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HIGH SCHOOL BASKETBALL

— page A5

Briefs

Slip-and-fall suit settled

by JARRID DEATON
FEATURES WRITER

PRESTONSBURG — The case of a Melvin woman who allegedly slipped and fell in the Dollar General Store at Bypro has been settled just a few days before the scheduled trial.

Linda Johnson, a retired nurse, claimed that she "slipped and fell on a slippery foreign substance" while shopping at the Dollar General Store on Sept. 3, 2007.

According to Johnson's attorneys, Ashley Tackett Lafferty and John Kirk, there were no eyewitnesses or video of the fall, but store employees acknowledged that Johnson was found on the floor on a slick, soapy spot.

"I did not know that I was hurt that bad at first," Johnson said. "Mostly, I was just embarrassed. My foot was cut and cracked open."

Johnson's assessment of her injuries turned out to be incorrect, according to information from the law firm, as the cut on her foot led to an infection based on her diabetic condition.

(See **SETTLED**, page 12)

2 DAY FORECAST

Today



High: 27 • Low: 20

Tomorrow



High: 27 • Low: 9

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

Inside

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



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The Times

FLOYD COUNTY
WEEKEND EDITION

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Pill abuse a prescription for death, crime

by SHELDON COMPTON
STAFF WRITER

More than 159,000 prescriptions for controlled substances were handed out in Floyd County in 2007, the most recent year for which the state has full statistical information.

According to records compiled by the Kentucky Office of Drug Control Policy, the numbers for 2008 are still being gathered. But, the data on hand shows that in 2007, 159,209 controlled substance prescriptions were written in Floyd County, which, at that time, had a population of 42,021 residents.

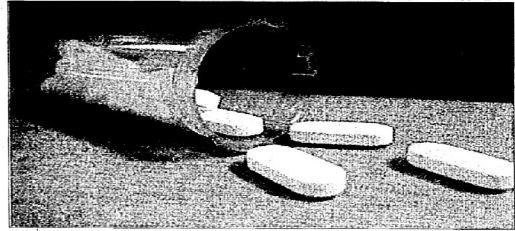
As for 2010, Floyd County Coroner

Greg Nelson says there have been approximately a dozen overdose deaths in the county since the first of the year, with seven of those coming in one week of January.

"It's a terrible, terrible problem that people just can't realize," Nelson said. "I can't put it into words. It's a downward spiral."

In many cases Nelson's office has handled, those who have overdosed had been taking a combination of prescription drugs, he said, with the majority of the cases being people between the ages of 20 and 30 years old.

(See **DRUGS**, page 12)



TAKE A NUMBER



Jackie Edford Owens had some help as his grandson Bryson Owens, 4, drew Thursday to see what position the District 2 magistrate will have on the May ballot. Owens is the longest serving member of the current Floyd County Fiscal Court.

photo by Sheldon Compton

Bishop retrial set to start

by SHELDON COMPTON
STAFF WRITER

PRESTONSBURG — Jury selection will begin Monday for the new trial granted to Dwayne Earl Bishop, who was convicted in 2005 for the murder of his wife, Carolyn Bishop.

The Kentucky Supreme Court issued a decision last year granting a new trial after a motion was filed saying Bishop was denied the option to act as co-counsel in the case.

Bishop was originally represented by Vicki Ridgway and Harolyn Howard, who were appointed to serve as his defense counsel. Bishop filed a motion in December 2000 to disqualify Howard from the case because she was expected to be called as a material witness. One month later, Bishop filed a motion to proceed as co-counsel.

According to court documents, a hearing was held on the motion for Bishop to proceed as co-counsel, and Floyd Circuit Judge John

David Caudill asked the court-appointed counsel and the Commonwealth their positions on the motion. Caudill then issued a ruling denying the motion. The court informed Bishop that he could proceed pro se and represent himself or he could proceed with an attorney, but he would not be allowed to act as co-counsel in the case.

The motion was denied and Bishop was later sentenced to life

(See **BISHOP**, page 12)

Police look for links to robberies following arrest

by JARRID DEATON
FEATURES WRITER

STANVILLE — Two men have been arrested in connection with the robbery of the Cardinal Country Store in Stanville on Wednesday morning.

Randy G. Wallen, 34, and Shane Mulkey, 34, were arrested after an officer with the Kentucky State Police made a traffic stop on a truck and discovered that the two men inside matched the description of the suspects in the robbery. According to reports, items that linked Wallen and Mulkey to the Cardinal Country Store inci-

(See **ARREST**, page 12)

Church service at jail turns violent

by SHELDON COMPTON
STAFF WRITER

PRESTONSBURG — Authorities have not yet filed new charges against an accused murderer who jail officials say attacked another inmate at the Floyd County Detention Center Wednesday. The alleged incident took place during the jail's church services Wednesday afternoon. It was at this time jail officials said Jesse H. Dulaney attacked another inmate, Charles "Whitey" Vanderpool, breaking his nose.

Floyd County Jailer Roger Webb said it wasn't the first time Dulaney had assaulted someone at the jail. Webb said Dulaney attacked two of his deputy jailers last year and has since been indicted.

"They had words or something and then it just came to a head during the church service," Webb said. "This is the first time an attack has taken place during those services."

Webb said he will now make it mandatory that a deputy jailer be posted outside the area of the

(See **VIOLENCE**, page 12)

MAC to host energy, tourism summit

PRESTONSBURG — The 2010 Big Sandy Energy & Tourism Summit will be held Feb. 16 at the Mountain Arts Center.

Coordinated by the Floyd County Chamber of Commerce, the summit will feature panel discussions and a keynote speaker on both topics, energy and tourism. Keynote speakers for the event include Secretary Len Peters, with the Kentucky Cabinet for Energy

& Environment, and Elaine Wilson, director of adventure tourism for Kentucky.

"This summit will highlight two components of great importance to the Big Sandy Region," said Mandy Stumbo, director of the Floyd County Chamber Of Commerce.

Interstate Natural Gas, FACES Of Coal, UK Center For Applied Energy & Research and others will be featured in the Energy segment

of this summit. "It is important the people of this region get behind our Chamber and many others in the support coal campaigns," said Stumbo.

The tourism segment of the summit will feature local tourism venues such as the Mountain Arts Center, Jenny Wiley Theatre, Country Music Highway Museum, Eastern Kentucky Exposition Center and, Big Sandy Area

Development District. Stumbo says local tourism venues are some of the region's greatest assets and are very vital to our local economy.

The summit will also feature many exhibitors.

To register for the summit, call the Floyd County Chamber Of Commerce at (606) 886-0364 or send email to floyd-chamber@setel.com for registration and payment information.



Energy & Environment Secretary Len Peters

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Obituaries

Mary Ellen Goble

Mary Ellen Goble, 83, of Prestonsburg, died Tuesday, January 26, 2010, at the Riverview Health Care. Born May 20, 1926, in Floyd County, she was the daughter of the late Nibb and Amy Burchett. She was a homemaker.

She was preceded in death by her husband, Leonard Goble. Survivors include one son, Larry "Bug" Goble, of Prestonsburg; two granddaughters: Brenda "Janie" Goble and Leonard "Doug" Goble, both of Prestonsburg; an ex-daughter-in-law, Debbie Goble of Prestonsburg; and numerous nieces and nephews.

In addition to her parents and husband, she was preceded in death by two brothers: Merlin Burchett and Verden Burchett; and five sisters: Myrtle Canterbury, Lillian Goble, Sharlene Craft, Delle Woods, and Ruth Endicott.

Funeral services will be held Saturday, January 30, at 1:00 p.m., at the Nelson-Frazier Funeral Home, in Martin, with David Garrett officiating.

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

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

Loren D. Holbrook

On Tuesday, January 26, 2010, Loren D. Holbrook, departed from life at the St. Claire Medical Center in Morehead.

Loren was born January 12, 1931, and celebrated his last birthday with a party in the hospital.

Keeping a six-week, bedside vigil with her father was his daughter, Kitty R. Holbrook, of Lakeview Village, Prestonsburg.

He was a retired heavy equipment operator from Mt. Enterprise Construction Company, and was a part of the building of Route 23 and Route 80 in Floyd County, as well as other roads across the state. Also, he owned and operated a 200-acre farm in Elliott County for 54 years.

He proudly served his country in the Korean Conflict from 1951 to 1953. His hobbies included hunting, fishing, raising "beagle pups" with his daughter, watching John Wayne movies, and "politics."

In addition to his daughter, he is survived by Billie Jean May, another daughter, of 55 years, who was born in Wheelwright, where her father was killed in the coal mines when she was 18 months old.

Other survivors include three brothers, an aunt, and several cousins, nieces and

nephews, and a son-in-law of the bear, James W. "Jim" Stewart, also of Prestonsburg. Serving their uncle as pallbearers are nephews, great-nephews, and best friends. Honorary pallbearers are former co-workers and neighbors.

All arrangements are in the care of the Globe Funeral Home, Olive, Hill, Kentucky, and full military honors will be held.

In lieu of flowers/gifts, the family has requested donations be made to church affiliation of choice, or favorite charity. (Paid obituary)

Lester Johnson

Lester Johnson, 69, of Toms Fork, Bevensville, passed from this earthly life, Friday, January 8, 2010, at Hazard ARH Hospital, following an extended illness.

He was born in Floyd County, July 17, 1940, a son of the late Henry and Liza Jane Bates Johnson. He was a retired coal miner and a member of the Jacks Creek Baptist Church.

In addition to his parents, he was preceded in death by five brothers: Chester, Delzie, Vester, Thomas Johnson and Kenneth Burl Hall; four sisters: Frankie Jane Bates, Bessie Johnson, Geraldene Burke, and Marie Hall.

He is survived by his wife, Lillie Mae "Hall" Johnson.

Other survivors include three sons: Glenn Douglas (Kay) Johnson of Blue River; Lester Jr. (Tammy) Johnson of Bevensville; and Barry Dean (Sherry) Johnson of Virgie; two daughters: Linda Kay (David) Mullins of Bevensville; and DeLois (Jerry) Tackett of Weeksburg; two brothers: Jimmy Ray Johnson of Endicott; and Henry Johnson of Eaton Rapids, Michigan; one sister, Emma Rose Hall of West Bloomingfield, Michigan; nine grandchildren, and two great-grandchildren.

Funeral services were held Tuesday, January 12, at 1 p.m., at the Jacks Creek Baptist Church, with Paul D. Granger officiating.

Burial was in the Tom Johnson Cemetery, in Bevensville, under the direction of Roberts Funeral Home, Robinson Creek. (Paid obituary)

Dwayne Moore

Dwayne Moore, 45, of Louisville, formerly of Knott County, died Tuesday, January 26, 2010, in Louisville.

Born October 20, 1964, in Martin, he was the son of Nola Stone Moore of Garrett, and the late Mauder Moore. He was a night supervisor for the School of the Blind.

Survivors, in addition to his mother, include one brother, Ricky Darrell Moore of

Nooksack, Washington; six sisters: Barbara Gibson of Garrett; Betty Bentley of Leburn; Estilene, Hetrick of Butler, Indiana; Alma Penix and Veda Howard, both of Mt. Juliet, Tennessee; and Anita Horn of Garrett; and numerous nieces and nephews.

Funeral services will be held Saturday, January 30, at 2 p.m., at Nelson-Frazier Funeral Home, in Martin, with Chester Varney officiating. Burial will be in the Coburn Cemetery, Rock Fork, in Garrett.

Visitation is at the funeral home. Nelson-Frazier Funeral Home is in charge of arrangements. (Paid obituary)

Amanda Mae Shepherd Music

Amanda Mae Shepherd Music, 98, of Abbot Creek, the widow of Estill Music, passed away Wednesday, January 27, 2010, at Highlands Regional Medical Center, following a brief illness.

She was born in Prestonsburg, April 23, 1911, the daughter of the late Higan "Hi" Shepherd and Minnie Montgomery Shepherd. She has been a member of the United Baptist Church for 70 years.

She was preceded in death by her husband Estill Music; two daughters: Mary Ellen (Robert) Layne, and Betty Jo Music; and a son, Thomas Leo Music.

She is survived by two daughters: Minnie Alice (James Riley) Hall, and Lyda Fay (Daniel) Crum, both of Allen; four sons: Bill H. (Sue) Music, and Bobby Gene (Jean) Music, both of Mansfield, Ohio; Ronald Gale Music of Crestline, Ohio; and Denver Ray Music of Lexington; 25 grandchildren, 55 great-grandchildren, and several great-great-grandchildren.

Funeral services will be held at the Hall Funeral Home, in Martin, on Saturday, January 30, at 11 a.m., with Elders Don Neeley, Rutherford Blair, and A. J. Williamson officiating.

Burial will follow in the Richmond Cemetery in Prestonsburg. Visitation will be at the Hall Funeral Home, Thursday and

Friday evenings, from 5 until 9 p.m.

In lieu of flowers, donations can be made to her church, Jennys Creek United Baptist Church, in care of Rutherford Blair, 117 Little Paint Church Road, Oil Springs, KY 41238.

Pallbearers will be her grandsons: David Sherman Music, Jerry Blake Layne, Carl Ray Layne, Chad Alan Layne, James Riley Hall Jr., Jeffrey Gale Hall, Ray Douglas Hall, Estill Music, Steven Alan Crum, Bradley Fred Crum, David Michael Music, Ronald Lynn Music, and Mark Music. (Paid obituary)

Charlie Warrix

Charlie Warrix, 100, of Prestonsburg, died Wednesday, January 27, 2010, at Highlands Regional Medical Center.

Born December 5, 1909, in Water Gap, he was the son of the late Robert and Callie Wallen Warrix. He was a coal miner, a carpenter and a member of the Spurlock Old Regular Baptist Church.

He was preceded in death by his wife, Opal Buchanan Warrix.

Survivors include two daughters: Janice W. James and Sandra W. Shepherd, both of Prestonsburg; a daughter-in-law, Anna Sue Shepherd of Roanoke, Indiana; one grandson, Todd Clay Warrix; and four great-grandchildren: Robert William, Mallory Grace, Clint Buchanan Hawk, and Erika Suzann.

In addition to his parents and wife, he was preceded in death by one son, Charles Clay Warrix; one brother, Frank Warrix; two sisters: Rosie and Minerva Calhoun; three half-brothers: Bill, Burl and Earl Prater; and many other brothers and sisters.

Funeral services will be held Friday, January 29, at 11 a.m., at the Nelson-Frazier Funeral Home, in Martin, with Old Regular Baptist ministers officiating.

Burial will be in the Davidson Memorial Gardens in Ivel. Visitation is at the funeral home.

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

Regional Obituaries

FLOYD COUNTY

■ Palastene "Pal" Akers, 50, of Gethel, died Sunday, January 24, at Pikeville Medical Center. Funeral services were held Thursday, January 28, under the direction of Lucas & Son Funeral Home.

■ Henry Calhoun, 70, of Prestonsburg, died Wednesday, January 20, in St. Joseph Hospital, in Lexington. He is survived by his wife, Betty Joseph Calhoun. Funeral services were held Sunday, January 24, under the direction of Nelson-Frazier Funeral Home.

■ Lucille Cartmell McRea "Tiny" Keathley, 77 of Allen, died Saturday, January 23, at her residence. She is survived by her husband, Howard Keathley. Funeral services were conducted Tuesday, January 26, under the direction of Hall Funeral Home.

■ Tammie Marsillett, 45, of Prestonsburg, died Friday, January 22, at her residence. Funeral services were held Monday, January 25, under the direction of Nelson-Frazier Funeral Home.

■ Margaret Howard Mullins, 88, of Hippo, died Wednesday, January 13, at her home. Funeral services were held Sunday, January 17, under the direction of Nelson-Frazier Funeral Home.

■ Orby Newman, 87, of Hi Hat, died Saturday, January 23, in the McDowell Appalachian Regional Hospital. Funeral services were conducted Tuesday, January 26, under the direction of Nelson-Frazier Funeral Home.

■ Valerie Michelle "Missy" Spurlock, 33, of Printer, died Thursday, January 21, in Johnson County. Funeral services were held Monday, January 25, under the direction of Nelson-Frazier Funeral Home.

■ Lowey Granville Stumbo, 84, of Hi Hat, died Wednesday, January 20, at the McDowell ARH. Funeral services were held Saturday, January 23, under the direction of Nelson-Frazier Funeral Home.

■ Earl Vernon Wakeland, 71, of Banner, a Pikeville native, died Friday, January 22, at Pikeville Medical Center. He is survived by his wife, Earnestine Boyd Wakeland. Funeral services were held Sunday, January 24, under the direction of Hall Funeral Home.

PIKE COUNTY

■ Versie Blair, 73, of East Shelbiana, died Friday, January 22, at her residence. She is survived by her hus-

band, Ronald Blake Blair. Funeral services were held Monday, January 25, under the direction of J.W. Call Funeral Home.

■ Priscilla Rowe Bryant, 81, of Elkhorn City, died Sunday, January 24, at her home. Funeral services will be held Friday, January 30, at 1 p.m., under the direction of Lucas & Son Funeral Home.

■ Cleo Charles, 85, of Marion, Ohio, formerly of Pikeville, died Sunday, January 17, at her home. Funeral services were held Friday, January 22, under the direction of Boyd Funeral Home of Marion.

■ Eugene "Fletch" Damron, 75, of Virgie, died Wednesday, January 20, at Pikeville Medical Center. He is survived by his wife, Betty Jo Ratliff Damron. Funeral services were held Sunday, January 24, under the direction of Hall and Jones Funeral Home.

■ Naomi Ratliff Rowe Ferguson, 90, of Thornton, Colo., a Pike County native, died Monday, January 18, at the Colorado Lutheran Home. Funeral services were held Sunday, January 24, under the direction of J.W. Call Funeral Home.

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

■ Jim Hamilton, 49, of Pikeville, died Tuesday, January 26, at Pikeville Medical Center. He is survived by his wife, Chandra Branham Hamilton. Funeral services will be held Friday, January 29, at 1 p.m., under the direction of J.W. Call Funeral Home.

■ Dana Lee Hobson, 75, of Pikeville, died Friday, January 22, at her home. Funeral services were held Sunday, January 24, under the direction of J.W. Call Funeral Home.

■ Connie S. Layne, 40, of Lexington, formerly of Kimper, died Wednesday, January 20, in Lexington. Funeral services were held Sunday, January 24, under the direction of Community Funeral Home.

■ Florence Margaret Lowe, 74, of Wisconsin, died Tuesday, January 19, at Evergreen Retirement Community. Funeral arrangements, under the direction of Lucas & Son Funeral Home.

■ Hattie R. McCoy, 73, of Burnwell, died Saturday, January 23, at her home. She is survived by her husband, Virgil McCoy. Funeral service-

es were held Tuesday, January 26, under the direction of R.E. Rogers Funeral Home.

■ Virginia Newsome, 89, of Virgie, died Wednesday, January 20, in Chapel Hill, N.C. Funeral services were held Monday, January 25, under the direction of Lucas & Son Funeral Home.

■ Joseph Edward Pauley, 95, of Lawndale, N.C., formerly of Pike County, died Tuesday, January 19, at his home. Funeral services were held Saturday, January 23, under the direction of R.E. Rogers Funeral Home.

■ Elster Ratliff, 80, of Kingsport, Tenn., formerly of Pike County, died Sunday, January 17, at his home, surrounded by his family. He is survived by his wife, Patricia Stanley Ratliff. Graveside services were held Wednesday, January 20, under the direction of Hamlett Dobson Funeral Home.

■ Henry "Corky" Schnell, 67, of Keene Village, died Sunday, Jan. 24, 2010, at Pikeville Medical Center. He is survived by his wife, Peggy Keene Schnell. Funeral services were held Wednesday,

January 27, under the direction of Community Funeral Home of Zebulon.

■ Nella Mae Thacker Stone, 88, of Robinson Creek, died Monday, January 18, at the home of her daughter. Funeral services were held Thursday, January 21, under the direction of Roberts Funeral Home.

■ James Allen Tackett, 52, of Little Robinson Creek, died Monday, January 25, at Cornerstone Hospital, Huntington, W.Va. He is survived by his wife, Diane Lyons Tackett. Funeral services were held Thursday, January 28, under the direction of Lucas & Son Funeral Home.

■ Hazel Estep Tolliver, 70, of Phelps, died Sunday, January 24, at Pikeville Medical Center. Funeral services will be held Friday, January 29, at 1 p.m., under the direction of R.S. Jones & Son Funeral Home.

■ Earl "Shanghi" Williams, 76, of Phelps, died Saturday, January 23, at Good Shepherd Community Nursing Center, Phelps. Funeral services were

(See OBITUARIES, page three)



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Determining community needs issue for public meetings in Big Sandy

Big Sandy Area Community Action Program is seeking the public's input on challenges facing the region's low-income residents.

Getting the opinions from concerned residents is vitally important in order to develop plans and programs to address the causes and conditions of poverty in the region, and what can be

done to combat them. BSACAP has scheduled a series of public meetings in Pike, Johnson, Martin, Magoffin and Floyd Counties, and encourages the public to attend and participate. The meetings are as follows:

■ Pike — BSACAP Service Office, 478 Town Mountain Road, Pikeville, Feb. 3, at 10 a.m.

■ Floyd — Floyd County Public Library, 161 North Arnold Ave., Prestonsburg, Feb. 3, at 2 p.m.

■ Magoffin — Magoffin County Learning Center, Gardner Trail, Salyersville, Feb. 4, at 1 p.m.

■ Martin — Martin County Public Library, 10 Main Street, Inez, Feb. 5, at

1 p.m.

■ Johnson — Paintsville Recreational Center, Preston Street, Paintsville, Feb. 10, at 10 a.m.

If you have questions or would like more information, call the local Big Sandy CAP office in your county, or (606) 789-3641.

Inmate food bill clears House committee

FRANKFORT — Legislation has passed a House committee that would eliminate privatized food service for inmates at Kentucky's prisons.

The House Judiciary Committee approved House Bill 33, sponsored by Rep. Brent Yonts, D-Greenville, which would require inmate food service at the state's prisons be turned over to the Department of Corrections at a cost of an additional \$5.4 million per year. The state currently pays around \$12 million a year for prison food service through Aramark.

HB 33 now goes to the full

House for consideration. A recent Corrections report indicates that the quality and quantity of Aramark's food service — provided to the state at a cost of \$2.63 per inmate per day — was an underlying factor in last fall's riot at Northpoint Training Center, a state prison in Burgin.

State prisons officials at today's meeting said restricted inmate movement at Northpoint was the main trigger of the riot.

However, Yonts told the House Judiciary Committee that he believes Aramark's food was a "root cause" of the riot that led to extensive fire

damage at the prison. "Food was the cause and genesis of the riot at Northpoint," said Yonts, who then gave detailed testimony on the events surrounding the riot.

House Minority Leader Jeff Hoover, R-Jamesstown, said Yonts' testimony indicated a strong concern with prison management, although management is not addressed in the bill. Yonts said prison management could be addressed in other legislation or by the Corrections department.

"I don't think we as a legislative body can direct how the Department of Corrections

runs their business, I don't think we can minutely manage the daily operations of a prison when we're not trained to do

so," said Yonts. "The root problem was the issue of food."

'Top Producer' award back-to-back accomplishment for AAA Real Estate

Shirley Blackburn, broker and owner, of AAA Real Estate Services Inc., received the 2009 "Top Producer" award at the recent awards banquet of the Eastern Kentucky Association of Realtors.

The Top Producer Award marks a back-to-back accomplishment for Blackburn, who also won the award in 2008.

Several Realtors at AAA Real Estate Services Inc. were also honored at the banquet including: Brenda Gooslin, who has served as the president of EKAR for two years, received the distinguished 2009 Realtor of the Year Award by her peers and the "Multi-Million Dollar Producer" award. Marcie Tomlinson was honored with the 2009 "Million Dollar Producer" award. Danny Hamilton was also awarded

with the 2009 "Multi-Million Dollar Producer" award.

Blackburn said that she deeply enjoys her nearly 17-year career in the real estate industry, meeting people across several counties. She also enjoys serving in many capacities in the community such as a YMCA board member, member of the Pikeville Rotary Club, Chamber of Commerce member and as chair of her and her husband's own foundation.

"It is my desire to work hard for our clients, to provide them with excellent service and to be a help to our community," Blackburn said. "I appreciate all of our wonderful clients who made this award possible. We truly do have the best buyers and sellers in the world at AAA Real Estate Services, Inc."

Obituaries

held Wednesday, January 27, under the direction of R.S. Jones & Son Funeral Home.

KNOTT COUNTY

■ Timothy Wayne Ashley, 44, of Hindman, died Sunday, January 17, at his home. Funeral services were held Tuesday, January 19, under the direction of Hindman Funeral Services.

■ Homer Dobson, 71, of Raven, died Tuesday, January 19, at the Hazard ARH. Funeral services were held Friday, January 22, under the direction of Nelson-Frazier Funeral Home, Hindman.

■ Imaline Hoover, 54, of Topmost, died Monday, January 18, at home. Funeral services were held Saturday, January 23, under the direction of Nelson-Frazier Funeral Home, Hindman.

■ Columbus "Bubo" Stone, 72, of Garner, died Wednesday, January 13, at the Hazard ARH. Funeral services were held January 16, under the direction of Nelson-Frazier Funeral Home.

■ Phillip Lee Sturgill, 56, of Vest, died Saturday, January 9, at home. Funeral services were held Tuesday, January 12, under the direction of Nelson-Frazier Funeral Home, Hindman.

MAGOFFIN COUNTY

■ Panzie Howard, 88, of Salyersville, died Friday, January 15, at the Salyersville Health Care Center, Magoffin County Funeral Home was in charge of arrangements.

■ Thelma Howard Push, 84, of Salyersville, died Thursday, January 14, at her residence. Funeral services were held Tuesday, January 19, under the direction of Magoffin County Funeral Home.

■ Robert Clay Wheeler, 83, of Salyersville, died Friday, January 15, at his winter home

in Okeechobee, Florida. Funeral services were conducted Wednesday, January 20, under the direction of Salyersville Funeral Home.

MARTIN COUNTY

■ Violet Maynard Bowen, 93, of Inez, died Friday, January 15, at Hospice House of Ashland. Funeral services were held Monday, January 18, under the direction of Richmond-Callahan Funeral Home.

■ Estella Maynard, 60, of Inez, died Monday, January 11, at King's Daughters Medical Center, in Ashland. Funeral services were held

Friday, January 15, under the direction of Richmond-Callahan Funeral Home.

■ Pamela Kay (Jude) McCloud, 45, of Pilgrim, died Saturday, January 16, at Highlands Regional Medical Center, in Prestonsburg. Funeral services were held Wednesday, January 20, under the direction of Phelps and Son Funeral Home.

■ Paul Patrick, 62, of Pilgrim, died Sunday, January 17, at Three Rivers Medical Center, in Louisa. Funeral services were held Wednesday, January 20, under the direction of Phelps and Son Funeral Home.

MEET WARREN JARRELL

I am pleased to announce that I have filed to run for Magistrate in District 3.

I am 47 years old and the son of Beulah Jarrell of Prestonsburg, and the late Russell Jarrell. I am married to Bonita B. Terry Jarrell. Her parents are Mary J. Terry of Langley, and the late Clinton Terry. I have three children: Chad, Brandy and Brittany. I am presently employed by the Floyd County Fiscal Court. My wife, Bonita, is employed by Moak & Nunnery Law Office. We live at Cushman/Shop Branch, Printer, Ky. I have lived in District 3 for more than 18 years.

I am running for Magistrate because I feel that I am well qualified for the position. I can physically do the work and anyone who knows me, knows I am hard-working and will stand up for District 3.

If elected, I am ready to serve all of District 3, on a full-time basis.

If I haven't had the opportunity to speak with you in person, I would like to take this opportunity to ask for your vote and support.

VOTE WARREN JARRELL
MAGISTRATE, DIST. 3
Phone 285-9502

The candidate prepared, and ready to work full-time for all of Dist. 3.

Pd. for by Warren Jarrell



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LEAP YEAR (PG) Mon-Sat. 7:00-9:00 Sun. (1:30) 7:00-9:00

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Cinema 1—Held Over
EXTRAORDINARY MEASURES (PG) Mon-Sun. 7:00-9:25 Fri. (4:25) 7:00-9:25 Sat-Sun. (2:00-4:25) 7:00-9:25

Cinema 2—Held Over
THE BOOK OF ELIZABETH (PG) Mon-Sun. 6:55-9:20 Fri. (4:20) 6:55-9:20 Sat-Sun. (1:55-4:20) 6:55-9:20

Cinema 3—Held 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 4—Held Over
ALVIN & THE CHIPMUNKS 2 (PG) Mon-Sun. 7:15 Fri. (4:30) 7:15 Sat-Sun. (2:15-4:30) 7:15

Cinema 4—Held Over
IT'S COMPLICATED (R) Mon-Sun. 9:15 ONLY

Cinema 5—Held Over
THE SPY NEXT DOOR (PG) Mon-Sun. 7:00 Fri. (4:15) 7:00 Sat-Sun. (4:15) 7:00

Cinema 6—Held Over
THE BLIND SIDE (PG-13) Mon-Sun. 9:15 Fri. 9:15 Sat-Sun. (1:45) 9:15

Cinema 6—Held Over
TOOTH FAIRY (PG) Mon-Sun. 7:00-9:25 Fri. (4:20) 7:00-9:20 Sat-Sun. (2:00-4:20) 7:00-9:20

Cinema 7—Starts Friday, January 29
WHEN IN ROMEO (PG-13) Mon-Sun. (2:05-4:25) 7:05-9:25

Cinema 8—Starts Friday, January 29
EDGE OF DARKNESS (R) Mon-Sun. 6:55-9:20 Fri. (4:20) 6:55-9:20 Sat-Sun. (1:55-4:20) 6:55-9:20

Cinema 9—Held Over
LEGION (R) Mon-Sun. 7:55-9:25 Fri. (4:25) 7:05-9:25 Sat-Sun. (2:05-4:25) 7:05-9:25

Cinema 10—Held 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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Viewpoint

Amendment 1

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

Worth Repeating ...

Every composer knows the anguish and despair occasioned by forgetting ideas which one had no time to write down.

— Hector Berlioz

Guest View

Cease luxury trips on taxpayer's dime

It's bad enough when they pass laws to tell you how to live your life. It's worse when they tax you to make it harder to live your life. But when the members of Congress run up a tab at your expense for their global, jet-setting junkets on top of it all, it's enough to make grown voters tea party inclined.

Though you wonder why it would be necessary, legislation has been introduced in Washington to curb luggage-toting, globetrotting members of Congress, who have the gall to run up tens of thousands of dollars each in "abusive and unnecessary" overseas travel expenses.

The bill's author, Illinois Rep. Timothy V. Johnson clearly had a little fun naming it, officially dubbing his legislation the "Suspending Travel After Years of Pleasure Trips on Unwitting Taxpayers Act."

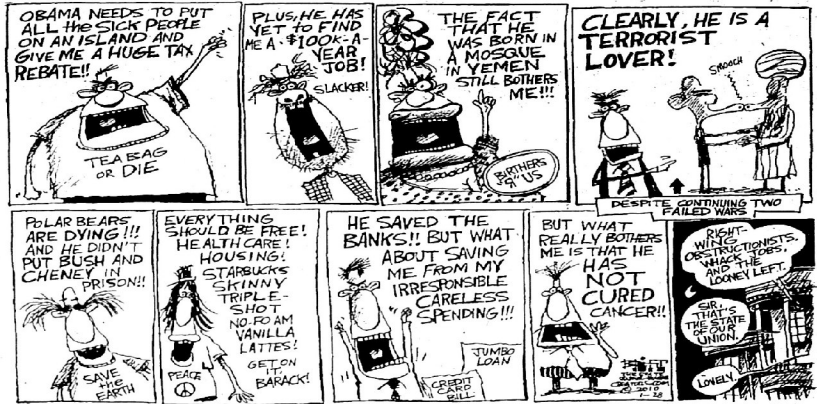
But one can laugh only so long at the indulgences so prevalent in Washington, where the federal debt has increased more than \$1 trillion in the span of time most Americans may have managed to get one personal vacation trip, if they were lucky.

That's why it's the height of conceit for federal lawmakers to enjoy far-flung destinations and to send the bill back home for already over-burdened taxpayers to pay.

"The arrogance shown by many of these so-called public servants borders on the criminal," declared Rep. Johnson. "What I do not understand is the need for luxury travel, cocktail parties at the Eiffel Tower, the five-star hotels, snorkeling in the Galapagos Islands, all on the taxpayers' dime." Neither do we.

Luxury travel, A 1,000-percent increase. Snorkeling in the Galapagos. These are things that don't bring the image of public servant to mind. Rep. Johnson used the word "insulting." We agree. If his bill passes, a moratorium would be placed on further overseas travel until a Government Accountability Office investigation can determine the extent of the problem, and whether the trips are justified.

— The Kinston (N.C.) Free Press



Beyond the Beltway

Massachusetts: The Democrats blew it

by DONALD KAUL
MINUTEMAN MEDIA

How come when the Republicans lost an election in Barack Obama sweeping the presidency in a landslide — the Right Wing responds by saying: "This proves the Republican Party has to become more conservative."

But when the Republicans win one — be it even a single Senate race — Democrats start rending their clothes and saying: "We've got to become more conservative."

The Democrats are wimps, that's how come. There are myriad explanations for Martha Coakley's defeat in the special Senate election to fill the late Ted Kennedy's chair:

■ She was a lousy candidate, cloaked in arrogance and complacency, who took voters for granted and didn't work hard enough. After winning her primary she took a vacation from the campaign. In-dee-dah.

■ Her opponent, Scott Brown, was an exceptionally attractive candidate with Sarah Palin good looks and an

appealing personal narrative. Also, he did work hard enough, traveling around in a pickup truck that he claimed had 170,000 miles on it. (I can just see Mitt Romney right now, hiring a team of drivers to get 200,000 miles on his pickup before the 2012 campaign.)

■ The election was a referendum on the president's health-care plan and it was rejected.

■ Massachusetts voters are selfish, irresponsible, and not to be trusted with the franchise. It was the place, remember, that hosted the Salem witch trials.

There's some truth to all of these analyses — well, some of them anyway — but you can come up with just as persuasive a case for Coakley winning:

■ Ted Kennedy had held that particular seat for 47 years at the time of his death and no Republican has ever elected to the Senate in Massachusetts since 1972.

■ Obama had carried the state a little more than a year ago by 26 points.

■ To call Brown, a conservative Republican, "little-known" isn't a wild exaggeration. He was a single-practitioner attorney and a practically invisible state senator. Six months ago, not one Massachusetts voter in

10 could have picked him out of a police lineup.

■ Coakley may not have been the warmest, most energetic of candidates, but neither was she Lizzie Borden. She was, in fact, a fairly popular attorney general (winning the election in 2007 with 73 percent of the vote) with a long record of accomplishment as a public figure in her state.

So why did this upset (which must have sent Ted Kennedy whirling like a dervish in his grave) happen?

The Democratic Party, starting with the political wizards in the White House on down, simply blew it. It wasn't just Coakley who took a vacation in the middle of the campaign, the entire party did.

Think of the stakes. Congress had arrived at the very cusp of passing health-care reform. Every vote, particularly in the Senate, was not merely important, but crucial.

Why would you allow a candidate of limited experience to conduct his or her own campaign in those circumstances? Why would you let her go on vacation?

The Democratic hierarchy should have kidnapped her, if need be, tied her to the back of a flatbed truck and driven her around the state to meet the folks. It should have engulfed her

(See BELTWAY, page ten)

Letters

Coal a necessity for Kentucky

I felt like I needed to respond to the letters of some of your well-intentioned but misinformed readers. "Coal bashing" in Kentucky is like "petroleum bashing" in Saudi Arabia. It has been my experience that people who know the least assume the most.

Yes, coal, like automobiles, tractors, animals, trains, airplanes and human beings, creates greenhouse gases. But just like all the above, coal is hopefully not going away in the near future. Like most individuals, I would like to see us continue to develop "green technology" and other energy sources, but necessity always trumps idealism.

For the ones who would like to know what it would be like without coal, I have a suggestion: If you're sitting in your living room in January with the lights, the heat and the television off (especially on a night when the Wildcats are playing basketball), I don't think it would take long to get the message.

Over 90 percent of the electricity in Kentucky comes from coal and will continue to do so for many years, because there is no affordable substitute for coal at this time. As we watch our electric bills going up and up, let's imagine them tripling or quadrupling.

You may ask, "What else has coal done for us, other than supply most of our energy?" Coal has created thousands of jobs, millions of tax dollars, industrial parks, airports, grassy plains for grazing elk and deer, horseback trails, ATV trails, schools and

roads, just to mention a few.

A lot of people have complained about naming the new basketball lodge "Wildcat Coal Lodge," because apparently coal mining is no longer considered an honorable industry. Let us be reminded that Louisville named their football stadium for a pizza. How dare they do this, with the current epidemic of obesity in this country! Is it too late for us to go to Papa John's Stadium and demonstrate?

Many buildings on campuses in Kentucky are named for men whose accomplishments were that they were smart enough or lucky enough to make a lot of money. I suppose we have several other industries we could have named those buildings for, such as auto assembly, cigarette production, tobacco farming, horse racing or gambling.

Maybe some of our citizens just need to "come out of the darkness," both figuratively and literally.

Ira B. Potter, M.D.
Lucky

Repeal Medicare 'therapy cap'

Many of your readers may be unaware that a hard cap on all Medicare beneficiaries' physical therapy care went into place on Jan. 1. I am referring to the financial limit on the amount of therapy care that Medicare will cover in a calendar year, often referred to as the Medicare "therapy cap."

Currently, there is an \$1,860 per patient, per year therapy cap. In years

past, there has been an "exception" to this therapy cap for patients in dire need of therapy care.

Starting on New Year's Day, every beneficiary, regardless of their condition or medical history, is limited to \$1,860 of physical therapist or speech language pathologist services, and up to \$1,860 for occupational therapist services. Any Medicare patient who is coping with a chronic disorder or recovering from a stroke or debilitating illness knows that \$1,860 is hopelessly inadequate to cover the extensive physical therapy those situations require. Any Medicare beneficiary who is worried about having more than one injury or illness that requires therapy care during the year will face having to "ration" his or her limited benefits to avoid having to pay out-of-pocket or going to a hospital outpatient department if they need additional care.

Congress can do something to protect beneficiaries from losing their Medicare coverage — they can pass legislation this year (HR 43/S 46) that repeals the arbitrary, ill-conceived policy once and for all. Congress needs to take action as soon as possible, as some patients are on the verge of meeting their \$1,860 cap already.

I urge everyone who has a family member on Medicare or who is relying on Medicare coverage themselves to contact our members of Congress immediately and demand that they take action immediately to repeal the Medicare "therapy cap" once and for all.

Sandy Roberts
Big Sandy Physical Therapy

FLOYD COUNTY The Times

Published Wednesday and Friday each week

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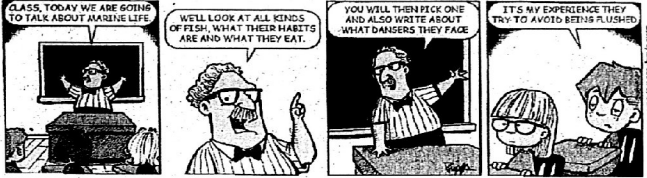
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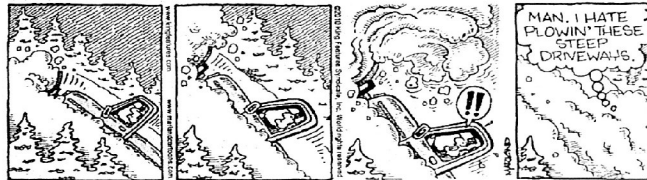
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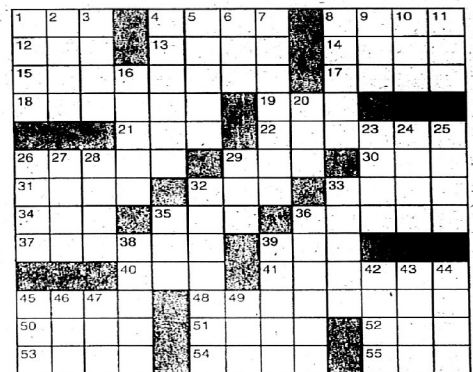
LAFF-A-DAY



"Mrs. Pearson sick, sir?"

King Crossword

- ACROSS
 1 "Humbug!"
 4 Trade
 8 Leno's feature
 12 Expert
 13 Gyro holder
 14 Fight the clock
 15 Michael Jackson album
 17 Previously owned
 18 Shadow location
 19 Honest politician?
 21 Chemical suffix
 22 Comic "married" to Fang



- 26 Sired
 29 Visibility hindrance
 30 Galena, e.g.
 31 Ear-related
 32 Indulge in pugilism
 33 Check bar codes
 34 "- Town"
 35 Tussaud's med um
 36 Sticup job
 37 Extremely impressive
 39 Bovine utterance
 40 Sapporo sash
 41 Entertained
 45 Piece of work
 48 German poet/
 dramatist
 50 Leak slowly
 51 Sub-sequently
 52 Swiss canton
 53 Will beneficiary
 54 Ethereal
 55 19-Across' party

- 8 Inhumane
 9 Possesses
 10 Capades site
 11 Homer's neighbor
 16 Of the upper hipbone
 20 Huge
 23 Places
 24 History chapters
 25 Musical based on "La Boheme"
 26 Amazon.com buy
 27 Needle case
 28 Any of the Dionne quintuplets
 29 Henhouse threat
 32 Starbucks

- 33 South Korean capital
 35 Symbol of intrigue
 36 Basis for grits
 38 "The Biggest"
 39 "Real Time" moderator
 42 Punch
 43 Architect
 44 Plumbing problem
 45 La-la preceptor
 46 "The Raven" writer
 47 Submachine gun
 49 Greek workplace

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CTB 55+ Club Valentine's Day Party

♥ Date: Friday, February 12, 2010
 ♥ Place: Landmark Inn's Mark V
 ♥ Time: Noon til 2:00p.m.

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 Call Jessica Krausz at 606-499-4884
 by February 3, 2010 to reserve your spot.

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 • Begin with a key word (item for sale, etc.)
 • Use descriptive words to identify your items
 • State your price or terms
 • Include a phone number and/or e-mail address

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 ADDRESS: _____
 PHONE #: _____

Write your ad here:
 (approximately 18 letters per line)

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300	Services
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500	Education
600	Animals
700	Agriculture
900	Merchandise
Miscellaneous	

For sale: 2008 Honda 500 S Foreman, \$3,800 1000 miles. Call 606-226-1028 or 874-0752.

For sale: 2004 ProWelder 24 ft camper. Excellent condition. \$8,000. Call 606-874-2876.

Furniture for sale: Broyhill Slough bed set. Dining room table with 4 chairs with leather seats. Also treadmill like new. Call 886-0637.

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 1997 Chevy 1500 Blazer. \$2,750
 Call 886-2842

3000 Real Estate Sales

Commercial

Business for rent/lease. 288 US Hwy 23 N. Next to Allen Baptist. 674-0032 or 703-4820. Ask for Linda. Old Huddle House building in Prestonsburg.

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3500 Real Estate Rentals

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18 2 br apartment for rent. Located on KY 832 1/2 mile north of Prestonsburg. No pets. references and security deposit required. Call 886-9747 or 886-9007.

2 BR Duplex for rent. Central heat and air. 1/2 mile north of Prestonsburg. No pets. references and security deposit required. Call 886-9747 or 886-9007.

Studio apartment for rent. Located in Prestonsburg. All appliances included. Call 624-799-2287 or 606-824-0765.

Apartments/Townhouses

For rent: Nice clean 2 br apartment. Located at Harold. Washer/dryer hook up. Central heat / air with washer / dryer included. Available Feb 3rd. For more info call 478-1510.

1 br furnished apartment for rent. Located in Martin. \$500 month. Includes gas, water and electric. \$350. Deposit. References required. No HUD and No pets. Call 791-3137.

Commercial

Quality office space for rent. 900 sq ft with blacktop parking. Suite located in Block & Nursery building in Prestonsburg. Call 886-1515

Houses For Rent

Extra nice 3 br. 2 1/2 bath house for rent. Close to location with garage. No pets. Call 886-9007 or 889-9747.

House for rent. Located at Banner. \$500 per month plus \$500 deposit. References required. Call 606-874-2248

PREMIER ELKHORN COAL COMPANY
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NOTICE OF INTENTION TO MINE
 Pursuant to Application Number 860-5336 Transfer

In accordance with the provisions of 405 KAR 8 010, notice is hereby given that Miller Bros. Coal LLC, 1801 Watergap Road, Prestonsburg, Kentucky 41653, intends to transfer permit number 860-5301 to Laurel Mountain Resources LLC, 1801 Watergap Road, Prestonsburg, Kentucky 41653. The new permit number will be 860-5336. The operation disturbs 5.22 surface acres and underlies 435.58 acres. No new acreage is affected by the transfer. The operation is located 0.21 mile southeast of Betty, in Knott and Floyd counties. The operation is approximately 0.4 mile southeast from Triplett Branch Road's junction with KY 550, and located adjacent to Triplett Branch. The operation is located on the Wayland U.S.G.S. 7-1/2 minute quadrangle map.

The application has been filed for public inspection at the Department for Natural Resources, Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, KY 41653-1410. Written comments, objections must be filed with the Director, Division of Permits, No. 2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601. All comments or objections must be received within fifteen (15) days of today's date.

NOTICE OF INTENTION TO MINE
 Pursuant to Application Number 836-0380 Transfer

In accordance with the provisions of 405 KAR 8 010, notice is hereby given that Miller Bros. Coal LLC, 1801 Watergap Road, Prestonsburg, Kentucky 41653, intends to transfer permit number 836-0321 to Laurel Mountain Resources LLC, 1801 Watergap Road, Prestonsburg, Kentucky 41653. The new permit number will be 836-0380. The operation disturbs 771.49 surface acres and 275.0 underground acres, of which 206.64 are dust usage with route face acres. No new acreage is affected by the transfer.

This operation is located 2.22 miles southwest of Grethel, in Floyd County. The operation is approximately 0.75 mile southwest from Frasure Branch County Road's junction with KY route 979, and is located in Frasure Branch of Little Mud Creek in Floyd County. The operation is located on the McDowell U.S.G.S. 7-1/2 minute quadrangle map.

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 must be filed with the Director, Division of Permits, No. 2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601. All comments or objections must be received within fifteen (15) days of today's date.

OFFICE SPACE FOR RENT

Three office spaces are available for rent at the Richmond Plaza, Irene Street, Prestonsburg. These spaces will be remodeled to suit your needs. The Richmond Properties and the Richmond Memorial Cemetery are under new management. Please contact us at 202 Irene Street, Suite 201, Prestonsburg, or call us at (606) 791-8931.

NOTICE OF INTENTION TO MINE
 Pursuant to Application Number 836-5575 Transfer

In accordance with the provisions of 405 KAR 8 010, notice is hereby given that Miller Bros. Coal LLC, 1801 Watergap Road, Prestonsburg, Kentucky 41653, intends to transfer permit number 836-5511, to Laurel Mountain Resources LLC, 1801 Watergap Road, Prestonsburg, Kentucky 41653. The new permit number will be 836-5575. The operation disturbs 4.4 surface acres and underlies 1142.0 acres. No new acreage is affected by the transfer.

The operation is located 2.6 miles southeast of McDowell, in Floyd County. The operation is approximately 1.5 mile southeast from KY Route 680's junction with KY Route 1929, and located 0.11 mile south of Hall Fork. The operation is located on the McDowell U.S.G.S. 7-1/2 minute quadrangle map.

The application has been filed for public inspection at the Department for Natural Resources, Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, KY 41653-1410. Written comments, objections must be filed with the Director, Division of Permits, No. 2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601. All comments or objections must be received within fifteen (15) days of today's date.

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

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

The proposed operation is located 1.3 miles southwest from State Route 979's junction with Mink Branch Road and located 0.7 miles south of Hamilton Branch. The proposed operation is located on the Pikeville U.S.G.S. 7 1/2 minute quadrangle map. The surface area to be disturbed is owned by Gustavia Howe, Joseph, Charlie Howell Heirs, and Rockbridge Coal Corporation. The permit area will underlie land owned by The Elk Horn Coal Company, LLC, Gustavia Howe Heirs, Charlie Howell Heirs, Rockbridge Coal Corporation, Ermit Howell Heirs, Della Jones, Robert Howell, Squire Hamilton, Levi and Mary McKinney, Frank and Iva Lee McKinney, Pauline Tackett, Milford Howell, Acie Nell Evans, Martha Newcome Estate, David Akers, Charlie Bentley Heirs, Jerry Fonce Howell, JRM Coal Company, Inc., Jack Gayheart, Bert Dye, Ivan Stumbo, Rudolph Jones, Sam Martin, Jenny Elley, Elaine Stone, Joseph Mining Co., Lee Tackett, Loretta Sue Newman, Tessie Hall, Dorothy Bentley Estate, Brenda G. Moore, and Zelli Stone.

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

NOTICE OF INTENTION TO MINE
 Pursuant to Application Number 836-5574 Transfer

In accordance with the provisions of 405 KAR 8 010, notice is hereby given that Miller Bros. Coal, LLC., 1801 Watergap Road, Prestonsburg, Kentucky 41653, intends to transfer permit number 836-5519 to Laurel Mountain Resources LLC, 1801 Watergap Road, Prestonsburg, Kentucky 41653. The new permit number will be 836-5574. The operation disturbs 3.3 surface acres and underlies 901.9 acres. No new acreage is affected by the transfer. The operation is located 3.8 miles southeast of McDowell, in Floyd County. The operation is approximately 0.7 mile east from KY Route 1929's junction with Neds Fork Road, and located in Neds Fork. The operation is located on the McDowell U.S.G.S. 7 1/2 minute quadrangle map.

The application has been filed for public inspection at the Department for Natural Resources, Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, KY 41653-1410. Written comments, objections must be filed with the Director, Division of Permits, No. 2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601. All comments or objections must be received within fifteen (15) days of today's date.

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 304.9 acres, located 0.8 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/larger 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, Ann Spradlin, Vernon Hall and Randall Dean Hall, Delmer and Oma Frasure, Ray and Dottie Williams, Willis and Joyce Newman, Jason and Marlene Brenda Bryant, Veronia Moore, William J. Hall Heirs, 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, Ann Spradlin, Vernon and Randall Dean Hall, Delmer and Oma Frasure, Ray and Dottie Williams, Willis and Joyce Newman, Jason and 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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Public Notice

Pursuant to KRS 353.630 and KRS 353.640

An application for Pooling Order to drill and operate EQT Production Company Well No 568517 is being filed with the Kentucky Department of Oil and Gas. The subject property is located in Martin Quadrangle, of Floyd County, State of Kentucky. Said property being more completely described in Deed Book 27, Page 116 of the public records of the County Clerks Office of Floyd County, State of Kentucky.

Any party claiming an interest in the proposed pooled tract, should contact the Kentucky Department of Mines and Minerals, C/O the Director of the Division of Oil and Gas, and EQT Production Company (606-218-2360) within twenty (20) days from the date of this publication.

The following list comprises all known or last known owners of the subject property. To include all known or unknown successors in title to Girlie Wallen, including address if known or last known address.

Girlie Wallen Estate
P.O. Box 32
Hindman, KY 41822-0032

Public Notice

Pursuant to KRS 353.630 and KRS 353.640

An application for Pooling Order to drill and operate EQT Production Company Well No 568517 is being filed with the Kentucky Department of Oil and Gas. The subject property is located in Martin Quadrangle, of Floyd County, State of Kentucky. Said property being more completely described in Deed Book 41, Page 608 of the public records of the County Clerks Office of Floyd County, State of Kentucky.

Any party claiming an interest in the proposed pooled tract, should contact the Kentucky Department of Mines and Minerals, C/O the Director of the Division of Oil and Gas, and EQT Production Company (606-218-2360) within twenty (20) days from the date of this publication.

The following list comprises all known or last known owners of the subject property. To include all known or unknown successors in title to Car Hays and Mima Hays, including address if known or last known address.

Clatus Hayes Lafferty
306 Wildwood Drive
Elizabethtown, KY 42701

Earril Hayes
331 South Maple Street
Winchester, KY 40391

Earnest Hayes
HC 80 Box 875
Langley, KY 41645

Ronald Merl Hayes
331 South Maple Street
Winchester, KY 40391

Sandra Hayes Sheffield
P.O. Box 106
Betsy Lane, KY 41605

Gregory Ray Caratelli
26946 Eureka
Warren, MI 48091

Mary L. Mudd
1928 Manor House Drive
Louisville, KY 40220-1405

Charles R. Patton
P.O. Box 120
Langley, KY 41645-0120

Gary B. Patton
P.O. Box 120
Langley, KY 41645-0120

Warren J. Patton
P.O. Box 120
Langley, KY. 41645-0120

Lea Nell Hayes
Unknown Address

Girlie Wallen Estate
P.O. Box 32
Hindman, KY 41822-0032

Clarence E. Hayes
P.O. Box 157
Betsy Lane, KY 41605

Herbert A. Hayes
Unknown Address

Bill Hayes
16 Sheridan Drive
Charles Town, WV 25414-3881

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*****JOB ANNOUNCEMENT*****
Data Compliance Analyst

Big Sandy Area Community Action Program is seeking a Data Compliance Analyst for the WIA Program. Duties include, but are not limited to: verifying eligibility and source documentation of program participants, maintaining customer files and entering client data into database.

Associates degree in human services or related field with experience in data entry on a large scale is desired. Combinations of education and work experience may be considered.

The successful candidate must have strong computer skills, excellent written and oral communication skills, and be able to apply program rules and objectives. Candidate must be able to demonstrate prior experience meeting deadlines and performance goals. A valid driver's license and access to an automobile is required.

Qualified applicants may submit a résumé and letter of application to:
Big Sandy Area Community Action Program, Inc.,
ATTN: Human Resources Manager,
230 Court Street, Paintsville, KY 41240

Closing date for applications is
Friday, February 5, 2010, at 4:30 p.m.

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NOTICE TO THE GENERAL PUBLIC

Signature HealthCare LLC, d.b.a. Prestonsburg Health Care Center, is licensed in the state of Kentucky as a nursing facility. All persons qualifying for nursing facility care shall be admitted, regardless of race, color, creed, national origin, handicapping condition, age, or religious preference.

Lynn Fletcher
Administrator

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New 3' br, 2 bath doublewide for rent. Located in downtown Prestonsburg. Rent is a must. Rent & deposit required. \$600 a month plus \$900 deposit. Call 606-226-0380 or 606-262-7764 if no answer leave message.

Nice 2 br mobile home for rent. Located in Prestonsburg. Call 874-0675.

Sm furnished mobile home for rent. Just off the Min Parkway on old 114. Call 886-8724.

NOTICE OF INTENTION TO MINE Pursuant to Application Number 836-0384 Transfer

In accordance with the provisions of 405 KAR 8:010, notice is hereby given that Miller Bros. Coal, LLC, 1801 Watergap Road, Prestonsburg, Kentucky 41653 intends to transfer permit number 836-0384 to Laurel Mountain Resources LLC, 1801 Watergap Road, Prestonsburg, Kentucky 41653. The new permit number will be 836-0384. The operation disturbs 2.15 surface acres and underlies 14.4 acres. No new acreage is affected by the transfer.

The operation is located 2.5 miles northeast of Hueysville in Floyd and Magoffin Counties. The operation is approximately 1.5 miles northwest from Route 2029's junction with KY Route 7 and located in Salyers Branch and Raccoon Branch of Salfick Creek and Grassy Creek of Licking Fork. The operation is located on the David and Martin U.S.G.S. 7 1/2 minute quadrangle maps.

The application has been filed for public inspection at the Department for Natural Resources, Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, KY 41653-1410. Written comments, objections must be filed with the Director, Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601. All comments or objections must be received within fifteen (15) days of today's date.

NOTICE OF INTENTION TO MINE Pursuant to Application Number 836-0392 Transfer

In accordance with the provisions of 405 KAR 8:010, notice is hereby given that Miller Bros. Coal, LLC, 1801 Watergap Road, Prestonsburg, Kentucky 41653 intends to transfer permit number 836-0392 to Laurel Mountain Resources LLC, 1801 Watergap Road, Prestonsburg, Kentucky 41653. The new permit number will be 836-0382. The operation disturbs 639.97 surface acres and 0.0 underground acres. No new acreage is affected by the transfer.

The operation is located 1.0 miles southeast of Weeksby in Floyd and Pike Counties. The operation is approximately 2.3 miles southeast KY State Rt. 122 junction with KY State Rt. 466 and on Pina Fork of Calab Fork of the Left Fork of Beaver Creek. The operation is located on the Wheelwright U.S.G.S. 7-1/2 minute quadrangle map.

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 must be filed with the Director, Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601. All comments or objections must be received within fifteen (15) days of today's date.

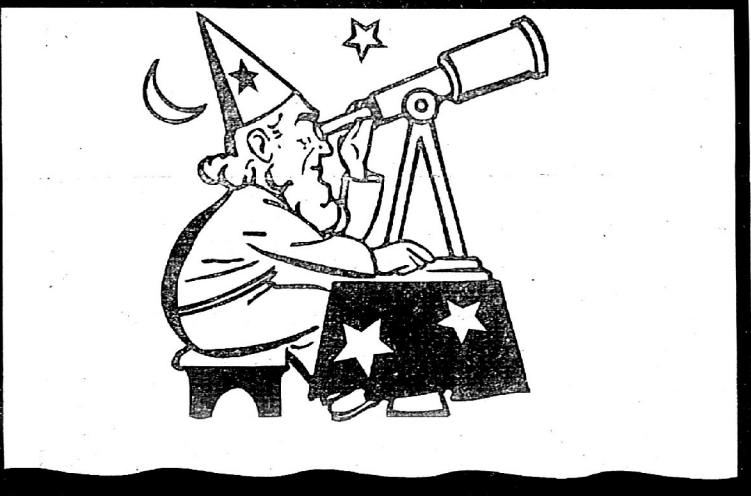
NOTICE OF INTENTION TO MINE Pursuant to Application Number 836-5458, Amendment No. 1

In accordance with the provisions of KRS 350.070, notice is hereby given that Mat/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 Garner in Floyd County. The proposed operation will disturb 5.08 surface acres and SEVERAL CHAPTER 14 v r 101 which 2.22 acres over-areas 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 Hail Estate and Hezlie 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. This is the final advertisement of this application; all comments, objections or requests for a permit conference must be received within 30 days of this date.



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UNIVERSITY OF KENTUCKY

Extension Program Assistant
Floyd County Extension Office
AG-229080

The University of Kentucky is accepting applications for the position of Program Assistant for 4-H Youth Development for Floyd County. Work will be 37.5 per week. A brief job description includes working with the 4-H Clubs (in-school, community, and special interest) and the county's after-school tutorial for families with learning differences. Position requires a minimum of a high school diploma, or GED equivalent. Knowledge of and experience with the Cooperative Extension Service 4-H Program is preferred. To apply for AG229080 a UK Online Application must be submitted to www.uky.edu/ukjobs. The qualifications and job responsibilities may also be viewed on the website. Application deadline is February 5, 2010. For more information or assistance call The Floyd County Extension Service at (606) 886-2668.



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For information contact: 1-800-522-3426 or www.trustforlife.org

*****JOB ANNOUNCEMENT***
Weatherization Crew Laborers**
Big Sandy Area Community Action Program is seeking Crew Laborers for the Weatherization Program in Floyd and Pike counties. Duties include, but not limited to: performing energy saving functions to existing structures which includes air infiltration, duct repair, insulation, roofing, ceiling repair, wall and floor repair, window and door replacement, and heat system installation.
Two years of carpentry and construction experience that includes a wide range of general skills and knowledge is required.
The successful candidate must possess the ability to lift/move heavy objects (up to 100 lbs.), bend, stoop, crawl, climb, and perform work in various weather conditions. Candidate must have knowledge of occupational hazards, safety precautions, and be proficient in the proper use and care of power and hand tools. The position will require a valid driver's license and frequent travel throughout the five-county service area.
Qualified applicants may submit a résumé and letter of application to:
Big Sandy Area Community Action Program
ATTN: Human Resources Manager,
230 Court Street, Paintsville, KY 41240
Closing date for applications is Friday, February 12, 2010, at 4:30 p.m.
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*****JOB ANNOUNCEMENT***
Customer Services Technician**
Big Sandy Area Community Action Program is seeking a Customer Services Technician for the WIA Program. Duties include, but not limited to: answering incoming calls, receiving and directing customers to requested services, scheduling appointments, providing program information by telephone and on-site, making initial assessments of customer needs, and assisting customers with basic intake forms and self-registration.
Associates degree in human services or related field is desired. Combinations of education and work experience may be considered.
The successful candidate will need strong interpersonal and computer skills, experience in working in a busy office setting, and must be able to work with a wide range of people. A valid driver's license and access to an automobile is required.
Qualified applicants may submit a résumé and letter of application to:
Big Sandy Area Community Action Program, Inc.
ATTN: Human Resources Manager,
230 Court Street, Paintsville, KY 41240
Closing date for applications is Friday, February 5, 2010, at 4:30 p.m.
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NOTICE OF INTENTION TO MINE Pursuant to Application Number 836-0386-Transfer
In accordance with the provisions of 405 KAR 8:010, notice is hereby given that Miller Bros. Coal, LLC, 1801 Watergap Road, Prestonsburg, Kentucky 41653 intends to transfer permit number 836-0386 to Laurel Mountain Resources LLC, 1801 Watergap Road, Prestonsburg, Kentucky 41653. The new permit number will be 836-0386. The operation disturbs 752.68 surface acres and underlies 114.4 acres. No new acreage is affected by the transfer.
The operation is located 2.9 miles northeast of Huysville in Floyd County. The operation is approximately 1.5 miles northwest from Route 2029's junction with KY Route 7 and located in Salyer Branch and Raccoon Branch of Sattlick Creek. The operation is located on the David and Martin U.S.G.S. 7 1/2 minute quadrangle maps.
The application has been filed for public inspection at the Department for Natural Resources Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, KY 41653. Written comments, objections must be filed with the Director, Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601. All comments or objections must be received within fifteen (15) days of today's date.

NOTICE OF INTENTION TO MINE Pursuant to Application Number 836-5573-Transfer
In accordance with the provisions of 405 KAR 8:010, notice is hereby given that Miller Bros. Coal, LLC, 1801 Watergap Road, Prestonsburg, Kentucky 41653 intends to transfer permit number 836-5573 to Laurel Mountain Resources LLC, 1801 Watergap Road, Prestonsburg, Kentucky 41653. The new permit number will be 836-5573. The operation disturbs 9.9 surface acres and underlies 442.0 acres. No new acreage is affected by the transfer.
The operation is located 2.2 miles southeast of McDowell in Floyd County. The operation is approximately 0.2 miles east from KY Route 1829's junction with Hoods Fork Road and located 0.2 miles north of Hoods Fork. The operation is located on the McDowell U.S.G.S. 7 1/2 minute quadrangle map.
The application has been filed for public inspection at the Department for Natural Resources Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, KY 41653. Written comments, objections must be filed with the Director, Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601. All comments or objections must be received within fifteen (15) days of today's date.

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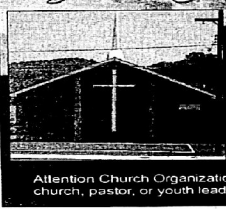
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Floyd County Devotional Page

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Devotional Spotlight



First Church of God
Steven V. Williams
Pastor

Sunday School 10:30 a.m.
Worship Service 11:45 a.m.
Evening Service 6:00 p.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 7 p.m.; Wednesday, 7 p.m.; Lorie Vanucci, Minister.
In Victory Assembly of God, West Prestonsburg, Sunday School, 10:00; Worship Service, 11:00 & 8:30; Wednesday Evening, 8:30; 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. 80 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.
Auzier Freewill Baptist, Auzier, 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, Mousay Ky, Worship Service, 8:30; Every third Sat. and Sun. of each month; Roger Hicks, Pastor, Ralph Howard, Asst. Pastor. Contact Kermit Newsome 606-377-6881 for more information.
Benedict Baptist, Slick 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 Johnson, 886-3663, ext. 67267.
Bonanza Freewill Baptist, Abbott Creek Road, Bonanza; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Jimmy D. Brown, Minister.
Brandy Keg Freewill Baptist, Corn Fork; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Roger Music, Minister.
Calvary Southern Baptist, Betsy Layne; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Doug Lewis, Minister.
Community Freewill Baptist, Gettle 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.; Sunday, 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

Faith Bible Church, an independent Baptist Church, located on 1428, between Allen & Martin; Sunday School, 10 a.m.; Sunday Morning, 11 a.m.; Sunday Evening, 6 p.m.; Wednesday Bible Study & Prayer, 6 p.m.; Pastor, Rev. Bob Wiresman.
Faith Freewill Baptist, 1/4 mile above Worldwide Eglpt. on Rt. 1428; Sunday School, 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, 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 p.m.; Wed., 6:30 p.m.; Jerry C. Workman, minister.

Fitzpatrick First Baptist, 1063 Big Branch, P.O. Box 410, Prestonsburg, KY 41653; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Pastor Tommie Freed.
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.
Grethe 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.; Jimmy Casadi, Pastor.
Garrett Regular Baptist, Route 550, Garrett; Worship Service, 10:30 a.m. and 6:30 p.m.; Wednesday, 6:30 p.m.; Willie Crace, pastor, Assist. Larry Patton, Phone 338-4275.
Highland Avenue Freewill Baptist; Sunday School, 9:50 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; David Garrett, Minister.

Jacks Creek Baptist, Bevinville, Sunday School, 10 a.m.; Pastor Roger Trusty.
Katy Friend Freewill Baptist, 2 miles up Abbott; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Pastor Bobby Crum.
Lackey Freewill Baptist, Lackey, Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Johnny J. Collins, 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 Saturday 6:00 p.m.; Gary Compton, Pastor.

Liberty Baptist, Denver; Sunday Service, 10 a.m.; Wednesday, 11 a.m. and 6 p.m.; Wednesday, 6 p.m.; Marie 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 Assoc.); Sunday 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, Esbitt, Sunday Service, 10 a.m.; Worship Service, 11:15 a.m. and 7 p.m.; Wednesday, 7 p.m.; James (Red) Motts, 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. Elster, Minister.

Maytown First Baptist, Main St., Maytown; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6 p.m.; Bob Varney, Minister.
McDowell First Baptist, McDowell; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6 p.m.; Gene Bracken, Minister.
Middle Creek Baptist, Blue River; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; William L. Hunt, Minister.
Lighthouse Baptist, 2194 KY Rt. 1428, Prestonsburg; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Donald Crisp, Minister, home phone 285-3365.
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.; Wendell Crager, Minister.
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, Huesyville; Worship Service, 2nd & 4th Sunday, 10:30 a.m.; Pastor, Allen Chaffins, phone 946-2123.
Sammy Clark Branch Freewill Baptist, Dana; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m.

Stephens Branch Missionary Baptist, Stephens Branch; Sunday Service, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Phillip Ramey, Pastor.
Tom's Creek Freewill Baptist, U.S. 23 (north of Layne Brothers); Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Chuck Ferguson, Minister.
Tom Moore Memorial Freewill Baptist; Cliff Road; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Youth Service, 5:00 p.m.; Evening Service, 6:00 p.m.; No Service the 1st Sunday of each month; Wednesday, 7 p.m.; Jody Spencer, Minister.
Trimble Chapel Freewill Baptist; Intersection of U.S. 23 and KY 80; Water Gap; Sunday School, 10 a.m.; Morning Worship Service, 11 a.m. and Evening Worship Service 6 p.m.; Wednesday Bible Study, 7 p.m.; Youth Services 7 p.m.; Everyone Welcome.
United Community Baptist, Hwy. 7, Huesyville; 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 Ferrar, Minister.

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

CHRISTIAN
First Christian, 560 North Arnold Avenue; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Jim Sherman, Minister.
Victory Christian Ministries, 1428 E.; Sunday School, 11:30 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Sherm Williams, Minister.

CHURCH OF CHRIST
Betsy Layne Church of Christ, Betsy Layne; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Tommy J. Spears, Minister.
Prestonsburg Church of Christ, 88 Hwy. 1428; Worship Service, 10 a.m. and 6 p.m.; Wednesday, 7 p.m.; Richard Kelly and Nelson Kiddler, Ministers.
Harold Church of Christ, Harold; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Willie E. Meade, Minister.
Highland Church of Christ, Rt. 23, Hager Hill; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.

Huesyville Church of Christ; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Lower Toler Church of Christ, Harold; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wednesday, 6:30 p.m.; Lonie Meade, Minister.
Mare Creek Church of Christ, Starville; 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, 65 Turkey Creek Rd., Langley Sunday Bible Study 10:00 a.m., Sunday morning worship 11:00 a.m., Evening Worship 6:00 p.m., Wednesday Bible Study 6:00 p.m.
Upper Toler Church of Christ, 3.5 miles up Toler Creek on right; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.
Weeksbury Church of Christ; Sunday School, 10 a.m.; Worship Service, 10:45 a.m. and 6 p.m. John Burke, Minister.

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

First Church of God, Sunday School, 10 a.m.; Worship Service, 10:45 a.m. and 6 p.m.; Wednesday, 7 p.m.; Sherrill 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. Bussay, Jr., Pastor.
Lanark Church of God, Rabele 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 Toler First Church of God, 671 Little Paint Road, Sunday School, Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Charles Heater Jr., Minister.

The Ligon Church of God of Prophecy, Saturday Services, 7:00 p.m.; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Ralph Hall, Pastor.
EPISCOPAL
St. James Episcopal; Coffee Hour 10:00 AM; Morning Service, 11:00 a.m.; 906-9646.

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

METHODIST
Auzier United Methodist, Auzier, Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.; Mearl Music, Minister.
Betsy Layne United Methodist, next to B.L. Gymnasium; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Randy Blackburn, Minister.
Allen Christ United Methodist, Allen; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. & 6 p.m.; Wednesday, 7 p.m.; Kenneth Lemaster, Minister.
Community United Methodist, 147 Burke Avenue (off University Drive and Neeley St.); Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Glen "Andy" Douglas, Rev.

Elliott's Chapel Free 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 Profit.
First United Methodist, 256 South Arnold Avenue; Sunday School, 9:45 a.m.; Worship Service, 10:55 a.m.; Youth Service 6 p.m.; Rev. Jim Adams, Pastor.
Horn Chapel Methodist, Auxier Road, Auzier; 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.; Ted Sharnon, Minister.
Salsbury 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 Varney, Minister.
Vogel Day United Methodist Church, Harold; Sunday School, 10:00 a.m.; Sunday Worship Service, 11:00 a.m.; Wed. Bible Study, 7:00 p.m.; Dennis C. Love, Pastor.

Drift Pentecostal, Drift; Sunday School, 10 a.m.; Worship Service, Saturday, Sunday, 7 p.m.; Wednesday, 7 p.m.; Ted Sharnon, Minister.
Free Pentecostal Church of God, Rt. 1428, East Point; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Thurs., 6:30 p.m.; Buster Hayton, Minister.
Free Pentecostal Church of God, Weeksbury; Sunday School, 10 a.m.; Worship Service, 7 p.m.; Wednesday/Saturday, 7 p.m.; John "Jay" Patton, Minister.
Free Pentecostal Deliverance, Ext. 46 off Mt. Parkway at Campton; Worship Service, Saturday and Sunday, 7 p.m.; Patricia Crider, Minister.
Free Pentecostal Holiness, Rt. 122, Upper Burton; Sunday School, 11 a.m.; Worship Service, 6 p.m.; Friday, 7 p.m.; Louis Santan, Minister; David Pike, Associate Minister.
Graceway Pentecostal, Rt. 850, David; Worship Service, 6 p.m.; Malcolm Stone, Minister.
Parkway First Calvary Pentecostal, Floyd and Magoffin County Line; Worship Service, 6:30 p.m.; Mike D. Caldwell, Minister, 297-6262.

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

FREE PENTECOSTAL CHURCH, DWALE; 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 8:15; Sabbath School, 10:45; John Baker, Pastor, 358-9263, Church, 886-3459, leave message. Everyone welcome!

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS
The Church of Jesus Christ of Latter-Day Saints; Sacramento Mfg., 10:00 a.m.; Sunday School, 11:20 a.m.; Relief Society/Presthood/Primer, 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, 886-9905.
Faith Deliverance Tabernacle, West Prestonsburg; Sunday School, 10:30 a.m.; Thursday, 7 p.m.; Don Shepherd, Minister.
Faith Revelation, Harkins Ave., West Prestonsburg; Sunday School, 10 a.m.; Worship service, 11 a.m. and 6 p.m.; Thurs., 7 p.m.; Randy Hagans, Minister, 886-9460.

Faith Fellowship, Allen, Ky. Sun. School, 10 a.m.; Worship Service, 11 a.m.; Sun. Evening, 6 p.m.; Wed. 7 p.m.; Carl & Missy Woods, Pastors.
Faith Worship Center, US 460, Paintsville; Worship Service, 11 a.m.; Thursday, 6 p.m.; Buddy and Maude Fry, 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.; Roy Cosby, Minister.

Living Water Ministries Full Gospel Church, Rt. 3, just before Thunder Road; Sunday School, 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, 10 a.m.; Worship Service, 7 p.m.; Friday, 7 p.m.; John W. Patton, Minister.
Spurlock Bible (Baptist), 6227 Spurlock Creek Rd., Prestonsburg; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Jim Stephens, Minister, 886-1003.

Town Branch Church; Sunday School 10 a.m. except for first Sunday in each month; Worship Service, Sun. morning 10:00 a.m.; Evening 6 p.m.; Wednesday, 6 p.m.; No Sunday night services on first Sunday of each month. Tom Nelson, Minister.
The Father House, Big Branch, Abbott Creek; Sunday School, 10 a.m.; Worship Service, 6 p.m.; J.J. Wright, Minister.
The Tabernacle, Rt. 321 (Old Plantation Motel), Christian Educator, 10:00; Sunday Morning, 11:00; Sunday Evening, 7:00; Wednesday, 7:00; Pastors, Paul and Ramona Allen.
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 Eglpt., 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. Cury.
Church of God of Prophecy, Sunday School 10 a.m., Worship Service 11 a.m., Sunday Night - 6 p.m., Wednesday Night - 6 p.m. Pastor, Glenn Hayes. West Prestonsburg.

House of Refuge, Rock Fork; Sunday Evening Worship 6 p.m., Monday Bible Study 7:30 p.m., Wednesday Prayer Meeting 7:30 p.m., Bill B. Tussery, Pastor.
Seventh-Day Adventist 5 miles West on Mt. Parkway; Sabbath School 9:30 a.m.; Church Services 11AM; Pastor, John Baker 886-9263, Church, 606-886-3459. Leave message. Everyone Welcome.

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GET ENERGIZED!

Great tasting ways to fuel your day

FAMILY FEATURES

It can be tough to maintain healthy eating habits and a hectic schedule. But one little ingredient can add great flavor and keep you energized for the busy day ahead. With seven grams per serving, peanuts have more protein than any other nut. Protein provides long-lasting energy — just what you need to keep going throughout the day. Peanuts and peanut butter contribute more than 30 nutrients and phytonutrients and can be part of a balanced diet that promotes good health. In addition, foods low on the glycemic index (GI), such as peanuts, are good choices for people trying to watch their blood sugar. Eating foods with a low GI score (peanuts score a 14) may lead to a slow increase in blood sugar levels, causing less insulin to be released all at once, and thus avoiding the sugar “crash.”

The National Peanut Board has some tips to show you how to add energy-boosting USA-grown peanuts to your daily diet.

At home

- Involve your children in meal planning and preparation so they can learn about healthy eating habits and good nutrition. Experiment with kid-friendly recipes, such as Flag-Waving Peanut Butter Cookies and PB&J French “Toastwich,” which can be found at nationalpeanutboard.org.
- Keep a can of peanuts handy to munch on while working around the house, reading with your children or watching television.
- Make a batch of Munch ‘N’ Go Mix — a quick trail mix with dried fruit, peanuts and chocolate — to keep on hand. Put single servings into resealable plastic bags and you have a great, on-the-go snack ready all the time.

At work

- Ask your place of employment to provide peanuts as a snack option — they’ll keep your energy up to get more accomplished.
- Keep a jar of peanut butter and a spoon in your desk drawer for midday cravings. For something new and different, try one of the many flavored peanut butters on the market.

Eating out

- Be on the lookout for the many delicious peanut/peanut butter menu items now available at some of your favorite restaurants in appetizers, salads, entrees and desserts.
- More than 1,000 new products with peanuts or peanut butter have been created during the past five years. Have you found a favorite yet?

On the road

- Store a pack of peanuts and a jar of peanut butter in the glove box for a crunchy and satisfying treat.
- Stop by a roadside stand or produce market and buy some homemade roasted or boiled peanuts — you can even make them at home.
- Two-ounce peanut butter travel packs from companies such as Sunland and Jif are easy-to-pack, portion-controlled snacks for travel. Try pairing them with freshly sliced fruit and vegetables.

For more delicious ways to get energized, visit nationalpeanutboard.org.

Dazzling Chocolate Peanut Butter Dip

Makes 4 servings (each serving = 3 tablespoons dip and 1 cup fruit/veggies)

- 1/3 cup low-fat plain yogurt
- 2 tablespoons chocolate syrup
- 1/4 cup creamy peanut butter
- 1 teaspoon chocolate or colored sprinkles
- 4 cups fresh fruit and vegetables cut in “dip-able” shapes (carrots sticks, sliced cucumbers, celery sticks, sliced apples and pears)

In a standing mixing bowl, mix yogurt and chocolate syrup on medium speed until well blended.

In a microwave-safe bowl, microwave the peanut butter at 70% power for about 1 minute or until melted, stir half-way through. Pour peanut butter into chocolate yogurt mixture and mix until smooth.

For each serving, spoon 3 tablespoons dip into a small serving cup and sprinkle with sprinkles. Serve with one cup of fresh fruit and/or vegetables.

Note: This dip may also be served with pretzels or spread on graham crackers.

Nutrients per serving: Calories, 194 (38% from fat); Fat, 9g (saturated 2g, monounsaturated 4g, polyunsaturated 2g); Protein, 6g; Carbohydrates, 26g; Fiber, 4g; Cholesterol, 2mg; Calcium, 64mg

Munch ‘N’ Go Mix

Makes: 14 servings (1/2 cup per serving)

- 2 cups roasted peanuts
- 2 cups banana chips
- 1 cup chopped mixed dried fruit (apricots, apples, pineapple, papaya)
- 1 cup dried cranberries
- 1 cup candy-coated chocolate pieces

Toss all ingredients together. Store in an airtight container at room temperature for up to 3 months.

Nutrients per serving: Calories, 383 (55% from fat); Carbohydrates, 39g; Protein, 7g; Fat, 25g; Cholesterol, 2mg; Fiber, 5g; Sodium, 24mg



Peanut Berry Smoothie

Yield: 2 (8-ounce) servings

- 2 cups low fat vanilla ice cream
- 1 cup frozen blueberries
- 2 tablespoons 2% milk
- 1/4 cup creamy peanut butter
- 2 tablespoons whipped cream (optional)

Combine all ingredients in blender; puree until very smooth. Transfer to two glasses and serve.

Nutrients per serving: Calories, 431 (47% from fat); Fat, 24g (saturated 8g, monounsaturated 8g, polyunsaturated 5g); Protein, 15g; Carbohydrates, 45g; Fiber, 4g; Cholesterol, 61mg; Calcium, 152mg



SCORE BIG

With Game-Day Entertaining

Make your favorite sport spectating snacks veggie-licious

FAMILY FEATURES

Every winter, football fans come together for the viewing party of the season. This year, as you prepare to host a hungry crowd for the big game, intercept unhealthy appetizers and lighten up your favorite game-watching dishes by infusing vegetables. Jodie Shield, mom and childhood nutrition expert, knows first-hand the challenge of making dishes that not only taste good, but are good for you.

"People don't traditionally think veggies when they think about game-day entertaining, but incorporating vegetables into your favorite recipes is an easy way to feel good about the food you are serving while still scoring points for home team health," says Shield. "Veggies are full of nutrients and flavor, are a great way to add flavor, texture and color to your recipes, and can even be used as edible serving pieces."

To ensure your guests enjoy their veggies before and after the final whistle is blown, here are some of Jodie's tried-and-true tips for making vegetables delectable on game day and every day.

Shred the evidence. Shred veggies, like broccoli, carrots, bell peppers or mushrooms, and toss them into turkey-slayers, sloppy Joes, quesadillas, tacos or pizza. A small amount will blend right into your favorite dishes and boost the nutritional value, too.

Contain their interest. Tempt big and small appetites by using the vegetables themselves as edible serving pieces. Serve veggie dips in hollowed-out bell peppers, mashed potatoes in potato skins or even squash soup in mini pumpkins.

Dip it. Don't be afraid to pair up vegetables with tasty sauces or dips. A 2006 study found that children eat more vegetables when paired with a moderate amount of ranch dressing.

For great veggie-filled recipes, check out the recipes below or go to www.loveyourveggies.com or www.hiddenvalley.com.

Original Ranch Spinach Dip

Prep Time: 30 minutes
Chill Time: 30 minutes
Makes 2 cups

- 1 (1.1-ounce) packet of Hidden Valley Original Ranch dip mix
- 16 ounces sour cream
- 10 ounces frozen chopped spinach, thawed and well-drained
- 8 ounces water chestnuts, rinsed, drained and chopped
- 1 round loaf French bread
- Fresh vegetable sticks

1. Combine Hidden Valley Original Ranch dip mix, sour cream, spinach and water chestnuts.
2. Chill 30 minutes or until just before serving.
3. Cut top off the bread and remove center (use firm bread pieces as dippers).
4. Fill bread bowl with dip.
5. Serve with cubed bread and vegetables.

Introducing Farmhouse Originals

It's no secret that adults and kids alike enjoy dipping their veggies into Hidden Valley Original Ranch dressing. The makers of Hidden Valley dressing are excited to introduce four new flavors that will make vegetables delectable for the entire family.

New Hidden Valley Farmhouse Originals dressings step beyond ranch to add robust, fresh-from-the-farm tasting flavors to even the simplest of dishes. Flavors include Roasted Onion Parmesan, Hickory Bacon & Onion, Garden Tomato & Bacon and Creamy Parmesan.

To learn more about the Farmhouse Originals dressings, and for great tips and kid-friendly recipes, visit www.hiddenvalley.com.



Pick-a-Peck-of-Peppers Fiesta Ranch Dip

Prep Time: 10 minutes
Serves 8

- 1 cup reduced-fat mayonnaise
- 1/2 cup fat-free sour cream
- 1/2 cup nonfat, plain yogurt
- 1 (1.1-ounce) packet ranch dip mix

- 2 each: green, red, orange and yellow bell peppers
1. Combine mayonnaise, sour cream, yogurt and ranch dip mix in a medium-size bowl; place in the refrigerator to chill.
2. Meanwhile, remove the tops of the bell peppers, rinse and remove seeds.
3. Slice one green, red, orange and yellow bell pepper into quarters. Place one quarter of each color bell pepper into a food processor and chop until fine. Remove and drain excess water.
4. Add the diced bell pepper mixture to the fiesta dip and stir until well-combined.
5. Pour the dip into each of the remaining whole bell peppers and serve with the remaining bell pepper cut into strips.

Carrot Oven Fries

Prep Time: 5 minutes
Cook Time: 25 minutes
Serves 4 to 6

- 1 pound carrots (about 5 or 6 large) peeled and cut into 4 x 1/4-inch sticks
- 1 teaspoon olive oil
- 1 (1.1-ounce) packet ranch dressing & seasoning mix
- 1 teaspoon corn starch
- Vegetable cooking spray

1. Preheat the oven to 400°F.
2. In a large bowl, combine the carrots together with the olive oil, corn starch and ranch dressing & seasoning mix, and toss until well coated.
3. Use a sheet tray or quarter sheet pan. Spray generously with cooking spray.
4. Arrange the carrots in a single layer on rack and bake for 25 to 30 minutes or until crispy. Bake for 35 minutes for extra crispy fries.

Drugs

Ten people dying might not sound like a lot, but some of these people were 18 years old," Nelson said.

Nelson also said that many cases may show the cause of death as heart failure, for example, but that drugs were the root cause.

With nearly 160,000 prescriptions handed out in a single year, Floyd County residents were given, according to statistics, 63,491 prescriptions for hydrocodone and 14,376 for Valium, with another 12,809 written out for Xanax, 7,594 for oxycodone and 1,813 prescriptions for methadone.

And this prescription drug epidemic, as it's often referred to, filters into other areas of the criminal community, said Floyd County Attorney Keith Bartley, and has accumulated a body count along the way.

"This drug epidemic has killed more people than the plague in the last five years," Bartley said. "The overwhelming majority of all the cases that come in our office are drug-related."

"For instance, most of the thefts we have come through are typically related to drugs because what we find are addicts who go out and steal people's property in order to either trade it for drugs or take it to a pawn shop to get money to go to a drug dealer."

And Bartley said the connections do not end with theft. Assaults are another crime he says his office is connecting more and more to the drug problem in the area.

"Assaults are almost always drug-related, unless it's a family dispute or something like that," said Bartley. "The real sad thing is that we're seeing more and more that those assaults are committed upon grandmothers, sick family members and friends who these addicts know have medical problems that require them to take medication."

Another frequent victim that comes across his desk are cancer patients, said Bartley. "There have been a number of cases where you had a person being treated for cancer that was sometimes assaulted and then robbed in order for the addict to take that cancer medication," he said.

Bartley, who first started prosecuting in Floyd County 14 years ago, said at that time about 90 percent of the DUI cases were alcohol-related. Today, he said more than 80 percent are drug-related. "It's actually a rare occasion now when we get a DUI case that just alcohol-related."

So what are state officials doing with these statistics? According to Van Ingram, executive director of the Kentucky Office of Drug Control Policy, his office tries to keep a constant watch on the problem.

"This prescription drug issue is something we focus on every day," Ingram said. "We're trying a number of initiatives that can help reduce this problem."

Among those plans, according to Ingram, is recommending that physicians try to find

out as much as possible about patients before seeing them and also helping other states such as Ohio and Florida develop drug-monitoring systems similar to Kentucky's KASPAR. Both Ohio and Florida are states that have been opened up for transporting prescriptions into Kentucky.

But, at the end of the day, Ingram says sweeping, multi-state initiatives may not be the most effective means of seeing progress with the problem.

"We say all the time that these drug issues are going to be solved by community by community," said Ingram. "Washington can't fix Kentucky and Kentucky can't fix Florida, but these battles are going to be won by grassroots efforts."

Of the 120 counties in Kentucky, 118 saw an increase in the number of prescriptions of controlled substances given out from 2005 until 2007.

A NEW JUDGE IN TOWN



Photo by Sheldon Compton Stacy Marshall was sworn in as Floyd County's Family Court Judge during a recent ceremony in Prestonsburg. Marshall was appointed to the position as part of a reshuffling following the retirement of long-time Circuit Judge Danny P. Caudill.

Settled

leading to the amputation of her right leg below the knee.

"It was about two days after the fall that the trouble started," Johnson said. "I have had a lot to live through since then."

According to the attorneys, Johnson's medical bills approached \$300,000.

Representatives of the Dollar General Store allegedly said that the liquid soap was put on the floor by a child and that the store and its employees were not negligent, also arguing that the amputations were caused by Johnson's pre-

vious health conditions.

"Linda is a special person who has been through a lot," said Ashley Tackett Lafferty. "I am proud to have been of help to her."

The terms and conditions of the settlement were not released.

"Out of consideration for Linda's privacy and pursuant to our agreement with the defendant, I cannot comment on the terms of the settlement," said John Kirk. "I will say that the right and just thing was done."

Violence

jail where the church services are being conducted.

Vanderpool was transported by ambulance to the hospital following the alleged attack, Webb said.

Dulaney was indicted in October 2008 in connection to a shootout at Allen which resulted in the death of 30-year-old Sally Vance. He was later found competent to stand trial on a charge of murder in connection to Vance's death.

He was originally indicted on five counts of attempted murder after prosecutors said on Aug. 5, 2008, the Banner resident was involved in an early-morning drive-by shooting. Dulaney, who is said to

have been driving the vehicle at the time, became involved in a shootout with the residents of 74 Third Street in Allen.

Vance was a passenger in Dulaney's vehicle at the time of the shootout, with prosecutors saying it was possible she was struck by a stray bullet during the incident.

Dulaney was taken into custody in the Banner area following a traffic stop, during which he was interviewed by Kentucky State Police before his arrest.

Arrest

Both Wallen and Mulkey were arrested and charged with robbery. They are currently being held in the Floyd County Detention Center with bond set at \$200,000 cash.

According to police, additional charges, including a possible connection to several other recent robberies, are pending investigation.

Bishop

in prison during a 2005 trial.

Bishop said that the decision was a reversible error for the court to deny him his right to act as co-counsel.

Carolyn Bishop's body was discovered along a strip mine in the Mud Creek area.

Beltway

campaign with money. In other words, it should have practiced politics. It didn't, I'm not sure the party knows how to anymore.

Now they're whining about it, calling the unfortunate Ms. Coakley names.

The only sound worse than a Democrat whining about a loss is a Republican crowing about victory. Conservatives are famously sore winners, and their taunts and tough observations are hard for us poor liber-

als to take.

But take them we must; we have no choice. Obama and a few others are trying to make the best of things, saying that they'll try harder to cobble together legislation on which a bipartisan coalition can agree.

Lots of luck, Prez. Republicans want Obama to fail, and they just took a step toward fulfilling that wish.

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

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For the Record

Marriage Licenses

Jessica Ann Evans, 27, of Prestonsburg, to Timothy Rand Collins, II, 32, of Prestonsburg.
Shonda Lynn Wright, 34, of Martin, to Benjamin Lawson, 36, of Martin.
Nancy D. Stepp, 27, of Banner, to Jason D. Hurd, 26, of Prestonsburg.
Johanna Cooper, 35, of Salyersville, to Jimmie L. Ward, 21, of Prestonsburg.
Cassie D. Elkins, 22, of Prestonsburg, to Jeremy K. Daniels, 25, of Beaver.

Civil Suits Filed

Stephanie Howell vs. Jeremy Howell; complaint.
U.S. Bank National Association vs. Ashley Smith; complaint.
Amy Cunningham vs. Willis A. Thomas; complaint.
Jerry D. Maynor vs. Rändie J. Howell; complaint.
Vonda Robinson vs. Randall Robinson; divorce.
Citifinancial Inc. vs. Sue Thacker; complaint.
Tax Easement Investments LLC vs. Andy Hancock; complaint.
Alva Mitchell vs. Brenda Newsome; complaint.
Tax Easement Investments LLC vs. Berry Hall; complaint.
Beneficial Kentucky Inc. vs. William T. Harris; complaint.

Small Claims Filings

Eric C. Conn vs. Robert Grigsby; debt collection.
Eric C. Conn vs. Geraldine Owens; debt collection.
Eric C. Conn vs. Farrel Campbell; debt collection.
Eric C. Conn vs. Brenda Hensley; debt collection.

Charges Filed

Whitney Ousley, age unlisted, Prestonsburg; theft by failure to make required disposition of property.
John Fisceel, 44, Allen; alcohol intoxication.
Susan Branham Greene, 46, Wheelwright; harassment.
Susan Branham Greene, 46, Wheelwright; harassment.
Francis G. Firestone, 25, Teaberry; fourth-degree assault, criminal trespassing.
Reon Slone, 55, Prestonsburg; theft by unlawful taking.
Susan Branham Greene, 46, Wheelwright; harassment.
Lowell Jackson Prater, 46, Langley; terroristic threatening.
Yvonne Adams, 38, McDowell; failure of parent or custodian to send child to school.
John Hamilton, 54, Drift; failure of parent or custodian to send child to school.

Inspections

Wal-Mart, Prestonsburg.



Holly and David Sammons II, of Paintsville, announce the birth of their second child, a daughter, Jenna Elizabeth Sammons, born on Dec. 8, 2009 at Kings Daughters Medical Center in Ashland. She weighed 7 pounds and was 8 1/2 ounces and was 20 inches long. Jenna has a big brother, David. Her paternal grandparents are David and Vickie Sammons, of Louisa. Paternal great-grandparents are Janet Rice, of Louisa, and the late Herbert Rice, Shirley and Homer Bentley, of Louisa, and the late James F. Sammons. Jenna's aunt is Megan Elizabeth Sammons, and her uncle is the late James Adam Sammons. Jenna's first cousin is Riley Sammons. Her maternal grandparents are Doug and Della Williams, of Banner. Her maternal great-grandparents are Arnold and Viola Williams, of Jenkins, and the late Estella and Sherman Gibson.

regular inspection. Violations noted: toilet facility not in good repair. Score: 98.

Property Transfers

Estill Lee Carter to Dorothy C. Wells, property located at North Arnold Ave.
Peggy M. Carter to Dorothy C. Wells, property located at North Arnold Ave.
Junior L. Conn to Amber Campbell and Jimmy Campbell, property not listed.
Loretta Conn to Amber Campbell, property not listed.
Rowland Ross Goble to Patsy Goble, property not listed.
Jerry D. Kinzer to Moriah Kinzer, property located at Riley Hall and Troy Hall Addition.
Mara Lynn Music to Amber N. Shepherd and Roy D. Shepherd, property located at Martin.
Rex, R. Music to Amber N. Shepherd and Roy D. Shepherd, property located at Martin.
Bert Newsome to Luceifer Burke and Patricia A. Burke, property not listed.
Eloise Hal Newsome to Luceifer Burke and Patricia A. Burke, property not listed.
Paul Ward Thompson Trust to John Emit Thompson, property located at Lancer.
Bernice Prater to Caren Shepherd, property located at State Rt. 850.

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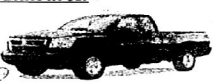
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Your Heart is Talking Are you Listening?

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.

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MOVIES FROM THE BLACK LAGOON 'Horror at 37,000 Feet'

by TOM DOTY
TIMES COLUMNIST

A transatlantic flight experiences major turbulence when haunted rocks demand a human sacrifice in this TV terror outing that assembles a top-flight cast to execute its rather mundane premise.



Tom Doty
Times Columnist

The story begins with the passengers assembling at Heathrow Airport. They include a who's-who of actors that were consistently seen on ABC's "Movie of the Week" and include:

- Chuck Connors, as the rugged pilot.
- Roy Thinnes ("The Invaders"), as an architect with money to burn.
- Jane Marrow, as the architect's wife who's harboring an ancient family secret.
- Buddy Ebsen ("Barnaby Jones"), as a self-made millionaire who's a bit of a braggart and a closet coward who would have vaulted over old ladies like O.J. Simpson in a Hertz commercial if he had been on the Titanic.
- William Shatner (James T. Kirk himself) as a self-loving ex-priest who's lost his faith but found the bottle.

Once the flight gets under way, things begin happening. The flight

(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 WEATHER...AGAIN

I had thought to refrain from further comment about the weather since it took an immediate turn for the worse after last week's remarks. But now others take up the "spring song."

A Garrett woman, for instance, writes to tell about picking a mess of "Speckled Bitches" and other greens for the family table, and this on Jan. 18.

Another reports the peepers in full cry. Yet another calls to ask if a case of poison ivy is a sign of spring.

All these things qualify. But I may wait now for the first case of chiggers before making it official.

IMAGINE—WE WERE WRONG

We were so wrong about those flowers which we identified as forsythia last week. Mrs. Regina M. Roberts assures us they are yellow jasmine, and she brings us as proof, a painting of these flowers beautifully done in 1930 by Mrs. Reba Mayo, now of Lexington, whose life and talent in those days made our place a little more special.

PHILOSOPHICALLY SPEAKING

That Mumpsimus guy turns up again. This time he writes:

(See ALLEN, page four)

APPALACHIAN WOMEN

The life and times of Verbal Meek

by EVA VOSHELL

Verbal Hamilton Meek was born Sept. 18, 1925, at McDowell, Kentucky, the first in a family of four. Her parents, Maudie and Emitt Hamilton, moved to Teaberry, Ky. one year later.

Verbal grew up during the great depression of 1929. Although her family was a prominent family in the county, it was hard times for everyone. Most everyone in the community grew their own crops and raised chickens, hogs, and beef. For a change in menu, they fished or hunted the surrounding hills for wild turkeys, deer, and other game. Verbal has happy memories of picking blueberries and blackberries in the Summer, and of gathering fruit from the orchard in the fall.

"We farmed three large bottoms of corn and two or three vegetable gardens," Verbal said. "We raised corn, wheat, and soy beans to feed the animals and supply food for the family. We had a big cellar to keep winter vegetables and fruits, and raised everything we needed except sugar, salt, flour, spices and such."

For the farmer, corn was the biggest and most important crop. After the corn was gathered, families often had corn huskings, making it into a fun time and social activity for friends and neighbors. After the corn was husked and allowed to dry, the best was reserved for food and taken to the mill house for grinding into meal. The rest was kept in the barn loft for wintering the farm animals.

"We worked hard but we had lots of fun on the farm, too. We each had a job to do, and did them without complaining," Verbal said. Her brothers, Bud and Junior, were responsible for the outside chores. They kept a continual supply of wood and coal in stock for cooking and heating, and did extra jobs to earn some "pocket" money. "The cool, clear creek was near our house with a dammed-up water hole where my mother and other folks from the church were baptized. Our favorite place was that swimming hole. In an effort to create our own entertainment, we would play church. My brother Bud preached while Bernice and I did some shouting, and then we baptized the protesting dogs and cats if they weren't fast enough to escape to the other side. If there were no animals, we baptized each other." She paused at the memory of this childhood pastime. "We didn't mean to mock or to be irreverent," she said. "Just having fun. We did some pretty good preaching and shouting." She has many humorous stories of growing up in Teaberry.

Verbal learned to cook when she was just ten years old. Being the oldest of four children, she had the most responsibility at home, so the major chores fell to her.

"I would get up about 4:30 a.m., build a fire in the big wood stove, and while the oven was heating, make home-made biscuits and start the sausage sizzling. To this, she added eggs and gravy, home-made butter and syrup, molasses, apple butter and jelly, and sometimes bacon for variety and choice.

By the time this huge farm breakfast was ready and the family up and at it, Verbal had just enough time to dress and get off to school. During part of the high school years, she walked three miles to catch the bus by 6 a.m.

When Verbal relates some of these experiences to the younger generations, they just smile and think she is joking.

Verbal's dad owned two or three stores at times (two burned down). He was instrumental in getting signed petitions to establish a post office in



Teaberry, which became effective February 15, 1929. The post office was combined with a general store, since there was not enough business to hire a full-time clerk.

"Dad did own property," she said, "but we were land poor. I guess. When we needed money bad, he sold a parcel of land to get us by."

School didn't start until late in the summer when corn was laid-by. Verbal's first years were spent in a little one-room school with eight grades. She loved school and was a little on the mischievous side. Even at an early age, she knew the value of a smile. "I greeted everyone with a smile, regardless of age or station in life," she said. With a happy, laid-back disposition, and that lilt in her voice, Verbal was well liked and a walking encouragement to those around her. However, she had a temper that could flare just as quickly when pushed and get her into trouble.

At the age of 14, Verbal entered high school. In winter months, she had to start to school long before daylight. She had a bottle with a lighted kerosene-soaked cloth for a Wick that served as a lantern. Verbal relates some humorous experiences from those dark to dawn walks to catch the school bus.

Sometime after this, her dad bought a house at Betsy Layne so they could be closer to school. Verbal, her Mom, her brothers, Bud and Emitt, Jr., and sister, Bernice, lived at Betsy Layne while her dad stayed behind to keep up the farm. This worked most of the time, but the family moved back and forth between the two houses in order for the children to get a good education without all the inconveniences.

"I had a wise mother who was determined that her children have an education, and I was just as determined to study and make something of my life," Verbal said. "When I married and had children, they wouldn't have to work so hard." She now admits that all the hard work and responsibility made her into a better and stronger person, emphasizing that maybe the younger generation could do with more work experience as a viable career move.

For her first prom, Verbal's evening gown cost \$5.95. She loved to dance and was often the life of the party, according to one source.

DINNER DIVA

Basic skills



Basic kitchen skills translate into meal making. A crucial component to running a home. Now before you start to panic, please know that doesn't mean you need a degree from Cordon Bleu in order to make dinner for your family! You need skills—that is all. That and a good recipe or two. (I can help you with that!)

Cooking skills fall into two different categories: preparation and actual cooking. Preparation involves getting the food ready to be cooked, using skills such as chopping, dicing, and other fun stuff with a knife. All of this translates into preparation, or prep work as we Dinner Divas

like to call it.

The cooking part (this is where you dispense of the knife and start using the heat) can be a little tricky, but mostly it's because the cook doesn't know the stove. Getting to know your own stovetop is as essential as understanding concepts like preheating (don't put the food in until the oven is heated to the indicated temperature), broiling (food cooked under the heat source), and my favorite, grilling outdoors on a barbecue grill.

I have noticed that inexperienced cooks either overcook or undercook the food when they make their cooking

goofs, so following the advise above should help eliminate that problem.

Another problem for cooks is the speed in which they chop. If it takes you a full five minutes to chop one onion, it's going to take you way too long to get dinner on the table.

This is tough one to write about without showing you, but I will do my best. Believe it or not, this is easy. When you're chopping, you need to use both hands—one for holding whatever it is that you're cutting (that will be the oppo-

(See DIVA, page four)

CAR TALK
Nice gesture does no harm to cars
—page B5



inside lifestyles

Horoscope	B4
Rental Central	B5
Classifieds	B6
Worship Directory	A7

Fun & Games

page B8



In extreme cold, block heaters should be used regularly

by TOM and RAY MAGLIOZZI

Dear Tom and Ray:
I live in interior Alaska, and it gets cold. How cold, you ask? It's been -40 F (that's negative 40) for the past week or so. My husband and I go back and forth as to whether to keep the car's block heater plugged in all the time, or whether to use a timer and run it only some of the time. I've heard that too much heat is bad for the oil. This morning I used the timer, and my car decided it was too cold for the transmission to engage. I was stuck. At -45 F, I don't have to go to work. At -40 F, I do (administrative policy). I want to use this as leverage to get my husband to let me keep my car plugged in more of the time. What do you think? Christie

RAY: I'd use the timer, Christie — a timer that turns the block heater on around Oct. 1 and turns it off around June 30.

TOM: In fact, you may want buy a trailer with a diesel, then you're onto it, so you can stay plugged in while you drive around, too.

RAY: When it's that cold out, just leave it plugged in all the time if that's what the car needs. The only cost is electricity. You won't do any harm to your oil.

TOM: Right. When people talk about heat being an enemy of motor

oil, they're talking about oil that's being overworked under hard driving conditions — like driving a car at high speeds for long distances in the heat of the summer, or pulling a trailer up the Rockies.

RAY: When you subject your engine to extreme conditions like that, it can run hotter than it's supposed to. That can shorten the life of the oil. That's why manufacturers recommend that people who use their vehicles for such "severe duty" change the oil more frequently.

TOM: But in your block heater's wildest dreams, it never could get the engine oil hot enough to do it any damage. Not even close. In your case, it's just warming it up to the point where it's no longer cement.

RAY: So for weeks like the one you just had, you can run the block heater as much as you need to. And when it gets so cold that the block heater needs its own block heater to get started, it's time to move to San Juan, Puerto Rico, Christie.

The case of the misaligned hub covers

Dear Tom and Ray:

I live in New Hampshire, and have a 2002 Saab 9-5 Aero. About 10 weeks ago, after putting on the snow tires, I personally put the little blue "hub covers" with the Saab logo on

the center of each wheel. Just for kicks, I put on the covers so they all were facing exactly the same way.

The other day, I was walking up to the car and noticed that all the covers are now misaligned. I'm thinking to myself: "How did that happen? Did someone sneak into my garage at night and purposely reposition the hub covers?" This is really baffling me, and I've come up with several possible explanations: (1) Remember the movie "My Cousin Vinny" when Marisa Tomei gives her courtroom explanation of Positraction? I am thinking that maybe there's a similar system in my Saab that's causing this phenomenon. (2) Maybe the front wheels spun unequally on ice. (3) When taking a corner to the left, maybe the left wheel spun less than the right one does. In any case, please provide an explanation for this. I know it doesn't really matter how the hub covers are positioned, but it's driving me nuts. Thanks — Phil

RAY: Not a lot to keep you busy in the dead of the New Hampshire winter, eh, Phil?

TOM: Explanation 3 is the correct answer. Turning left or right forces the wheels to turn at different speeds (although without spinning uneventfully on ice could make it happen, too).

RAY: Here's how it works. Imagine that you could park your car

on a large, clean surface, like the beige wall-to-wall carpet in your living room.

TOM: And imagine you could dip each tire in ink so you can track where it goes. In fact, you might want to try this, Phil. Your wife'll probably get a kick out of it.

RAY: If you then turn the front wheels to the left and drive the car in a circle, the right, front wheel will make the largest circle — near the outside wall, behind where your sofa used to be. That means it's traveling farther — and faster — than any other wheel. The left, rear wheel will make the smallest circle, and travel the least distance. And the other two wheels will be somewhere in between.

TOM: This is exactly what happens every time you make a turn of any kind on the road. The wheels all travel at different speeds, and travel different distances.

RAY: And because each wheel is turning a different number of revolutions, the little Saab logos end up pointing in random directions.

TOM: It didn't take 10 weeks for them to get out of alignment, either, Phil. If you reset them now, and then move the steering wheel at all while you're backing out of your driveway, they'll be out of alignment again.

RAY: Of course, if you keep driving, chances are that at some point, they'll end up back in alignment again. Right? They have to, at some point.

TOM: Sure. So here's your new winter project, Phil. Stop the car after every few turns, hop out and have a look at the hub covers. And write to us and let us know as soon as all the planets align again.

Get more Click and Clack in their new book, "Ask Click and Clack: Answers from Car Talk." Got a question about cars? Write to Click and Clack in care of this newspaper, or e-mail them by visiting the Car Talk Web site at www.cartalk.com.



CLICK & CLACK
Talk Cars

Rental Central

by TOM DOTY
TIMES COLUMNIST

If you aren't in the mood for a huge blockbuster, then you're in luck this week, as four films arrived that are bigger on ideas and plot twists than spectacle.

■ "Saw VI" — The latest film in the franchise is an improvement on the last two. This is pretty surprising, as the series killed off its best character two films ago. Here you get the new trap-master (a detective) coming into his own with a series of progressively gory traps set for folks who aren't making the most of the life they have. You still get plenty of Jigsaw (Tobin Bell via flashback) so it's all good, though the plotting is so intricate that you'd better watch a "Saw" marathon to stay ahead of things.

■ "Whip It" — Ellen Page

plays a lighter variation on her "Juno" character in this comedy/drama from first-time director Drew Barrymore. The story turns out to be an engaging tale of a small town misfit who finds direction and camaraderie when she joins the Roller Derby. A great cast (Marcia Gae Harden and Daniel Stern) and the best roller derby action since "Kansas City Bomber" add up to a decent night in front of the TV.

■ "Pontypool" — A film about a rage virus isn't so new these days, but this Canadian effort puts a refreshing spin on this new genre by setting the action in a remote radio station. This turns out to be a mix of "Talk Radio" and "28 Days Later." Most of the action is outside the station and you get to experience it through the lone DJ, who stays on the air during this crisis. Thought pro-

ving and well acted, by ace character actor Stephen McHattie ("Watchmen").

■ "Surrogates" — This week's biggest surprise is this mix of sci-fi, action and drama from the director of the third, and worst, Terminator film. The story takes place in a futuristic era that finds people living solitary existences while their robot surrogates leave the house and perform all of their chores. A detective (well played by Bruce Willis) soon finds he must leave his house when an investigation into the murder of the genius that created surrogates demands it. Thoughtful stuff that is right up there with parables like "Soylent Green."

Next week brings the best undead flick of the decade, "Zombieland," and a surprisingly good sequel to "Universal Soldier," which reunites the stars of that underrated effort.

by SAMANTHA WEAVER

It was American journalist, author and humorist Don Marquis who made the following sage observation: "Procrastination is the art of keeping up with yesterday."

A giant carnivorous plant has recently been discovered on a remote mountaintop in the Philippines. The second largest pitcher plant on record, nepenthes attenboroughii secretes a nectar that lures the insects, frogs and even rats into its trap, where enzymes and acids break down the animal and digest it.

There has been a lot of debate about whether older drivers should be required to pass driving tests in order to renew their licenses, with fail-

ing sight and diminished judgment being cited as reasons for the more stringent requirement. However, statistics tend to indicate that, as a group, teenagers are the more dangerous drivers, with their auto-accident death rate roughly triple that of the elderly.

If you're thinking about going back to school during this economic downturn, you might want to consider working toward a master's degree in business administration. The average salary increase enjoyed by new MBA holders is a whopping 64 percent.

The men's formal attire known as the tuxedo takes its name from the Tuxedo Park Club in New York, where the clothing first became popular. The word itself is derived from

the Algonquian word for wolf. The man who holds the world record for running 100 meters and 200 meters, and who has won three Olympic gold medals, is a Jamaican by the name of Usain Bolt. Yes, Bolt.

The Zagat restaurant rating system recently conducted a survey of Americans' tipping habits. The results? It seems that residents of Philadelphia are the most generous tippers in the nation, leaving an average of 19.6 percent. The average across the country is 19 percent.

Thought for the Day: "People who have no weaknesses are terrible; there is no way of taking advantage of them." — Anatole France

Lagoon

crew are the first ones to notice that their plane is being pushed along by winds that a hurricane couldn't manage. They try to turn the plane back but are blown back on course.

In first class, the architect finds out that his British wife is being stalked by a fellow Brit (played by Ianmy Grimes), who claims that they made a big mistake when they chartered this plane. Turns out the architect is using the flight to bring the remains of the family abbey to his Long Island home.

His wife is not at home to the idea when she learns that the abbey held a special place in her family tree — apparently her family was victimized by druids who sacrificed a new family member every year for the summer solstice.

Sure enough, the rocks begin chanting her name and calling for her death. When she doesn't respond (at least she doesn't have rocks in her head), they go on the offensive and start their reign of terror

by releasing a freezing vapor. This turns out to be bad news for the German shepherd sharing the cargo hold.

The rocks also take out the first crewman who steps into the hold. That poor fellow turns out to be Russell Johnson (the professor from "Gilligan's Island").

Pretty soon everyone figures out what's going on and it's not pretty. These passengers turn on each other like starving hyenas. At one point they even start chiding the dead to feed to the spirits, but these ghosts want the real thing.

Just as they are all set to chuck the architect's wife to the wolves, you get a surprising act of heroism from the fallen priest. This also leads to the worst special effect on display. They appear to simulate someone getting sucked out of the plane by superimposing what looks like a paper doll onto the lens.

"Most everyone makes it home, but those that don't die about as grimly as a TV movie

will allow.

TV movies don't come much better than this classic fest. You get all the histrionics of a major disaster film on only a tenth of the budget and in half of the running time. It may be goofy, but it's well orchestrated by veteran TV man David Schwoll Rich (who cut his teeth on "Route 66" and "The Alfred Hitchcock Hour.") It pops up frequently on the TNT Network.

The film also sports plenty of off-camera ghouls, most of them and they were hard to pick from so we'll leave you with the best lines from the "Priceline" guru.

Best Shatner Lines:
■ "I'm probably wrong. I was a worse scholar than a priest."

■ "You don't want a priest, Mr. Farbee. You want a parachute."
■ "Lady, are you trying to tell me that a piece of rock had something to do with killing the flight engineer?"
1973, unrated.

Allen

"At age 20 we don't care what the world thinks of us. At 40 we worry about what it is thinking of us; at 60 we discover it wasn't thinking of us at all. At 80, if we live that long, we find we have done a lot of thinking about thinking."

COULD BE THE LAST STRAW

Lenna Moore, who has been a bit hard on since a certain development in Washington, dropped around this week to make an official statement. It runs to this effect:

"I doubt that they'll impeach the President. But if this warm weather keeps on till the trees bud and all the fruit's killed—if that happens, I tell you, Nixon's a goner."

THE TURNING OF THE WORM

We "weakly" newspaper people are downright pugnacious when we think our communities aren't being done right by. Last week, Bud Perry, in his highly readable "Coffee Break" column of The Paintsville Herald, yelled like a scalded pup about the

Forestry Department office being moved from Thelma in his county to Floyd, concluding with the warning, "...keep a close eye on the Johnson County courthouse. I hear they are clearing a site for it at Prestonsburg."

But and I have no feud going about the matter. When the same office was moved from this county to Johnson during the Nunn administration I was the one who yelled bloody murder. Now, instead of yelling like a cat with his tail caught in a crack, I'm positively purring.

Salome's Stars Weekly Horoscope

ARIES (March 21 to April 19) Your natural Arian leadership qualities make you the person others will follow in tackling that important project. But don't get so involved in the work that you neglect your personal life.

TAURUS (April 20 to May 20) Aspects favor sorting through your possessions, both at work and at home, to start giving away what you don't use, don't need or don't like. Relax later with someone special.

GEMINI (May 21 to June 20) The issues are not quite as clear as they should be. That's why you need to avoid getting involved in disputes between colleagues at work or between relatives or personal friends.

CANCER (June 21 to July 22) You'll get lots of support from others if you own up to your mistakes quickly and include a very honest explanation. Learn from this experience so that you don't repeat it.

LEO (July 23 to August 22) There might be some early confusion over a major move, whether it's at work or at home. But once you get a full breakdown of what it entails, it should be easier to deal with. Good luck.

VIRGO (August 23 to September 22) Creating order out of chaos, even in the most untidy spaces, should be no problem for organized Virgos. So go ahead and do it, and then accept praise from impressed colleagues.

LIBRA (September 23 to October 22) Whether it's for business purposes or just for

leisure, a trip might be just what you need right now. You would benefit both from a change of scenery and from meeting new people.

SCORPIO (October 23 to November 21) While things generally go well this week, a romantic situation seems to have stalled. But you can restart it if you want to. Then again, maybe this is a chance to reassess the situation.

SAGITTARIUS (November 22 to December 21) A meeting that was promised quite a while back could finally happen. So be sure you're prepared with everything you'll need to make your case sound convincing and doable.

CAPRICORN (December 22 to January 19) A workplace blunder could create a problem down the line unless you deal with it right now so see how and why it happened. Don't be surprised at what you might learn.

AQUARIUS (January 20 to February 18) This is a good time to re-sort your priorities and see if adjustments are called for. Be honest with yourself as you decide what to keep, what to discard and what to change.

PISCES (February 19 to March 20) Letting yourself be bathed in the outpouring of love and support from those who care for you will help you get through a difficult period sooner rather than later. Good luck.
BORN THIS WEEK: You have an uncanny gift for reaching out to all people and creating bridges of understanding among them.

GOOD HEALTH

Sleep position and heartburn

DEAR DR. DONOHUE: I have had acid reflux for quite some time, and doctors have prescribed different medicines, the last being omeprazole. Medicines were not relieving the burning pain. The best advice came from an online message board that said to "sleep on your left side." Figuring it wouldn't hurt to try this method, I began sleeping on my left side. Once my body learned to stay in that position, the pain does not bother me now at all at night. Why don't doctors share such simple methods for relief rather than prescribing medications?

Please pass this information on to others. — N.S.
ANSWER: When it works, a change in sleeping position is a simple way to deal with a big problem. It doesn't work for everyone. In fact, it works for only a few, but it's still valuable advice and is something that should be suggested more often. A change in sleeping position also can work for snoring. Sleeping on the side, right or left, can open up the throat and stop snoring. Redundant throat tissue, like a reed in a wind instrument, lies behind snoring. Sewing a pocket in the back of the pajamas and putting either a tennis ball or a marble in it keeps snorers off their backs.

Other self-help tips for GERD (gastroesophageal reflux disease, heartburn or acid indigestion — all are the same condition) include staying away from foods that cause it. Onions, garlic, coffee, carbonated beverages, alcohol, chocolate, fried and fatty foods, citrus fruits and juices, tomato sauces, peppermint, spearmint and spicy foods are notorious troublemakers.
Sleeping with the head of (See HEALTH, page four)



Family Medicine

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

O Please settle this for me. My friend says she has a fever when her temperature is 99.6 because she normally has a temperature of 97.8. She says a fever is one degree above your normal temperature. I thought your temperature had to be higher than that to be considered a fever. Who is right?

A In human adults, the body tries to stay around 98.6 degrees Fahrenheit in spite of

challenges from the environment. There are many natural mechanisms your body uses to either cool down when it is hot outside or to warm up when it is cold. Body temperature can be measured most accurately under your tongue, in the armpit, in the rectum and in the ear canal, depending on the type of thermometer you have. The so-called normal adult body temperature of 98.6 degrees Fahrenheit actually reflects the aver-

age healthy body temperature. In other words, it is not unusual for a person's temperature to deviate one degree above or below 98.6. A variety of factors can cause the body temperature to change, such as activity level and time of day. Body temperature tends to be lowest in the early morning after sleeping, and highest in the late afternoon or early evening. For women, the menstrual cycle can have an effect on body temperature. There is a slight controversy about what exactly constitutes a fever, but most sources agree that an adult fever is indicated either by an oral temperature above 100 degrees Fahrenheit or by a rectal or ear temperature above 101 degrees Fahrenheit. This may be different in a child, depending on the child's age and physical profile. To determine what thermometer reading is cause for

alarm in your child, please consult with your family physician. Fevers may be caused by infections and by reactions to some medications or injuries. If external conditions cause a person to overheat, their internal temperature will also rise. Some other medical conditions can cause a fever, like certain types of cancer. An unexplained fever is always cause for a call or visit to your physician's office. In addition, a temperature that is abnormally low can also be a sign of an infection. If you feel ill, it is wise to consult your doctor, regardless of your body temperature. Finally, be sure you are taking your temperature correctly. Most adults can operate an oral thermometer without problems. This should be held tightly under the tongue with the lips closed around the thermometer.

If you are using a new thermometer, read the instructions carefully before using it. If you are using an old thermometer, make sure the batteries are on "weak". Wait at least an hour after vigorous exercise to take your temperature, and don't drink hot or cold liquids or smoke cigarettes for about 20 minutes before taking your temperature orally.

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

Diva

site hand you will be cutting with) and the hand that you are going to cut with. The hand that holds the food will be transforming temporarily into a claw. Yes, a claw. When you are holding the food in a claw-like fashion, if your knife accidentally gets too close to your fingers, the worst that will happen is your fingers will get too close a shave, but you won't be losing any fingers! An important safety precaution!

Now as far as making the chopping go smoothly and

quickly like they do on Food TV, that just requires a rhythm, which will come as you get better at chopping. If you need a visual of what this all looks like, be sure to tune in to www.savingdinner.tv starting next month. I'll show you just how it's all supposed to work. Here's a great recipe to get

you using some basic skills with delicious results, enjoy!

Asian Sesame Pork Chops
Serves 4
4 boneless pork loin chops (about 1 pound) — butterflied
1 teaspoon sesame oil mixed with 1 teaspoon olive oil
2 tablespoons sesame seed

1 teaspoon dry ginger
2 tablespoons soy sauce
1/4 cup dry white wine
1/2 pound fresh mushrooms — sliced
2 green onions and tops — sliced
1 teaspoon butter
Heat oils in a skillet over medium heat. Add chops and brown, sprinkling with sesame

seed and ginger. When both sides are browned, add soy sauce and white wine to skillet, add mushrooms and onions; stir gently to sauté, 1-2 minutes. Remove chops to serving platter. Add butter to pan, stir constantly to deglaze pan. Pour mushroom-onion sauce over chops to serve.
Per Serving: 232 Calories;

11g Fat; 24g Protein; 5g Carbohydrate; 1g Dietary Fiber; 69mg Cholesterol; 567mg Sodium. Exchanges: 0 Grain (Starch); 3 Lean Meat; 1 Vegetable; 1 Fat.
SERVING SUGGESTIONS: Sautéed spinach (use a little olive oil and garlic), steamed summer squash and a big salad

Continued from p2

Health

Continued from p3

the bed elevated is another way to keep stomach acid in the stomach. Prop 6- or 8-inch blocks under the posts at the head of the bed. In this position, gravity keeps stomach acid in the stomach.

Chewing gum stimulates saliva production, and saliva is a natural antacid.

Don't wear tight garments or tight belts, both of which promote acid reflux. I managed to get through this answer without mentioning a single medicine, not even Tylenol.

The booklet on GERD — heartburn — provides an insight into this common malady and its treatment. Readers can order a copy by writing: Dr. Donohue — No. 501W, 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: There seems to be a vaccine for everything except strep throat. My kids get it at the drop of a hat. Their pediatrician claims that tonsillectomies don't work. Is there a possibility of a vaccine? — K.T.

ANSWER: There is a possibility of a strep vaccine. Doctors currently are working on it.

Is the doctor sure that these repeated sore throats are strep throats? The only definite proof is a culture of the throat or specific tests for the strep germ. Most sore throats are viral-caused.

If a child has severe and frequent strep throats, removing the tonsils lessens the number of infections. "Frequent" means seven or more infections in one year or five or more in the preceding two years.

□□□

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.rbimamall.com.

Welcome to our new colleagues

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

Kentucky Heart Institute members are:

Cardiothoracic Surgeons of Kentucky
Medical Plaza B, 613 23rd St., Suite 210
(606) 326.9847
Robert Fried, M.D.
Juan MacHannaford, M.D.
Marcos Nores, M.D.

Comprehensive Heart & Vascular Associates
2201 Lexington Ave., Suite G10
(606) 329.1997
Arshad Ali, M.D.
Ghassan Dalati, M.D.
Ahmad Elesber, M.D.
Roger Klein, M.D.
Bipin Nagra, M.D.
Hullukunte Shivaprasad, M.D.
Sriharsha Velury, M.D.

Kentucky Heart & Vascular Physicians
Medical Plaza B, 613 23rd St., Suite 230
(606) 324.4745
Richard Ansinnelli, M.D.
David Bush, M.D.
Zane Darnell, M.D.
Chris Epling, D.O.
David Glassman, M.D.
Richard Paulus, M.D.
Vaughn Payne, M.D.
Arley Peter, M.D.
Lynn Preston, D.O.
Terence Ross, M.D.

Kentucky Heart Institute Locations

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



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



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



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



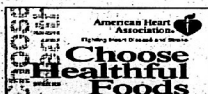
Juan MacHannaford, M.D.
Dr. MacHannaford is a cardiothoracic surgeon with Cardiothoracic Surgeons of Kentucky. He completed his cardiothoracic surgery fellowship at Rush University Medical Center in Chicago and a second fellowship, in endovascular aortic surgery, at the Cleveland Clinic. Call (606) 326.9847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



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

Visit our NEW Web site!

Visit us online at kentuckyheart.net to find out more about the Kentucky Heart Institute, request an appointment, or learn about our physicians and services.



FLOYD COUNTY Sports

Tackett leads Rebels past June Buchanan

by STEVE LeMASTER
SPORTS EDITOR

EASTERN — Sophomore guard Braxton Tackett tossed in a game-high 21 points and four other Allen Central scorers reached double figures as the Rebels defeated June Buchanan 71-63 Tuesday night at J.E. Campbell Arena.

Allen Central, which moved to 5-11 after recording the win, stopped a two-game losing streak.

Following the loss, June Buchanan dropped to 8-9. The much-improved Rebels led at the conclusion of each

quarter. Allen Central outscored June Buchanan 16-12 in the opening quarter and carried a 10-point lead (32-22) into the intermission. The Rebels led 42-34 when the third quarter ended.

Allen Central, which has 58th District games remaining versus South Floyd, Betsy Layne and Prestonsburg, improved to 2-4 in the month of January thanks in part to a balanced scoring effort.

Senior guard Justin Jackson pushed in 14 points for the Rebels. Chris Stumbo, a senior forward, added 13 points for Allen Central in the non-dis-

trict win. Sophomore guard Seth Jarrell and junior guard Austin Woods also reached double figures for the Rebels, scoring 11 and 10 points, respectively.

Sophomore center Micah Harlow, providing Allen Central with a strong presence inside, added two points.

Senior guard Clint Stepp scored a game-high 29 points for visiting June Buchanan, which dropped its third straight game. Senior guard Braxton Childers scored 15 points and eighth grade guard Matt Thompson added 10 for the Crusaders.

Allen Central is scheduled to visit South Floyd tonight for a key district game. Tip-off for the Allen Central-South Floyd boys' basketball game is set for 6 p.m.

Allen Central 71, June Buchanan 63
June Buchanan (8-9): Stone 4, Thomas 5, Thompson 10, Childers 15, Stepp 29
Allen Central (5-11): Harlow 2, Stumbo 13, Woods 10, Jarrell 11, Jackson 14, Tackett 21
JB.....12 10 12 29-63
AC.....16 16 10 29-71



Allen Central hosted June Buchanan for junior varsity and varsity games Tuesday. Allen Central guard John Dingus is pictured scoring on a layup for Allen Central in the JV contest.

GOING YARD: Visiting Great American Ball Park

by RICK BENTLEY
TIMES COLUMNIST

CINCINNATI — Regular readers of this space know that while we live in the heart of supposed basketball country and love football, in my heart, I'm a baseball guy.

It is the sport of my youth, the one I played with a passion and dreamed of making my career. I loved the Saturdays of my early teens because they were spent largely at the baseball field of Fishtrap, where I played Little League and Babe Ruth. I loved playing it, coaching it and watching it.

So Wednesday was a nice day for me, even if it started at the ungodly hour of 4:45 in the morning. Thanks to my friendship with Andrew Joyce and relationship with East Kentucky Broadcasting, I spent the day at the Reds affiliates meeting at Great American Ball Park.

The morning session was spent with Joe Zerhusen, or "Joe Z" as he's known, going over the rules and regulations for the affiliates. I was impressed that more than the "cans" and "cannons" of being an affiliate — for example, because

(See **PARK**, page two)

Lady Raiders turn back P'burg

Cassie Burchett scores 22 pts., grabs 25 rebs. in setback

by STEVE LeMASTER
SPORTS EDITOR

HI HAT — The South Floyd Lady Raiders successfully defended their home court at Raider Arena Tuesday night, defeating 58th District/Floyd County Conference counterpart Prestonsburg, 70-57.

With the victory, South Floyd (8-7) secured its third win in four outings.

Kayla Hall scored 22 points and Kianna Hall added 20 as the Lady Raiders prevailed.

Andrea Conn joined the Halls in double figures for South Floyd, scoring 10 points of her own.

Ashley Castle contributed eight points while Gabrielle Bailey and Chelsie Tuttle scored six apiece for the Lady Raiders.

South Floyd shot 33-percent (seven-of-21) from beyond the arc. The Lady Raiders were 13-for-17 from behind the three-point line en route to their eighth win of the season.

Cassie Burchett led Prestonsburg (5-14) with 22 points, 25 rebounds and three steals. Burchett was one of three Prestonsburg scorers to reach double figures. Kristian Waugh scored 15 points and Cattie Burchett added 10 for the Lady Blackcats.

Prestonsburg shot 36-percent (18-of-50) from the field in the loss. The Lady Blackcats were 20-of-34 from the free throw line in the setback.

Prestonsburg outrebounded South Floyd 46-28.

In another home game, South Floyd is slated to host Allen Central tonight at 7:30 p.m.

The Lady Blackcats are scheduled to entertain Jenkins Wednesday.



Betsy Layne fell to Holy Cross (Louisville) in the opening round of the Touchstone Energy All 'A' Classic Wednesday morning at Eastern Kentucky University's McBrayer Arena. Above: Betsy Layne players battled for a rebound.

Betsy Layne falls to Holy Cross in All 'A' tourney

by STEVE LeMASTER
SPORTS EDITOR

RICHMOND — Betsy Layne led Holy Cross (Louisville) 44-43 at the end of the third quarter Wednesday morning in the first round of the Touchstone Energy All "A" Classic at Eastern Kentucky University's McBrayer Arena. The Ladycats carried the hard-fought one-point lead into the final quarter after facing multiple double-digit deficits in the first half. Holy Cross, which sprinted out to an early lead over the Ladycats, ultimately saved its best for last in the tournament matchup. The Louisville team outscored Betsy Layne 24-9 in the final quarter to win 67-53.

Olivia Moore scored 21 points and grabbed nine rebounds to lead Holy Cross past the Ladycats.

Kim Mingsus added 17 points while Lindsey Roark scored 11 and pulled down 10 rebounds for Holy Cross (18-5), which will face Hartan at 9 a.m. today in the second round.

Taylor Hott paced Betsy

Layne with 18 points. Lindsey Martin scored 14 points and Megan Hamilton added 11 for the Ladycats in the loss.

Martin drained a game-high three three-point field goals. Taylor Watkins chipped in seven points and T.J. Tackett added three for the Ladycats.

Betsy Layne, which entered the statewide tournament thanks to a convincing win over Pikeville in the 15th Region All "A" Classic championship game, dropped to 9-6 after suffering the setback.

The Ladycats played in their first Touchstone Energy All "A" Classic under the guidance of head coach Devon Akers.

Other opening round results from the Touchstone Energy All "A" Classic's opening round: Lexington Christian 69, Russell 42; Newport Central Catholic 62, Caldwell County 32; Wallowa-Verona 68, Owsley County 33; Owensboro Catholic 59, Bracken County 37; Green County 39, Somerset 45; Harlan 62, Whitfield Academy 47; Murray 61, Glasgow 30.



T.J. Tackett (12) lofted a shot for Betsy Layne during the All "A" Classic statewide tournament game versus Holy Cross (Louisville).

Holy Cross 67, Betsy Layne 53
Holy Cross (18-5): Roark 11, Moore 21, Deckard 7, Mingsus 17, Richardson 6, Rickert 2, Skaggs 3.
Betsy Layne (9-6): Martin 14, Watkins 7, Hamilton 11, Hott 19, Tackett 3.
Holy Cross.....18 14 11 24-67
Betsy Layne.....5 17 22 9-53

Raiders fend off Prestonsburg

South Floyd claims second district win

by STEVE LeMASTER
SPORTS EDITOR

HI HAT — Host South Floyd stop Prestonsburg's attempt to claim a second straight win Tuesday night at Raider Arena. The Raiders went out in front in the opening quarter. South Floyd led 14-9 when the first quarter concluded and used a 13-8 scoring run in the third period to push past Prestonsburg, winning 53-46.

Courtesy of the win, South Floyd improved to 3-14 overall and 2-2 in the 58th District. The Raiders defeated Betsy Layne 95-90 in overtime earlier in the regular season.

The loss dropped Prestonsburg to 2-15 overall and 1-2 in the district.

Dakota Hall led South Floyd with 17 points. Shannon Turner followed Hall closely in the South Floyd scoring column, adding 16 points for the Raiders.

After moving out in front in the initial quarter, South Floyd went on to lead 25-22 at the break. The Raiders limited Prestonsburg to a single-quarter low eight points in the third period and led 38-30 heading into the final eight-minute frame.

Junior guard Dakota Newsome was one shot short of reaching double figures for South Floyd, adding nine points for the Raiders. Senior forward Jimmy Joe Hall scored four points and sophomore guard/forward Brandon Marson added three for the Raiders.

Senior center Corey Paige and senior guard Wes Light chipped in with two points apiece for South Floyd in the emotional victory.

Senior guard Michael Burchett paced Prestonsburg with 17 points. Junior guard Warren Blackburn joined Burchett in double figures for the Blackcats, adding 15 points.

Corey Carter contributed five points while Seth Carter and Cameron Tinsler tossed in four apiece for visiting Prestonsburg.

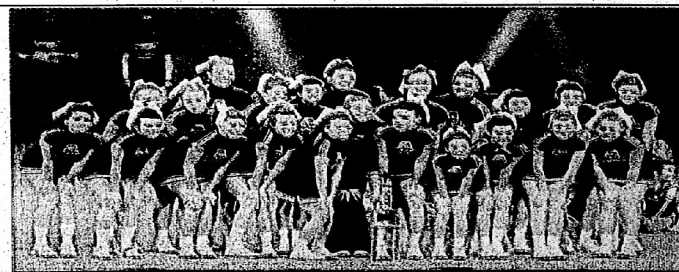
The Blackcats, which slipped back into the loss column following an impressive 66-64 win over Allen Central five days earlier, will host South Floyd on Feb. 5.

South Floyd 53, Prestonsburg 46
Prestonsburg (2-15): Burchett 17, Blackburn 15, S. Carter 4, Tinsler 4, C. Carter 5, Robinson 1.
South Floyd (3-14): Newsome 9, Marson 3, Da. Hall 17, Turner 16, Paige 2, T. Hall 4, Light 2.
P'burg.....9 13 8 16-46
SF.....14 11 13 15-53

CHEER CHAMPION

The Adams Middle School cheer-leading team won the gymnastics, cheer and 2 1/2 minute routine during the Winterfest Cheer competition held Saturday at the Mountain Arts Center in Prestonsburg.

photo by Jamie Howell



ACHS Basketball Homecoming scheduled for Saturday

TIMES STAFF REPORT

EASTERN — Allen Central High School is scheduled to hold its 2010 Basketball Homecoming Saturday. The event will take place at the E. Campbell Arena, beginning at 5:30 p.m. ACHS alumni are invited to attend the homecoming festivities and the boys' varsity basketball game versus Magoffin County.

- A rundown of the senior candidates follows.
- Kayla Moore, Wayland. She is the 17-year-old daughter of Edie Moore and Larry North.
 - Jaimie Marie Mullins, Martin. She is the 17-year-old daughter of Cindy and Larry Mullins.
 - Tianna Patton, Harold. She is the 17-year-old daughter of Diane Deitz.
 - Whitley LaRae Waddles, Martin. She is the 18-year-old daughter of Deborah Skeans Waddles and Diamond Ray Waddles, Jr.
 - Brittany Danielle Blevins, Langley. She is the 17-year-old daughter of Kelvin and Freda Blevins.
 - Kelsey Jones, Allen. She is the 18-year-old daughter of David Jones and Melissa Hicks.
 - The 2010 Freshman Homecoming Representative is Hannah Brooke MacElhose of Wayland. She is the 14-year-old daughter of Michael and Angela MacElhose of Wayland.
 - The 2010 Sophomore Homecoming Representative is Makayla Tackett of Printer. She is the 16-year-old daughter of Brent and Kathy Tackett.
 - The 2010 Junior Homecoming Representative is Lauren Taylor Mullins of Hippo. She is the 16-year-old daughter of Greg and Sandy Mullins.



JAIMIE MULLINS



KAYLA MOORE



TIANNA PATTON



BRITTANY BLEVINS



KELSEY JONES



WHITLEY WADDLES



HANNAH MACELHOSE



MAKAYLA TACKETT



LAUREN MULLINS

Stapleton-Burns bout highlights GFC 24

PRESTONSBURG — Jenny Wiley State Resort Park will host Gladiator Fighting Championship 24 on Saturday. GFC 24 fights are scheduled to start at 8 p.m. Doors will open at 7 p.m. In a battle of heavyweights, Les Stapleton will face Jerry Burns. Other bouts will include Andrew

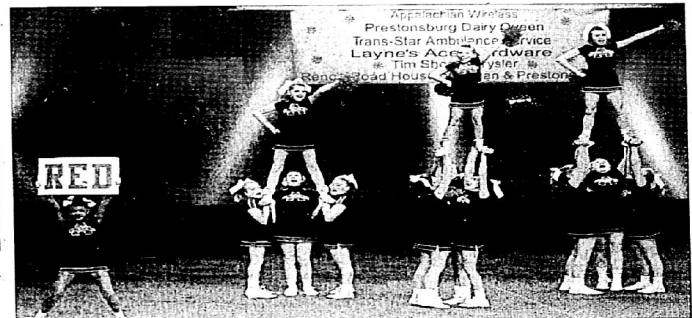
Adams vs. Josh Fox; Josh Short vs. Johnathan Hall; Steve GBarger vs. Matt Laudeau; Juan Lee Cortes vs. Aaron DeLong; Cornelius Cochrane vs. Danny Greathouse; Justin Hamilton vs. Justin Brock; Brad Conner vs. Mark Jones; Hannah Fitzpatrick vs. Sam Looney; Steven Jesse vs. Brian

Mullins; Ricky Conley vs. Josh Mullins; Jared Newsome vs. Bill Slene; Charlie Mullins vs. Matthew Yearo; Rodney Kilgore vs. Bobby Seale; Jon Daniels vs. Jerel Dickerson; Liam Ferrell vs. Chris Stumper; Josh Chambers vs. Corey Spencer and Justin Holloway vs. Daniel Justice.



JUNIOR VARSITY RUNNIN' REBELS

Allen Central faced June Buchanan in a junior varsity game Tuesday evening prior to a varsity matchup. Above: Chris Hunter (23) and John Dingus (25) defended for the Runnin' Rebels. Left: Jon Gibson (14) worked against the June Buchanan junior varsity defense.



AMS CHEER: The Adams Middle School cheerleaders performed during a recent competition at the Mountain Arts Center in Prestonsburg.

Park

Coca-Cola is an exclusive Reds sponsor, stations can't solicit Pepsi as one of their local advertisers. He focused on the many things the Reds on Radio offer their stations besides the nine-inning broadcast.

Let's just say it was an impressive array of items the Reds will offer their partner stations to use both on and off the air during the 2010 campaign.

After the meeting, we toured various places in the park. We were treated to the suite where all the ballpark sound, video and gaming is generated. Each player has bits of songs they like played when they come to bat or in to pitch, and this vast array of computers, touch-screens, mixing boards and television screens make it all happen. We then took pictures with the stadium and HD scoreboard as a backdrop and had the chance to take some swings or have our pitches timed in the impressive Reds batting-practice area.

As lunch approached the "stars" began to appear. Andrew and I rode the elevator up to the meeting room with Dusty Baker, who said he'd just flown in from California. When we got off the lift we were greeted by Marty Brenneman and Jeff Brantley, the primary announce team for the Reds on Radio.

Soon, owner Bob Castellini and general manager Walt Jocketty arrived, and after dinner, those two along with Baker and Brantley fielded questions for about an hour from those in attendance.

A few items of note, and I only hope it's ok to share these with the masses:

Early in the Q&A we were

joined by the newest member of the broadcast team, Jim Ketch has been the voice of the Reds' Triple-A affiliate Louisville since 1989 and has been called up on a fill-in basis the last two years.

While it wasn't made clear, I believe Ketch will be involved when the four everyday broadcasters — Thom Brenneman will be the fulltime television voice this season, replacing the retired George Grande, and Chris Welch is fantastic on color — take time off, or when Thom fulfills his duties on Fox Sports' national coverage.

He will be a welcomed addition to the broadcast team. I love listening to his clear, simple delivery.

While I've been one of those wondering what the Reds would do at first base with Joey Votto becoming the clear star of the franchise and 2008 first-round pick Yonder Alonso quickly approaching being ready for the Bigs, one got the feeling there's no real concern by the hierarchy.

I asked Jocketty who he saw playing first base two, three or four years down the road. While he didn't dust the question off, his wording made it clear Votto is the choice. "He's becoming one of the best all-around players in the game," the GM said. "Yonder is an impressive hitter but needs at least another year, maybe more (in the minors)."

Translation: Votto is hotto, and Yonder may be where Alonso winds up playing (as in not here but somewhere over Yonder).

While left field is wide open and there are many options, time may be running out on one candidate. Chris

Dickerson was, in the words of Andrew, "offended" when asked about the competition in left at Reds fest back in the late fall — Dickerson told Joyce left field was "mine" — it certainly didn't sound that way on Wednesday.

Baker was clearly impressed with minor-league player of the year Chris Heisey, talking about all the tools he possesses. When he reached Dickerson on the rundown of candidates — last, by the way — he said, "It's time for him to put all the talents he has together."

It seemed fairly clear that if Dickerson truly believes he's the man in left, Baker isn't quite as convinced. And with him filling out the lineup sheet every day, I'll favor his assessment over that of a talented-but-inconsistent player.

All in all there seemed to be some excitement about the 2010 Reds as they prepare for the weekend's Reds Caravan and the upcoming opening of spring training. One thing is clear — the executives and announcers enjoy each other's company very much.

If the Reds can have a healthy season — and with star pitcher Edison Volquez out until at least June, that's shaky at best — here's a reason for excitement. Last year's addition of Scott Rolen was universally praised as it should be, and I believe if the team is in contention at the trade deadline Castellini will provide Jocketty the resources to acquire the necessary talent to push the team over the top.

There's nothing like baseball for me. A Reds team in contention could fill up the bandwagon in 2010.

Continued from p1

ATHLETES OF THE WEEK
Dakota Hall, South Floyd Boys' Basketball
Taylor Hott, Allen Central Girls' Basketball



of Prestonsburg

SPORTS FAN OF THE WEEK



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UK FOOTBALL

Abney on All-Decade Team; Tamme headed to Super Bowl

TIMES STAFF REPORT

LEXINGTON — Former University of Kentucky Wildcat Derek Abney was named to the Southeastern Conference "All-Decade Team" selected by Chris Low of ESPN.com.

The SEC All-Decade Team covered the 2000-09 seasons with the only rule being that a player had to participate in at least two seasons of the time period.

Abney, who played from 2000-03, was chosen as a kickoff returner. He averaged 24.4 yards per kickoff return during his career, with touchdown returns of 100 yards vs. Florida and 95 yards versus Vanderbilt.

Abney also was a great punt returner and wide receiver. All totaled he broke or tied seven NCAA records, 11 SEC records and 14 school records for kickoff returns, punt returns and all-purpose yardage.

Tamme to the Super Bowl: Former Wildcat Jacob Tamme will participate in the 2010 Super Bowl on Feb. 7 as a member of the Indianapolis Colts.

Tamme is in his second season as a reserve tight end and special teams performer for the Colts. He caught three passes for 35 yards during the regular-season and also had nine tackles on special teams.

Tamme is the 25th Wildcat who played for teams that advanced to the Super Bowl. Prior to Tamme, the most recent was Jared Lorenzen, who was a member of the New York Giants squad that won the 2008 Super Bowl.

Conner, Lindley in Senior Bowl: Fullback John Conner and cornerback Trevard Lindley will play in the Senior Bowl, which will be held Saturday, Jan. 30 at 4 p.m. at Ladd-Peebles Stadium in Mobile, Ala., and will be televised by the NFL Network.

Conner showed a versatile array of talents during his time at UK as a punishing blocker, capable ball carrier, reliable receiver and special teams stalwart. Used primarily as a blocker, he rushed for 254 yards and four touchdowns as a Wildcat. His average of 4.6 yards per carry is an excellent number for a fullback. He also caught 25 passes for 147 yards and four TDs. He played in a school-record 54 games.

Lindley started all 48 games in which he played during his Kentucky career. He totaled 189 tackles, 10 interceptions and a school-record 43 pass breakups during his time as a Wildcat. Lindley specialized in big plays during his career, as seven of his 10 interceptions were key plays in UK victories and an eighth pickoff helped send a game into overtime. He had two interception returns for touchdowns during his career and also had a fumble return for a TD in a Wildcat comeback victory.

Lindley is the 30th Wildcat to accept an invitation to the Senior Bowl, which is in its 61st year. Duncan, Smith in Texas vs. the Nation game: Offensive lineman Zipp Duncan and tailback Alfonso Smith will play in the Texas vs. the Nation all-star game, slated for Saturday, Feb. 6 at 2 p.m. in Sun Bowl Stadium in El Paso, Texas.

The game will be televised by the CBS College Sports cable channel. It is sponsored by the Pro Football Hall of Fame.

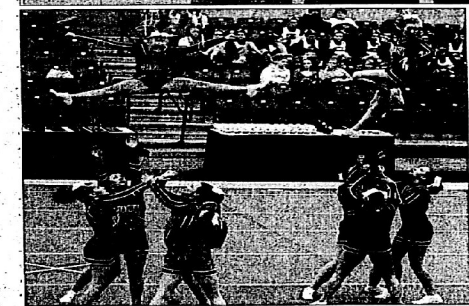
Duncan was a second-team All-Southeastern Conference pick as a senior by SEC coaches and Phil Steele's College Football. He started every game of the last three seasons, 39 consecutive starts, at left tackle, left guard and right guard. Duncan helped the Wildcats roll up a school-record 475 points during the 2007 season and the Wildcats ranked among the nation's leaders in fewest quarterback sacks and fewest tackles for loss allowed in 2008 and 2009.

Smith is known for his blazing speed, having run the 40-yard dash in as fast as 4.24 seconds on 2009 Pro Day. He rushed for 957 yards and eight touchdowns during his Kentucky career and caught 30 passes for 322 yards and two TDs. Smith also was a stalwart on special teams, making 28 tackles in kick coverage while averaging 22.5 yards on kickoff returns.

Texas vs. the Nation is in its fourth year of existence. Duncan and Smith will be the third and fourth Wildcats to participate in the event.

Six UK Coaches have been recruiting coordinators: With the additions of Mike Summers and David Turner, six members of the Kentucky football staff have been recruiting coordinators during their collegiate coaching careers.

"Being a recruiting coordinator helps you improve as a recruiter in two areas," Coach Joker Phillips said. "First, it sharpens your skills as an evaluator, because it requires you to think about the long-term needs of the team at every position. Second, you must become better organized, which makes you more effective in your recruiting time."



STATE BOUND

The Prestonsburg High School varsity cheerleading squad won the Medium Varsity Division at the 15th Region KAPOs competition held Wednesday night at the East Kentucky Expo Center. More on the KAPOs competition will appear in the Wednesday, Feb. 3 edition of The Times.

15th Region Boys' Basketball	Record
Team	
Shelby Valley	14-3
Pikeville	15-5
Lawrence County	13-3
Betsy Layne	10-6
East Ridge	8-5
Belfry	7-5
Sheldon Clark	7-8
Pike County Central	7-9
Phelps	6-6
Allen Central	5-11
Paintsville	5-14
Magoffin County	5-14
Johnson Central	4-11
South Floyd	3-14
Prestonsburg	2-15

15th Region Girls' Basketball	Record
Team	
Sheldon Clark	12-3
Belfry	11-6
Lawrence County	10-5
Pikeville	10-6
Betsy Layne	9-6
Shelby Valley	8-6
South Floyd	8-7
East Ridge	8-9
Piarist School	7-6
Magoffin County	7-11
Johnson Central	6-10
Pike County Central	5-10
Prestonsburg	5-14
Paintsville	4-9
Phelps	4-9
Allen Central	3-12

Puckett's double-double leads 14th-ranked Pikeville to win

TIMES STAFF REPORT

PIKEVILLE — Sophomore Chris Puckett took advantage of extended playing time to record the first double-double of his career to lead No. 14 Pikeville College to a 110-58 win over Temple Baptist College Tuesday night.

Puckett, the 5-11 guard from Jenkins, hit six-of-seven from the arc to finish with 22 points while pulling down 10 rebounds in the win. Puckett played 26 minutes, the most of any of the 13 Bears in uniform.

He hit half of the Bears' 12 three-point shots, as they hit 40 percent on the night from

downtown. In addition, they were 57.5 percent from the floor for the game. The Rams, however, struggled, hitting only 30.8 percent overall and 2-of-25 from the arc.

Pikeville (15-2 overall) had four players in double figures. In addition to Puckett, Pikeville got 20 points from sophomore Kane Belcher, who missed only one of his nine shots and was four-of-four from the foul line.

Senior Maurice Thomas had 16 points and six rebounds, while freshman Trevor Settles tossed in 15 and pulled down five rebounds for the Bears, who outrebounded the Rams 54-27.

Temple Baptist College (9-19) got 23 impressive points from freshman Milen Kostov, most of them coming on circus shots in traffic. Freshman Jamar'e White tossed in 13 for the Rams.

Pikeville was back in Mid-South Conference action Thursday night, beginning a weekend trip with a visit to league newcomer Rio Grande. The Pikeville-Rio Grande game ended too late to make this edition. The Bears will remain in traffic on the road for Saturday's game at WVU Tech. Tip-off for the Pikeville-WVU Tech game is set for 4 p.m.

Alice Lloyd tops Tennessee Temple

by STEVE LeMASTER SPORTS EDITOR

PIPPA PASSES

Freshman guard Brandon Burgraff scored a career-high 27 points (including five three-point field goals) to lead Alice Lloyd past Tennessee Temple 102-98 Saturday night.

Alice Lloyd started well and jumped out to a quick lead in the first half. The Eagles led 48-37 at the inter-

mission.

The Eagles, thanks in part to 18 points from Burgraff, maintained their cushion in the second half until the final four minutes. At that juncture, Tennessee Temple went on a run and cut into the deficit. A basket from Tennessee guard Jonnie McLawhorn reduced the lead to just two (100-98) with only 10 seconds remaining.

Forced to foul, Tennessee Temple put Alice Lloyd guard

Michael Lindon on the foul line. The sophomore calmly sank both free throws to seal the win for the Eagles.

Alice Lloyd used a balanced scoring effort to claim the win.

Three players reached double figures for the Eagles (12). Junior guard Daniel Combs scored 24 points and sophomore guard Van Ferguson tossed in 18 for Alice Lloyd in the non-conference home game.

KIAC WOMEN: Lady Eagles battle back, defeat Midway

TIMES STAFF REPORT

MIDWAY — Junior guard Bailey Gabbard scored 20 points, including the game clinching basket with 15 seconds remaining, to lead visiting Alice Lloyd College to a 67-61 win over Midway College Saturday afternoon in a KIAC matchup.

Midway jumped out to an early lead in the first half. The host team extended its advantage to 10 points (26-16) with just over six minutes remaining. Alice Lloyd then made a run to knot the score at 30 before two late buckets allowed Midway to carry a 36-32 lead into the intermission.

In the second half, Alice

Lloyd opened with a run and quickly made up the deficit. Both teams played evenly over the next 12 minutes, but Alice Lloyd managed to get several stops on defense and eventually owned a six-point lead heading into the final six minutes.

Playing before the home crowd, Midway fought to regain an advantage. After a free throw from the home contingent with only 25 seconds remaining, Alice Lloyd's lead was down to one (62-61).

On the next possession, however, Alice Lloyd played keep away with the ball until 15 seconds remained. Junior center Chelsie Jarrell then spotted Gabbard open on the right wing. The smooth-

shooting junior from Powell College never hesitated and a 25-footer — her fourth three pointer of the game — found nothing but net to give Alice Lloyd a 65-61 lead.

Racing against time, Midway rushed down the court and missed on a quick three-point field goal. Alice Lloyd guard Gemma Gray corralled the rebound and then who sank two free throws to secure the victory.

Three scorers reached double figures for visiting Alice Lloyd (6-10, 2-2). In addition to Gabbard, Gray finished with 14 points. Heather Martin turned in a double-double with 11 points and 11 rebounds for the Lady Eagles.

Series moves banquet to Feb. 19

TIMES STAFF REPORT

LOUISVILLE — Officials with the Battle of the Bluegrass DirtCar Series have announced a change of date for the 2009 awards banquet. The banquet will now be held on Friday, Feb. 19 instead of Jan. 30.

The location of the awards banquet will remain the same. The banquet, which will be held at the Ramada Conference Center in Lexington, was changed to accommodate all those traveling to Florida during in and around that week. Some of the drivers and promoters of the BoB Series informed series officials that they could not make the Jan. 30 date. The series wanted to have a good representation and soon made plans to move the banquet to Feb. 19.

The top-10 in points will be honored for both the Late Model and Open Wheel Modified racing divisions. Other special awards will be handed out as well as a review of the 2009 season and a look at the upcoming schedule, rules and other various information for the 2010 racing season. The social hour will be from 6-7 p.m., with dinner being served at 7:30 p.m. The awards ceremonies will follow lunch.

Victor Lee (Stanford) will be honored for his third-straight Battle of the Bluegrass DirtCar Series Late Model division championship. Dustin Linville (Bryantsville) will be honored for his Rookie of the Year title and the rest of the top-10 drivers will be receiving their awards.

In the Open Wheel Modified Series, Bryan Barber (Buffalo) will receive top-honors for his first-ever championship with the series. JT Ayers (New Haven) will also be honored for the Rookie of the Year title as well as the rest of the top-10 drivers in series points receiving their awards.

Final 2009 Battle of the Bluegrass Open Wheel Modified Series Standings: 1. Bryan Barber (Greensburg), 1,795; 2. Joey Kraner (Hanover, Ind.), 1,736; 3. J.T. Ayers (New Haven), 1,576; 4. Don Adams (London), 1,576; 5. Randy Turpin (Lebanon), 1,433; 6. Kelly Warren (Columbia), 1,421; 7. Jason Hall (Hindman), 1,419; 8. Elliott Despain (Campbellsville), 1,246; 9. Russ Gabbert (Berea), 1,075; 10. Josh Lucas (Bardonia), 876.

Final 2009 Battle of the Bluegrass Late Model Standings: 1. Victor Lee (Stanford), 3,183; 2. David Webb (Nicholasville), 2,841; 3. Aaron Hanton (Mount Sterling), 2,495; 4. Mike Martlar (Winfield, Tenn.), 2,295; 5. Dustin Neat (Dunnville), 2,184; 6. Justin Ratliff (Campbellsville), 2,178; 7. Dustin Linville (Bryantsville), 2,163; 8. Mike Jewell (Scottsburg, Ind.), 2,026; 9. Eric Wells (Hazard), 1,877; 10. Michael Chilton (Salvisa), 1,844.

Lady Cats defeat Phelps, claim third straight win

Wertz scores 19 points for P'burg

by STEVE LeMASTER SPORTS EDITOR

PRESTONSBURG — The Prestonsburg Lady Blackcats claimed their third straight win Tuesday night, topping former 15th Region title contender Phelps 58-37. Making the most of a superb defensive effort, Prestonsburg limited Phelps to 11 points in the second half.

Tiffany Wertz tossed in a game-high 19 points for the Lady Blackcats. Alexis DeRossett scored 16 points and Kristian Vaughn added 12 for

Prestonsburg.

The Lady Blackcats held Phelps to seven or fewer points in three separate quarters. Phelps enjoyed one big quarter but the Lady Blackcats maintained a lead at the conclusion of each period.

Prestonsburg outscored Phelps 16-7 in the first quarter. The visiting Lady Hornets produced nearly 20 points in the second quarter but couldn't secure a lead before the break. Prestonsburg led 27-26 at the half.

The Lady Blackcats extended their lead to double digits in the third quarter, outscoring Phelps 18-7. Finishing the non-district game on a strong note, Prestonsburg outscored Phelps

13-4 in the final quarter.

Devann Poe (five points), Cassie Burchett (four points) and Paige Collett (two points) also provided scoring for the Lady Blackcats.

Cassie Burchett led Prestonsburg on the boards, pulling down a game-high 10 rebounds.

Poe and Collett collected five rebounds apiece for the Lady Blackcats.

Cassidy Wolford led Phelps with 14 points. Wolford was the only Phelps scorer to reach double figures. Kashaena Wolford scored seven points while Kayla Ratliff and Caitlyn Norman netted six apiece for the Lady Hornets.

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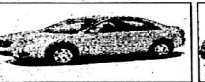
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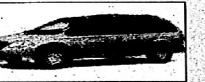
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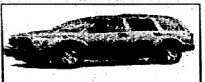
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