hold Over
IT'S COMPLICATED (R) Mon-Sun. 9:15; Fri. (4:15) 9:15; Sat-Sun. (4:15) 9:15
Cinema 6—Hold Over
THE BLIND SIDE (PG-13) Mon-Sun. 6:45; Fri. (4:20) 6:45; Sat-Sun. (4:20) 6:45
DAYBREAKERS (R) Mon-Sun. 9:30; Fri. 9:30; Sat-Sun. (2:00) 9:30
Cinema 8—Hold Over
ALVIN & THE CHIPMUNKS 2 (PG) Mon-Sun. 7:15; Fri. (4:30) 7:15; Sat-Sun. (2:15-4:30) 7:15
UP IN THE AIR (R) Mon-Sun. 9:00 only
Cinema 9—Starts Friday, January 22
TOOTH FAIRY (PG) 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
LOVELY BONES (PG-13) Mon-Sun. 6:45-9:20; Fri. (4:10) 6:45-9:20; Sat-Sun. (1:30-4:10) 6:45-9:20
Cinema 10—Hold Over
AVATAR (PG-13) Mon-Sun. 8:00; Fri. (4:45) 8:00; Sat-Sun. (1:45-4:45) 8:00

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15 deaths on Kentucky roadways last week

FRANKFORT

Preliminary statistics indicate that 15 people died in 15 separate crashes on Kentucky roadways from Monday, Jan. 11, through Sunday, Jan. 17.

Thirteen of the crashes involved motor vehicles and seven of those victims were not wearing seat belts. Single-fatality crashes occurred in Anderson, Bullitt, Campbell, Carter, Christian, Clay (2), Laurel (2), Leslie, Warren, Whitley and Woodford counties. The crashes in Christian, Clay and Warren counties involved the suspected use of alcohol.

Two pedestrian involved fatalities occurred in Hardin and Jefferson counties.

Through Jan. 17, preliminary statistics indicate that 34 people have lost their lives on Kentucky roadways during 2010. This is one fewer fatality than reported for the same time period in 2009.

There were 29 motor vehi-

cle fatalities and 19 of those victims were not wearing seat belts. Five pedestrians have been killed. One crash involved a commercial motor vehicle. A total of 7 fatalities have resulted from crashes involving the suspected use of alcohol.

Citizens can contribute to highway safety by reporting erratic drivers to the Kentucky State Police toll-free at 1-800-222-5555. Callers will remain

anonymous and should give a description of the vehicle, location, direction of travel and license number if possible.

These statistics are still preliminary as KSP waits for all local law enforcement agencies throughout the state to report any crashes and fatalities that may have occurred in their areas. Crash data for this report is generated from the Kentucky Fatality Analysis Reporting System (FARS).

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Viewpoint

Worth Repeating ...

By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong.

— Charles Wadsworth

Amendment 9

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

Guest View

Toothless dog

Last Friday, the U.S. Food and Drug Administration barked loudly: Bisphenol A, the agency said, may be harmful for fetuses, babies and young children.

But on this matter, the agency is a toothless dog: There is little the FDA can do but howl. A loophole in FDA rules allows makers of BPA to avoid any real oversight.

The FDA doesn't know for sure how much of the controversial chemical is produced each year or where; it can't demand an accounting. It can't demand a warning label on products containing BPA. It can't easily restrict use of the chemical. Since 1963, BPA has been classified as an indirect food additive and is among about 3,000 chemicals "generally regarded as safe" — a distinction that exempts it from scrutiny.

Congress should give the agency the regulatory chops it needs to do its job. And Congress should take up bills that would severely restrict the use of BPA in food products and items meant for kids.

The FDA's flip-flop came after three years of investigative reports in the Journal Sentinel that revealed an agency conflicted. For years, the FDA relied on industry-funded studies that claimed BPA was safe for all uses even though independent analysis said otherwise. The agency even relied on industry scientists to write part of its draft declaring the chemical to be safe.

Dozens of independent studies over the years have found that BPA is harmful to animals and that it leaches into food and baby formula. More than 90% of adults in the United States have at least traces of the chemical in their urine. Traces of it have been found in breast milk and the blood of newborns' umbilical cords.

BPA has long been used in hardened plastics and many other items, including the epoxy liners of food containers, dental sealants, eyeglasses and DVDs.

The evidence supports a ban: BPA should not be used in any products that come into contact with food or in any products intended for children. Bills pending in both houses of Congress would do this. To ensure food safety, the industry should be given a reasonable period of time to develop an alternative for can liners, which help prevent food spoilage.

But Congress also should empower the FDA so that the agency can do its job. It's time to give this agency some teeth when it comes to bisphenol A.

— Milwaukee Journal Sentinel



"Oh, no... our new software to combat Chinese government cyber attacks is made in China too!"



Chuck Norris

Save lives in Haiti, end lives in America?

by DONALD KAUL
CREATORS SYNDICATE

While White House press secretary Robert Gibbs was announcing Friday all that the present administration was doing to save lives in Haiti, he reported that President Barack Obama was meeting with both the House and Senate Democrats to resolve how they could provide federal funds via Obamacare to terminate more American lives in the womb.

Is it not incongruous to anyone else that our president, who professes to be an advocate for all minorities, isn't one for the most disadvantaged to survive? What type of "health care" is that for the least among (and within) us?

Save lives in Haiti, end lives in America? What an utterly contradictory presidential plan and policy, especially for a man who claims to be an activist for the underprivileged. What a stark and tragic contradiction in agendas, aids, ethics and the value of human life.

One thing is certain, and Obama knows it: If the Democrats are to pass their version of health care with any overt or covert pro-abortion verbiage in it, they need their supermajority of 60 votes intact to block any possible filibuster. That is why it is certainly no coincidence that Gibbs also announced Friday that the president had decided to go to Massachusetts to campaign for 60th-vote Senate candidate Martha Coakley "because she

asked."

For many reasons, I, of course, strongly encourage and support the election of the GOP challenger in that race, state Sen. Scott Brown, chief among them being to stop this supermajority gridlock and anarchy in Washington and simultaneously try to save some of those precious souls in the womb.

Not surprisingly, Obama endorsed the House version of the bill before it contained a ban on abortion funding (the Stupak-Pitts amendment) and supported the Senate version (with its tabled Nelson-Hatch amendment), which would fund abortions. Just another day and another broken presidential promise for conservatives; on Sept. 9, Obama testified, "Under our (health care reform) plan, no federal dollars will be used to fund abortions."

If you think Obama's pro-abortion mission is over, consider brand-new special report "The Promise Audit: Tracking President Obama's Progress On Campaign Promises," in which the National Journal examined Obama's abortion track record and gave him a 33 percent completion rating regarding his campaign promises on abortion.

Can you imagine if all the pro-abortion initiatives Obama has accomplished in his first year represent just one-third of all he will do before the end of his term?

Still on the horizon -- but fast approaching -- is the fulfillment of Obama's campaign promise to sign the Freedom of Choice Act, which is a sweeping bill that would abolish all pro-life regulations once and for all across the nation, from parental notification laws to bans on all federal funding of abortion.

Obama was not joking when he

told Planned Parenthood during his presidential campaign that he would "turn the page" on the abortion culture war. The man who, as a presidential candidate, once confessed that estimating when a baby gets human rights was "above" his "paygrade" has granted more pay to pro-abortion agencies and enacted more pro-abortion legislation to ensure that millions of more babies' rights never are experienced outside the womb.

As tens of millions celebrate another Sanctuary of Life Sunday in tens of thousands of churches across America, I'm struck again by the sheer contrasts between President Obama's and our Founding Fathers' views of human life in the womb. For example, Thomas Jefferson wrote in 1809, "The care of human life and happiness, and not their destruction, is the first and only legitimate object of good government."

Fifty-six Founders even signed the Declaration of Independence to testify that all human lives are "created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the Pursuit of Happiness -- That to secure these Rights, Governments are instituted among Men, deriving their just Powers from the Consent of the Governed."

Could it be any clearer?

As long as we have breath and those in the womb have life, we patriots must fight for American life the way many of us now are fighting for Haitian life.

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

Beyond the Beltway

Race and the rapture

by DONALD KAUL
MINUTEMAN MEDIA

There are three subjects in our political universe that we aren't allowed to discuss rationally: Israel, Cuba, and race.

For example, try making the case that Palestinians are, no less than Jews, history's victims. And that they just may have rights, and that Israel's settlement policy isn't merely self-defeating but unjust.

This seems to me a reasonable argument. Express it publicly, however, and you'll be set upon people who fashion themselves as "pro-Israeli," some of them Jews, some evangelical Christians.

(Many conservative evangelicals entertain the bizarre notion that there will come a moment — called "The Rapture" — when the Lord calls all true Christians to His home, leaving the rest of us behind to write in misery. This will happen only after all Jews go to Israel, clearing the way for the Second Coming, Armageddon, and the election of Sarah Palin. These

cuckoos think Israel's settlement policy is great.)

Anyway, people who disagree with you on Israel are apt to call you an anti-Semite. You spend the rest of the argument trying to prove that you're not. The whole exercise is hardly worth the time.

Then there's Cuba. Suggest that after 50 years it's time perhaps to bring Cuba out of the cold and re-establish normal relations, and you will be pilloried (largely by the right-wing and hard-line Cuban Americans) as a communist dupe.

Argue that we've pursued a policy of isolation against the island for half a century, and all we've accomplished is to make an already poor people poorer, and that maybe it's time we tried another policy. They call you a communist.

So you find yourself calling the other fellow a fascist. Then you yell at each other for a while and the issue of Cuba doesn't get moved very far down the field.

And finally, there's race, a subject about which nothing honest or candid can be spoken (particularly by a white person) without risking being branded a racist.

Senate Majority Leader Harry Reid, back in 2008, happened to blurt

out the truth about Barack Obama's chances of winning the presidency. He's now paying the price. (The public will forgive a politician anything except the truth.)

A new book has just revealed that Reid suggested that Obama had a shot at becoming our first African-American president because he was "light-skinned" and because he didn't speak with a "Negro dialect, unless he wanted to have one." Which is more or less self-evident.

The Republican right immediately exploded in criticism (surprise, surprise) at the racially charged comments. Some even calling for Reid's resignation. The senator responded by apologizing for the remark and Obama granted him absolution.

That wasn't enough for the Wretched Right.

"There's a big double standard," said Michael Steele, the Republican national chairman.

Republicans compared the incident that led to then-Majority Leader Trent Lott — a Republican — being forced from his leadership position. He said, at a dinner honoring the ancient Strom Thurmond, that we would have been better off if the South Carolina senator

(See BELTWAY, page eight)

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FLOYD COUNTY Sports



READY FOR RICHMOND

The Betsy Layne Ladycats will compete in the Touchstone Energy All "A" Classic statewide tournament next week in Richmond at EKV's McBrayer Arena.

Left: Ladycat Coach Devon Akers got a hug from former coach and current Betsy Layne Principal Cassandra Akers.

All 'A' tickets on sale at BLHS

Tickets for the Betsy Layne Ladycats' opening round game in the Touchstone Energy All "A" Classic statewide tournament will be on sale Friday, Jan. 22 through Tuesday, Jan. 26 during regular school hours. Tickets are \$8 in advance and \$10 at the window on the day of the game. The Ladycats will play at 10:30 a.m. on Wednesday, Jan. 27 in McBrayer Arena on the campus of Eastern Kentucky University in Richmond.

Outside time just around the corner

by RICK BENTLEY
TIMES COLUMNIST

It's about that time. You know what I mean? It's time. Time for some sun, some time outside, some fun. I don't mean these 45 degree days we've been having either. Don't get me wrong, I'm glad to have them. Much, mmmuch better than that miserable month we just finished. I mean some good ol' warm sunshine. I'm talking 70, 75 degrees. You know, baseball weather. The kind Ronnie Newsome needs to really get excited about heading to the golf course.

It's about that time. I'm ready for it. I'm far from an outdoorsman. My dad's like that. My Uncle Jimmie too. The hotter the better for them. They don't like it warm. They want it hot. Steaming hot. Not necessarily 100 percent humidity, but good and hot.

Good garden weather. Not necessarily me. But I'll take a good sweating heat over this bitter cold. I don't like that at all. You can't go outside. It's dark before you get home. Have to bundle up to walk from the car into the church on Sunday morning. I hate that.

But warm I like. Can't wait for

(See TIME, page six)

Spring turkey season to open April 17

TIMES STAFF REPORT

FRANKFORT — Kentucky's 2010 spring wild turkey hunting season will open statewide Saturday, April 17, and close Sunday, May 9. The youth-only season will be April 3-4.

The Kentucky Fish and Wildlife Commission, at its August meeting, recommended April's second Saturday as a permanent general season opener, but their proposal has not yet completed the legislative approval process.

The new license year begins March 1 and already hunters are beginning to plan hunts. Therefore, as in the past, this year's opener will fall on the Saturday closest to April 15.

The 2010 Kentucky Hunting Guide for Spring Turkey and Squirrel was posted online at fwyky.gov Thursday and printed guides will be available at license vendors within the next few weeks. Hunters should be sure to check the guide for complete hunting regulations, including bag limits, licensing requirements and equipment guidelines.

P'burg Little League to host signups

Prestonsburg Little League will conduct signups for the 2010 season on the following dates: Jan. 23, Feb. 6, 20 and 27. All Prestonsburg Little League signups will be held from 10 a.m. to 2 p.m. at Dairy Queen in Prestonsburg.



Allen Central senior guard Chris Stumbo went up and over the South Floyd defense Tuesday night. Stumbo scored 19 points for the Rebels.

Rebels defeat Raiders for first district win

Balanced attack leads Allen Central

by STEVE LEMASTER
SPORTS EDITOR

EASTERN — Second-year head coach Mark Martin and the Allen Central Rebels recorded their first 58th District win of the 2009-10 season Tuesday night when longtime rival South Floyd visited. The Rebels stayed a step ahead of South Floyd, defeating the Raiders 79-67.

Allen Central, which halted a four-game losing streak, improved to 4-9 after recording the win. "It was just a solid win for our team," Martin commented. "Our kids came out early and played hard on both ends of the floor."

South Floyd dropped to 2-12 as a result of its 10th straight loss.

Senior backcourt players Chris Stumbo and Justin Jackson led Allen Central to the key victory. Stumbo and Jackson paced Allen Central with 18 points apiece.

Four different Allen Central scorers reached double figures in the win as Sophomore guard Braxton Tackett tossed in 16 points and sophomore center Micah Harlow added 13.

In a back and forth battle, Allen Central managed to

maintain a lead over South Floyd at the conclusion of each quarter. The Rebels edged South Floyd 13-12 in the opening quarter and carried a 32-26 lead into the intermission.

Allen Central led 51-50 when the third quarter closed.

Junior guard Austin Woods chipped in eight points and sophomore guard Seth Jarrell added five for the Rebels.

Woods played well out of a starting role for the Rebels. "We had a good balanced attack and we are getting better both individually and as a team," Martin added. "This group is developing some confidence and as I stated earlier in the year, this group just needs experience in game situations."

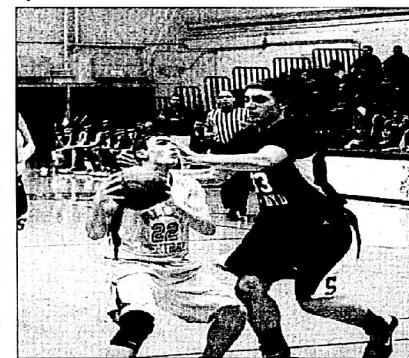
Junior forward Shannon Turner paced South Floyd on the offensive end, scoring a game-high 19 points to go along with 11 rebounds. Sophomore guard/forward Brandon Marson and junior guard Dakota Hall scored 16 points apiece for the Raiders.

Junior guard Wes Light and senior forward Tommy Joe Hall rounded out the South Floyd scoring with two points apiece.

South Floyd was three-of-23 from behind the three-point line in the district contest.



Above: Allen Central sophomore center Micah Harlow lofted a layup against heavy South Floyd defensive pressure. Below: AC sophomore guard Seth Jarrell eyed a shot.



Lady Eagles claim first conference win

TIMES STAFF REPORT

LOUISVILLE — The Alice Lloyd Lady Eagles traveled to Louisville Monday afternoon to face the St. Louis College of Pharmacy Eutectics in a KIAC game on a neutral court. The game was played at the Hoops Academy. ALC jumped out in front early on in the first half and played extremely well, eventually earning its first conference win. Alice Lloyd defeated St. Louis College of Pharmacy 85-44.

The Lady Eagles pushed the ball well and kept SLCOP on the defensive in the first half. Alice Lloyd led 45-16 at the intermission.

In the second half, Alice Lloyd kept up its first tempo as every player contributed in the win.

For Alice Lloyd (5-10 overall, 1-2 in the KIAC), every player who played broke into the scoring column. Junior Heather Dean and freshman Brittney McCoy led Alice Lloyd with 10 points each. A South Floyd High School graduate, Dean is in her first season with the ALC women's basketball program.

For SLCOP (2-12, 0-3), Hannah Renner paced at scorers with a game-high 17 points.

Alice Lloyd will return to the hardwood Saturday on the road at Midway College in another conference matchup. Tip-off for the conference showdown is set for 2 p.m.

P'burg girls fall short to Fairview

by STEVE LEMASTER
SPORTS EDITOR

PRESTONSBURG — Prestonsburg stepped out of 15th Region competition last Friday and hosted 16th Region member Fairview in a girls' high school basketball matchup. Looking to post its third win of the season, Prestonsburg produced a season-high 63 points. The Lady Blackcats, however, fell short in the end.

Fairview claimed its second straight win, defeating Prestonsburg 74-63. Kristian Waugh led Prestonsburg offensively, scoring a team-high 21 points. Waugh was one of three Prestonsburg scorers to reach double figures. Alexis DeRossett and Devann Poe added 13 points apiece for the Lady Blackcats.

DeRossett led Prestonsburg from the outside, connecting on two-of-eight three-point field goal attempts.

Tiffany Wertz tossed in five points and Catie Burchett and Cassie Burchett chipped in five apiece for Prestonsburg in the home loss.

(See P'BURG, page six)

PHS Dance Cats claim Grand Championship

TIMES STAFF REPORT

PRESTONSBURG — The Prestonsburg High School Dance Cats were recently named 15th Region Grand Champions. In the Large Varsity division, PHS claimed championships in the following categories: Jazz (two-time); Hip Hop (three-time) and Open (two-time). Prestonsburg was runner-up in the Pom category. Members of the PHS Dance

Cats are senior Nikki Bradley; juniors Christina Hereford, Kaitlyn Mixix and Kalan Wells; sophomores Kelsey Boyd, Leanna Goble, Toni Hammonds, Laiken Maggard, Kristany Setser, and Ashton Sizemore; and freshmen Paige Caudill, Morgan Haywood, Jactyn Kendrick and Sonjia Meade.

The Dance Cats will compete for a state championship Feb. 28 at Capital Plaza Convention Center in Frankfort.



PC Hall of Fame induction ceremony set for Saturday

TIMES STAFF REPORT

PIKEVILLE— Three stand-out student-athletes were inducted into the Pikeville College Athletics Hall of Fame Saturday morning, while three others will be honored for their outstanding contributions and another group will be recognized for what they've meant to the school as well as the athletics department.

All of this will take place in Booth Auditorium on Saturday morning at 11 a.m., preceding the Bears and Lady Bears doubleheader with the teams of St. Catharine College at the East Kentucky Expo Center beginning at 2 p.m.

Former basketball player Jeff Campbell, tennis standout Todd Kitchen and baseball star Robert Taylor will be inducted into the hall of fame. Former athletics department secretary Carole Ward and the companies Appalachian Wireless and Community Trust Bank will join the honorary wing of the hall, while the group of former football players who referred to themselves as the Elite Nine will also be honored during the ceremony.

Jeff Campbell came to Pikeville College from M.C. Napier High School in Perry County and brought with him an amazingly accurate shooting touch from essentially anywhere in the gymnasium. During his time as a Bear, Campbell netted 1,100 points.

Campbell's scoring ability is amplified by the fact that he shared the floor with three other scoring machines also in the Hall of Fame. Teammates Brian Johnson, Jody Thompson and Rodney Fuller combined to score more than 5,300 points, yet Campbell also joined the 1,000-point club. Not surprisingly, the Bears were pretty good during Campbell's career — his teams won a total of 47 games during his junior and senior seasons.

Todd Kitchen's credentials as a collegiate tennis player are jaw-dropping. After playing

No. 1 as a freshman at Union College, Todd was the two-time conference player of the year in three seasons at Pikeville College. He played No. 1 for two seasons at Pikeville before playing No. 3 as a senior, and played No. 1 doubles for three years where his teams were the best in the conference and region.

Kitchen made two national-tournament appearances, and during the final season where the NAIA played its national tournament on an individual basis, he was the only Bear to advance past the first round. In three seasons as a Bear, Todd compiled a record of 48-3 as a singles player, including a 19-0 mark as a senior. In addition, he played one season of junior varsity basketball.

After playing his freshman campaign at Liberty University, Robert Taylor had a terrific career as the starting catcher for the Pikeville College Bears. A three-time All-KIAC player, Rob was his team's MVP as a junior when he led the team in hitting with a .385 batting average, and home runs with 11. The Johns Creek High School product led the Bears in runs batted in all three years and was chosen by his teammates as team captain for both his junior and senior seasons.

After finishing his playing career and earning his degree from Pikeville College in 1993, Rob signed a professional contract and played one year for the Kentucky Longridges. During his time as a Rifle, Rob played for managers Roy Outright and Johnnie LeMaster, both of whom are also members of the Pikeville College Athletics Hall of Fame.

Carole Ward was secretary for the office of student services before her retirement last summer. During her time, Carole handled much of the day-to-day operations of the athletics department. "In many ways, Carole made the department run smoothly," said Ron

Dameron, vice-president for student services, women's bowling coach and former athletics director. "She made all of our lives much easier every day. Nobody deserves this honor as much as Carole."

Community Trust Bank has been a longtime supporter of Pikeville College and the athletics department. "Both times we've hosted the Mid-South Conference basketball tournament, they've stepped up and been our title sponsor," said Robert Staggs, athletics director. "They are involved in our community in many ways, as a local company should be, and we're thankful for the relationship with them here at the college."

Appalachian Wireless has been very active in its support of Pikeville College Athletics. "Without Danny VanHoose and Appalachian Wireless, we wouldn't be able to do many of the things we do now," said Kelly Wells, Pikeville College men's basketball coach. "They've played a vital role in our move to the Expo Center for our games this year, and we're very thankful for that."

The Elite Nine were on the first football team to ever play at Pikeville College. That team compiled a 7-1 record against a club schedule in 2000. These nine players were the only members of that team who stayed at Pikeville for their entire career and received their bachelor's degree together in May of 2005.

"Those nine players came to Pikeville College and truly became local boys," said Charlie Pinson, who did the television broadcast of every game those nine men played at Pikeville College. "Probably eight of those nine had never heard of Pikeville before they came here, and now it's in their blood and their soul. They became the faces of the program as it grew and blossomed and to this day they remain Pikeville boys — or, should I say, Pikeville men."



RUNNIN' REBELS

Above: Allen Central sophomore guard Braxton Tackett drove to the basket during the district game versus South Floyd.

Left: Senior guard Chris Stumbo approached the basket with a shot for the Rebels.

Below: Tackett went to the basket with another attempt in Allen Central's winning effort.



UK men's basketball tickets sold out

TIMES STAFF REPORT

LEXINGTON — Tickets to the next four University of Kentucky men's basketball home games have been sold out.

The four-game stretch includes Kentucky's games against Arkansas, Vanderbilt, Ole Miss and Alabama.

The Wildcats will return to Rupp Arena for the first time in two weeks on Saturday, host-

ing Arkansas. The game is scheduled for a 4:00 p.m. ET tip and can be seen live on the SEC Network.

Online: www.ukathletics.com

Time

March, maybe April, definitely May. I'm excited already about the national bowling championships. El Paso, Texas, is the site this year. Now that just sounds warm. And even though we're inside most of the time, it's still better than this. We can occasionally walk outside and enjoy it.

Right now we need five layers of clothes to start the car in the morning.

I love summer. Maybe it's got something to do with how much I love baseball, but I love it. I can't wait for a nice, relaxing day at the office and then a quick drive home so I can fire up the grill and turn on the Reds game. That's my idea of a good evening right there — grilling some chicken or burgers or whatever and catching a few innings of the Reds in action.

I love being home for several hours of daylight. I can walk up to see my family, maybe spend an hour on the lawn mower listening to Bob Seger or just sit around on the porch at mom and dad's or my deck

out back while the grill is getting some good food ready.

I may not be a millionaire, but it ain't a bad life. I certainly enjoy it. A lot of you may not. This may be your idea of paradise. It's too cold to go outside so you have an excuse to stay in. Maybe you love going to local basketball games every night — but if you do, there aren't many of you left; nobody goes to games these days — and don't mind the cold.

I hate it. Not that I hate basketball games. It's not my favorite sport but it's something to do. I'd rather be at the baseball field myself, but whatever makes people happy. It's an alright way to spend the evening.

But then you have to walk outside. That's the part I hate. The nagging cold, waiting for the car to get warm and by then you're nearly home. Snow's on the ground. It's so cold you can't even clean your windshield because something in there is either frozen or clogged.

And the snow. For the love of God I hate snow. If heaven is my version of paradise there will be no snow there. I hate it. If I never see snow again I'll be a happy man. Where I live, the sun hits pretty well. My snow melts pretty fast. A tenth of a mile up the road, where mom and dad live? It's the North Pole. We got the Great Snow of '09 on Dec. 18. I was at their house this past Wednesday.

They still had a clump of snow beside their porch. Still! It's been a freaking month and it's still there! Unbelievable.

But it's time. I'm ready for some warm weather. I know, I'm in for it. The last third of January is left. All of godforsaken February. Cold. Bitter cold awaits.

But soon and very soon, it'll be here. We'll be able to go out in shirt sleeves. We'll get to break out the shorts. The grill will be back in season. Baseball will be in the air and on the tube.

It's about that time. It's long overdue. And I'm ready for it.

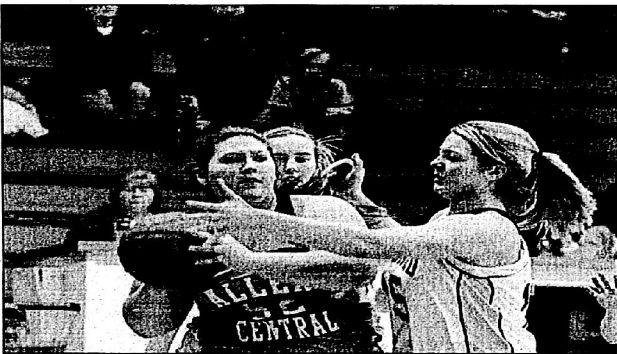
Continued from p5

ATHLETES OF THE WEEK

Justin Jackson, Allen Central Boys' Basketball
Megan Hamilton, Betsy Layne Girls' Basketball



SPORTS FAN OF THE WEEK



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

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

Eagles fall at Cincinnati Christian

TIMES STAFF REPORT

CINCINNATI — Host Cincinnati Christian University defeated visiting Alice Lloyd College 122-102 Saturday night in a KIAC matchup. The high-scoring affair yielded several offensive highlights for both squads.

In the opening half, Alice Lloyd got 20 points from junior-

guard Daniel Combs on a seven-of-nine shooting effort. Cincinnati Christian, however, still led 52-47 at the break.

Alice Lloyd hung tough in the second half, keeping the game tight. But behind the play of Damation Thomas, CCU slowly pulled away to earn the conference win.

For ALC (4-11 overall, 0-3 in

the conference), five scorers reached double figures. In addition to Combs, who led the way with 30 points, sophomore forward Nick Brumback contributed 22. Freshman guard Brandon Brumgraff added 13 points while sophomores Brandon Hayes and Van Ferguson each chipped in 12. Thomas paced CCU (8-9, 1-3) with 28 points.

P'burg

Prestonsburg shot 45.6 percent (26-of-57) from the field in the setback. The Burchetts led

Prestonsburg on the glass, collecting five rebounds each. Prestonsburg will visit Allen Central tonight for a key 58th

District/Floyd County Conference game. Tip-off for the Allen Central-Prestonsburg game is set for 6 p.m.

Continued from p5

Fourth-grader negotiates NASCAR deal for dad

Steve Blackburn Motorsports, Tom Mabe join forces

TIMES STAFF REPORT

When lifelong NASCAR fan Joshua Mabe of Louisville, Ky., heard that driver Travis Kvapil was without a sponsor he vowed to use his business skills to negotiate a sponsorship deal to keep the much-loved Kvapil racing. The twist: Mr. Mabe is just 10 years old and in the fourth grade. The pint-sized executive offered Yates Racing \$300,000 in exchange for having the logo of his father's business, TomMabe.com, emblazoned on the side of Travis's stock car. Nevermind that Dad was totally unaware of his son's negotiations. The younger Mabe delivered his pitch with a level of credibility that kept several NASCAR team reps on the line for long periods of time.

"He was trying to sponsor a different car every race, when my son told me he'd been having a series of conversations with different teams, I had to check my office phone recorder, my wife and I were curious to hear what was going on," said Joshua's dad, comedian Tom Mabe.

"Little did I know that he was attempting to commit me to a deal that could have us taking a second mortgage on our house."

Proud mom Melanie, said, "Josh has always been precocious, but in most ways, he's just a typical little boy."

Joshua Mabe was crushed when his father told him that they couldn't sponsor a major NASCAR driver.

"Like me, Joshua has tics and OCD, but he also has this extra gear and a drive that can drive you crazy or drive you to Prestonsburg, Ky., to meet up with ARCA driver Steve Blackburn," Tom Mabe said.

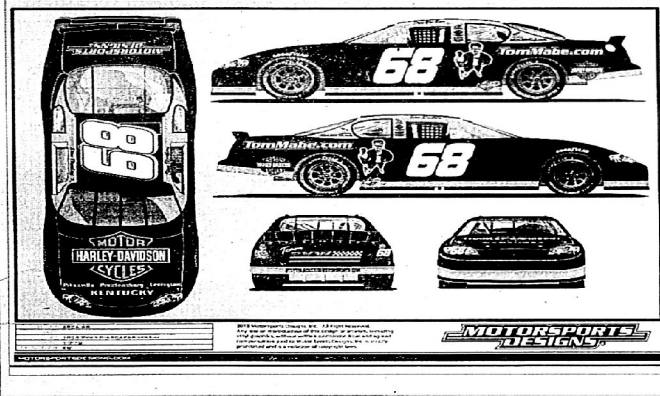
Mabe has teamed up with Prestonsburg, Ky.-based ARCA driver Steve Blackburn. The Steve Blackburn Motorsports entry featuring TomMabe.com as a sponsor will soon make its debut at Daytona International Speedway.

After several meetings and phone calls, Steve Blackburn Motorsports and TomMabe.com have teamed up together and will compete in the ARCA Series, running in the Lucas Oil Slick Mist 200 at Daytona International Speedway on Saturday, Feb. 6.

Blackburn welcomed the chance to team up with TomMabe.com.

"This is a great opportunity for Steve Blackburn Motorsports and TomMabe.com and we're looking forward to racing at Daytona," Blackburn commented.

ONLINE:
www.stevblackburnmotorsports.com
www.tommabe.com
www.joshuamabe.com



Sweet 16 draw set to air on WKYT

TIMES STAFF REPORT

LEXINGTON — The draws for the 2010 PNC/KHSAA Boys' and Houchens/KHSAA Girls' State Basketball Tournaments will be conducted on Friday, Jan. 29. WKYT-TV (Ch. 27) in Lexington will again air the draws live beginning at 1 p.m. Insight of Northern Kentucky, Louisville and Bowling Green will also air the program and it will be streamed live by iH.com.

Brackets will be posted to the Rakerd's/KHSAA Scoreboard and the KHSAA website at the conclusion of the program.

Satellite information will

be released next week when it becomes available.

Tickets to the 2010 PNC/KHSAA Boys' and Houchens/KHSAA Girls' State Basketball Tournaments are on sale through the KHSAA office and online at khsaa.org. At this time, only full tournament sets of tickets (one ticket to each of the eight sessions) are available. Lower arena seats are priced at \$121 each and upper arena seats are priced at \$71 each. Tickets will be on sale through the KHSAA until Wednesday, Feb. 24. Beginning March 1, tickets will only be available through the Rupp Arena (boys) and Diddle Arena (girls) box offices and/or the venue's

respective online ticketing agent.

UPCOMING KHSAA EVENTS

Jan. 29: Sweet 16 Draw Show, WKYT-TV and Insight Outlets, 1 p.m. (ET)
Jan. 31-Feb. 6: Regional Swimming & Diving Meets
Feb. 12-13: Regional Wrestling Tournaments
Feb. 12-13: Pannell Swim Shop/KHSAA Swimming & Diving Championships, Ralph Wright Natatorium, Louisville
Feb. 18-20: KHSAA State Wrestling Championships, Frankfort Convention Complex, Frankfort



photos by Greg Moore

LADYCATS ADVANCE TO STATE

Betsy Layne will face the 6th Region champion in the opening round of the Touchstone Energy All "A" Classic statewide tournament Wednesday.

Above: Keleigh Wagner (32) lofted a shot for the Ladycats.

Left: Taylor Watkins and T.J. Tackett defended for Betsy Layne in the 15th Region All "A" Classic title game versus Pikeville.



Alice Lloyd stops SLCOP

Eagles win first conference game

TIMES STAFF REPORT

LOUISVILLE — The Alice Lloyd College Eagles faced the St. Louis College of Pharmacy Eutectics Monday afternoon at the Hoops Academy. After a tight first half, ALC pulled away and earned its first conference win of the season, defeating SLCOP 73-60.

The Eagles played the contest without leading scorer Nick Brumback, who was ill. In the first half, SLCOP controlled the tempo and eventually led 37-35 at the intermission.

Utilizing a fast tempo allowed ALC to push the basketball up the floor in the second half and gain control of the contest. The Eagles eventually stretched their lead to 20 points.

For ALC (5-11 overall, 1-3 in the KIAC), three scorers reached double figures.

Brandon Brugraff, a freshman guard, tossed in a career-high 17 to lead the Eagles. Junior guard Daniel Combs followed Brugraff with 16 points in the conference game. Senior guard Keith Warner chipped in 11 points for the Eagles.

Center Matt Finet paced the Eutectics (1-11, 0-2) with 17 points.

Alice Lloyd was hosting NCAA Division II foe King College Thursday evening. The Alice Lloyd-King men's basketball game ended too late to make this edition.

Lady Raiders roll over Allen Central

by STEVE LEMASTER
SPORTS EDITOR

EASTERN — The South Floyd Lady Raiders pulled away and defeated Allen Central 68-48 Tuesday night in a 58th District/Floyd County Conference contest at J.E. Campbell Arena.

The Lady Raiders defeated Allen Central for only the fourth time in the program's 17-year history.

South Floyd improved to 6-

6 while Allen Central slipped to 3-10.

Kayla Hall paced South Floyd, scoring a game-high 18 points for the Lady Raiders. Four different South Floyd scorers reached double figures in the district game. Chelsie Tuttle tossed in 15 points and Ashley Castle contributed 11 for the Lady Raiders.

Gabrielle Bailey turned in a double-double for South Floyd, scoring 10 points and pulling down 10 rebounds.

Andrea Conn (eight points), Kiara Hall (four points) and Joslyn Isaac (two points) also provided scoring for the Lady Raiders.

As a team, South Floyd connected on eight-of-24 three-point field goals. The Lady Raiders were 10-of-25 from the free throw line.

South Floyd thrived on the glass, grabbing 41 total rebounds.

The Lady Raiders led 43-19 at the half.

15th Region Boys' Basketball Standings	
Team	Record
Shelby Valley	13-2
Pikeville	13-5
Lawrence County	8-3
East Ridge	8-3
Betsy Layne	8-6
Sheldon Clark	6-6
Pike County Central	6-9
Belfry	5-5
Paintsville	5-11
Phelps	4-4
Johnson Central	4-9
Allen Central	4-9
Magoffin County	3-13
South Floyd	2-12
Prestonsburg	1-14

15th Region Girls' Basketball	
Team	Record
Sheldon Clark	10-3
Belfry	10-4
Pikeville	9-4
Lawrence County	9-5
Betsy Layne	8-5
Piarist School	7-5
East Ridge	7-7
Shelby Valley	6-6
South Floyd	6-6
Johnson Central	6-10
Magoffin County	5-10
Pike County Central	4-9
Paintsville	3-7
Allen Central	3-10
Phelps	2-8
Prestonsburg	2-13

MSU captures 27th national cheerleading championship

TIMES STAFF REPORT

MOREHEAD — Morehead State University's coed and all-girl cheerleading squads captured respective national championships Saturday (Jan. 16) at the College National Cheerleading Championships.

The Universal Cheerleaders Association-sponsored event was held at the Walt Disney's Wide World of Sports in Orlando, Fla.

With the win, MSU's coed squad claimed its ninth consecutive title and 20th overall championship.

After finishing second for two straight years, the MSU all-girl squad won its seventh national title.

Memphis was second, followed by South Florida, Indiana and San Diego State. Mimesota was sixth while rounding out the top 10 were Mississippi State, Western Kentucky, Florida State and Rutgers.

The coed and all-girl cheerleading squads placed first in the country in their division in the qualifying round, which consisted of a cheer video and a one-and-a-half-minute video that demonstrated the teams' stunts, pyramids, basket tosses and tumbling skills.

Coach Tony Nash guides the MSU cheerleading program.



GIVING BACK: Each month, James Justice and the Justice Sledgehammer Competition is giving \$25 to a child age 13 or younger. Betsy Layne resident Zackery Brewer, 2, was awarded for the month of January.

Candidates

a place on the fiscal court as magistrates than any other local races. In addition to those filing in District 3 and 4, another six names will be on the ballot for District 1 and four more in District 2.

Floyd County Attorney Keith Bartley also filed to run for re-election this past week. Bartley has seen no challengers file to run against him yet.

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

To date, candidate filings include:

U.S. Senate
 James Buckmaster, Democrat
 Jack Conway, Democrat
 Daniel Mongiardo, Democrat
 Darlene F. Price, Democrat
 Maurice M. Sweeney, Democrat
 C.M. "Trey" Grayson, Republican
 Bill Johnson, Republican
 Gurley L. Martin, Republican
 Rand Paul, Republican
 Jon J. Scribner, Republican

U.S. Congressman, 5th District
 Harold "Hal" Rogers, Republican
 David Prince, Democrat
 James E. "Jim" Holbert, Democrat

State Representative, 95th
 Gregory Stumbo, Democrat

State Representative, 97th
 District
 Bill Mike Runyon, Republican
 Hubert Collins, Democrat

Judge-Executive
 R.D. "Doc" Marshall, Democrat
 Brent Graden, Democrat
 Charles "Chuck" Meade, Democrat

Sheriff
 John K. Blackburn, Democrat
 Steve Little, Democrat
 Curtis L. Lewis, Democrat

Jailer
 Roger Webb, Democrat

County Attorney
 Keith Bartley, Democrat

Coroner
 Gregory Scott Nelson, Democrat

PVA
 Connie Hancock, Democrat

Surveyor
 Teresa Hall, Democrat

Magistrate, District 1
 Keith Stapleton, Democrat
 Ernest G. Burchett, Democrat

Magistrate, District 2
 Marie Martin Holbrook, Democrat
 Jackie Edford Owens, Democrat
 Kenneth Roberts, Democrat
 William Salisbury, Democrat

Magistrate, District 3
 German Stumbo, Democrat
 Glenn Moore, Democrat

Donny Daniels, Democrat
 Mike Laffery, Democrat
 Ronald "Ronnie" Stewart, Democrat
 James "Bimbo" Collins, Democrat
 Basel Moore, Democrat

Magistrate, District 4
 Dean M. Hall, Democrat
 Ronnie Akers, Democrat
 Martin "MJ" Meade, Republican

Constable, District 1
 Ben Ferguson, Democrat
 Mike Hall, Democrat
 Lester Jarvis, Democrat
 Roger Rowe, Democrat
 Larry "Boss" Jarrell, Democrat

Constable, District 2
 Terry Triplett, Democrat
 Samuel Duncan, Democrat
 Zeb Ousley, Democrat

Constable, District 3
 Ronnie Vicars, Democrat

■ Continued from p1
 Tony Flanery, Democrat
 Michael Tackett, Democrat
 Barry Hopkins, Democrat

Constable, District 4
 Jordan Case, Democrat
 David "Winford" Wakeland, Democrat
 John Kidd, Democrat
 Alfred "Junebug" Newsom, Democrat

Circuit Court Judge, 31st
 Circuit, Division 1
 Johnny Ray Harris

District Court Judge, 31st
 District, Division 1
 James R. Allen

District Court Judge, 31st
 District, Division 2
 Eric D. Hall

Family Court Judge, 31st
 District, Division 3
 Dwight Stacy Marshall

Robbery

■ Continued from p1
 according to reports.
 Police said Lewis stopped in the middle of the road when pulled over and that he had an "extremely strong odor of alcohol."

Lewis failed a field sobriety test, police said, and later admitted to drinking nine or 10 beers and taking several pills. He was arrested just before 8:30 a.m. and charged with operating a motor vehicle under the influence of alcohol or drugs, no registration plates or receipt, failing to wear a seat belt, driving on a suspended license and no insurance.

While being held at the Floyd County Detention Center, more serious charges were added when state police added first-degree robbery charges to the list.

Though unsure at this point how police connected Lewis to the robbery, police now say the Betsy Layne resident is the person responsible for a robbery that had occurred roughly five hours before he was pulled over at Printer.

According to the charges, Lewis allegedly went into the Harold Double Kwik just after 3 a.m. and threatened the clerk with a tire iron, demanding money, before later being taken into custody in the Printer area.

Wreck

■ Continued from p1
 The Kia Sportage the woman was driving was knocked about 75 yards from the place where the impact took place, officers said, nearly the length of a football field, before catching fire.

The woman was pronounced dead at the scene while the coal truck driver suffered no serious injuries, but was transported to the hospital to be checked out, police said.

As of press time, there had been no word on why the woman crossed into the opposite lane of traffic and traveled for so long before the fatal collision.

The accident remains under investigation by the Kentucky State Police.

Beltway

■ Continued from p4
 had won the presidency in 1948 when he was the "Dixiecrat" Party candidate.

Let me say this about that: It's utter (insert vulgar barnyard epithet here).

Reid is a long-time supporter of civil rights, both in his state and the nation. He's not a racist and has proved it many times over. Moreover, what he said was true.

Lott, on the other hand, not only opposed making Martin Luther King Jr.'s birthday a holiday, he worked against the passage of the Voting Rights Act, one of the most important pieces of civil rights legislation of our time.

In addition, what he said was wrong — we wouldn't be better off as a nation if we had elected in 1948 a man who not only was a segregationist, but somewhat dim-witted.

Do you think the Rapture will take the Republican Party "upstairs," lock, stock and filibuster? That would make being left behind a lot more attractive.

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

Veterans

honorable discharge.
 SB 30 expands the state's military family assistance trust fund at the discretion of the adjutant general. Currently, the program covers housing, utilities, groceries, health insurance, and childcare assistance to military families. SB 30 would also require eligible National Guard or Reserve members to

name Kentucky as their home of record for 180 days after their deployment ends, up from the current 90 days.

SB 31 would greatly reduce the amount of paperwork necessary to open a certain kind of residence care home that provides care exclusively to three or fewer veterans. "This is a new concept in health

care in Kentucky for our veterans," Tort said. This alternative is much less expensive than traditional nursing homes, she said. SB 31 would exempt these small-focus facilities from the state's certificate of need process.
 All three bills now move to the House for its consideration.

American Heart Association
 Fighting Heart Disease and Stroke

Choose Healthful Foods

PSA

**Your Heart is Talking
 Are you Listening?**

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

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

- **Chest Pain**
 This is the major sign of a heart attack for men. The pain is often described as crushing, burning, tightness or pressure. It often starts in the center of the chest and radiates outward. Seek care immediately.
- **Shortness of Breath**
 An inability to breathe, or the feeling that you're just not getting enough air, is another important sign. Seek immediate medical attention.
- **Upper Body Discomfort**
 Men who've had heart attacks also report feeling pain or discomfort in the arms, back, neck, jaw or stomach. You may have one or more of these symptoms. Or none.
- **Other signs**
 A feeling of anxiousness, unexplained dizziness, persistent nausea and cold sweats are all signs that can occur before or during a heart attack.

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

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

KING'S DAUGHTERS
 CHEST PAIN CENTER

Your heart deserves expert care.

1-888-311-KDMA

For the Record

Marriage Licenses

Amly Lynn Henson, 18, of Martin, to Leigh Johnson, 21, of Martin.
 Angela Leivh Wilson, 31, of Prestonsburg, to Adrian M. Ousley, 25, of Hueysville.
 Juanita Jane King, 16, of Martin, to Andrew Shelby Howell, 21, of Prestonsburg.
 Jenna Michelle Crum, 16, of Drift, to Justin Michael Carr, 20, of Printer.

Civil Suits Filed

Hudson and Keyse LLC vs. Anna J. Huff; complaint.
 M.T.C. vs. Brandon Presley; complaint.
 Sammy Suiter vs. David G. Nichols; complaint.

LVNV Funding LLC vs. Deborah L. Wallen; complaint.
 Inez Deposit Bank vs. Joseph Jacobs and Mashawna Jacobs; complaint.

Hudson and Keyse LLC vs. Danny Bragg; complaint.
 Austin Sales LLC vs. Muriel-Don Coal Inc.; complaint.

Sandy Valley Financial Services vs. Sarah J. Burchett; complaint.
 FIA Services N.A. vs. Lynn Holbrook; complaint.

Lendmark Financial Services vs. Jonathan Hall and Jordi Hall; complaint.

Charges Filed
 Frank A. Webb, 45, West

Van Lear; alcohol intoxication.
 Tiffany Wallen, 21, Stanville; alcohol intoxication.
 Stephen Allen, 24, Prestonsburg; alcohol intoxication.

Brandon Wayne Ritchie, 26, Kite; alcohol intoxication, possession of an open alcoholic beverage container in a motor vehicle.
 James Tatum, 27, Paintsville; alcohol intoxication.

Robert Allen, 23, David; alcohol intoxication, disorderly conduct.
 Edward Collins, 46, Wayland; public intoxication, three counts of possession of a controlled substance, three

counts of controlled substance prescription not in original container.

Chris Hayden, 20, Prestonsburg; public intoxication, possession of a controlled substance, controlled substance prescription not in original container, use or possession of drug paraphernalia.

Arnold Mosley III, 27, Auxier; possession of a controlled substance, failure of owner to maintain required insurance.
 Jamie Meade, 19, Printer; harassment.

James R. Lewis, 25, Betsy Layne; first-degree robbery.
 James R. Lewis, 25, Betsy Layne; operating a motor vehi-

cle while under the influence of alcohol or drugs, no registration plates, no registration receipt, failure to wear seat belts, operating a motor vehicle on a suspended license, failure to maintain insurance.
 Samantha L. Collins, 26, McDowell; second-degree assault, alcohol intoxication.

Inspections
 Charley's Grilled Subs, Prestonsburg, regular inspection. Violations noted: food not protected during preparation, food not protected during storage, non-food contact surface of equipment and utensils not clean, improper storage of single-service articles, garbage and refuse containers not covered as required. Score: 94.
 Wal-Mart Subway, Prestonsburg, regular inspection. Violations noted: food not protected during storage, food not protected during preparation, dishwashing facility not properly operated, food contact surface of equip-

ment and utensils not clean, unnecessary articles in or around the establishment. Score: 93.

Property Transfers
 James Kenneth Allen to Raymond R. Schoolcraft, property not listed.
 Marsha Allen to Raymond R. Schoolcraft, property not listed.

Hershell Baldrige to Luther Baldrige, property located at Middle Creek.
 Sheila Brown Baldrige to Luther Baldrige, property located at Middle Creek.

Jennifer Boyd to Patrick O. Boyd, property located at Johns Branch.
 Steven E. Boyd to Patrick O. Boyd, property located at Johns Branch.

Thomas Clark to John Bascom Clark, property not listed.

Darrell Crider to Darrell Crider, Jr., property not listed.
 Cassandra Fulks to Jesse Osborne and Melinda Osborne, property located at Valley View Estates.

Patton R. Hart elected new potentate of El Hasa Shrine

Patton R. Hart of the Louisa area was recently elected and installed as Potentate of Ashland's El Hasa Shrine.



Patton R. Hart

Other officers elected were Rodger Rayborne of Olive Hill, L. Joe McSweeney of South Point, Carl S. Wellman II of Ashland, James "Kipp" Barker of Ashland, Vic Hopper, Jr. of Hanging Rock, Ohio and Patrick Bowling of Grayson. Those officers appointed to the line include Richard Thompson of Ironton, Ohio, Bob Pigman of Hindman, John "Skip" Holley of Morehead, Rick Porter of Olive Hill, Robert Channell of South Williamson and Jeff Lovely of Salyersville.

Serving as Trustees of El Hasa Shrine are Richard Hartman, Don DaVania and Warren Burton of the Ashland area.
 El Hasa Shrine consists of over 2,300 Shrine volunteers. For the past years El Hasa Shrine has annually contributed to help kids with orthopedic conditions, burns, spinal cord injuries and cleft lip and palate. Those eligible for care receive all services at no charge — regardless of financial need.

El Hasa Shrine is comprised of local Shrine Clubs and Units around the tri-state region including: Big Sandy Shrine Club (Paintsville), Carter County Shrine Club

(Olive Hill), Elliott County Shrine Club (Elkhorn City), Four Star Shrine Club (Vanceburg), Greenup County Shrine Club (Greenup), Jenny Wiley Shrine Club (Prestonsburg), Knott County Shrine Club (Hindman), Lawrence County Shrine Club (Louisa), Magoffin County Shrine Club (Salyersville), Martin County Shrine Club (Inez), Morehead Shrine Club (Morehead), Morgan County Shrine Club (West Liberty), Pike County Shrine Club (Pikeville), Stone Shrine Club (Belfry), Whitewater Shrine Club (Pike Co. area), a host of Shrine Units located in Ashland and along with specialized parade and entertainment units located in the Ashland area.

Conditions treated at our 22 Shriners Hospitals include: orthopedic problems of cerebral palsy, Scoliosis (curvature of the spine), spina bifida, ontogenesis imperfect (brittle bone disease), juvenile arthritis, club foot, missing limbs (congenital or acquired), dwarfism, burn injuries of all degrees, spinal cord injury rehabilitation and cleft lip and palate repair. Shriners Hospitals are among the very best children's hospitals in the world and all services and treatments are provided at no cost to children under 18 years old. Our hospitals are supported by the Shriner's of North America and by generous donations from the public.

Since 1922, Shriners Hospitals for Children has helped hundreds of thousands of children reach their potential and lead more fulfilling lives. But it's only because of the generosity of donors, past and present, that we're able to fulfill our mission and help kids do more than they ever thought possible. Donations work hard at Shriners Hospitals, with approximately 90 percent of our annual operating budget spent in direct support of our mission of treatment, research and teaching.

Shriners Hospitals for Children has recently received a "Best in America" seal from Independent Charities of America (ICA) and Local Independent Charities of America (LICA).

The seal of excellence is

awarded to members of ICA and LICA that have, upon rigorous independent review, been able to certify, document and demonstrate on an annual basis that they meet the highest standards of public accountability, program effectiveness and cost effectiveness.

There are many ways to support Shriners Hospitals for Children. Please visit www.ShrinersHospitals.org or call 1-800-241-GIFT. If you know of a child Shriners Hospitals may be able to help, please call our toll free patient referral line at 1-800-237-5055.

Nuclear power proposal gets Senate approval

FRANKFORT — A statewide moratorium on nuclear energy plant construction would end under legislation passed Wednesday by the Senate.

Senate Bill 26, sponsored by Sen. Bob Leeper, I-Paducah, would allow new nuclear power plants in Kentucky if the facility's plan for storing the high-level waste conformed to federal guidelines. Current law mandates a plan for waste disposal, in effect a ban because no disposal site has yet been approved anywhere in the United States.

"We have 104 nuclear reactors in this country running very safely," Leeper said. A uranium enrichment plant currently operates in Paducah, although it is scheduled to close in 3-8 years. Opening up Kentucky to nuclear energy would make the state competitive for more energy-sector jobs, he said, taking advantage of those workers' job skills. "(SB 26) allows us to put ourselves on the map in boardrooms across the country" as they seek to expand.

The bill, which passed on a 27-10 vote, now heads to the House for its consideration.

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Floyd County Devotional Page

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

Devotional Spotlight

Graceway United Methodist
Roy Harlow Minister

Sunday School 9:45 a.m.
 Worship Service 11:00 a.m.
 Wednesday 7:00 p.m.

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

ASSEMBLY OF GOD
 First Assembly of God, Martin, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Lorie Vannucci, Minister.

In Victory Assembly of God, West Prestonsburg, Sunday School, 10:00; Worship Service, 11:00 & 6:30; Wednesday Evening, 6:30; Gary Stanley, Pastor.

New Bethel Assembly of God, Burning Fork Rd., Salyersville, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m. Arthur (Sam) Smith, Minister.

Praise Assembly, 1 mile S. of Prestonsburg, intersection of Rt. 90 and U.S. 23, Sunday School, 10:30 a.m.; Worship Service, 11 a.m. and 6:00 p.m.; Midweek Thurs., 7:00 p.m., J.M. Sloce, Minister.

BAPTIST
 Allen First Baptist, Allen, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Arnold Turner, Minister.

Auxier Freewill Baptist, Auxier, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Thursday, 7 p.m.; Bobby Spencer, Pastor.

Ball Branch Regular Baptist Church, Mousley Ky, Worship Service, 9:30, Every 3rd Sat. and Sun. of each month; Roger Hicks, Pastor, Ralph Howard, Asst. Pastor Contact Karmit Newsome 606-377-6881 for more information.

Benedict Baptist, 5566 Rock Branch, Cow Creek, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Gordon Fitch, Minister.

Betsy Layne Free Will Baptist, Betsy Layne, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Tracy Patton, Minister.

Big Sandy Community and Technical College Baptist Student Union, J 102, Wednesday, 11:30 a.m.; Vera Jones, 886-3963, ext. 6767.

Bonanza Freewill Baptist, Abbot Creek Road, Bonanza, Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Jimmy D. Brown, Minister.

Brandy Keg Freewill Baptist, Com Fork, Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Roger Music, Minister.

Community Freewill Baptist, Goble Roberts Addition, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Paul D. Coleman, Minister.

Cow Creek Freewill Baptist, Cow Creek, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Nathan Lafferty, Minister.

Daniels Creek Baptist Fellowship Church of God, Banner, Services: Saturday night, 7 p.m.; Sunday morning, 11 a.m.; Sunday night, 7 p.m.; Henry Lewis, Minister.

Drift Freewill Baptist, Drift, Sunday School, 10 a.m.; Worship Service, 6:30 p.m.; Thursday, 6:30 p.m. Jim Fields, Minister.

Endicot Freewill Baptist, Buffalo, Sun. School, 10 a.m.; Church every Sun. Morning 11:00 a.m.; Wed. evening Bible Study & Prayer Meeting, 7:00 p.m.; First Sat. evening Service, All Welcome 7 p.m. Pastor Mark Hunt, 606-478-2698

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

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

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

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

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

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

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

Lower Toler Church of Christ, Harold, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wednesday, 6:30 p.m.; Evening, Worship, 6:00 p.m.; Mare Creek Church of Christ, Stanville, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m.

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

Maytown Church of Christ, 66 Turkey Creek Rd., Langley, Sunday Bible Study 10:00 a.m., Sunday morning worship, 11:30 a.m., Evening, Worship, 6:00 p.m., Wednesday Bible Study, 6:00 p.m.

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

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

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

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

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

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

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

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

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

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

LUTHERAN
 Our Savior Lutheran, Slipp Baynes Room Carriage House Motel, Paintsville, Sunday Service, 11 a.m.; WKLV (600 am) 12:05 p.m.; Rolland Stroup, Minister.

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

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

Allen Christ United Methodist, Allen, Sunday School, 9:45 a.m.; Worship Service, 11 a.m. & 6 p.m.; Wednesday, 6 p.m.; Robert L. Amster, Minister.

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

Graceway United Methodist, Rt. 979, Beaver, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Philip T. Smith, Minister.

Emma United Methodist, Emma, Sunday School 10 a.m.; Sunday Worship Service 11 a.m.; Pastor David Rios, 886-8046.

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

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

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

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

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

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

Vogle Day United Methodist Church, Harold, Sunday School, 10:00 a.m.; Sunday Morning Service, 11:00 a.m.; Wednesday Bible Study, 6:30 p.m.; Dennis C. Love, Pastor.

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

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

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

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

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

Goodloe Pentecostal, Rt. 850, David, Worship Service, 6 p.m.; Malcolm Stone, Minister.

Parkway First Calvary Pentecostal, Floyd and Magoffin, Sunday School, 10 a.m.; Worship Service, 11 a.m.; Mike D. Caldwell, Minister. 297-6262.

Trinity Chapel Pentecostal Holiness, Main St., Martin; Sunday School, 10 a.m.; Worship Service, 7 a.m.; 2nd Sat., 7 p.m.; Thurs., 7 p.m.; Ellis J. Stevens, Minister.

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

PRESBYTERIAN
 Drift Presbyterian, Route 1101, Drift, Worship Service, 11 a.m.

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

SEVENTH DAY ADVENTIST
 Seventh-Day Adventist, 5 miles West on Mountain Parkway, Church Service, 9:15; Sabbath School, 10:45; John Baker, Pastor, 388-9263; Church, 886-3459, leave message. Everyone welcome!

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS
 The Church of Jesus Christ of Latter-Day Saints, Sacrament Mt., 10:00 a.m.; Sunday School, 11:20 a.m.; Relief Society/Priesthood/Primary, 12:00 p.m.; Wednesday, 6 p.m. Church Meeting House address, Hwy. 80, Martin, KY 41649; Meeting House telephone number: 285-3133; Richard Salsbury, Bishop.

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

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

Grace Fellowship Prestonsburg, (next to old flea market), Sunday School, 10 a.m., Worship, 11 a.m. Bill Stukenberg, Pastor 889-0605.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Taylor Chapel Community Church, formerly the old Price Food Service building, located 1/4 quarter mile above Worldwide Equipment, Rt. 1428, Sun. Bible Study, 10 a.m.; Sun. Morning Service, 11 a.m.; Sun. Evening, 6:30 p.m. Kenny Vanderpool, Pastor.

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

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

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

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

Seventh-Day Adventist 5 miles West on Mt. Parkway, Sabbath School 9:30 am; Church Services 11AM; Pastor, John Baker 388-9263, Church 806-886-3459; Leave message. Everyone Welcome.

ASSEMBLY OF GOD
 First Assembly of God, Martin, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Lorie Vannucci, Minister.

In Victory Assembly of God, West Prestonsburg, Sunday School, 10:00; Worship Service, 11:00 & 6:30; Wednesday Evening, 6:30; Gary Stanley, Pastor.

New Bethel Assembly of God, Burning Fork Rd., Salyersville, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m. Arthur (Sam) Smith, Minister.

Praise Assembly, 1 mile S. of Prestonsburg, intersection of Rt. 90 and U.S. 23, Sunday School, 10:30 a.m.; Worship Service, 11 a.m. and 6:00 p.m.; Midweek Thurs., 7:00 p.m., J.M. Sloce, Minister.

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

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

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

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

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

First Baptist, Stanville, 157 South Front Street, Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wed., 6:30 p.m.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Jerry G. Workman, minister.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Lower Toler Church of Christ, Harold, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wednesday, 6:30 p.m.; Evening, Worship, 6:00 p.m.; Mare Creek Church of Christ, Stanville, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m.

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

Maytown Church of Christ, 66 Turkey Creek Rd., Langley, Sunday Bible Study 10:00 a.m., Sunday morning worship, 11:30 a.m., Evening, Worship, 6:00 p.m., Wednesday Bible Study, 6:00 p.m.

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

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

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

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

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

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

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

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

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

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

LUTHERAN
 Our Savior Lutheran, Slipp Baynes Room Carriage House Motel, Paintsville, Sunday Service, 11 a.m.; WKLV (600 am) 12:05 p.m.; Rolland Stroup, Minister.

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

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

Allen Christ United Methodist, Allen, Sunday School, 9:45 a.m.; Worship Service, 11 a.m. & 6 p.m.; Wednesday, 6 p.m.; Robert L. Amster, Minister.

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

Graceway United Methodist, Rt. 979, Beaver, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Philip T. Smith, Minister.

Emma United Methodist, Emma, Sunday School 10 a.m.; Sunday Worship Service 11 a.m.; Pastor David Rios, 886-8046.

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

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

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

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

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

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

Vogle Day United Methodist Church, Harold, Sunday School, 10:00 a.m.; Sunday Morning Service, 11:00 a.m.; Wednesday Bible Study, 6:30 p.m.; Dennis C. Love, Pastor.

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

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

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

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

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

Goodloe Pentecostal, Rt. 850, David, Worship Service, 6 p.m.; Malcolm Stone, Minister.

Parkway First Calvary Pentecostal, Floyd and Magoffin, Sunday School, 10 a.m.; Worship Service, 11 a.m.; Mike D. Caldwell, Minister. 297-6262.

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MOVIES FROM THE BLACK LAGOON

'Dead Clowns'

by TOM DOTY
TIMES COLUMNIST

If you have lowered expectations when it comes to "clown/zombie" flicks, then you'll love this entry in the undead cinema oeuvre.

Those of you who insist on such outdated notions as production values, however, will be brutally disappointed.

It starts with scenes of several folks getting ready to sail out a hurricane at a place called Port Emmett (no doubt a nod to the world's most famous clown). These folks are mostly solo, so you never get to hear their names. They consist of a young woman, a security guard, a wheelchair-bound guy whose mother wants him to come back home, and a couple who have chosen the wrong weekend to revisit her home town.

Turns out that they have much more to fear than gale force winds and a little precipitation, because 50 years ago a circus train plummeted off the town bridge during a similar storm. If you've guessed that the clown car was never recovered, then you deserve a few toots on a French horn.

The storm hits and we are treated to an oversized shoe emerging from the surf. It's followed by a fleet of the whey-faced fools, but their make-up has long since succumbed to the depths (along with

(See LAGOON, page five)

This Town, That World

Editor's Note: For years, Floyd County Times founder and former publisher Norman Allen wrote a weekly column that looked at Floyd County through his eyes. His columns are being reprinted due to request.

The streams rose last week, you might say, to the occasion.

AND THAT'S THAT

My friend, Richard Howard, who is doing graduate work at the University of Alabama, sends proof that Women's Lib has reached out into the hinterlands, down that way. As an example, he tells of a divorce case in a rural county in which the wife, 75, sued her husband, 82. The judge was curious. "Maggie," he asked, "tell me why, after 40 years of marriage, you want to divorce Jim."

"Well, Judge," she replied, "enough is enough."

WHY WORRY?

While all about me others were losing their cool, last week, at predictions that a loaf of bread will soon sell for a dollar, I viewed the situation without any alarm whatsoever. When the cost of a pone of cornbread skyrocketed I'll begin to get excited. And when the price of pines goes haywire, I'll write my congressman.

TROUBLE ON THE HOME FRONT

Amid reports of fuel short-

(See ALLEN, page four)



Tom Doty
Times Columnist

SHREDDING AWAY

Blue River native releasing thrash metal CD

by JARRID DEATON
FEATURES WRITER

Blue River may not be known as a hotbed of musical talent and innovation, but one native of the area is making his creative voice, along with his immense guitar talent, known.

Dave Reffett is the founder of Shredding the Envelope, a thrash metal band with a sound that pays tribute to the legends of the past while barreling toward its own future.

Reffett started playing music at age 13, learning how to play and sing by listening to bands like Pantera, Megadeth, Metallica and others.

"I think living in Blue River helped me a lot," Reffett said. "I had a lot of time to practice. In the big cities, there is so much to do and so many distractions. In Blue River, it was great. I have a lot of different

musical influences thanks to where I am from." At the age of 16, Reffett left Blue River and moved to Denver, Colorado.

"I moved to Denver and did pretty good in the local scene out there," Reffett said. "Then I attended a program at the Berkley College of Music. They offered me a scholarship. I graduated with a degree in music business management. Knowing the business side of it is very important."

After graduating, Reffett went on to work in the promotions and marketing department of Virgin Records.

"I loved marketing but hated promoting bands that I felt were dumbing down today's musical landscape," Reffett said. "I decided to make the music that I would be the first in line to buy."

Shredding the Envelope was formed in Boston by Reffett and Nancy Taylor, an artist. The band's first

release, "The Call of the Flames," features a number of guest musicians who are legends in the world of heavy metal. The musicians included Mike Mangini, who has drummed for Extreme, Steve Vai and Annihilator; George Lynch, a guitarist for Lynch Mob and Dokken; Michael Angelo Batio; Joe Stump; and two former Megadeth guitarists, Chris Poland and Glen Drover. Poland and Drover both provide solos on the same song, "Devils Roadmap." The album also has an impressive list of engineers and mixers, including Mudrock, Jon Lammi and George Marino.

The album is currently available digitally at iTunes and cdbaby.com, and the actual cd is scheduled to be released on Feb. 1.

For more information on Shredding the Envelope, including how to purchase the album, visit http://www.myspace.com/shreddingtheenvelope.

DINNER DIVA

Basic food



Good food isn't a complex thing at all. We all have this notion that going out to a fancy dinner at a restaurant somewhere is how you get "good food"; it has to be away from home and cost big bucks.

That's simply not true. In essence, fancy expensive restaurants mostly cook simple wholesome foods...and their secret is they cook these things from scratch; no boxes or cans allowed.

We can do that too. Okay, so maybe we're not going to be making some of the fancier sauces that are so wonderful, but we can certainly make quality food, nearly restaurant quality food, at home. The

foundation for this is the food itself.

When we start with the basics—produce, meat, poultry and fish, dairy, herbs and spices—we can do anything. There are a variety of ways to prepare these foods to suit your mood, the climate, the season and affordability as well as availability. And the best part about the basics; they're the least expensive stuff out there because having a food manufacturer or grocery store prepare it for you is expensive!

So this week when you think about what's for dinner, think in terms of the basics—the stuff with one word on their

ingredient lists, like onion, or chicken, or spinach. From there, you can build a meal that's healthy, delicious and economical, too!

Try this delicious recipe from last week's Menu-Mailer—you're going to love it!

Herb Braised Chicken Thighs

- Serves 6
3 tablespoons flour
3 teaspoons paprika
1 1/2 teaspoon salt

(See DIVA, page four)

inside lifestyles

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Worship DirectoryA7

CAR TALK

Nice gesture does no harm to cars

—page B5



Fun & Games

page B8





Family Medicine

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

Q My husband gets deep, painful cracks in his heels in the winter. I say it is because he doesn't use moisturizing cream on his feet. He says it is from wearing black socks. Either way, they are very painful, and he won't go to the doctor. What really does cause these, and can they be prevented? I never get foot problems like this, so I can't offer many suggestions.

A Heel cracks or fissures, are a very common foot problem usually caused by dry skin. They are worse when the skin around the heel is thick. Sometimes the fissures can become so deep that they bleed. When this occurs, the fissures can become infected, requiring treatment with an antibiotic. Foot pain, especially while standing or walking, is the most common complaint from people with heel fissures.

Heel fissures: Causes and care

As noted above, dry skin is the main cause, but there are contributing factors that predispose some people to heel fissures. People at greater risk include those who are overweight, those who stand for long periods of time (especially on hard floors) and those who wear non-supportive, open-back shoes like sandals. This last factor is very important, as many people with cracked heels tend to wear sandals in an attempt to keep pressure off the painful cracks. This actually makes them worse since there is no support around the heel to prevent the heel tissue from pressing inward when under pressure from standing.

There are also some medical conditions that make you more likely to have heel fissures. Hypothyroidism and diabetes can be medical factors in the development of heel cracks. First, make sure your footwear is closed and supportive, and try to reduce your daily standing time. Next, sanding down the heels to get rid of the excess dry skin (callus) can help to heal existing cracks and prevent new ones from forming. Taping the crack together with bandages or tape from a first-aid kit can help reduce the pain and speed up the healing process. You may also want to look for heel cups to insert into your shoe to help the heel tissue from expanding and causing more cracks. You can find these at most general pharmacies. Finally, your instinct is right about

moisturizers and emollients. I prefer ointments rather than creams. I would recommend that your husband apply an ointment like Vaseline to the entire heel, then wear socks to bed at night to help heal fissures and prevent new ones. By the way — the socks can be of any color.

Family Medicine(r) is a weekly column. To submit questions, write to Martha A. Simpson, D.O., M.B.A., Ohio University College of Osteopathic Medicine, P.O. Box 110, Athens, Ohio 45701, or via e-mail to read/questions@familymedicine-news.org.

GOOD HEALTH

Fibromyalgia: A baffling illness

DEAR DR. DONOHUE: My 50-year-old daughter has been diagnosed with fibromyalgia. She is in a great deal of pain, and medications have provided no relief. She has been told there is no cure. Exactly what is fibromyalgia? What causes it? — E.F.

ANSWER: Fibromyalgia is a baffling illness whose two principal symptoms are pain and fatigue. The pain is body-wide, on both sides and above and below the waist. For diagnosis, the pain has to have been present for three or more months. The fatigue of this condition is overwhelming, so much so that the simplest of daily tasks becomes a formidable challenge. Patients also suffer from sleep that does not refresh, and they often find it difficult to concentrate.

Its cause remains a great unknown. Specific tests for fibromyalgia don't exist. However, tender points — areas on the body where finger pressure elicits pain out of proportion to the pressure applied — aid in making a diagnosis. There are 18 such points, and for a diagnosis, 11 should be present.

Other illnesses — such as rheumatoid arthritis, lupus, Sjogren's syndrome and hepatitis, which have similar symptoms — have to be excluded, so testing for those conditions becomes part of the fibromyalgia workup.

Your daughter is right. No cure has been found, but sometimes symptoms improve on their own. Exercise is important. It sounds ridiculous to ask a person who is hurting and exhausted to exercise. At the start, exercise intensity can be modest, just walking. The goal is to extend exercise to 20 or 30 minutes of daily exercise and to pick up the tempo gradually.

The Food and Drug Administration has approved three medicines to ease fibromyalgia symptoms. They are Lyrica, Cymbalta and the newest, Savella.

The booklet on fibromyalgia provides more information on this baffling illness and its treatments. Readers can obtain a copy by writing: Dr. Donohue — No. 305W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. DONOHUE: My friend's toenails are white. What cause that? — E.B.

ANSWER: Fungal infections of the nail often turn them white. Proof of fungal infections comes from a doctor examining scrapings of the nails with a microscope.

Many medicines are on the market for treatment of such an infection. Some can be painted on the nail — Penlac is an example. The success rate is not breathtaking. Oral prescription medicines are also available. They are expensive, and they don't always work. Lots of people prefer to live in peace with such nail infections by ignoring them.

DEAR DR. DONOHUE: My stomach aches around the belly button. My doctor says it's an umbilical hernia. There's no discomfort or pain. Will 100 sit-ups a day fix this? — L.W.

ANSWER: A thousand sit-ups a day will not fix it. Sit-ups could make it worse. Only surgery can fix it. Any exercise that increases pressure within the abdomen can make the hernia protrude more. If this bothers you, get a surgeon's opinion.

Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475. Health newsletters also may be ordered from www.rbnmail.com.

Salome's Stars Weekly Horoscope

ARIES (March 21 to April 19) You need to be certain that all the right conditions are in place before you take that first step. It can't hurt to listen to good advice from those who have your best interests at heart.

TAURUS (April 20 to May 20) Be careful not to get involved in other people's disputes unless you know the facts behind the disagreements. That's the best way to be assured of making wise and honest decisions.

GEMINI (May 21 to June 20) You still need to be careful about how you're going to spend those energy reserves you finally got around restoring. Best advice: Avoid overdoing it. Let things take their course.

CANCER (June 21 to July 22) Your aspect continues to favor travel — alone or with that special person. So if you've been putting off making those getaway plans, it's still a good time to get started on them.

LEO (July 23 to August 22) Those so-called golden opportunities that continue to dazzle the Lion still need to be carefully checked out. Be suspicious about anything that looks like the "perfect" prospect.

VIRGO (August 23 to September 22) Changes at the workplace could make it more difficult to do things the way you prefer. But the wise Virgo who shows some flexibility could find it paying off in a big way.

LIBRA (September 23 to October 22) You might want to check out the explanation you were given for sudden shift in your duties. There's a possibility that you haven't been told all the facts that you deserve to know.

SCORPIO (October 23 to November 21) Having confidence in your abilities is important, especially when you could be facing a new challenge, whether it's in the workplace or in a personal relationship. Good luck.

SAGITTARIUS (November 22 to December 21) A new work-related opportunity

might not be all that it seems. Before making any decisions, you might want to check with others who have had some experience in that area.

CAPRICORN (December 22 to January 19) A situation involving someone close could benefit from your timely intervention. Avoid being judgmental. There'll be plenty of time later for those "little talks" you like to have.

AQUARIUS (January 20 to February 18) Travel could be a surprise element in that new project. Be prepared for other previously undisclosed aspects that also might come to light as you proceed with the work.

PISCES (February 19 to March 20) Try to balance your work-related responsibilities with the time you're spending on your recently revived social life. An old friend might be planning to turn up in a long absence.

BORN THIS WEEK: Your sensitivity makes you aware of the needs of others. Have you considered a career as a counselor?

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Diva

- 1 1/2 teaspoon dried thyme
- 1 1/2 teaspoon dried oregano
- 3/4 teaspoon black pepper
- 12 skinless chicken thighs
- 1 1/2 teaspoons olive oil
- 2 cups (2-inch-thick) sliced carrots
- 2 large onions, cut into wedges
- 2 1/4 cups low sodium chicken broth
- 3/4 cup dry white wine
- 2 1/4 pounds small red potatoes, quartered

Combine first 6 ingredients

(flour through pepper) in a large zip-top plastic bag. Add chicken; seal bag, shaking to coat.

Heat oil in a Dutch oven or large pot over medium heat. Add chicken and remaining flour mixture to pan; cook 3 minutes on each side or until lightly brown. Add carrot and onion; cook 3 minutes, stirring frequently. Add broth, wine, and potatoes; bring to a boil. Reduce heat, and simmer 35 minutes or until chicken is done and vegetables are ten-

der.
Per Serving: 390 Calories; 7g Fat; 35g Protein; 43g Carbohydrate; 5g Dietary Fiber; 107mg Cholesterol; 866mg Sodium, Exchanges: 2 Grain(Starch); 4 Lean Meat; 1 1/2 Vegetable; 1/2 Fat. Points: 8

SERVING SUGGESTIONS: Serve with a great big spinach salad—with some thin sliced red onion, dried cranberries and chopped walnuts tossed with an easy vinaigrette, yum!!

Allen

ages, war in the Near East, the failure of the comet to shine as expected, and a flock of other miseries, I hear of the troubles a certain businessman here has been having with a she-rat.

It has been war for months now, and the man is determined to fight it out if it takes all next summer. To date, his feud with this old rat has been defeat after defeat for the man.

"I've killed off three of her litters, and three old he-rats she was running" with," he said. "I've been havin' 'em all out, except this she-devil that won't fall for any bait I set."

The rat hasn't any taste for poison, either. "See that oil drum out there." Well, the day after I fixed up a nice batch of hamburger for her, she sat

there for an hour, preening herself like a cat, and eyin' me. People would pass, and she wouldn't stir an inch, just eye em, cold-like."

"That's one of the things that gets next to me, the contempt that old hellion has for me and the human race. You can see it in her eyes. I would have shot her off that can, but sure as shootin' she wouldn't have been there by the time I pulled the trigger, and I decided I might shoot somebody that didn't have anything to do with the trouble this rat and I have been havin'."

After that, he says, an Army Reserve truck pulled up for gas. "I saw the rat crawl aboard, and it might not be patriotic of me to let such a varmint invade the premises of our boys, but I understood they were headed for Camp

Lee, Va., and I didn't say a word, hoping she would wind up down there. But wherever she went, she didn't stay. Two or three weeks later, there she was thumbin' her nose, in a fashion, at me."

"Where is she now?" he was asked.
"Don't know. Haven't seen her for a day or so. May be out ridin' Clorox jugs down the river."
Just at that time a trap clicked. The man said he was trapping mice now, and he hurried out to claim his victim. He was a bit crestfallen when he returned. "Darned mouse swiped the bait," he drily announced.

Somehow, I got the idea this fellow wasn't the greatest trapper since the days of Kit Carson.



IF YOU THINK A BICYCLE WRECK IS NO BIG DEAL, THE NEXT TIME YOU ARE IN YOUR CAR GOING 30 MPH, STRIP DOWN TO YOUR UNDERWEAR AND JUMP OUT

Cyclists are not a nuisance, an obstacle or in your way. In Kentucky, bicycles have the same rights to use roads and highways as cars and trucks. But keep in mind that cyclists are at greater risk of injury or death in the event of a wreck. That is why it is important to use caution and courtesy when you encounter a bicycle. Pass them only when it is clear, give them a few extra feet when passing, and never do anything to startle a cyclist, such as blowing your horn, passing too close or yelling at them.

Save a life. Share the road.

Nice gesture does no harm to cars

by TOM and RAY MAGLIOZZI

Dear Tom and Ray:
I am a valet at a local country club in Wisconsin. As you well know, it gets very cold here in the winter months, and that leads to my question. As a favor to the members who choose to valet park with me, I like to warm up their cars before they leave. I let the cars run anywhere from two to 15 minutes, depending on how long they take to get ready to leave, get their coats, finish conversations, etc. So my question is: Am I doing any damage to these automobiles? Would they be better off next winter driving away in ice-cold cars? — John

RAY: You're not harming their cars, John. The only harm you're doing is wasting gasoline. And since they're all paying exorbitant dues to belong to a country club, they're probably not worried about gas money.

TOM: In the old days, when cars were carbureted, you COULD do harm by warming up a car for too long. In warm-up mode, a carburetor would pour lots of gasoline into the cylinders, and the excess gasoline could run down into the crankcase and dilute the oil. And the rich mixture could ruin the catalytic convert-

er, too.

RAY: But modern cars meter their gasoline into the cylinders so precisely, with the help of computers, that they can idle for days without a problem. This was proven in Princeton University's famous "Police Cars in Front of Dunkin' Donuts" study from 2003, 2004, and 2005.

TOM: So, in terms of the cars themselves, you're doing no harm. And I'm sure your customers appreciate getting into a warm car and having heat immediately.

RAY: The only other downside is the extra pollution created by these long warm-ups. But I'd deal with that on a case-by-case basis. Now that you know who the good tipplers are, John, next winter, make sure THOSE cars get warmed up. And balance out that extra pollution by not warming up the cars of the lousy tipplers. In fact, you can turn on their electric seat coolers.

Technical service bulletins explained

Dear Tom and Ray:

I've heard you refer to "bulletins" ("maybe there's a bulletin on it") in addressing repair problems. My question is this: If there is, in fact, a bulletin out on a repair, does that mean the dealership cannot (or ought not) charge full price for the repair?

My Saturn wagon just had a transmission pressure-control solenoid replaced, to the tune of \$800. As I was writing out the check, I noticed a bulletin that the technician had clipped to the bill, and I asked the serviceman if I could see it. He was hesitant, especially when I asked him for a copy of it. Is the bulletin just an aid for the technician to follow, or is it a correction of a defect, and therefore something that should be covered under warranty? — Bill

RAY: Good question, Bill. The bulletins we refer to are Technical Service Bulletins, also known as TSBs. They really just contain advice from the company to the mechanics who fix their cars.

TOM: For instance, a number of owners of older Honda CR-Vs started complaining about a strange howling noise underneath their cars when they made sharp turns. Someone, somewhere on the planet, figured out that the problem was caused by worn-out fluid in the center differential.

RAY: When Honda was convinced that it understood the problem and had a solution (it involved draining and replacing the differential fluid), it issued a TSB, which is the best way to make sure all Honda service people know about it.

TOM: Honda sends the TSBs directly to its dealerships. And other companies — namely, Mitchell and AIDData — supply the TSBs to subscribing independent shops.

RAY: That's why, when Joe Blowski brings his groaning CR-V into his dealer in East Armpit, the guy doesn't have to scratch his head, hide in the bathroom for a couple of hours and then start from square one.

TOM: Right. And instead of spending hours diagnosing (or misdiagnosing) the problem, he can start by checking for TSBs on howling noises, and bingo! He finds what he's looking for, and saves the customer time and money.

RAY: Whether customer Joe Blowski has to pay for the repair is a separate issue. That's determined by how old the car is, whether it's still under warranty and whether the dealer or manufacturer decides to earn good will by absorbing the cost (in other words, in most cases, dream on!).

TOM: You make a reasonable argument that the fact that a problem is known and widespread enough for a TSB indicates that it resulted from a design or manufacturing defect. But manufacturers are not obligated to fix such defects for free unless they affect the safety of the vehicle, as determined by NHTSA (the National Highway Traffic Safety Administration). When that happens, it's called a "recall." Recall repairs are done for free.

RAY: But a TSB just indicates that there's a known mechanical problem with a known solution. It's there to facilitate repairs. It's not a coupon for a free repair.

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Rental Central

by TOM DOTY
Times Columnist

Those of you in search of some simple entertainment were in luck this week, but those looking for a meaty drama were left wanting with this week's sole "art-house" effort.

■ "Che" — Benicio del Toro received raves for his performance in this biography from Steve Soderbergh ("Oceans 11") when it played in film festivals. Maybe they saw another version, but this extremely long (and decidedly grimy) film about the revolutionary's career could put Nyquil out of business. If you are a hardcore fan of Bolivian history, then this is for you, but otherwise you'd be better

served by all of the popcorn movies hitting the shelves this week.

■ "Pandorum" — Sci-Fi misis buries it all gets wrapped up in a tight mystery here as two men emerge from hyper-sleep aboard a starship with no memory of their mission. Can't give away much more than the movie does, as a lightning pace as it answers all questions while unfolding. The stars are good (Dennis Quaid and Ben Foster) but the special effects and moody photography are even better.

■ "Crater" — In a future where people are addicted to gaming is not far from believable and this action/sci-fi flick runs pretty far on the concept. In this future, people get to use other people as their on-line

playing pieces. Gerard Butler stars as such a player who gets put through his paces here by a shadowy guy named Castle (well played by "Dexter's" Michael C. Hall).

■ "Whiteout" — Antarctica makes for the perfect film setting in this murder mystery from the pen of DC Comics writer Greg Rucka. Kate Beckinsale stars as a law person who has her hands full when a killer strikes just before the sun goes dark for six months. Gory killings, hypothermia and Tom Skerrit (Captain Dallas from "Alien") add to the fun.

Next week look for more chills in "Saw 6" and check out Drew Barrymore's "Whip It."

Continued from p1

Lagoon

most of their skin). They may be dead, but these guys are honked off at something and begin coming after the isolated townsfolk.

What follows are several scenes of merry mayhem, as our sealed-in islanders must fight off the elements as well as a gaggle of zombies sporting checkered shirts and footwear with bells on it.

There are also bonus victims who show up because they are on the lam from the authorities after robbing and murdering a man of the cloth. They are probably the worst actors in the film, but that's okay as one of them gets the best death via a meat ther-

mometer to the eyeball (in an ode to the famous "death by splinter" bit from Lucio Fulci's "Zombie").

That's about as much as for the plot. There's not a lot of dialogue (good thing, too, considering the quality of the thespians) but the make-up effects are top notch as is the sense of doogie and gloom that hangs over the film.

There is an attempt at a clever ending. It involves painting a memorial sign for the forgotten clowns who received no such tribute in their 50 years at the bottom of the bay. Unfortunately, the hurricane crashes it before the jesters can retire to their

watery grave.

This is no "Zombieland" but the film works for the most part, and looks good. This film is a testament to the ability to save a movie when it's in post-production. Here the best jobs are done by people who came along after the film was shot, such as the sound crew. These guys do an amazing job of aiding the creepiness factor. They lay some great munching and slurping noises over the zombies, which drives home the message that these clowns are out for blood, literally as well as figuratively.

Best line: "Man, I bet I have a piece of brain in my hair." 2003, rated R.

Strange ... but true

by SAMANTHA WEAVER

■ It was American political scientist, economist, psychologist and professor Herbert Simon who made the following sage observation: "What information consumes is rather obvious: It consumes the attention of its recipients. Hence a wealth of information creates a poverty of attention, and a need to allocate the attention efficiently among the overabundance of information sources that might consume it."

■ Those who study such things claim that the act of licking a stamp burns one-tenth of a calorie.

■ The shortest song in the world is "You Suffer," recorded in 1986 by the British band Napalm Death. It lasts precisely 1.316 seconds.

■ Stanley Mason was an inventor who really got around, in a manner of speaking. In addition to coming with the idea for the granola bar, he also created the squeezable ketchup

bottle, the disposable diaper, heated pizza boxes and the dental floss dispenser.

■ There are more Polish people living in Chicago than in any city on Earth except for Warsaw, Poland's capital.

■ You might be surprised to learn that the most dangerous profession in the country -- in terms of the percentage of people holding that profession who have been killed -- isn't firefighter or police officer, it's president of the United States. A total of 9 percent of our presidents have been assassinated.

■ Studies of statistics say that in any random group of 23 people, the chances that at least two of them share a birthday is more than 50 percent.

■ In the Commonwealth of Virginia, a statute contained within what's known as the Code of 1930 prohibits bribery or corruption by anyone other than a political candidate.

Thought for the Day
"I think the biggest mistake

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NOTICE OF INTENTION TO MINE
 Pursuant to Application Number 836-0362

In accordance with the provisions of KRS 350.055, notice is hereby given that Laurel Mountain Resources LLC, 1801 Watergap Road, Prestonsburg, Kentucky 41653, has applied for a permit for a surface coal mining and reclamation operation, affecting 296.6 acres, and will underlie an additional 504.9 acres, located 0.3 mile southeast of Grethel, in Floyd County.

The proposed operation is approximately 0.15 mile southeast from Frasure Branch Road junction with KY Route 979, and located in Frasure Branch of Mud Creek.

The proposed operation is located on the McDowell U.S.G.S. 7-1/2 minute quadrangle map. The operation will use the contour strip and highwall/hauger methods of mining. The surface area is owned by The Elk Horn Coal Company LLC, Laurel Mountain Resources LLC, Shelby and Gwen Jones, Nora Lou Jones, Forrest Dean Hall, Denzil and Donna Hall, Charles and Teresa G. Conn, Christopher Mitchell and Janet Hall, Anna Spradlin, Vernon Hall and Randall Dean Hall, Delmer and Oma Frasure, Ray and Dollie Williams, Willis and Joyce Newman, Jason and Marlene Brenda Bryant, Veronia Moore, William J. H. Howells, Iva Howell, Johnny and Annetta Hamilton. The operation will underlie surface area owned by The Elk Horn Coal Company LLC, Laurel Mountain Resources LLC, Shelby and Gwen Jones et al., Forrest Dean Hall, Denzil and Donna Hall, Charles and Teresa G. Conn, Christopher Mitchell and Janet Hall, Anna Spradlin, Vernon and Randall Dean Hall, Delmer and Oma Frasure, Ray and Dollie Williams, Willis and Joyce Newman, Jason & Marlene Brenda Bryant, and Veronia Moore.

The application has been filed for public inspection at the Department for Natural Resources, Division of Mine Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Prestonsburg, Kentucky 41653. Written comments, objections, or requests for a permit conference must be filed with the Director, Division of Permits, No. 2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601.

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

In accordance with the provisions of KRS 350.070, notice is hereby given that Matt/Co, Inc. 439 Meadows Branch, Prestonsburg, Kentucky 41653, has applied for an amendment to an existing underground coal mining and reclamation operation located 1.5 miles southeast of Banner in Floyd County. The proposed operation will disturb 5.08 surface acres and SEQ CHAPTER 19.101 which 2.22 acres overlie currently permitted underground area for a total area within the permit boundary of 119.80 acres.

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

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

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

