

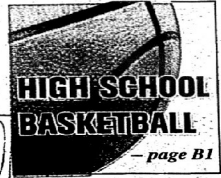
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# The Times

FLOYD COUNTY

FEB 1 2012

Volume 35



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Issue 71 • 75 Cents

## Purg losing two landmarks

### Prestonsburg Elementary to be demolished

Jack Latta  
STAFF WRITER

**PRESTONSBURG** — The sun will be setting on a Prestonsburg landmark over the next few weeks, as plans have been announced to demolish the old Prestonsburg Elementary School.

The Prestonsburg Graded School was a Depression-era building crafted out of the Works Program Administration (WPA) and is expected to be completely torn down over the next two weeks. The school opened Sept. 30, 1940, and cost what seems now like an incredibly modest \$200,000 to build. However, that same \$200,000 then would be worth over \$3.2 million today.

In 1940, the school

building was heralded as one of the most modern and best in the state, modeled after designs from the 1933-34 Chicago World's Fair.

According to Mayor Jerry Fannin, crews will begin tearing out the interior Wednesday, until only a shell remains. After that, the whole building will be brought down.

According to Fannin, the fate of the new addition of the school, which housed the cafeteria and gymnasium, has yet to be determined.

As word spread across social networking sites like Facebook Tuesday, former students posted pictures and shared memories of the old school.

"I entered the sixth grade, the year the new cafeteria/gym was opened

and I remember feeling so special to be among the first to use that building," said Kathy Prater. "It will be sad to see it go, but that is the way of the world. Times change, buildings change, people stay the same."

The old Prestonsburg Elementary School property has been vacant since the fall of 2007, when the school abandoned its downtown site for the then controversial Clark location.

Since the school building was sold in late 2011 to Roland Gray, speculation about the future of the site has been rampant. Gray could not be reached for comment with regard to his plans for the location.

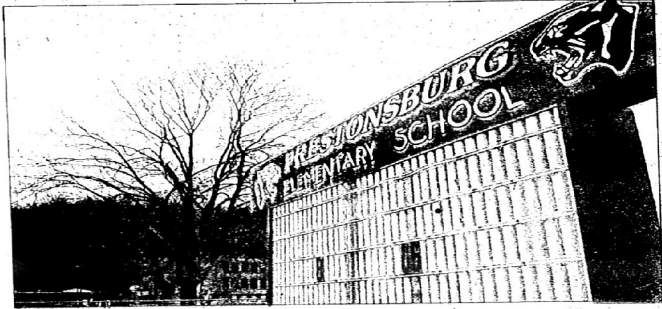


photo by Allen Bolling

Sixty-seven years of school-age memories will come crashing down, when, the old Prestonsburg Elementary School building, seen in the background, is demolished in coming weeks. Workers are expected to begin gutting the building today. No plans for the property have yet been announced.

## Iconic Prestonburg restaurant to close in two weeks

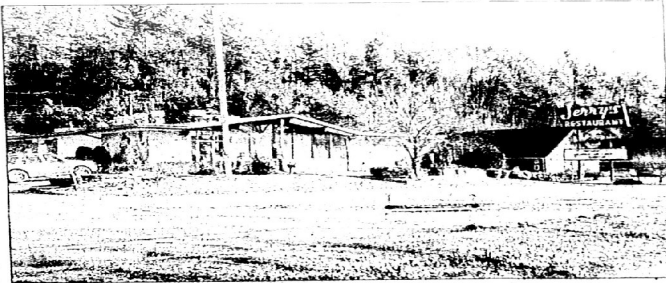


photo by Jack Latta

Prestonsburg's culinary landscape is about to lose one of its distinctive landmarks, as Jerry's Restaurant will close its doors in two weeks.

Jack Latta  
STAFF WRITER

**PRESTONSBURG** — Adding to the week for disappearing landmarks, Jerry's Restaurant took steps to close its doors, deleting one more icon from the Prestonsburg scene.

On Feb. 12, Jerry's, a mainstay eatery in Prestonsburg, will close its doors for the last time Tuesday. J.T. Absher, owner of the Jerry's property, released a statement regarding the decision to close the restaurant.

"It is with a heavy heart and overwhelming sadness I must report that on Feb. 12, 2012, Jerry's Restaurant in Prestonsburg will be closing its doors for the last time," Absher said in

the statement. "On behalf of my family, I'd like to thank our customers for allowing us to serve them these last 43 years. I'd also like to thank all our employees for their dedication and service."

Absher specifically listed Boyd Thompson, the former manager of Jerry's, for being the heart of the restaurant. "Words cannot express the appreciation and gratitude my family has for the commitment and friendship he has shown to us and our late grandfather for over a half century," said Absher. "Boyd is a legend in the Eastern Kentucky restaurant community."

"Jerry's is more than just a restaurant. We all have an emotional connection

to Jerry's, and closing it is like closing a chapter in our lives," Absher said. "Jerry's has been under increasing financial pressures for the last several years primarily due to increased competition; I regret that I now see no viable path forward for Jerry's. I take full responsibility for this incredibly difficult decision."

According to Absher, the closing of Jerry's will not negatively affect any of the other properties owned by Absher Enterprises LLC or J&B Seafoods LLC. Absher says that anyone interested in leasing the property after Feb. 12 can contact Absher Enterprises at (606) 886-6397.

**2 DAY FORECAST Today**

High: 59 • Low: 43

**Tomorrow**

High: 56 • Low: 34

For up-to-the-minute forecasts, see [floydcountytimes.com](http://floydcountytimes.com)

## Magistrate protests continuing to pay Southern

Jack Latta  
STAFF WRITER

**PRESTONSBURG** — A regular vote to pay the county's bills garnered some dissent last Friday, as one magistrate protested the continued financing of Southern Water and Sewer.

"They've got people making \$80,000 to \$90,000 over there, driving brand-new vehicles, and we're still having to pay their bills," said John Goble, magistrate for District 1. Goble voted against paying the claims,

though the list was passed by the other magistrates present.

Goble said that when the county's fiscal problems weren't so glaring, it was understandable to chip in and help, but now the county simply can't afford it. "The county is running in the red and we just can't afford to pay everybody's bills."

Among the bills paid by the county were invoices of \$14,070 from Frasure Electric, \$3,192.40 from CI Thornsbury, and \$450 from Moore's Hardware.

In addition to the most recent bills, Goble

says that the county is funding the the Mare Creek sewer project. "We've paid for a \$16,000 pump twice, and built them a new \$20,000 building." Goble says that the first pump was delivered to the Floyd County Court house in Prestonsburg, where it promptly disappeared.

Goble insinuated that politics is driving the continued financing of Southern Water and Electric. "Politics is politics, but what's right is right."

## Country Music Highway competition, education fund announced

Ralph B. Davis  
MANAGING EDITOR

**FRANKFORT** — Gov. Steve Beshear was joined by country music legend Tom T. Hall and members of **TOURSEKY** yesterday, to announce two new programs designed to boost musical opportunities along the Country Music Highway.

Beshear announced the creation of the "Country Music Highway Road to Fame" competition and the "Country Music Highway Arts Education Fund."

Of course, the Country Music Highway refers to the 164-mile Kentucky stretch of U.S. 23, along which many country music superstars were born, including Dwight Yoakam (Floyd County), Patty Loveless (Pike

County), Ricky Skaggs (Lawrence County), Wynonna and Naomi Judd (Boyd County), Gary Stewart (Letcher County), Billy Ray Cyrus and Miley Cyrus (Greenup County), and Loretta Lynn, Crystal Gayle and Hylton Brown (Johnson County). Even Hill Halls from Olive Hill, in Carter County. The road received the designation in 1994, following passage of a bill sponsored by Rep. Hubert Collins.

Now, the Road to Fame competition aims to insure the region continues to produce country music stars, through an "American Idol"-inspired contest. The competition, which will begin in mid-March, will be open to aspiring musical artists, age 13 to 35, in 15 Eastern Kentucky counties surrounding U.S. 23, including Floyd, Pike, Johnson, Letcher, Lawrence,

Boyd, Greenup, Harlan, Perry, Knott, Mingo, Morgan, Elliott, Carter and Lewis counties.

"I'm really excited about the competition, because it will show that some of the best talent can be found in the hills of Eastern Kentucky," Hall said.

Contest audition dates and venues will be announced next week. The grand finale competition will be held at the Mountain Arts Center, in Prestonsburg.

The winner of the competition will receive a \$25,000 scholarship to participate in career development and coaching under the direction of PCG Nashville, as well as an acoustic guitar and a plaque in recognition of his or her win.

"The Country Music Highway means so much to me," Naomi Judd said in a statement released following the announcement. "I grew up in that special part of Kentucky, as did so many of my friends who have been fortunate enough to find careers in country music. And now the Country Music Highway folks have launched a great project they're calling 'The Road to Fame.'"

The Country Music Highway Arts Education Fund is a charitable organization being formed to support music programs in Kentucky schools. Proceeds from the Road to Fame competition will be used to fund the education fund.

Details about the two programs can be found at [cmhroadtofame.com](http://cmhroadtofame.com).

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**FINAL WEEK!**  
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**in Prestonsburg & Floyd County**

*Readers' Choice*

# Obituaries



Melvin Wells Jr.

Melvin Wells Jr., 89, of Prestonsburg, went home to be with the Lord on Jan. 25, 2012, at Riverview Health Care Center.

He was born Jan. 18, 1923, a son of the late Melvin Wells and Beulah Roberts Wells.

He was raised on Johns Creek of Floyd County. He served in the U.S. Navy

in the South Pacific during World War II as a crew member on the U.S.S. Hilbert.

He was married to the late Mary Esther Willis Wells for 69-and-a-half years. In addition to his wife and parents, he was preceded in death by his son-in-law, Dennis F. Warrick Jr., and grandspn. Dennis F. Warrick III.

He was the last of his siblings to pass away. Preceding him were three brothers, John P. Wells, Eugene Wells and Ferman Wells; and three sisters, Jettie Shreve, Wootsie Akers and Zena Martin.

He is survived by three daughters, Gloria Jean Warrick, of Prestonsburg, Peggy (Dan) Graham, of Union, and Belvia Deloris "Lois" (Tom) McHugh, of Morehead; five sons, Melvin Douglas Wells, of Paintsville, Norman Lee Wells, of Jeffersonville, Ind., Jeffery Ray Wells, of Prestonsburg, George Randall Wells, of Concord, N.C., and Mike (Sharon) Wells, of Lexington, grandchildren, Deborah Denise (Kent) Dings, of Prestonsburg, Jessica Ann (Ben) Niswonger, of Versailles, Traci (Jamie) Morgan, of Lexington, Dr. Leslie (Cecely) Dutton, of Hager Hill, Charles Douglas (Kim) Arnett, of Lexington, Tammi Arnett, of Denver, Colo., Elizabeth (Chris) Pedico, of Olathe, Kans., Shannon (Mitch) Isenhoff,

of Chipley, Fla., Monica McHugh, of Columbus, Ohio, Jesse McHugh, of Bowling Green, Christen Wells, of Concord, N.C., and Barbara Rayann Morrison, of Prestonsburg; 15 great grandchildren; and one great great grandchild.

A memorial service will be held at 1:30 p.m., Saturday, Feb. 4, at the Carter Funeral Home Chapel, with Rev. Judy Carr-Back officiating. Visitation with family and friends will begin at noon. Burial will follow at the Warrick-Wells Cemetery, on Auxier Road.

The family has entrusted arrangements to the Carter Funeral Home.

### Maggie Hamilton

Maggie Hamilton, 81, of Teaberry, passed away Friday, Jan. 27, 2012, at her residence.

She was born Oct. 1, 1930, in Floyd County, to the late Andy and Sis Hall Little. She was a homemaker and a member of the Wheelwright Freewill Baptist church.

Besides her sister, she was preceded in death by her first husband, David (Martha) Sammons, of Wheelwright; one daughter, Sharon (Phillip) Sammons, of Teaberry; one sister-in-law, Helen Little, of Prestonsburg; five grandchildren, Jessie Hamilton, Chris Hamilton, Sharkonda Matthews, Shalyn Hamil-

ton, Ethan Hamilton; five great grandchildren, Maggie Akers, Ashley Young, Chelsea Young, Branson Carroll and Shana Lee Matthews; and her dog, Tiff, who made her smile.

Funeral services were held Monday at the Wheelwright Freewill Baptist Church, with Freewill Baptist Ministers officiating. Burial followed in the Andy Little Cemetery at Abner Fork.

### Jerry Michael Moore

Jerry Michael Moore, 51, of Garrett, died Wednesday, Jan. 25, 2012, at St. Joseph Hospital, in Martin.

He was born Nov. 23, 1960, in Knott County, the son of Clinton "Buddy" Jones, of Wayland, and Alice Moore Pack, of Garrett. He was a retired carpenter.

In addition to his parents, he is survived by one son, James Chaffins, of Indiana; one daughter, Jerika Allee Chaffins, of Indiana; one brother, Roger Jones, of Wayland; and two sisters, Angel Music, of Lackey, and Barbara Diane Hicks, of Garrett.

He was preceded in death by his brother, Jeff Jones.

Funeral services for Jerry Michael Moore were held

Monday, Jan. 30, at Nelson Frazier Funeral Home, in Martin, with Jimmy Hall officiating. Burial followed in the Moore Family Cemetery, at Lackey.

Nelson Frazier Funeral Home is in charge of arrangements.

### David Cecil

David Cecil, 32, of Harold, died Tuesday, Jan. 24, 2012, in Decatur, Ga.

He was born March 7, 1979, to Steve Allen Akers and Doris Cecil. He is survived by one son, Jordan Cecil, of Frenchburg; one daughter, Andrea Cecil, of Frenchburg; three brothers, Jeremy Cecil, of Middlesboro, and Stevie Akers Jr. and Christopher Seth Akers, both of Harold; and two sisters, Ashley Akers, of Betsy Layne, and Taylor Akers, of Virginia.

Funeral services were held Monday, Jan. 30, at the Upper Toler Creek Church of Christ, with Willie Meade and Tommy Bush officiating. Burial followed the service at Akers Cemetery in Harold.

Nelson Frazier Funeral Home was in charge of arrangements.

### Ann Marie Howell DeRossett

Ann Marie Howell DeRossett, 82, of Prestonsburg

died Jan. 27, 2012, at her residence.

She was born March 15, 1929, to the late Enoch and Caille Blair Howell! She was the wife of Merlon DeRossett and worked as a homemaker.

She was preceded in death by six brothers, Raymond Howell, Estill Howell, Arnold Howell, Hershel Howell, Scott Howell and Russell Howell; and two sisters, Faye Howell and Reba Harris.

She is survived by two sons, Harold Edward DeRossett and Donald Arthur DeRossett, of Prestonsburg; one daughter, Tammy Lou DeRossett, of Prestonsburg; grandchildren, Cindy Lee, Donna Sue, Jimmy Harold, Robin Lynn, Jesse Michael and Lonnie Will; and great grandchildren, Austin Reno, Dalton Chance Memphis Lee, Achilles Troy, Savannah Nichole, Kandye Elaine, Hailey Marie, Brookynn Cresha and Alexis Nicole.

Funeral services were held Monday, Jan. 30, at Nelson Frazier Funeral Home, with Don Crisp officiating. Burial followed the service at Merlon DeRossett Cemetery, in Prestonsburg.

Nelson Frazier Funeral Home was in charge of arrangements.

## Prestonsburg wins district academic meet

Jack Latta  
STAFF WRITER

Prestonsburg High School placed first in the final standings when Floyd County Schools announced the results of the recent District Governor's Cup competition for high school academic teams.

Floyd County Supt. Henry Webb offered his congratulations to all the schools for their hard work and participation in the event.

"We want to congratulate Prestonsburg High School on becoming the District 57 Governor's

Cup Champions! Best of luck to the kids in the regional competitions," said Webb.

According to school officials, future problem-solving and composition competitions will be held Tuesday, Feb. 14, and assessment and quick recall will follow on Saturday, Feb. 18. Both competitions are scheduled to take place at Pikeville High School.

The results were as follows:  
Future Problem Solving  
1st Allen Central High  
2nd Prestonsburg High

Quick Recall  
1st Prestonsburg High  
2nd Betsy Layne High

3rd South Floyd High  
4th Allen Central High

### Final Standings

1st Prestonsburg High  
2nd Betsy Layne High  
3rd Allen Central High  
4th South Floyd High  
5th Wesley Christian

1st Tyler Williams (PHS)  
2nd Chase Baldrige (PHS)

3rd Tyler Price (ACHS)  
4th Chase Thacker (BLHS)  
5th Blake Baldrige (PHS)

### Social Studies

1st Kirkin Collins (BLHS)  
2nd Austin Curnutte (PHS)

3rd Aaron Curnutte (PHS)  
4th Ethan Thacker (BLHS)  
5th Alex Tackett (SFHS)

### Science

1st John Thompson (PHS)  
2nd Tyler Harmon (Wesley)  
3rd Jessika Young (BLHS)  
4th Savannah Meade (BLHS)  
5th Tyler Price (ACHS)

### Language Arts

1st Laken Keathley (PHS)  
2nd Maggie Wilkes (Wesley)  
3rd Charley Hyden (SFHS)  
4th Kirkin Collins (BLHS)  
5th Brad Prater (BLHS)

### Composition

1st Charley Hyden (SFHS)  
2nd Joslyn Isaac (SFHS)  
3rd Kari Watkins (ACHS)  
4th Ethan Thacker (BLHS)  
5th Chelsie Hoover (SFHS)

### Arts & Humanities

1st Tara Eplin (BLHS)  
2nd John Thompson (PHS)  
3rd Maggie Wilkes (Wesley)  
4th Cole Allen (PHS)  
5th Chelsea Hemlock (ACHS)

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Allen Central Middle School held its first annual Career Day. Some students interested in the medical field or veterinary medicine "dressed" for the occasion. Picture (from left to right) includes: Summer Shepherd, Whitney Shepherd, Colby O'Bryan, Jordan Pack, Ashley Hall, and Charlotte Jacobs.

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# Community Calendar

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

## Free clothes and household giveaway

The Middle Creek Volunteer Fire Department Ladies Auxiliary will give free clothes and household items to anyone need on Friday, Jan. 27, from 9 a.m. to 6 p.m., and on Saturday, Jan. 28, from 10 a.m. to 4 p.m. The giveaway will take place at the old Middle Creek Fire Department on Route 114. For more information, call Debra Faye Holbrook at (606) 886-8481 or (606) 226-3525.

## Volunteer mentors wanted

Mentoring for a Second Chance is a jail-based service program designed to help reduce recidivism and promote positive growth, by linking nonviolent offenders with a mentor from the local community. M2C is looking for local men who are motivated to make a difference in the life of an individual while having a positive impact on the community.

If you or someone you know is interested in becoming a mentor, contact mentor coordinator Joshua Kinzer, (606) 886-4439, (606) 339-8878, or [Kinzer@MtComp.org](mailto:Kinzer@MtComp.org).

## Veterans service officer

VFW Post 5839 in Lancaster will have a service officer available every Wednesday, from noon until 4 p.m. Some services offered will be initial claim filing, upgrades, appeals, permanent and total claims and others. Contact (606) 886-9428 or (606) 297-1973 for more information.

## Free Parenting Classes

To determine eligibility, call John 791-9887.

## Communities Against Drug Addiction

Floyd County Communities Against Drug Addiction meets at 5:30 p.m. the third Thursday of each month, at Allen Baptist Church.

## Autism Awareness & Support Group

2nd Monday of each month. Calvarys Call Church, Cancer, Ky. (607 p.m.). Contact: Billie Chain, [eastkyautismawareness@gmail.com](mailto:eastkyautismawareness@gmail.com)

## Artistic Children Support Group plans monthly meeting

Support group for Guardians of Autistic Children will meet the first Thursday of every month at the Haven of Rest, 1601 Airport Road, Ilex. Call 606-298-0520 for information.

## Non-profit agency needs foster parents

Non-profit agency in need of foster parents in your area. Financial compensation/ bonuses, free foster parent trainings, mileage reimbursement, and 24-7 support are available. All foster children get a medical card, free school lunches, and clothing vouchers/other reimbursements. Call for more information, at 606-886-0163 or visit our website at: <http://www.benchmark-familyservices.org/>

## Foster parent info

Benchmark Family Services is offering a free informational session for anyone interested in becoming a foster parent. If you have ever wanted to help a child in need, this is your chance. Monday, Jan. 24, at 10 a.m. and Wednesday, Jan. 26, at 5 p.m. at Benchmark Family Services Office. For more information, please call (606) 886-0163.

## Auxiliary Learning Center offers home repair aid

Need help with home repairs? The Auxiliary Lifetime Learning Center can help. We are now taking applications for home repairs. If you or someone you know are low income and need help with repairs on your home, please call 606-886-0709 for your application, or stop by the office at 21 South River Street, Auxier. Office hours: Monday-Friday, 8:00-4:00. Must provide proof of income and ownership.

## FCHD offers Body Recall exercise classes

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

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

## Become a Volunteer with Victim Services Program

You are more likely to be hurt by someone whom you know rather than be assaulted on Kentucky's streets by a total stranger. Learn to assist victims of sexual assault, child abuse and domestic violence by becoming a Volunteer with Victim Services Program. Call today to receive an application for our free training program.

Call the Volunteer Coordinator at (606) 886-4323 for further information or to request an application. (The Victim Services Program is a program of Mountain Comprehensive Care Center.)

## Outpatient Drug Treatment Program and Education

Narconon warns parents that abuse of addictive pharmaceutical drugs with youth is on the rise with deadly consequences. Learn the signs of drug abuse.

Call Narconon for a free brochure on the signs of addiction for all drugs. 877-379-0208. [www.drugsn0.com](http://www.drugsn0.com)

## Auxier Community Center

Free GED classes, Monday, Tuesday and Wednesday, from 10 a.m.-12.

## Free Bible Lessons

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

## Need help with addiction?

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

Mondays, at Minnie (beside pharmacy), from 7-8 p.m.

Mondays, at Little Mud, Spruce Pine School, from 7-8 p.m.

Tuesdays, in Prestonsburg, in the Van Ark Building, from 2-3 p.m.

Tuesdays, at David, The David School, from 3:30-4:30 p.m.

Wednesdays, at Allen Baptist Church, from 7-8 p.m.

Thursdays, at Allen Baptist Church, from 7-8 p.m.

For more information,

call Shirley Combs at (606) 434-8400, or Tom Nelson at (606) 478-2836.

## Need Help With Home Repairs?

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

## Hope in the Mountains

Hope in the Mountains will host public meetings on Mondays, at 9 a.m., at the junction of U.S. 23 and Rt. 80, on Water Gap Rd., behind the Thimble Chapel Church.

Meetings focus will be to offer information in regard to community resources available to women seeking freedom from drug abuse. Family members are also welcome to attend. The Hope initiative proposes to help women break free from addictive lifestyles to become self-respecting contributing members of society.

Call 874-2008 or 788-1006 for more information.

## Democratic Woman's Club

The Floyd County Democratic Woman's Club meets the third Monday of each month at 6 p.m., at Prestonsburg City Hall.

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

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

40 guests. Call 889-8260 for more information.

## Prestonsburg Rotary Club

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

## 'Earn While You Learn'

The Big Sandy Area C.A.P. office is taking applications for its "Senior Training Program." You must be 55 or older to apply. In Floyd, call 886-2029; Johnson, call 789-6515; Magoffin, call 349-2217; Pike, call 432-2775; and in Lawrence, call 638-4067.

## Looking for a Support Group?

Floyd County Alzheimer's Support Group meets regularly at Riverview Manor Healthcare Center. Call the center for meeting times.

Domestic Violence Support Group - The Big Sandy Family Abuse Center holds meetings each Tuesday from 5:30 to 6:30 p.m. The meetings are free of charge. Call 886-6025 for more information.

Overeater's Anonymous Meetings held each Wednesday at 6:30 p.m., at the old Allen Baptist Church, located in Allen, just past red light. Call 889-9620 for more info.

US TOO! Prostate Cancer Survivors Support Group - For all men with prostate cancer and their families. Group meets the 3rd Thursday of each month, at 6 p.m., at the Ramada Inn, Paintsville.

Community Weight Loss Support Group - Meets Thursdays at 6:30 p.m., at the Martin Community Center. For more info, call 377-6658. Those who have had gastric bypass surgery most especially welcome to attend. Meetings being of

fered as support to anyone needing extra support in dealing with weight loss.

Domestic Violence Hotline - 24-hour Crisis Line manned by Certified Domestic Violence counselors. Call 886-6025, or 1-800-649-6605. Remember, "Love Doesn't Have to Hurt."

Disabled? - You may be eligible for grant money to assist in your daily living. For an application or more information, call 886-4326.

A.S.K. (Adoption Support for Kentucky) - Support group for all adoptive parents (public, private, international, and kinship care), foster parents and all others interested in adoption. To be held the first Monday of each month, at the Department for Community Based Services office, 1009 North Lake Drive, Prestonsburg, from 6-8 p.m. Childcare will not be provided. For more information, contact Debra Stone, adoptive parent liaison, at 432-4110 or 422-7927; or email to: [dsone@eastky.net](mailto:dsone@eastky.net).

PARENTS! - Contact the Big Sandy Area Community Action Program, Inc. to find out about child care services in your area, the STARS for KIDS NOW licensing standards program, and how you can earn an income by staying home with your own children while caring for the children of others. Find out more by calling Cheryl Endicot at 886-1280, or 888-872-7227 (toll free).

East Kentucky S.T.A.R.S. Homeschoolers - Will hold monthly meetings at the Paintsville Recreation Center. For more information, call Trudy at 889-9333, or 297-5147. Everyone welcome.

Narcotics Anonymous (NA) - Each Wednesday, from 7-8 p.m., in the Atrium Conference Room, 2nd floor, May Tower, Pikeville Methodist Hospital. For more info, contact Chris Cook at 606-433-1119 or [christophercook@hotmail.com](mailto:christophercook@hotmail.com).

## Wreck that killed deputy nets murder charge

Ralph B. Davis  
MANAGING EDITOR

PIKEVILLE — The man who police say was responsible for a traffic accident that killed a Pike County deputy has been charged with murder.

David W. Childers, 47, of Ashcamp, was arrested Saturday and charged with one count of murder, four days after being involved in a three-car collision that ended with the death of Deputy James Thacker, 53, of Elkhorn City.

Police say Childers lost control of his Nissan Pathfinder while driving west on U.S. 460 at Belcher. Childers' vehicle crossed the center line, where it ran head-on into a sheriff's department cruiser, driven by Thacker. A third vehicle traveling behind Thacker was also involved in the wreck.

Kentucky State Police Det. Jimmy Anderson obtained the warrant against Childers. He was located and arrested by Tpr. Jason McClellan.

Childers was jailed in the Pike County Detention Center.

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The family of Ruth Hall James would like to say "Thank You" to all of our friends and family who helped to comfort us during the loss of Ruthie. Those who sent cards, flowers, food, or just came by to share in our loss, thank you. A special thanks to Bro. Jesse Baxter from the Masonic Home of Shelbyville for his comforting message and our friends at Destination Community Church for their hospitality and all the kindness that was shown to our family. Thank you to the Floyd County Sheriff's Dept. for their assistance in traffic control and the Hall Funeral Home for their kind and professional service. All your love and support will always be remembered.  
Ruthie's children: Freddie, MaryAnn, Emily and the entire Ruth Hall James Family

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# Comment

**Worth Repeating ...**

*A liberal is a man who is right most of the time, but he's right too soon.*

— Gregory Nunn

## Amendment I

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

## Guest View CHFS records appeal

Gov. Steve Beshear

You teach in a small community and suspect a student is being abused. You want to report it, but you fear retaliation. Can you come forward without the newspaper naming you as the accuser? Or maybe you're a grandmother. You worry about the man your daughter is living with, in fact you're afraid of him. But you love your grandchildren, and you think they're being neglected. Will you be able to report your suspicion without alerting your daughter's volatile and unstable boyfriend and jeopardizing your own safety?

The answer to both scenarios, unfortunately, is "no." If a case of suspected child abuse and/or neglect later results in death or serious injury, and you reported it, your name and your concerns likely will be disclosed to anybody who asks, whether that's a TV reporter, a blogger or even the accused.

That's one of the real life consequences of a new judicial ruling related to state records on investigations of child abuse and neglect.

The ruling, issued Jan. 19 in Franklin Circuit Court, stems from litigation involving Kentucky newspapers' attempts to access records involving cases that resulted in a child's death or serious injury.

An attorney for the newspapers has argued that no information whatsoever should be kept confidential, and that the public should have unfettered access to these records.

The judge disagreed. He said the Cabinet for Health and Family Services can black out certain information, such as names of children seriously injured in cases of abuse, Social Security numbers and other financial information, the names of other children in the family who weren't involved, and the names of private citizens who report abuse — but the names of relatives, police officers and school officials who report abuse will be made public.

But we don't think the judge's ruling was protective enough, and so the Cabinet recently filed notice that it would appeal.

Newspapers will criticize the state for this decision. After all, they get to write the headlines, and the Cabinet has been accused of "operating under a veil of secrecy" in a supposed attempt to protect inept workers and a poorly designed system.

But this is not about shielding the system from scrutiny. We understand the need to be more transparent than in years past — in fact, I ordered such a paradigm shift

in the Cabinet's treatment of child abuse records as early as last fall.

We are not arguing for the right to camouflage the actions of the Cabinet or its workers. That information is already being provided and we will continue to do so.

But increased openness has to be implemented in a consistent and thoughtful way that holds the best interests of the child as its paramount priority.

That is our top and only concern.

There are very real consequences — sometimes unintended — to eliminating confidentiality.

As I described earlier, lack of protection for those reporting abuse or neglect could have a silencing effect on those who would bring these conditions to authorities.

But there are other consequences. For example: Police and prosecutors routinely share information with the Cabinet to help it determine whether children need to be removed from a home for their safety. That information might include witness interviews, forensic evidence, autopsy results and statements by an accused immediately following a tragic event.

The Court's ruling does not exempt that information from disclosure — even if the case is ongoing. Consequently, prosecutors will likely begin withholding that information rather than risk jeopardizing their ability to pursue criminal charges. As a result, the Cabinet will lack crucial information it needs to decide whether to intervene to protect children.

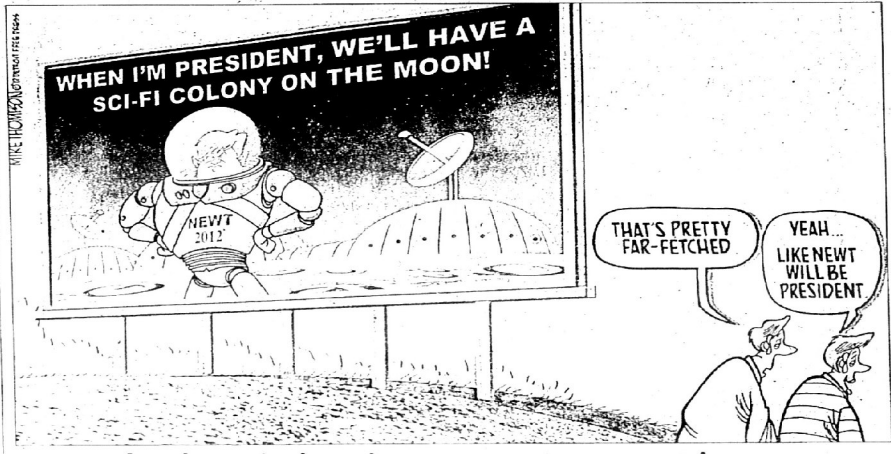
The ruling also doesn't shield from disclosure information related to voluntary or involuntary termination of parental rights, and to a subsequent adoption. As a result, a parent who previously lost custody of a child via court order will be able to track down the child and the family who adopted that child.

The result could potentially be tragic.

And it certainly will stymie the Cabinet's ability to find people to adopt abused or neglected children.

The court ruling does not exempt from disclosure the names of parents, guardians or custodial parties found by the Cabinet to have abused or neglected a child but later exonerated once a hearing on the charges was held.

In the meantime, however, the Cabinet, its attorneys and I will continue to battle in court in the best interests of our children — regardless of what criticism comes our way.



## A legislative perspective

Rep. Greg Stumbo  
SPEAKER OF THE HOUSE

With January behind us, the General Assembly is finding the quick pace that defined the legislative session's opening days is now settling into a more measured routine.

The first few weeks, of course, were dominated by two main actions: Governor Beshear's speeches on the state of the Commonwealth and his budget proposal; and redistricting, which the House and Senate undertake each decade to reflect population changes in their districts and those of the Kentucky Supreme Court and our congressional delegation.

On Tuesday last week, the House Appropriations, and Revenue Committee began the weeks-long task of closely looking at the governor's budget to see what changes our chamber may want to make. Given the financial difficulty expected — Governor Beshear has warned most agencies to prepare for cuts of more than eight percent — few if any major alterations are forecast.

As this process gets underway, several other noteworthy bills have already been sent to the Senate for consideration. Those include a few designed to benefit those who have served our country.

House Bill 197, for example, would authorize an "I Support Veterans" license plate, and House Bill 221 would let veterans obtain a driver's license that would reflect their service. House Bill 121, meanwhile, would require that any POW/MIA flag brought and flown by a public institution in Kentucky be American made.

If House Bill 224 becomes law, those serving in the Kentucky National Guard would be eligible for a new adoption assistance program. In this case, those enlisted could recoup up to \$5,000 in unreimbursed expenses if they adopt a child with special needs and up to \$3,000 for any other child. This money would come from the military family assistance trust fund.

House Bill 71 would offer assistance to the families of soldiers killed in action by exempting probate fees their estate would normally pay; this exemption would apply as well to such hazardous-duty professionals here at home as law enforcement and firefighters.

Another prominent topic in the House this legislative session is education. House Bill 40, which is now in the Senate, would establish a statewide teacher evaluation system by the 2014-15 school year, streamlining a process that now varies from district to district. Those helping to imple-

ment this would include the Kentucky Department of Education, the Kentucky Education Association, the Kentucky School Boards Association and a statewide parent organization. This evaluation system could include peer and parent surveys and evidence of student progress in the classroom.

Another school-related bill also making it through the chamber, House Bill 30, would let school districts sell qualified advertising on their school buses as a way to raise revenue.

In addition to these bills, the House has put its support behind two studies centered on our youngest generation. One would take a closer look at the effect domestic violence has on children, and another would see how we can get more computing devices in the hands of fifth and sixth graders.

As all of this legislation shows, there is no shortage of ideas being discussed, but with only about two months left to finish our work, it is still too soon to say what will ultimately become law. Because of that, I encourage you to keep contacting me with your thoughts and concerns.

You can leave a message for me or for any legislator at 800-372-7181. For those with a hearing impairment, the number is 800-896-0305.

## House week in Review

Rep. Hubert Collins

Legislation that would give Kentucky's congressional hopefuls another week to file to run in this year's primary election sped toward the House floor last week after congressional redistricting talks stalled in a joint House and Senate committee.

House leaders had introduced a bill early last week to move just the congressional filing deadline back to Feb. 7 after it became apparent that an agreement on HB 2, this session's redistricting bill for all six of Kentucky's congressional districts, might not be reached before the Tuesday, Jan. 31 primary election filing deadline.

But a game changer came mid-week, when rumblings of possible legal challenges over the redistricting issue reached the Capitol. As a result, the House Speaker told the press Thursday afternoon that instead of using the bill introduced last week, the House would likely wait and possibly use HB 2 as a "shell" — or vehicle — to move the deadline extension forward by this Tuesday, since HB 2 has already passed both chambers, albeit in different forms. This would be done as a procedural matter, to expedite passage of the extension.

Lawmakers on both sides of the aisle have good reason to want to move the congressional filing deadline back seven days. Without knowing what district lines will be in place for this year's primary, it is impossible for potential candidates to know the district in which he or she must logistically run. The one-week deadline extension gives lawmakers time to work out a plan that 2012 congressional hopefuls can follow.

It is important to note here that Jan. 31 will remain the primary election filing deadline for Kentucky's new state legislative and state Supreme Court districts. Those districts are found in HB 1, which was signed into law last week (although a minority-party court challenge to that plan is expected). Only filings for this year's congressional races would be pushed back

under the proposed deadline extension.

The uncertainty surrounding the redistricting talks tended to overshadow other legislative action last week. But, in the House, at least, committee and House floor action reached far beyond the discussion of district boundaries for elected state and federal officials.

A bill that would alter the makeup of school-based decision making councils in Kentucky's 174 local school districts passed the full House by a 62-33 vote last Tuesday. If ultimately passed into law, HB 89 would require that at least one of the two parent members on a council live within the boundaries of the school district, and prohibit non-tenured teachers from serving on a council unless no tenured teachers are willing, or available, to serve. HB 89 now goes to the Senate for its consideration.

Legislation that would help cover the cost of child adoption by any Kentucky National Guard member cleared the House 93-0 on Jan. 20. Any Kentucky National Guard member would be eligible for military family assistance trust funds of up to \$5,000 to cover the adoption of a child with special needs, or up to \$3,000 to cover the adoption of another child under HB 224, which is now before the Senate for consideration. The legislation would help cover unreimbursed direct costs, such as licensed adoption agency fees, legal fees and medical costs incurred by Kentucky National Guard members.

A growing problem with feral pigs that may be little known in some areas of the Commonwealth received statewide attention last week when the House Agriculture and Small Business Committee passed a concurrent resolution to address the issue. HCR 76 would encourage the Kentucky Department of Fish and Wildlife Resources to study Kentucky's burgeoning population of wild pigs, and the dangers and problems they create for Kentucky's farmers and suburbanites. The resolution now goes to the full House for approval. If passed by both chambers, HCR 76 would

not go to the governor to be signed into law, but rather be considered an "expression of opinion" of the General Assembly that a study be undertaken.

The House often welcomes special guests, including winning sports and academic teams, artists, musicians — even penguin queens like Miss Kentucky Ann-Blair Thornton, who we welcomed to the House chamber last Tuesday. But never before, in my memory at least, has the House welcomed to the chamber an actual penguin as we did last Tuesday afternoon when Paula the Penguin paid us a visit.

One of nine African Penguins at the Newport Aquarium's "African Penguin Encounters" exhibit, Paula — who waddled up the center aisle of the House chamber into the arms of a waiting Newport Aquarium biologist — charmed lawmakers as we adopted a resolution honoring the aquarium and recognizing last Tuesday as Penguin Day at the Capitol. The little black and white bird brought a lot of smiles and some much needed levity during what would prove to be tough legislative week.

It is hard to believe, but one third of the 2012 Regular Session will be over by the end of legislative business on Wednesday, Feb. 1. That will leave 40 legislative days for the House and Senate to come together and pass a new state budget, plus hundreds of other bills that impact Kentuckians young and old across this state. With redistricting almost behind us, it would appear that we are right on schedule for completion of our session tasks.

Please continue to stay informed of legislative action on bills of interest to you throughout the 2012 Regular Session by logging onto the Legislative Research Commission website at [www.lrc.ky.gov](http://www.lrc.ky.gov) or by calling the LRC toll-free Bill Status Line at 866-840-2835. For committee meeting schedules, please call the LRC toll-free Meeting Information Line at 800-633-9650. Or, to comment on a bill, please call the toll-free Legislative Message Line at 800-372-7181.

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# Coal Careers Program holds graduation

Daphne Kirk Goble  
BSCTC

PAINTSVILLE — Big Sandy Community and Technical College (BSCTC) and the Kentucky Coal Academy (KCA) hosted the 24th Coal Careers Program Graduation Friday January 27, 2011 on the BSCTC Hager Hill Campus. Coal Careers Program Coordinator, Harold Burton, opened the ceremony with a heartfelt welcome to the students. Burton explained the fundamentality of the KCA Program and how it was an abundant opportunity for participants to change and better their lives. Burton told the students, "You are very fortunate to have been selected for such a premier program." Burton encouraged the graduates to practice safety, good work ethics and to keep an open mind toward learning.

Booth Energy Representative, Ryan Wilson commended the students on their success and wished them good luck.

Mae Shuraw, Big Sandy Community Action Program (BSCAP) representative spoke with the graduates and explained the honor and pride derived from sharing a partnership with BSCTC and KCA.

Martha Blair, KCA Program assistant, prepared a hearty lunch for the graduates and guest in attendance. For more information about the BSCTC/KCA Coal Careers Program, contact Harold Burton, program coordinator at 606-886-3863, ext. 82046 or e-mail harold.burton@kca.net.

More information about the many programs and services offered at Big Sandy is available by visiting, <http://www.bigsandy.com> or call (606) 886-3863.



Coal Careers Program Coordinator Harold Burton, left, and Booth Energy representative Ryan Wilson, right, with KCA graduates Brandon Shepherd, Stephen Reed and Everett Scott.

# West Liberty man pleads guilty to cocaine distribution

LEXINGTON — The U.S. Attorney's Office, the FBI, Kentucky State Police (KSP), and Appalachia High Intensity Drug Trafficking Area (HIDTA) jointly announced Tuesday that a 72-year-old West Liberty man admitted Monday in federal court that he distributed hundreds of grams of cocaine in just over a month's time.

Robert E. aka "Bobby" Litteral pleaded guilty to three counts of distribution of cocaine.

Court documents state that from February 25, 2011 through March 30, 2011, Litteral distributed 616.36 grams

of cocaine worth \$24,200. On three separate occasions, Litteral sold the cocaine to a witness cooperating with law enforcement.

According to the plea agreement, on one occasion Litteral sold the witness 167.5 grams of cocaine for \$6,600 and 168 grams of cocaine for the same price on another occasion. Both transactions took place at Litteral's West Liberty home. On March 30, Litteral distributed 280 grams of cocaine to the witness for \$11,000 from Litteral's vehicle. The investigation was conducted by the FBI, KSP and

Appalachia HIDTA. The U.S. Attorney's Office was represented in this case by Assistant U.S. Attorney Roger West.

Litteral will appear for sentencing on May 11. He has a prior drug felony conviction which subjects him to a higher sentence. If convicted, Litteral faces a maximum of 30 years in prison. However, any sentence following conviction would be imposed by the court after consideration of the United States Sentencing Guidelines and the federal statute governing the imposition of sentences.

# Food City to support abuse victims with 'Shop & Share' day

ABINGDON, Va. — Earlier this month, Jane Beshear, the First Lady of Kentucky, announced that Food City will be participating in the upcoming "Shop and Share Day." The event is a one-day drive to gather necessities for domestic violence shelters across Kentucky. The initiative supports victims and their children.

"As a locally owned and operated company, Food City is committed to making a difference in the communities we serve," said Steven C. Smith, Food City president and chief executive officer. "We're proud to join First Lady Beshear to aid such a worthy cause."

First Lady Beshear joined anti-domestic

violence advocates to urge Kentuckians to volunteer and participate in the annual event. "All of us are aware of the appalling crime of domestic violence, and many Kentuckians have had friends or family members who have been victims themselves," Mrs. Beshear said. "However, many Kentuckians are unaware of the struggles that shelters face to provide victims with the everyday goods they need to help get back on their feet. By volunteering their time or donating goods on 'Shop and Share Day,' Kentuckians can easily offer a positive influence on victims' lives."

Food City locations throughout South-eastern Kentucky will participate in the

annual drive, which will take place on Saturday, February 4, 2012 from 9 a.m. until 5 p.m. Volunteers will be on hand from local Girl Scout troops and the three area domestic violence shelters to provide shoppers with a list of much needed items, such as non-perishable foods, housekeeping and personal care items. For added convenience, a selection of items will also be available on a special in-store display. Monetary donations will be accepted by on-site volunteers as well. All contributions will directly benefit the three local shelters: I.K.L.P. Safe House, Sandy Valley Abuse Center and Safe Harbor.

The KDVA was founded in 1981 and

is a coalition of Kentucky's 15 domestic violence programs providing services to victims of domestic violence and their children. Its purpose is to provide mutual support, information, resource sharing and technical assistance; to coordinate statewide services; and to advocate collectively on behalf of victims of domestic violence.

Headquartered in Abingdon, Virginia, K-V-A-T Food Stores, Inc. currently operates 104 retail food outlets in the tri-state regions of Southeast Kentucky, Southwest Virginia and Northeast Tennessee. For more information on "Shop and Share Day", including volunteer sign-up links, visit <http://firstlady.ky.gov/Pages/shopshare.aspx>.

# Government offers tips to beat the winter blues

During the winter it can be easy to get so busy with work and your kids' activities that by the time you go to bed you've barely seen the sun. The lack of exposure to the sun, shorter days and colder weather can cause some people to feel the winter blues, known medically as seasonal affective disorder.

If you think you suffer from a major attitude change during the winter months, use these tips from USA.gov to learn the symptoms of seasonal affective disorder and possible treatment options.

### Recognize the symptoms

Some of the most common symptoms of seasonal affective disorder are feelings of sadness or emptiness, hopelessness or extreme pessimism. Fatigue, difficulty concen-

trating and changes in weight could also be possible signs of the winter blues.

### When It's Not Just a Bad Day

Everyone has had days from time to time and may feel sad and depressed or even extremely pessimistic. It's normal for these feelings to come and go. However, if your mood doesn't change over a period of two weeks, it's time to talk to your doctor to see if you're suffering from depression or seasonal affective disorder. You can use the Mood Tracker mobile app to help you track when and how long you've been feeling depressed.

### Treatment Options

There are several different treatment options for seasonal affective disorder. Your doctor may want you to try light

therapy. Being exposed to sunlight or a fluorescent light box for an extended period of time could help to improve your mood. However, for many people, light therapy isn't enough.

In that case there are many different medicines you and your doctor could discuss. Before your appointment read the guide Depressions — Medicines to Help You to learn about all your different options and possible side effects so you can make an informed decision.

Don't let the winter blues keep you down. Use this information to help you take the steps you need to begin to feel better.

# Medicaid Managed Care Story Bank Hotline now available

In November 2011, Kentucky Medicaid changed the way it operates its Medicaid program by expanding managed care coverage to all areas of the state. Medicaid contracted with three new managed care organizations (MCOs) to coordinate health care for most Medicaid members. The new MCOs are: CoventryCare of Kentucky, Kentucky Spirit Health Plan and WellCare of Kentucky. This change did not affect members in Jefferson County and the 15 surrounding counties served by the Passport Health Plan.

"We are in a pivotal place, where we could either improve or damage the health outcomes for Kentucky's kids," said Andrea Plummer, Senior Policy Analyst for Kentucky Youth Advocates. "The Kentucky Medicaid program serves some of our most vulnerable populations; and there is no room for lack of attention to detail during the transition process."

Managed care could result in many positive outcomes including improving quality and coordination of health care, increasing access, and cost savings for the state. However, since implementation in November 2011, we have seen many issues arise causing disruption in care for members and providers.

In order to track the success of the transition for the Commonwealth's kids, Kentucky Youth Advocates launched a Medicaid Managed Care Story Bank Hotline.

"Throughout this transition and beyond implementation, Kentucky Youth Advocates is committed to making sure children are not dropped from

Medicaid and KCHIP and that they receive the health services they need and are eligible for. We want to document stories about what is working well and what needs to be improved in Medicaid managed care so we can better advocate around this new system," said Plummer.

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# New report examines how Kentucky energy policies impact health of families

**BEREA** — In a state almost exclusively reliant on coal for electricity generation, a new health assessment released last week concludes that people in Kentucky are sick from coal production and that state officials need to urgently focus on how to create energy supplies that ensure the health and well being of all Kentuckians.

The "Health Impact Assessment of Coal and Clean Energy Options" compiled and reviewed by public and environmental health experts in Kentucky, looks at the full-cycle impacts of coal, energy efficiency, and renewable energy options that are less harmful, and recommends that legislators support clean energy policies. One such policy is HR-167, the Clean Energy Opportunity Act, introduced in January 2012 by Representative Mary Lou Marzian.

Kathy Little, who lives near the Cane Run coal plant and coal ash site near Louisville, is concerned for the health of her granddaughter and other children in her neighborhood, due to air pollution from the toxic ash that fills the air.

"Mothers in our neighborhood whose children have breathing problems have had physicians tell them they need to move away, and that's just wrong," she said. "Our children deserve to be able to play outside and breathe clean air without fear of an allergy or asthma attack."

"A majority of Kentuckians believe that legislators should work to improve our health, and one sure way to do that is to improve our air quality through clean energy policy," said Deborah Payne, MPH, Health Coordinator for the Kentucky Environmental Foundation and co-author of the health impact assessment. "The coal industry is hazardous to our health is a hard pill for Kentucky leaders to swallow, but study after study indicates that shifting to cleaner energy sources can alleviate costly illnesses and improve our quality of life."

Health Impact Assessments (HIA) are increasingly used in the U.S. by governing bodies as a tool for making policy outside of the health sector. Dr. Elizabeth Walker, Berea College Health professor and co-author of the report, said, "The HIA process enables us to talk about energy policy

in a new way, and uncover benefits we didn't realize were possible." Walker involved her students — many of whom come from coal mining communities or live near coal power plants — in the HIA research process and observed, "My students learned about the complexities of coal in Kentucky, about the split between people needing coal mining for jobs but also suffering the health effects of coal mining and coal plant emissions. They came to understand that we in Kentucky have a right to both healthy jobs and a clean, healthy environment."

Representative Marzian (D-Louisville) welcomed more open dialogue among Kentucky legislators about the health benefits of energy efficiency and renewable energy. "As a registered nurse I understand the ways in which pollution can affect public health, and as a legislator I understand the critical role elected officials play in determining the health future of our citizens," she said. "Presented with the evidence of harm from coal and the potential benefits of energy efficiency and renewable energy, I believe it is imperative that health professionals and legislators in Frankfort join together in supporting healthy energy solutions."

The HIA includes:

- Review of hundreds of scientific reports on the impacts of coal including mining, transportation, combustion and waste disposal.
- Cites for well-known health and illnesses, including black lung, miner accidents, soot and mercury deposition from coal plants.
- The migration of heavy metals and other contaminants from coal ash.
- Data on the health benefits of saving energy and generating electricity from renewable sources like solar, wind or hydro.
- Shows that while the best benefit of energy efficiency and renewable energy is in avoiding pollution from coal, the coal-alternatives hold other tangible benefits as well. For example, residents of weatherized homes experience

fewer general illnesses than do people living in drafty, energy-leaking homes. Energy efficient lighting can improve brain function and productivity, and reduce eye strain. Renewable energies generate electricity without risky occupational hazards associated with coal, and once installed, produce no pollution.

Dr. Matthew Sleeth, MD, a physician, Evangelical Christian author and Kentucky resident said, "In my role as an emergency room director, I've seen first hand the disturbing health risks children suffer because of too much coal pollution in our air. As a Christian I believe that we in Kentucky — all of us as individuals and our elected officials — share a moral obligation to do whatever we can to conserve energy in order to preserve our health and all creation."

Kentucky's state and federal legislators have consistently supported the coal industry despite evidence of its health and economic harm. During the 2011 legislative session, Governor Beshear joined the Kentucky Coal Association in vehemently protesting the U.S. Environmental Protection Agency's proposed regulation of coal mining pollution. State senators promoted a bill that would have declared Kentucky a "sanctuary state" for the coal industry against federal environmental pollution standards.

Elizabeth Crowe, Executive Director of the Kentucky Environmental Foundation said, "It's time Kentucky legislators rally around saving lives, rather than the reputation of the coal industry, and stand up for the ability of our children to grow up healthy and strong. We're ready for a new conversation about energy policy: decision making as if our health really matters."

The Health Impact Assessment can be found at <http://kentuckyenvironmentalfoundation.org>

# Journalists, child-protection officials debate their differing approaches to Kentucky's child-abuse problems

**Al Cross**  
INSTITUTE FOR RURAL JOURNALISM AND COMMUNITY ISSUES  
UNIVERSITY OF KENTUCKY

**LEXINGTON** In a state that has led the nation in deaths of children from abuse and neglect, Kentucky journalists and the officials who must protect children agree that more public attention needs to be focused on the issue.

But they don't agree on how to do it, and have been fighting expensive

battles in court over it, because their professions have sharply divergent views on what kind of information the state should have to release.

"The profession of social work is based on confidentiality," the state's top child-protection official told reporters, editors and publishers during a panel discussion at the Kentucky Press Association convention in Lexington Friday afternoon.

"Confidentiality" was drilled into us just as openness was drilled into you" in professional

education, said Teresa James, who became acting commissioner of the Department for Community-Based Services in December after 25 years as a social worker. "Just as passionate as you are about the First Amendment, I am passionate about confidentiality."

Social workers argue that without being able to assure informants of confidentiality, the system that protects children won't get some of the information it needs.

But journalists, their employers and their law-

yers say the state has been much more secretive than the law allows about cases in which children died or nearly died, circumstances in which state law makes otherwise confidential information available.

Three times a Frankfort judge has agreed, most recently ordering the Cabinet for Health and Family Services to turn over its reviews of 90 deaths or near-deaths of children from abuse or neglect in 2009-10, and ordering the cabinet to pay more than \$57,000 in legal fees for newspapers that sought the files.

Franklin Circuit Judge Philip Shepherd also told the cabinet to pay \$16,000 in civil penalties for violating the state Open Records Act by prolonging litigation, subverting an earlier ruling and telling the *Toddy's County Standard* that it had no file on a 9-year-old killed by an abusive stepbrother, when it did.

Tina Heavrin, the cabinet's general counsel, wouldn't say during the panel discussion if the agency will appeal the ruling, which also covered a case pushed by *The Courier-Journal* of Louisville and the *Lexington Herald-Leader*.

Jon Fleischaker, counsel for *The Courier-Journal* and KPA, said he believed it was the first time that a judge had fined a state agency for violating the records law, enacted in 1976.

That may be a reflection of what Shepherd and Fleischaker have called "the culture of secrecy" at the cabinet, and of social workers' depth of feeling about the need for confidentiality. But during the panel discussion, they and journalists found

some common ground in a desire to help the public understand the seriousness of the problem.

"I have long been determined to expose the problem of child abuse ... because I don't think it is going to get better until it is exposed," *Courier-Journal* reporter Deborah Yetter said. The average Kentuckian needs a sense of the depth of the problem and its causes — the role of families, and the history of poverty, drug abuse and other social problems — and that cannot be done without better access to records, she said.

Earlier, Heavrin asked if journalists could do stories on abuse-case files without the names, but Fleischaker said that without names, "You can't do your own investigation." He said the intent of the law is to release enough information so the public can judge the cabinet's performance, and while officials argue that confidentiality protects children, "I think transparency protects the kids."

Reporters can write a lot about statistics, Yetter said, but stories about one person or family have more impact. She said the file of 9-year-old murder victim Amy Dye of Todd County, which Shepherd made public in the *Standard's* lawsuit, "shocked a lot of people, and the reaction was extraordinary."

Standard Editor-Publisher Ryan Craig said his paper started covering the Dye case "as a terrible murder," but after a feature story about her "made it seem she had a good life," the paper got snails from nurses, teachers and two sources he couldn't divulge saying

the story "was wrong in ways you can't possibly imagine... We learned that Amy Dye didn't have a great life."

The file showed the state had lost track of Amy after she was sent out of state and returned to a home where abuse had been reported.

"If you hang on to secrecy as much as we hang on to the First Amendment, I don't see this battle ending," Craig told the cabinet officials.

"Ryan has set a great example for us" as outgoing KPA President Jamie Sizemore, publisher of *The Kentucky Standard* in Bardonia, said from the audience near the end of the discussion. "We have to do our part, too."

Sizemore and Jamie Baker-Nantz of the *Grant County News* complained that the cabinet's local offices won't respond to calls seeking the most innocuous information or "the good stories," such as abused children who have been adopted. Cabinet officials suggested calling the main office in Frankfort so it could give orders to local offices.

James, who started her remarks by saying she was not there to second-guess anyone, ultimately said, "Maybe there are things that could have been done differently" in the Dye case, and "I do second-guess the whole way" in the job she has, including reviewing Amy's file the day after she died.

"If Amy Dye's death, as tragic as it was — and it was painful for me — it makes our child welfare system in this state stronger... I don't regret anything," she said.

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in Prestonsburg & Floyd County

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## BEST IN FLOYD COUNTY

- Area Attraction \_\_\_\_\_
- Church \_\_\_\_\_
- Civic Club \_\_\_\_\_
- College \_\_\_\_\_
- Community Festival Event \_\_\_\_\_
- Dining Atmosphere \_\_\_\_\_
- Elderly Care Facility \_\_\_\_\_
- Elementary School \_\_\_\_\_
- Entertainment \_\_\_\_\_
- High School \_\_\_\_\_
- Hospital/Medical Facility \_\_\_\_\_
- Local Band \_\_\_\_\_
- Middle School \_\_\_\_\_
- Place to camp out \_\_\_\_\_
- Place to have a business lunch \_\_\_\_\_
- Place to lose weight \_\_\_\_\_
- Place to meet friends \_\_\_\_\_
- Place to spend Saturday night \_\_\_\_\_
- Place to take out of town guests \_\_\_\_\_
- Place to work \_\_\_\_\_

- EMT/Paramedic \_\_\_\_\_
- Firefighter \_\_\_\_\_
- Funeral Home Attendant  
*Employed at* \_\_\_\_\_
- Furniture Sales Person  
*Employed at* \_\_\_\_\_
- General Physician \_\_\_\_\_
- Hairylist  
*Employed at* \_\_\_\_\_
- Heating/Air Service Person  
*Employed at* \_\_\_\_\_
- Insurance Agent  
*Employed at* \_\_\_\_\_
- Jeweler \_\_\_\_\_
- Law Enforcement Officer \_\_\_\_\_
- Loan Officer  
*Employed at* \_\_\_\_\_
- Manicurist  
*Employed at* \_\_\_\_\_
- Massageuse  
*Employed at* \_\_\_\_\_
- Mechanic  
*Employed at* \_\_\_\_\_
- Nurse  
*Employed at* \_\_\_\_\_
- Optometrist \_\_\_\_\_
- Paper Carrier  
*Employed at* \_\_\_\_\_
- Pastor/Priest  
*Pastor of* \_\_\_\_\_
- Pharmacist \_\_\_\_\_
- Photographer \_\_\_\_\_
- Physical Therapist  
*Employed at* \_\_\_\_\_
- Plumber  
*Employed at* \_\_\_\_\_
- Politician \_\_\_\_\_
- Principal  
*Employed at* \_\_\_\_\_
- Radio Announcer  
*Employed at* \_\_\_\_\_
- Real Estate Agent \_\_\_\_\_
- School Teacher  
*Teaches at* \_\_\_\_\_
- Secretary  
*Employed at* \_\_\_\_\_
- Store Cashier  
*Employed at* \_\_\_\_\_
- Sunday School Teacher  
*Teaches at* \_\_\_\_\_
- Surgeon  
*Employed at* \_\_\_\_\_
- Waitress/Waiter  
*Employed at* \_\_\_\_\_
- Veterinarian  
*Employed at* \_\_\_\_\_

- Kid's Clothing \_\_\_\_\_
- Men's Clothing \_\_\_\_\_
- Perms \_\_\_\_\_
- Pets \_\_\_\_\_
- Pet Supplies \_\_\_\_\_
- Produce \_\_\_\_\_
- School Supplies \_\_\_\_\_
- Seafood Items \_\_\_\_\_
- Snack Food \_\_\_\_\_
- Sports Apparel & Equipment \_\_\_\_\_
- Stereos \_\_\_\_\_
- Toys \_\_\_\_\_
- TV/VCR Repair \_\_\_\_\_
- Used Automobiles \_\_\_\_\_
- Vinyl Siding/Underpinning \_\_\_\_\_
- Wallpaper \_\_\_\_\_
- Women's Clothing \_\_\_\_\_

- Nail Salon \_\_\_\_\_
- Newspaper \_\_\_\_\_
- Office Supplies \_\_\_\_\_
- Oil Changes \_\_\_\_\_
- Optometrist, OD \_\_\_\_\_
- Paint Dealers \_\_\_\_\_
- Pawn Shop \_\_\_\_\_
- Payday Loan Service \_\_\_\_\_
- Pet Grooming \_\_\_\_\_
- Pharmacy \_\_\_\_\_
- Plumbing \_\_\_\_\_
- Real Estate Agency \_\_\_\_\_
- Rental Items \_\_\_\_\_
- Restaurant \_\_\_\_\_
- Retail Store \_\_\_\_\_
- Roofing Company \_\_\_\_\_
- Security \_\_\_\_\_
- Sewing/Alterations \_\_\_\_\_
- Tanning Salon \_\_\_\_\_
- Tire Store \_\_\_\_\_
- Tools & Supplies \_\_\_\_\_
- Trophy Dealer \_\_\_\_\_
- Truck Dealership \_\_\_\_\_
- Upholstery \_\_\_\_\_
- Variety Store \_\_\_\_\_
- Wireless Cellular Provider \_\_\_\_\_
- Vision Center \_\_\_\_\_
- Wedding Accessories \_\_\_\_\_

## BEST FOOD

- Barbecue \_\_\_\_\_
- Biscuits \_\_\_\_\_
- Brand of Soft Drink \_\_\_\_\_
- Burgers \_\_\_\_\_
- Catering \_\_\_\_\_
- Chicken \_\_\_\_\_
- Chili \_\_\_\_\_
- Chinese Food \_\_\_\_\_
- Decorated Cakes \_\_\_\_\_
- Desserts \_\_\_\_\_
- Doughnuts \_\_\_\_\_
- Fish and Seafood \_\_\_\_\_
- French Fries \_\_\_\_\_
- Fresh Meat for Grilling \_\_\_\_\_
- Home Cookin' \_\_\_\_\_
- Hot Dogs \_\_\_\_\_
- Ice Cream \_\_\_\_\_
- Kid's Meal \_\_\_\_\_
- Mexican Food \_\_\_\_\_
- Onion Rings \_\_\_\_\_
- Pizza \_\_\_\_\_
- Roast Beef Sandwich \_\_\_\_\_
- Salad Bar \_\_\_\_\_
- Sandwiches \_\_\_\_\_
- Shakes/Malts \_\_\_\_\_
- Steak \_\_\_\_\_

- Mechanic \_\_\_\_\_
- Accounting \_\_\_\_\_
- Antiques/Collectibles \_\_\_\_\_
- Appliances \_\_\_\_\_
- Artwork/Framing \_\_\_\_\_
- Athletic Supply \_\_\_\_\_
- Auto Parts \_\_\_\_\_
- Bait/Tackle \_\_\_\_\_
- Beauty Salon \_\_\_\_\_
- Bookkeeping/Tax \_\_\_\_\_
- Building Contractor \_\_\_\_\_
- Building Supplies \_\_\_\_\_
- Car Dealership \_\_\_\_\_
- Car Wash \_\_\_\_\_
- Commercial Printer \_\_\_\_\_
- Concrete \_\_\_\_\_
- Construction/Remodeling \_\_\_\_\_
- Convenience Store \_\_\_\_\_
- Crafts \_\_\_\_\_
- Daycare Center \_\_\_\_\_
- Dental Center \_\_\_\_\_
- Deli \_\_\_\_\_
- Dry Cleaners \_\_\_\_\_
- Electrical Supplies \_\_\_\_\_
- Electronics \_\_\_\_\_
- Eyewear \_\_\_\_\_
- Exterminating \_\_\_\_\_
- Farm Equipment \_\_\_\_\_
- Financial Institutions \_\_\_\_\_
- Financing \_\_\_\_\_
- Floor Coverings \_\_\_\_\_
- Florist \_\_\_\_\_
- Funeral Home \_\_\_\_\_
- Furniture Store \_\_\_\_\_
- Garage \_\_\_\_\_
- Gas Station \_\_\_\_\_
- Gifts \_\_\_\_\_
- Grocery Store \_\_\_\_\_
- Guns/Ammo \_\_\_\_\_
- Hearing Aids \_\_\_\_\_
- Heating/Air Conditioning \_\_\_\_\_
- Home Decorating \_\_\_\_\_
- Insurance Agency \_\_\_\_\_
- Janitorial Services \_\_\_\_\_
- Jewelry \_\_\_\_\_
- Landscaping \_\_\_\_\_
- Laundromat \_\_\_\_\_
- Lumber Company \_\_\_\_\_
- Law Office \_\_\_\_\_
- Manufacturing \_\_\_\_\_
- Misc Supply \_\_\_\_\_
- Mining Company \_\_\_\_\_
- Mobile Homes \_\_\_\_\_
- Motor/Hotel \_\_\_\_\_
- Motorcycles/ATV \_\_\_\_\_

## BEST PEOPLE

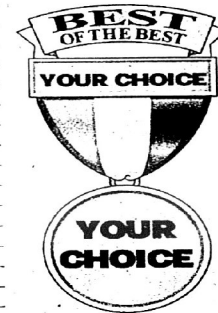
- Accountant \_\_\_\_\_
- Attorney \_\_\_\_\_
- Bank Teller  
*Employed at* \_\_\_\_\_
- Boss  
*Employed at* \_\_\_\_\_
- Building Contractor \_\_\_\_\_
- Carpenter  
*Employed at* \_\_\_\_\_
- Car Salesperson  
*Employed at* \_\_\_\_\_
- Chiropractor \_\_\_\_\_
- City Employee \_\_\_\_\_
- Club President \_\_\_\_\_
- Coach  
*Employed at* \_\_\_\_\_
- Dental Hygienist  
*Employed at* \_\_\_\_\_
- Dentist \_\_\_\_\_
- Electrician  
*Employed at* \_\_\_\_\_

## BEST PLACE TO PURCHASE

- Athletic Shoes \_\_\_\_\_
- Auto-Body Repairs \_\_\_\_\_
- Bath Towels \_\_\_\_\_
- Bed Linens \_\_\_\_\_
- Cabinets \_\_\_\_\_
- Candles \_\_\_\_\_
- Carpet \_\_\_\_\_
- Dairy Items \_\_\_\_\_
- Dress Shoes \_\_\_\_\_
- Eye Glasses \_\_\_\_\_
- Frozen Foods \_\_\_\_\_
- Furniture \_\_\_\_\_
- Health & Beauty Aids \_\_\_\_\_
- Home Health Care Needs \_\_\_\_\_
- Home Mortgage Loan \_\_\_\_\_

## BEST BUSINESS

- Accounting \_\_\_\_\_
- Antiques/Collectibles \_\_\_\_\_
- Appliances \_\_\_\_\_
- Artwork/Framing \_\_\_\_\_
- Athletic Supply \_\_\_\_\_
- Auto Parts \_\_\_\_\_
- Bait/Tackle \_\_\_\_\_
- Beauty Salon \_\_\_\_\_
- Bookkeeping/Tax \_\_\_\_\_
- Building Contractor \_\_\_\_\_
- Building Supplies \_\_\_\_\_
- Car Dealership \_\_\_\_\_
- Car Wash \_\_\_\_\_
- Commercial Printer \_\_\_\_\_
- Concrete \_\_\_\_\_
- Construction/Remodeling \_\_\_\_\_
- Convenience Store \_\_\_\_\_
- Crafts \_\_\_\_\_
- Daycare Center \_\_\_\_\_
- Dental Center \_\_\_\_\_
- Deli \_\_\_\_\_
- Dry Cleaners \_\_\_\_\_
- Electrical Supplies \_\_\_\_\_
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- Jewelry \_\_\_\_\_
- Landscaping \_\_\_\_\_
- Laundromat \_\_\_\_\_
- Lumber Company \_\_\_\_\_
- Law Office \_\_\_\_\_
- Manufacturing \_\_\_\_\_
- Misc Supply \_\_\_\_\_
- Mining Company \_\_\_\_\_
- Mobile Homes \_\_\_\_\_
- Motor/Hotel \_\_\_\_\_
- Motorcycles/ATV \_\_\_\_\_



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2. Businesses nominated have to be in the Floyd County area and individuals nominated have to live and work in Floyd County.
3. Entries may be mailed to *The Floyd County Times*, PO Box 390, Prestonsburg, Ky 41653. (Please allow 7 days for mail delivery) or drop entries off at our office at 263 Central Avenue, Prestonsburg, Ky.
4. Limit of 5 copies per person available for sale at front desk, up to normal press run copies. No extra forms will be printed.
5. Entry deadline February 9th. Publication dates is February 29th.



# BBB offers tips for attending bridal expos

The wedding planning season is in full swing, and bridal expos will begin popping up over the next few weeks. The Better Business Bureau (BBB) has helpful tips for future brides and bridesmaids attending a show.

**Create a new email just for the show.** Whether you are pre-registering or signing up at the door, it is a good idea to create a new email for wedding vendor communication. This allows the bride to keep track of all of the special offers and electronic newsletters she will likely receive

after attending the show. This can also help reduce high volumes of email in your personal inbox.

**Take a notebook or pad and pen.** As you walk around the show, you may see something you hadn't thought of or you may want the name of the designer of a wedding gown during the fashion show. Bring something to write with because you may get home and have forgotten everything you wanted to remember!

**Ask the right questions.** Before falling in love with a vendor and their services, ask if the com-

pany is available for your wedding date. Also ask whether the special packages and pricing being offered are available after the show and remember to get a list of references.

**Bring someone you trust.** BBB recommends taking someone to the expo that is not as emotionally and financially connected to the wedding planning as the bride. This individual may provide a different, yet helpful, perspective when talking with vendors and visiting booths.

**Research the vendor before**

signing a contract. The goal of a bridal expo vendor is to make connections, get exposure, and attract the right brides for their services. However, it is crucial to know the company's track record by taking the time to do follow up research on their reputation in the industry. Start by reading the vendor's BBB Business Review at [www.bbb.org](http://www.bbb.org).

**Get all sales promises in writing.** Written contracts should include specific dates, products, prices, name brands, etc. and be signed by all parties involved.

Cancellation policies should also be included in the contracts.

**Pay with a credit card.** They offer consumers added protection in the event of a problem, because you can dispute the charges. Checks and cash don't offer this protection.

**Set a budget ... and stick to it!**

To find a list of BBB Accredited Businesses in the wedding industry, visit [www.bbb.org](http://www.bbb.org) and click on the Accredited Business Directory.

# Friday is 'Wear Red' day to promote heart disease awareness

LOUISVILLE — In its ongoing effort to elevate public awareness about heart disease, the American Heart Association's Go Red For Women movement is teaming up with Emmy-nominated actress Elizabeth Banks to share the truth about the No. 1 killer of women.

More women die of heart disease than all forms of cancer combined. Unfortunately, heart disease is often silent, hidden and misunderstood. That's why Go Red For Women is asking the women of Kentucky to participate in the 9th Annual National Wear Red Day on Friday, Feb. 3, to make ending heart disease a reality.

Currently some eight million women in the U.S. are liv-

ing with heart disease, yet only one in six women believes that heart disease is her greatest health threat. In fact, 90 percent of women have one or more risk factors for developing heart disease.

On National Wear Red Day, Elizabeth Banks will join the American Heart Association to help shed light on this issue at Go Red For Women's national kickoff at Macy's Herald Square in New York City.

"I'm working with the American Heart Association's Go Red For Women movement to remind all women that heart disease doesn't just happen to men, the elderly, or to someone else," said Elizabeth Banks, Emmy-nominated

actress and Go Red For Women spokesperson. "Heart disease can kill you or a woman you love. We can stop our No. 1 killer together by sharing the truth. We can be the difference between life and death."

**Be the Difference**

Go Red For Women is asking women to take action by participating in this year's National Wear Red Day on Friday, Feb. 3. Women can wear red in support of the cause, learn more about their personal risk of heart disease, get involved with local events and reGister for a free red dress pin at [GoRedForWomen.org](http://GoRedForWomen.org) or Facebook.com/GoRed.

# Kentucky prepares for 'Great Central U.S. Shakeout'

FRANKFORT — Kentucky Gov. Steve Beshear has proclaimed February as Earthquake Awareness month as Kentucky continues to prepare for the Great Central U.S. ShakeOut Earthquake Drill, scheduled for Feb. 7.

The Great Central U.S. ShakeOut in February 2012 will involve more than 1 million people through a broadbased outreach program, partnerships with the media and public advocacy. This event is being organized by the Central United States Earthquake Consortium (CUSEC) that includes the states of Ala-

bama, Arkansas, Kentucky, Illinois, Indiana, Mississippi, Missouri, Oklahoma and Tennessee. The ShakeOut will be centered around a simultaneous Drop, Cover and Hold On drill that will be held 10:15 a.m. CDT on Feb. 7. Drop, Cover and Hold On is the easy-to-remember and recommended personal protective action to take in the event of an earthquake.

Feb. 7 is also the 200th anniversary of the last of the 1811-12 earthquakes that destroyed the town of New Madrid, Missouri and created Reelfoot Lake in north-west Tennessee.

Scientists, experts and emergency management officials are aware earthquakes similar to, if not greater than, those that struck in 1811-12 could hit Kentucky anywhere, at any time and are taking steps to educate and prepare Kentuckians, and others alike.

"Unlike the weather, earthquakes cannot be predicted," said John Heltzel, director of Kentucky Emergency Management. "An earthquake similar to those our region experienced in 1811-12 could truly be catastrophic today and that is why we should take time now to educate ourselves

and practice this drill in order to better protect ourselves and lessen that impact."

The 2012 ShakeOut drill will follow on the success of the 2011 drill, where more than 3 million people, businesses and organizations participated in the largest preparedness event in central U.S. history. More than 357,000 registered from Kentucky and officials hope that number is increased this year.

Interested participants are encouraged to go to [www.shakeout.org/central](http://www.shakeout.org/central) and pledge their family, school, business or orga-

nization's participation in the drill. Registered participants will receive information on how to plan their drill and how to create dialogue with others about earthquake preparedness.

The Drop, Cover and Hold On drill is a two minute commitment for something that can save your life. It all begins with registering, which is free and open to everyone.

Individuals and their families can take the following steps to prepare for earthquakes:

- Know and practice the Drop, Cover and Hold On drill

- Get an emergency supply kit
  - Make a family communications plan
  - Stay informed of the risks in your community
  - Check for hazards in the home
  - Identify safe places indoors and outdoors
  - Educate yourself and family members.
- For more information on the ShakeOut and to register visit [www.shakeout.org/central](http://www.shakeout.org/central) or [www.kyemk.gov](http://www.kyemk.gov). Both websites offer useful resources and a short video demonstrating the Drop, Cover and Hold On drill.



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## UPIKE signs first member of lacrosse team

Times Staff Report

PIKEVILLE — History will show that the first signee of University of Pikeville lacrosse is a goalkeeper from Scott County.

Coach Erica Erb has signed Taylor Bussell, a senior at Scott County, to play for the Bears.

Bussell, who will play goalie for UPIKE, is excited about continuing her educational opportunities as a part of the well-known nursing program at the university.

"The classes are small with personalized attention," Bussell said. "I also really liked the atmosphere

of the campus because everyone was so friendly to me when I came to visit and made me feel at home."

Erb, who played collegiately at Old Dominion, is pleased to bring someone with Bussell's focus to the program. "Taylor is the type of student-athlete that we are looking for to represent the University of Pikeville," she said. "She is focused on her education, and is excited about using lacrosse to continue it here at UPIKE."

"She's the type of player, through her leadership, dedication and work ethic, that we need to build a program around."

In addition to her edu-

ational opportunities, Bussell is thrilled with the possibilities of bringing her sport to a new campus and community. "As for playing lacrosse at University of Pikeville, I am excited to be able to take my skills and game to the next level," she said. "I look forward to being on UPIKE's first lacrosse team."

Erb and her women's lacrosse team will make its debut in the Spring 2013 semester.

With its inception, lacrosse will bring the number of varsity sports to 21 at the University of Pikeville.



Scott County High School senior Taylor Bussell recently became the first signee for the University of Pikeville lacrosse team.

## Lady Rebels defeat Allen Central

STEVE LeMASTER  
SPORTS EDITOR

EASTERN — Kiana Hall scored a game-high 30 points on Friday night as visiting South Floyd defeated 58th District/Floyd County Conference foe Allen Central 60-43 at J.E. Campbell Arena.

Hall connected on four 3-point field goals. She was one of only two South Floyd scorers to reach double figures. Ashley Castle scored 14 points and dished out 11 assists for the Lady Raiders.

This win allowed South Floyd to halt a four-game losing skid. The Lady Raiders improved to 6-10 overall and 3-2 in the 58th District/Floyd County Conference.

Allen Central slipped to 7-11 overall and 3-3 in the district conference.

South Floyd owned a lead at the end of each quarter. The Lady Raiders set the tone early, outscoring Allen Central 15-9. South Floyd eventually doubled up Allen Central in the opening half. The Lady Raiders carried a 32-16 lead into halftime.

Resurgent South Floyd led 44-32 at the conclusion of each quarter.

The Lady Raiders shot 41.1 percent (6-of-19) from the field. South Floyd was 6-of-19 (31.6 percent) from 3-point range.

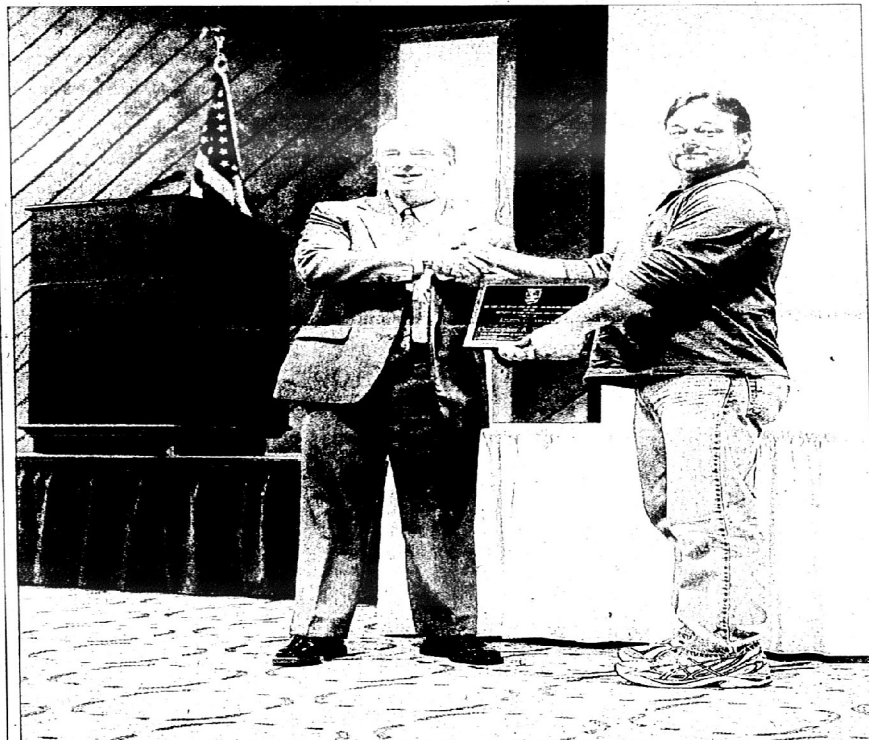
Gabby Bailey scored seven points. Branda Hamby contributed four. Brandi Stumbo tossed in three and Kelsey Dye added two for South Floyd in the 58th District/Floyd County Conference contest.

South Floyd was 8-of-15 from the foul line.

Sara Rife paced Allen

(See REBELS, page B2)

## HUNTER EDUCATION HONOR



HUNTER EDUCATION HONOR: Floyd Countian Chris Fitzpatrick was named Instructor of the Year for 2011 during the Hunter Education Appreciation Banquet held Saturday at Kentucky Dam Village State Park in Western Kentucky. Will Connelly presented the award.

## Lady Blackcats drop home games to Pike Central, Belfry

STEVE LeMASTER  
SPORTS EDITOR

PRESTONSBURG — After defeating Allen Central and Piarist School in back-to-back games, Prestonsburg slipped into the loss column Friday night. Visiting Pike County Central built a lead and gradually pulled away from Prestonsburg, defeating the Lady Blackcats 65-45.

Pike County Central improved to 13-6 while Prestonsburg dropped to 8-11.

Prestonsburg shot 34.9 percent (15-of-43) from the field. The Lady Blackcats were 4-of-13 (30.8 percent) from 3-point range.

Prestonsburg struggled at the foul line, finishing 11-for-23.

Cassie Burchett led Prestonsburg with 13 points and eight rebounds. Kristian Waugh joined Burchett in double figures, adding 12 points for the Lady Blackcats.

Catie Burchett also performed well, scoring eight points and grabbing five rebounds.

Caitlin Kidd and Tiffany Meadows chipped in six points apiece for the Lady Blackcats.

Belfry 50, Prestonsburg 41: The Prestonsburg Lady Blackcats remained at home on Saturday, entertaining longtime 15th Region rival Belfry. Visiting Belfry was able to pull out a win, defeating the Lady Blackcats 50-41.

The Lady Pirates handed Prestonsburg its second straight loss.

Prestonsburg wasn't without its offensive highlights. Kristian Waugh led Prestonsburg with 21 points. Cassie Burchett

(See BLACKCATS, page B2)

# Pikeville Bears move up to No. 20

Times Staff Report

PIKEVILLE — A pair of league wins and one over a Top 10 team was good for three spots for the University of Pikeville Bears.

Pikeville, 14-7 on the season, moved up to No. 20 in this week's NAIA Division I Men's Basketball Coaches' Top 25 Poll, released Monday evening by the national office in Kansas City. The move happened for the Bears on a week that saw five Top 10 teams change positions and 19 of the 25 spots altered from last week.

The Bears picked up a 67-56 win over Cumberlands Thursday night and 71-70 decision over No. 8 Lindsey Wilson on Sat-

urday.

The Blue Raiders, despite an 0-2 week against Mid-South Conference competition, remained eighth this week. Georgetown, — Pikeville's opponent on Thursday night — also went 0-2 and fell from No. 5 to 12th this week.

Those are the MSC teams ahead of the Bears. Two others are getting votes, as St. Catharine is 30th this week while Campbellsville is the 35th team on the list.

The top of the poll remains the same, as Shorter (Ga.), the nation's only unbeaten team, is still No. 1, while one-loss Robert Morris (Ill.) is still second. Southern Poly

(Ga.), Oklahoma Baptist and Our Lady of the Lake (Texas) complete the Top Five.

Rogers State (Okla.), Azusa Pacific (Calif.), Lindsey Wilson, Martin Methodist (Tenn.) and Montana State-Northern round out the Top 10.

Pikeville stormed out to a 17-2 lead over Cumberlands on Thursday and never allowed the Patriots to get closer than eight in picking up the win. On Saturday, Mid-South Conference Player of the Week Andrew Young scored with 8.4 seconds left to lift the Bears to the win.

UPIKE has now won three straight and six of its last eight games. More important-

ly, the Bears are 5-4 in the league and are one game behind both Lindsey Wilson and Georgetown in a four-way logjam atop the standings.

While Lindsey is idle and St. Catharine, also 5-4, plays a game that doesn't count in the league standings at WVU Tech on Thursday, the Bears have an opportunity to draw even with Georgetown in what would be a second-place tie ½ game behind Lindsey Wilson with a win on Thursday.

A loss would put the Bears in fourth place, ½ game behind St. Catharine. In any event, the ties for first and third will be broken on Thursday night.

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**Rebels**

Central with 14 points. Krista Parsons accompanied Rife in double figures, finishing with 11 points. Narrowly missing double figures, Hannah Meadows (two points),

Lady Rebels. Alyssa Moore had four points, Brooklyn Martin three and Deshea Elliott two for homestanding Allen Central. Allen Central was 10-of-24 from the foul line.

In the boys' game, Allen Central defeated South Floyd 85-69. A full recap of the Allen Central-South Floyd boys' basketball game will appear in Friday's edition of The Times.

**Blackcats**

registered yet another double-double, scoring 14 points and pulling down 10 rebounds for the Lady Blackcats. Prestonsburg was limited from the field, finishing 11-for-44. The Lady

Blackcats were 2-of-17 from beyond the arc. Prestonsburg was 14-of-24 from the foul line. Other players providing scoring for Prestonsburg were Caitlin Kidd (two points), Tiffany

Meadows (two points), Katie Burchett (one point) and Kate Rose (one point). Katie Burchett contributed six rebounds for the Lady Blackcats in the setback.



photo by Cameron Webb

**GIRLS' ALL-A:** Magoffin County's Madison Reed blocked a shot by Owensboro Catholic's Haley Garvin during the quarterfinal round of the girls' Touchstone Energy All-A Classic at The Frankfort Civic Center. Owensboro Catholic defeated Magoffin County 49-46 to advance in the small-school state tournament.

**Lindsey Wilson holds off Conley-led Bears, 73-66**

**Times Staff Report**

PIKEVILLE - No. 25 Lindsey Wilson College put four players in double figures to overcome a career game from Bryan Conley and beat the University of Pikeville 73-66 Saturday afternoon at the East Kentucky Expo Center.

Lindsey Wilson (16-7, 5-5 in the Mid-South Conference) sank eight three-point shots and took advantage of 25 Bear turnovers to earn the sweep in the season series.

Pikeville (4-18, 0-10) got a phenomenal performance from Conley. The sophomore from Paintsville poured in a career-high 34 points and pulled down nine

rebounds to get the win. She sank 15-of-20 from the floor, her only three attempt and 3-of-4 free throws.

Conley got off to an early start, scoring four early points, including a bucket with 18:23 left to give her team a 6-1 lead. The first half was tight all the way with five ties before halftime, which saw the Blue Raiders hold a 31-28 lead.

The close play continued until late. The Raiders eventually pulled away and held a 17-point lead when sophomore Samantha Johnson scored on a layup with 4:11 left to make it 69-52.

The Bears, wouldn't die, however, and outscored the Raiders 14-4 down the stretch to get within seven

at the horn. Junior Ashley Rainey led Lindsey Wilson with 23 points and eight rebounds. She added five steals in the win.

Sophomore Jasmine Brimm and senior Tiffany Williams finished with 11 points each, while junior Kasey Litzinger added 10.

Both teams will enjoy some time off before seeing the court again. Pikeville will be at Georgetown on Thursday night for a 6 p.m. game, while Lindsey Wilson will have a week off before hosting Cumberlands next Saturday.

**Young named MSC Player of the Week**

**Times Staff Report**

PIKEVILLE - He has scored in double figures in eight of the last nine games and is averaging eight rebounds a game in the last four contests. As of today, Andrew Young has the attention of the Mid-South Conference.

Young, a 6-8 senior forward from Philadelphia, is the Mid-South Conference Player of the Week.

Young averaged 19.0 points and 8.0 rebounds per game in Pikeville's 67-56 win over Cumberlands Thursday night and 70 decision over No. 8 Lindsey Wilson on Saturday.

He capped the weekend with a spin and bucket from in front of the rim with 8.4 seconds left Saturday to give the Bears their win over the Blue Raiders.

Young had 13 points and nine rebounds Thursday night and followed it with 25 points and seven boards on Saturday. He had an assist in each game and two steals

both nights. For the week, he shot 53.6 percent overall and 80 percent from the line.

Young is 16th in the league in scoring with an average of 13.4 points per game and stands tied for 18th in rebounds with an average of 5.24 per game. Both of those numbers, however, have been elevated in games against the rugged Mid-South Conference, where he averages 14.3 points and 5.8 rebounds per contest.

Better yet, his 55.2 percent shooting from the field is fourth in the league.

Young has helped the Bears to three straight wins and victories in six of their last eight games. The Bears are now 14-7 overall, and their 6-4 record in the Mid-South Conference has them one game out of first place.

Pikeville has a chance to draw even with one of the teams ahead of it Thursday when it visits Georgetown College at 8 p.m. The Bears will then play at Shawnee State on Saturday.

**Waugh leads P'burg over AC, Piarist**

by STEVE LEMASTER  
SPORTS EDITOR

PRESTONSBURG - Senior guard Kristian Waugh poured in a game-high 31 points to lead Prestonsburg past 58th District/Floyd County Conference rival Allen Central Friday, Jan. 20 at the Fieldhouse. In overtime, Prestonsburg edged Allen Central 54-51.

Waugh was 3-of-5 from 3-point range. The Prestonsburg senior guard also registered four rebounds.

Prestonsburg shot 40 percent (18-of-45) from the field. The Lady Blackcats were 4-of-8 from 3-point range.

Prestonsburg was 14-of-25 (56 percent) from the foul line in the hard-fought win. Caitlin Kidd joined

Waugh in double figures, finishing with 12 points.

Catie Burchett and Cassie Burchett rounded out the Prestonsburg scoring with seven and four points, respectively.

Cassie Burchett led the Lady Blackcats on the boards, grabbing a game-high 15 rebounds. Her sister, Katie Burchett, claimed eight rebounds in the district/conference win.

The Lady Blackcats controlled the glass, securing 41 total rebounds.

Prestonsburg 63, Piarist School 41: Kristian Waugh scored a game-high 21 points and Katie Burchett added 12 as Prestonsburg defeated Piarist School 63-41 on Monday, Jan. 23.

Prestonsburg received scoring from seven different players. Cassie Bur-

chett, Allison Hall and Caitlin Kidd contributed eight points apiece for the Lady Blackcats. Rounding out the Prestonsburg scoring, Kate Rose and Jana Jarvis added four and two points, respectively.

Prestonsburg shot 48.3 percent (29-of-60) from the field.

The Lady Blackcats dominated on the glass, grabbing 46 total rebounds.

Kelli Akers led Piarist with 20 points. Cathryn Calhoun contributed 14 points for the Lady Knights in the loss.

**ALC men's tennis inks Clay County standout**

**Times Staff Report**

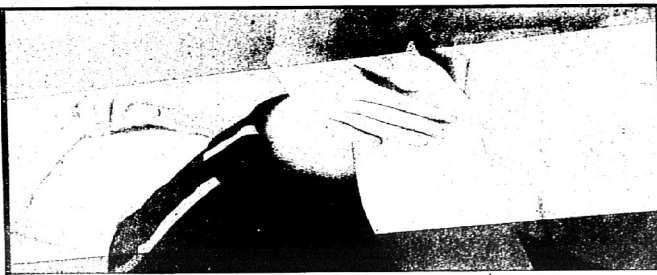
MANCHESTER - Alice Lloyd College has confirmed the signing of Clay County tennis standout Mack Douglas Asher to a letter of intent. The signing took place on the campus of Clay County High School in Manchester.

The ALC men's Tennis program will join the KMAC beginning in fall 2012. Signing Asher is definitely a step in the right direction toward building a competitive program quickly.

Asher has played tennis at Clay County for five seasons and is looking forward to the start of his college career.

"I am thankful and blessed for an amazing family that has supported me through everything," Asher said. "I am excited to embark on this new turning point in my life, and I am really looking forward to this opportunity to attend Alice Lloyd College and play tennis. I owe everything to God."

Asher is the son of Joe and Pam Asher of Oneida, Kentucky and the grandson of Revena South Allen and the late James Allen. He is the nephew of Michael and Sandy Allen, Jaylena and Rodney Jones, Mary Lu and Darryl Delk, and Tommy and Linda South.



**Saint Joseph Martin Welcomes Jamie Mitchell Castle, PT, DPT**

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# Young's bucket lifts UPIKE over LWC

Times Staff Report

**PIKEVILLE** — Andrew Young spun free in front of the rim and scored on a layup with 8.4 seconds left to give No. 23 Pikeville a 71-70 win over No. 8 Lindsey Wilson Saturday afternoon at the East Kentucky Expo Center.

Young, a senior forward from Philadelphia, led all scorers with 25 points and rebounders with seven.

The win, combined with Campbellsville's 79-76 win over Georgetown, gives the Mid-South Conference a logjam at the top of the standings. Four teams, including both the Blue Raiders and Bears, are within a game of first place heading into the month of February.

The game was tight all the way, with eight ties one single eight-point spread the entire game.

That came with 8:14 left when junior Kalen Kimberland scored on a layup to give the Raiders a 58-50 lead.

But over the next 3:24, the Bears went on an 11-point run that ended on a layup by senior guard Chris McHenry with 4:40 to play to put his team on top 61-58.

Lindsey, however, wouldn't stop either. A three by sophomore Chase Cox with 3:31 left gave it a 63-61 lead.

The game was tied at 63 and 65 before Cox nailed a three from straight away. It was his seventh triple in 11 tries and gave the Blue Raiders a 68-65 lead with two minutes to play.

Cox led his club with 23 and led it to an 11-of-21 performance from the arc.

Pikeville evened the score with 1:23 left when McHenry answered from the corner. Young gave his team a one-point lead on a free throw with 48.7 seconds left.

Senior Chase Spreen scored on a jumper in the paint with 32.8 seconds left to put Lindsey back in front 70-69, but missed the free throw that could have made it a two-point lead.

Pikeville called a pair of timeouts in the final possession, including one with 11 seconds left to set the stage for the game-winning basket.

The Bears shot 56.3 percent in the second half to hit 51.9 percent for the game. The Raiders, led by their blistering three-

point shooting, was even better, nailing 55.3 percent in the game.

Young was joined in double figures by junior Trevor Setty's 18 to go with six rebounds. His last basket pushed him into 24th place on the all-time scoring list with 1,082 points.

McHenry followed with 10 and a half-dozen boards.

Cox was joined in double figures by Spreen's 17 thanks to 3-of-4 shooting from the arc. Junior Wesley Hanspard missed only one shot en route to 13 points.

Pikeville will be back in action on Thursday night when it plays at Georgetown College at 8 p.m. Lindsey Wilson will enjoy a week off before hosting Cumberland on Saturday at 5 p.m.

# Eagles drop conference game to Brescia

Times Staff Report

**OWENSBORO** — The Alice Lloyd College Eagles faced KMAC foe Brescia University on Saturday. Alice Lloyd struggled during the road game. The Eagles were hampered by poor shooting as Brescia pulled away to win 86-62.

Alice Lloyd was cold from the the opening tip in the

first half. The Eagles were never able to get into any type of offensive rhythm. As a result, Alice Lloyd quickly fell behind. Brescia took a commanding 7-26 into halftime.

The Eagles could never recover in the second half.

Senior Brandon Hayes led Alice Lloyd (11-10, 3-4 KMAC) with 11 points. Junior Brent Hall and freshman Clint Stepp added nine points apiece for the Eagles.

Zach Brown and Brandon Jackson shared game-high scoring honors, pacing Brescia (11-12, 4-3 KMAC) with 14 points apiece.

For the game, Alice Lloyd shot a woeful 30.4 percent from the floor compared to Brescia's 47.7 percent.

ALC fared better at the foul line (25-31), shooting 80.6 percent.

# ALC softball program signs North Laurel standout

Times Staff Report

**PIPPA PASSES** — Alice Lloyd College head softball coach John Mills and assistant coach Chris Stone have announced the signing of North Laurel High School standout Kristin Fields for the 2012-13 season.

Fields is an excellent player who brings an impressive resume to the ALC

softball program.

In 2011, Fields played in 39 games. Last season at the plate, Fields maintained a solid .357 batting average and .388 on-base percentage. She also added 18 RBIs on 40 hits. She is known for her steady hitting and solid defense.

Fields has helped lead North Laurel to three state tournament appearances. Last year, Fields was also a member of the

East Junior All-Star Softball team.

"My expectations for ALC softball on the field are that no matter what we'll always play as a team and never get down on ourselves," Fields said. "We'll need to always stay positive! My expectations off the field are that we'll contribute to the college and the community any way we can. I also expect my team to be respectable women that any young girl can look

up to."

"She is a very skilled player who brings a lot of things to the team that will only strengthen us," Mills said. "We are extremely happy to have her as a member of the Eagles family!"

Fields is also a solid student who maintains a 3.0 GPA. She plans on majoring in Biology.

# Morehead State to play Bowling Green in BracketBusters event

Times Staff Report

**MOREHEAD** — The Morehead State University men's basketball team will travel to Bowling Green for the annual Sears BracketBusters event on Saturday, Feb. 18. The game will be played at BGSU's brand new Stroh Center and tip-off is set for 2 p.m.

Bowling Green is currently 9-11 overall and 3-4 in the Mid-American Conference. Morehead State owns a 12-11 overall record and 5-4 mark in the Ohio Valley Conference.

"We're looking forward to being

part of the annual BracketBusters weekend," Morehead State Head Coach Donnie Tyndall said. "Bowling Green is another tough, physical opponent out of the Mid-American Conference and this game will be in another challenging road environment."

Sears BracketBusters, named because of the success of the teams in NCAA Tournament play, will feature all 11 OVC programs for a seventh straight season.

This year's pool is the largest in Sears BracketBusters history. The teams will come from 16 Division I

conferences across the nation. The Colonial Athletic Association, Southern Conference and MAC have the most teams participating with 12 each.

Bowling Green owns a 4-3 advantage in the all-time series against Morehead State. The two schools last met on Feb. 17, 2007, with the Falcons recording a 90-72 win at Johnson Arena in Morehead.

The Eagles posted a 71-65 victory over Indiana State in last year's BracketBusters event at the Hulman Center in Terre Haute.

# No. 1 UPIKE wins Bulldog Classic

Times Staff Report

**PIKEVILLE** — Top-ranked University of Pikeville took the championship in the Bulldog Classic last weekend in Barbourville.

The UPIKE A team won the event, posting a total of 6,841. That was 470 pins ahead of second-place Campbellsville A, which came in second.

UPIKE B came in fourth while UPIKE C was sixth.

Pikeville senior Megan Kyle took medalist honors in the event, finishing with a five-game average of 1,051. She was the only bowler in the event to average above 200 and finished 53 pins ahead of Devona Meyers of St. Catharine,

who was second.

Senior Natasha Martin came in sixth, posting a total score of 914. Sophomore Alexis Vescovo finished 11th the tournament with a five-game total of 872.

Sophomore Rebekah Wilhelm was 15th overall, scoring 863 over five games. Freshman Brianna Larson was 17th with a score of 836, with junior Brandy Hensley finishing 20th with a total of 797, a score she posted over only four games.

Hensley, a native of Corpus Christi, Texas, was the top finisher among those who bowled fewer than five games.

Pikeville will be back in action on Feb. 12 in the Thomas Burriss Memorial, to be held in Lexington.

# Ditka to speak at Paul Hornung Awards Banquet

Times Staff Report

**LOUISVILLE** — The Louisville Sports Commission announced today that former Chicago Bears Coach, NFL Hall of Famer and current ESPN commentator Mike Ditka will be the guest speaker at the Paul Hornung Awards Banquet presented by Jewish Hospital Sports Medicine. The banquet will be held February 2nd at the Galt House Hotel in downtown Louisville.

"I couldn't be happier that Mike has agreed to be part of this year's banquet," said Paul Hornung, the award's namesake. "Mike and I go back quite a few years and I have tremendous respect for him personally and professionally. As someone who has spent his entire career in some facet of sports, Mike will bring his own, very interesting perspective to the evening."

Ditka was a devastating blocker and premiere pass catcher who redefined the tight end position in the NFL, earning Rookie of the Year in 1961 then All-Pro five straight years for the Chicago Bears. He is one of two people to win Super Bowls three different ways as an assistant coach and

player for the Dallas Cowboys and as head coach of the Bears. Known as "Da Coach," Ditka led Chicago's resurgence as head coach from 1982-1992, winning six NFC Central titles and Super Bowl XX on January 26, 1986, with a 46-10 trouncing of the New England Patriots. In addition to his role as NFL analyst for ESPN, he has done guest spots on TV and movies and owns Ditka's restaurants in Chicago and Pittsburgh.

The 2011 Paul Hornung Award, presented by Texas Roadhouse, will honor Georgia senior Brandon Boykin. Other sports dignitaries scheduled to attend include Howard Schnellenberger; Charlie Strong, University of Louisville Head Football Coach; Jeremy Schaap, ESPN; Christine Brennan, USA Today; Gil Brandt, NFL.com and Dallas Cowboys VP of Player Personnel; Sam Madison, former NFL player, four-time All-Pro and Super Bowl Champion; Frank Minnifield, former University of Louisville and NFL player; Will Wolford, former NFL All-Pro lineman; and Dexter Heyman, University of Louisville linebacker and winner of the Howard Schnellen-

berger Award as MVP of the UoL-UK football game.

"Last year, our inaugural awards banquet set a high bar in terms of elegance and execution of sports-related banquets," said Karl Schmitt, Louisville Sports Commission executive director. "We were able to sell out the event well in advance and, with Mike Ditka, Brandon Boykin and these other outstanding sports figures in attendance, we

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## Scouts retire Old Glory

Ralph B. Davis  
MANAGING EDITOR

PRESTONSBURG — Prestonsburg Health Care paid its last respects to an old friend that had been hanging around the center for quite some time — the American flag hanging the building.

The flag, weathered and tearing, had its last day of service on Friday. That eve-

ning, Boy Scout Troop 802 arrived to help the center dispose of the flag properly.

The Scouts took down the old flag and, according to procedures outlined in the U.S. Code, separated the flag's stripes and burned the pieces. Sometime after, the ashes of the flag were buried on the center's grounds.

Afterwards, the Scouts raised a new flag for the center.



photos by Ralph B. Davis

Scouts took down the old, tattered flag and separated its red and white stripes, leaving the field of blue and stars intact.



Pieces of the flag were burned according to law, with the white stripes burned first, followed by the red stripes and finally the blue field of stars.



At the end of the ceremony, Scouts raised a new flag above the center.

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## Everybody's Science Basking in the warm glow of a zinnia

Sandy Miller Hays  
AGRICULTURAL RE-  
SEARCH SERVICE

Hey, I'm trying to read here, so would you shove that sunflower a little closer to my chair?

I know, this isn't exactly what you think of when the words "flower power" are mentioned. And we've all read and heard an infinitum about powering vehicles by turning grassy plants, fermented grains and even woodchips into biofuels.

But what if there were another way to tap into plants' power?

That's why the scientists of the Agricultural Research Service (ARS) have been comparing plants' photosynthesis—the natural process used by plants to convert light into usable energy—with the efficiency of manmade photovoltaic cells.

Photosynthesis itself is, when you stop to consider it, simply miraculous. It's a chemical process by which

a plant can take energy from sunlight and convert it into compounds such as sugar. We're talking about converting light energy into chemical energy—and this is a feat achieved by plants, algae and even bacteria.

Plants may appear to be just sitting there looking decorative, but they are literally changing the world around them—a notion that's intrigued people since the days of George Washington. In fact, an English clergyman named Joseph Priestley conducted various experiments in the late 1700s that eventually would lead to the discovery of what we now know as photosynthesis.

Among Priestley's achievements are the invention of carbonated water and the rubber eraser, but even better, he's known as "the man who discovered oxygen," although he called it "dephlogisticated air" (we have the great French chemist Antoine Lavoisier to thank for the much sim-

pler name "oxygen").

One of Priestley's most important experiments (not for the squeamish, perhaps) involved putting a live mouse in a jar in which a flame couldn't stay lit because there wasn't enough "something" in the jar to sustain the flame—or to keep the mouse alive. But when he put a green plant in the jar and exposed it to sunlight, that "refreshed" the air inside the jar, thus keeping the flame burning ... and the mouse breathing. He'd just discovered that plants do release oxygen into the air and that's the process that we call photosynthesis.

The ARS scientists' question, some 200-plus years later, is, can we improve on Mother Nature's trick? If we could find a way to boost plant photosynthesis, that could be a critical first link in the global supply chain for not just bioenergy production,

(See ZINNIA, page B5)

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JPMORGAN CHASE BANK, NATIONAL ASSOCIATION FKA JPMORGAN CHASE BANK, Successor by merger to BANK OF AMERICA NATIONAL ASSOCIATION, AS TRUSTEE IN CONNECTION WITH THE SALE OF THE PROPERTY, PLAINTIFF VS JAMES S. YOUNG and MICHELLE A. YOUNG DEFENDANTS

RE-NOTICE OF COMMISSIONER'S SALE

By virtue of a Final Judgment and Order of Sale of the Floyd Circuit Court entered on the 26th day of 2010, in the above cause, as their interest in the subject property, for the sum of \$58,715.70 with interest thereon, plus additional sums and costs, please be advised that we proceed to offer for sale at the Old Floyd County Courthouse Door, South Central Avenue, Prestonsburg, Kentucky, (which is the new Floyd County Justice Center), to the highest and best bidder, at public auction, on the 16th day of February 2012 at 9:15 a.m. upon the terms set forth following this description, the following described property, to wit:

Property Address: 87 Old County Road, Harold, KY 41635 Beginning at a point 5' West of common corner of Lots 92 and 93 on the right of way of a 25' street, said point being a corner to Chelsea Terrace, Inc., thence with said right of way in an easterly direction 85 feet, more or less, to a rebar in fence line; thence in a northerly direction with said fence line 110 feet, more or less, to a rebar on the IGA property; thence with said IGA property in a westerly direction 65 feet, more or less, to a stake near a marble on the Chelsea Terrace property; thence with said Chelsea property in a southern direction 110 feet, more or less, to the beginning.

The above described tract being part of Lots 92 and 95 and all of Lots 93 and 94 of the Sumner Addition to the Town Laysville and adjoining property, and being a portion of Tracts 1 and 2 in Deed Book 559, which is duly recorded in the Floyd County Court Clerk's Office.

Being the same property conveyed to James S. Young and Michelle A. Young, his wife, by deed dated November 12, 1992, and of record Book 362, Page 168, in the Floyd County Clerk's Office.

A. The successful bidder shall either pay cash or make a deposit of \$5,000.00 of the purchase price with the balance on a credit for thirty (30) days, in which event the successful bidder shall be required to execute bond with good surety thereon. Said bond shall be for the unpaid purchase price and bear interest at the rate of 12% per annum from the date said bond until paid. Said bond shall have the force and effect of a judgment for which execution may be had, and a lien shall be retained upon the above described real estate as additional security.

B. The purchaser shall be required to assume and pay all taxes or assessments upon the property for the current tax year and subsequent years. All taxes or assessments upon the property for prior years shall be paid from the sale proceeds if properly claimed in writing and filed of record by the purchaser prior to the payment of the purchase price.

C. The property described above is sold subject to any easements, restrictions, defects, liens or encumbrances of record in the Floyd County Clerk's Office and such rights of redemption as may exist in favor of the United States of America and/or the record owners thereof.

Any announcements made on date of sale takes precedence over printed matter contained herein. Hon. William S. Kendrick, Floyd County Master Commissioner

AIR QUALITY PERMIT NOTICE

Draft Federally Enforceable/Conditional Major Construction/ Operating Permit F-11-073 MarkWest Energy Appalachia, LLC Plant I.D. 21-071-00140

MarkWest Energy Appalachia, LLC of 1515 Arapahoe Street, Tower 1, Suite 1600, Denver, Colorado 80202-2126 has applied to the Kentucky Division for Air Quality for a permit to construct and operate an oil and gas extraction, natural gas liquid facility at 72 Maple Street, Langley, KY 41645. The plant is classified as a Conditional Major Construction/Operating permit because of regulated air pollutants greater than a major source threshold. This permit contains practically enforceable limitations to restrict this source's potential emissions to less than a major source threshold.

An electronic copy of the Division's draft permit shall shortly be available at http://air.ky.gov/Pages/PublicNoticesandHearings.aspx. Paper copies of the draft permit and relevant supporting information are available for inspection by the public during normal business hours at the following locations: Division for Air Quality, 200 Fair Oaks Lane, 1st Floor, Frankfort, KY 40601, phone (502) 564-3999; Division for Air Quality Hazard Regional Office, 233 Birch Street, Suite 2, Hazard, KY 41701, phone (606) 435-6022; and the Floyd County Public Library, 161 North Arnold Avenue, Prestonsburg, KY 41653-1269, phone (606) 886-2981.

For a period of 30 days the Division will accept comments on the draft permit and the opportunity for a public hearing. The first day of the 30 day period is the day after the publication of this notice. Comments and/or public hearing requests should be sent to Mr. James Morse at the above Frankfort address or e-mail James.Morse@ky.gov. Any person who requests a public hearing must state the issues to be raised at the hearing. If the Division finds that a hearing will contribute to the decision-making process by clarifying significant issues affecting the draft permit, a hearing will be announced. All relevant comments will be considered in issuing the final permit. Further information can be obtained by calling Mr. Brian Ballard at (502) 564-3999. The Commonwealth of Kentucky does not discriminate on the basis of race, color, national origin, sex, religion, age or disability in employment or the provision of services and provides, upon request, reasonable accommodation including auxiliary aids and services necessary to afford individuals an equal opportunity to participate in all programs and activities. Materials will be provided in alternate format upon request.

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Apartment/Townhouses

Furnished apartments for rent and one nice furnished trailer, also a furnished house. Very Clean, Suitable for 2 working people. No drugs, No Pets. Near Prestonsburg, W. Va. Out of state workers welcome. Call 606-205-0215 or 606-886-9241.

Apt. for rent one or two bedroom furnished includes utilities. Call 886-8366

Applications Being Accepted For 1-2-3-4 Bedroom Apartments for persons 62 and older

Located on Mays Branch in Prestonsburg. All utilities included, rent is based on gross monthly income. Several activities such as line dancing, crafts, church services, hair salon. Furnished with nice neighborhood. (Spurlock Creek across from Mountain Arts Center) For more information, please call Highland Heights at 606-886-1925, TDD: 1-800-648-6995. If you come by the office for an application or employment in subsidized housing on account of race, color, religion, gender, national origin, disability or familial status.

Applications Being Accepted For 1-2-3-4 Bedroom Apartments Located in Prestonsburg is Highland Heights Apartments in Goble Roberts addition and Cliffside Apartments on Cliff Road. Rent is based on gross monthly income. All utilities included at Highland Heights and Cliffside. Learning centers at both sites with computers available. For more information call Highland Heights at 606-886-0608 and Cliffside at 606-886-1819. TDD: 1-800-648-6056 or 711 or come by the office for an application. Highland Heights and Cliffside Apartments do not discriminate in admission or employment in subsidized housing on account of race, color, religion, gender, national origin, disability or familial status.

Houses For Rent

3 Bd 2BA, Log home in Oak Lawn, Hazard Hill, central WVA low utility bills. Large covered deck, big storage barn, acres of privacy, fireplace, \$990 month. Call 860-222-2222 Leave message.

3-4 bedroom homes in Garret and Martin for rent. HUD approved 606-886-8223

House for rent. Located at 239 Francis Court, Prestonsburg, 2 bdr, 2 full baths, \$500 mth plus utilities. Call 886-6362

Double wide Trailer for rent Call 226-4980 or 886-4980 For rent 3 bedroom house. Call 606-369-0850

For rent two bedroom, two 1/2 bath town home at Lanes. Call 606-874-1860

HOUSE for rent 3 bdrm, near Prestonsburg. Private large yard. Call 886-8366

Tailor for rent in Prestonsburg nice neighborhood (Spurlock Creek across from Mountain Arts Center) For more information Call 606-886-9925 Leave message if no answer

Trailer for rent. Call 606-874-9790

Lease 2 bedroom apartment and a three-bedroom mobile home. Nice, quiet neighborhood, deposit and references required. Leave a message at 328-9123

MANUFACTURED HOUSING

Rentals 3BR, 2BA 14x70 M H ON CROW CREEK, \$985.00 PLUS ELECTRIC AND 300.00 SECURITY DEPOSIT. ACCEPTS HUD, NO PETS, REFERENCES REQUIRED. 606-874-2802

FOR RENT 2 BR MOBILE HOME NEAR PRESTONSBURG. CALL 606-874-0975 OR 606-226-9792.

RESORT PROPERTY

EMPLOYMENT

Help Wanted- General

AUTOCAD TECHNICIAN

Mccoey Elkhorn Coal Corporation is seeking an AutoCAD Technician with a mining background. Knowledge of SurvCad required. Ability to process survey notes a plus, but not required. Interested applicants should apply at:

DEPARTMENT FOR EMPLOYMENT SERVICES 216 College Street-Pikeville, KY 41501 (606)452-4774

Help Wanted - Branham Heights is seeking a Part Time Maintenance Technician. Call 886-452-4774

Surveyor's Assistants Mccoey Elkhorn Coal Corporation (a subsidiary of James River Coal Company) has immediate openings for surveyor's assistants. Must be a certified underground miner. Interested applicants should apply at:

Department for Employment Services 216 College Street-Pikeville, KY 41501 ECEAD/MVF

Help Wanted- General

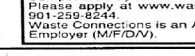
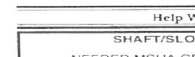
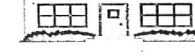
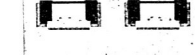
NEEDED MSHA CERTIFIED UNDERGROUND MINER/DRILLER, MECHANICS, HOIST OPERATORS, ELECTRICIANS, ROOF SOLERS, CARPENTERS FOR TEMP/PERM POSITIONS FOR SHAFT AND SLOPE NEAR PIKEVILLE, KY. UNDERGROUND NEW MINERS TRAINING PROGRAM AVAILABLE. PAY AND BENEFITS SEND RESUME TO: HYPERLINK "mailto:ImcDonald@cowin-co.com" ImcDonald@cowin-co.com or call 205-945-1300

NOW HIRING!

Waste Connections of Eastern Kentucky has an immediate opening for a Commercial/Residential Rear-Load Driver to support local routes at our site in Martin, KY. Minimum Class B CDL required. Drivers interested in secure, steady employment in a family atmosphere are encouraged to apply. Competitive Pay and Full Benefits. Please apply at www.wasteconnections.com or call Matt at 901-259-8244. Waste Connections is an Affirmative Action/Equal Opportunity Employer (M/F/D/V).

Applications Being Accepted For 1-2-3-4 Bedroom Apartments

Located in Prestonsburg is Highland Heights Apartments in Goble Roberts addition and Cliffside Apartments on Cliff Road. Rent is based on gross monthly income. All utilities included at Highland Heights and Cliffside. Learning centers at both sites with computers available. For more information call Highland Heights at 606-886-0608 and Cliffside at 606-886-1819. TDD: 1-800-648-6056 or 711 or come by the office for an application. Highland Heights and Cliffside Apartments do not discriminate in admission or employment in subsidized housing on account of race, color, religion, gender, national origin, disability or familial status.



HIGHLANDS REGIONAL The Medical Center of Eastern Kentucky.

Come Grow With Us! Highlands, a growing premier healthcare facility in Prestonsburg, is currently recruiting for Full-Time Registered Nurses - Nursing - 2nd Floor

Highlands Regional Medical Center has openings for Full-Time Registered Nurses on 2nd floor. Registered Nurses would be responsible for assessing the patient's condition and nursing needs, sets goals and prescribes appropriate nursing actions to meet those goals, implements and documents elements of the nursing process in order to provide the highest quality of care based on assessed patient needs. Assist team members in giving care to patients or administer direct care when professional nursing skills and judgment are indicated. Graduate of accredited nursing program and currently licensed in the state of Kentucky. Must have successfully completed HRMC's RN staff nurse orientation program. Must be able to do heavy lifting, stand and walk for long periods.

Nine (9) Paid Holidays Retirement Plan Medical/Dental Insurance Life Insurance

Interested applicants may apply at HRMC.org website Highlands Regional Medical Center 5000 Kentucky Route 321 Prestonsburg KY 41653 (606) 886-7531 Fax (606) 886-7534 E-mail: tclark@hrmc.org Highlands is an equal opportunity employer.



HIGHLANDS REGIONAL The Medical Center of Eastern Kentucky.

Highlands, a growing premier healthcare facility in Prestonsburg, is currently recruiting for Full-Time Registered Nurses - Nursing - 4th Floor

Highlands Regional Medical Center has openings for Full-Time Registered Nurses on 4th floor. Registered Nurses would be responsible for assessing the patient's condition and nursing needs, sets goals and prescribes appropriate nursing actions to meet those goals. Implements and documents elements of the nursing process in order to provide the highest quality of care based on assessed patient needs. Assist team members in giving care to patients or administer direct care when professional nursing skills and judgment are indicated. Graduate of accredited nursing program and currently licensed in the state of Kentucky. Must have successfully completed HRMC's RN staff nurse orientation program. Must be able to do heavy lifting, stand and walk for long periods.

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Wanda L. (Crisp) Slone and Crandell L. Slone, of Shelbyville, formerly of Allen, celebrated their golden anniversary Dec. 2, at the Stratton Community Center, in Shelbyville, along with family and friends. Crandell retired from his duties as a Kentucky State Police Trooper in April 1991 after 23-and-a-half years and in November 2001 from his duties as a Kentucky State Police Civilian Certified License Examiner in Louisville. The two have resided in Shelbyville since January 1968, following his graduation from the Kentucky State Police Academy in Frankfort. They have one son, Crandell L. Jr., Janis of New Boston, Mich., and three grandsons, Crandell L. "CJ" III, of Shelbyville, Coty L. Slone, of Springfield, Ohio, and Jacob L. Slone, of New Boston, Mich. Wanda is the daughter of the late Gomer and Lottie (Pitts) Crisp. Crandell is the son of the late Miles and Nova Slone. Wanda and Crandell were married on Dec. 2, 1961, in Clintwood, Va., and are planning a cruise in 2012 to celebrate once again.

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Madalyn Rae Neice will celebrate her first birthday Feb. 2. Her proud parents are Tracy (Huggle) Neice and Leah Anderson, of Topmost. She also has two big sisters Rylee and Jacie. Her grandparents are Lisa and George Williamson, of Hamilton, Texas, Tracy Neice, of Hindman, and Brenda and Don Anderson, of Topmost.

## UCM offers college degrees

**HAZARD** — Just over 850 people have obtained bachelor's and master's degrees since the University Center of the Mountains (UCM) first opened its doors in fall 2004. Those 850 plus people have had the opportunity to get an education without having to leave the mountains. Many Eastern Kentuckians do not want to leave the mountains they love, and others simply cannot leave because of family responsibilities and ties and/or they may have a good part-time or full-time job, and in this current economy, individuals are looking for ways to keep their jobs while also continuing their education. The UCM offers the most cost-efficient way to complete a degree. Students and families can save thousands of dollars in higher education costs by staying in the area while earning an advanced degree.

The students received their degrees through UCM partners which include Eastern Kentucky University, Kentucky State University, Lindsey Wilson College,

Midway College, Morehead State University, University of the Cumberlands, and HCTC/KCTCS.

UCM, which is located at Hazard Community and Technical College, is funded through coal severance dollars. Director of the UCM, Deronda Mobelini, noted, "The UCM is working well because of the relationships we have established with these regional universities. There are so many benefits for students who take advantage of the UCM. We're seeing their success one student at a time."

Just one of the many benefits is a transfer scholarship. Students who transfer to a UCM partner and who qualify for the "transfer" scholarship can take baccalaureate programs through the UCM partner at HCTC and pay HCTC tuition rates of \$135 per credit hour rather than the average tuition rate of \$275 per credit hour. This creates a savings of \$140 per credit hour for transfer students who qualify. Once again, students will not have to



Deronda Mobelini, left, director of the University Center of the Mountains, with Kimberly Boggs, who obtained her degree through UCM.

leave the area to continue their education at a very affordable rate.

Here are just a few comments from students who depended upon the UCM. James Eversole of Perry County noted, "The UCM made it possible to achieve my dreams. The supportive staff and teachers of the UCM helped me to achieve my goals in education." David Crawford noted, "It offers a unique opportunity where I can live at home. I have two children - I will still be able

to finish my bachelor's degree and hopefully take it to the next level after that." Judy Craft of Letcher County said, "I am attending ECU's RN to BSN Program through the UCM because the location and the flexibility of the scheduling make it possible to continue my education while maintaining family and work commitments."

For more information, contact Deronda Mobelini at (606) 487-3252 or [deronda.mobelini@kctcs.edu](mailto:deronda.mobelini@kctcs.edu)

## Now Open In Our 2nd Prestonsburg Location!

Cooley Medical has been serving Kentucky, West Virginia, and Virginia families' home medical equipment and supply needs since 1982. As one of the area's largest retail suppliers of home health products and services, we provide superior customer service and top quality, state-of-the-art medical equipment, supplies, clinical respiratory services, and home infusion therapy.



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JANUARY 2012

HMB

health, mind & body

FLOYD COUNTY  
**The Times**

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REMEDY  
OR RUSE?

exploring natural remedies

# HEALTHY HABITS

how to use diet to supplement your workout routine

STARTING  
FROM SCRATCH

what to do when beginning an  
exercise routine





# 9

## ways to eat better now

**D**octors, fitness professionals and nutritionists all have ideas on what men and women should and should not eat. Choosing the right foods can help save waistlines and lives.

The country is growing larger, and that has nothing to do with the population. Individuals are heavier than ever before. About one-third of Americans are considered obese. No state in the U.S. has an obesity level less than 20 percent. The Centers for Disease Control and Prevention states that 38

states had a prevalence of 25 percent or more; 12 of these states (Alabama, Arkansas, Kentucky, Louisiana, Michigan, Mississippi, Missouri, Oklahoma, South Carolina, Tennessee, Texas, and West Virginia) had a prevalence of 30 percent or more.

The obesity story is much the same in Canada, although residents of that country are slightly less obese than Americans. Statistics Canada states that from 2007 to 2009, 24.1 percent of adults in Canada were obese. Women

have higher levels of obesity than men in both countries.

Although it is widely known that eating a healthy diet and exercising frequently are the key ways to maintain a healthy weight, it's easy to fall into bad habits. Some men and women find it difficult to avoid temptation and stay on track with diet. But balance and portion control are great ways to enjoy food without gaining weight. Here are some tips to live by.

1

**Use a smaller plate.** This will trick the eye and brain into thinking you are eating a lot. A large plate seems empty with smaller portions, prompting many men and women to eat more than is necessary. Using a smaller dish can give the impression of eating from an overflowing dish.

2

**Make vegetables a priority, not an afterthought.** Fill up on vegetables and make meat and other higher-calorie foods the afterthought, instead of vice-versa. In fact, two-thirds of your dish should be consumed by vegetables, with the remaining portion for a protein or starch.

3

**Avoid family-style meals.** That means placing large serving dishes full of food directly on the table. It encourages going in for seconds when you really may not be hungry. It takes the brain at least 20 minutes to register feeling full. So serve yourself from the stove and wait to see if you're still hungry before going back for more.

4

**Switch to skim products.** It is widely known that dairy products are an important component of healthy living. However, whole-milk varieties tend to be heavy on calories and saturated fat. Opt for skim milk whenever possible. Today, there are ultra-pasteurized varieties of skim milk that are creamy and filling.

5

**Rely on seafood protein.** Eating fish once or twice a week is an excellent way to cut calories and enjoy a food that is rich in essential fatty acids.

6

**Experiment with herbs, not salt.** A lot of sodium in a diet may not be good for blood pressure and it can lead to water retention. Instead, reach for herbs to add flavor to foods. Keep a fresh selection of parsley, chives, cilantro, basil, and other herbs at the ready and chances are you won't even miss the salt.

7

**Go sparingly on dressings and sauces.** You can quickly turn a healthy salad into an unhealthy meal if you drizzle on too much creamy salad dressing. Studies show that some fast food salads have more fat than other fast food fare, including hamburgers. Opt for the dressing on the side, or select among fat-free alternatives. Use only about 1 to 2 teaspoons for flavor.

8

**Indulge once in a while.** Depriving yourself of everything that is tasty can lead to binge eating or overeating. Just remember to keep the portions of sweets or fattening foods modest and try not to over-do it the rest of the day.

9

**Don't forget the exercise.** The American College of Sports Medicine offers benefits of exercise beyond simply helping you to lose weight.

- Lowers risk of heart disease by 40 percent.
- Lowers risk of breast cancer by 20 percent.
- Lowers risk of depression by 30 percent.
- Lowers risk of hypertension by 40 percent.
- Lowers risk of type 2 diabetes by 58 percent.

## BIG NEWS



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On US 23 between Prestonsburg  
& Paintsville**



# Calories burned during daily activity



Some people think they have to spend hours at the gym sweating on the treadmill or elliptical trainer in order to burn calories and lose weight. As it turns out, the things you do every single day could be burning more calories than you realized. Some discipline with your diet and certain healthy habits can make the difference for those attempting to lose weight.

Getting eight hours of sleep can burn more than 300 calories for the average person. But there's a good chance you are interested in what activities you can do while awake to help burn calories.

Courtesy of Discovery Health and Harvard Medical School, here are common everyday activities and how many calories can be burned depending on weight. These figures are based on a person weighing around 150 pounds and a duration of one hour of activity.

240 cal.

**Supermarket shopping:** Pushing a wagon around the supermarket for an hour can burn 240 calories or more. Up the ante by bagging groceries yourself and packing and unpacking them from the car.

300 cal.

**Raking leaves:** If you spent time manually raking leaves this past fall, you were doing something good for your body. In addition to working several muscle groups, you may have spent 300 calories.

160 cal.

**Dusting:** Spring cleaning is right around the corner, and that can be good news for your health. Dusting alone can burn as much as 160 calories.

200 cal.

**Cooking:** Here's a reason to get fired up about cooking. Making a simple meal can add up to 200 calories lost. Just don't sabotage those lost calories by cooking up a fattening dinner.

460 cal.

**Moving:** Packing and moving may seem like a big task one rarely looks forward to, but carrying boxes can burn 460 calories an hour. Packing, moving and unpacking yourself may be the diet plan you've been seeking.

350 cal.

**Painting:** Perhaps you've been procrastinating on that house painting project. Here's inspiration to break out the rollers and brushes. Spending an hour painting can burn 350 calories. After several hours applying a primer and then top coat, you may find you painted yourself thinner.

450 cal.

**Community service:** If you want to help the environment and your health, spending time picking up trash from a park or seaside can shed some serious calories 450 an hour.

400 cal.

**Playing with kids:** Engaging in some fun family time can burn around 400 calories. Plus, it's a great way for parents and children to bond.

## Riverview Health Care Center

*Signature* healthCARE community

Honoring Our Community



The staff at Riverview works hard to create a warm family feeling so that residents are comfortable during their stay. At Riverview Health Care Center, the main goal is to help residents achieve wellness and improved quality of life.

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[www.riverviewhealthcarecenter.com](http://www.riverviewhealthcarecenter.com)

# IS GLUTEN-FREE the way to be?



Traditional breads are something that will have to be removed from one's diet to be gluten-free.

From restaurants to food packaging, it is difficult to escape the gluten-free craze that is sweeping the country. Whether as their own dietary preference or for a specific health reason, many people are eschewing gluten products and leaving other people wondering if they should, too.

Gluten is a type of protein that is found in grain products, including wheat, barley and rye, among other carbohydrates. Not all cereals and grains contain gluten, so it's important to note that gluten and grain are not synonymous. Gluten is not the grain itself, but a component that gives certain grain products their chewy, bending texture. It's also what contributes to the rising process of doughs brought on through the kneading of the dough. Gluten is tough, which is why doughs and bagels containing gluten have a dense, thick composition. Products that have gluten removed tend to be sticky and goopy in consistency and without shape.

Individuals with a condition called celiac disease cannot properly digest gluten. According to the National Digestive Diseases Information Clearinghouse, celiac disease is an immune disease in which people cannot eat gluten because it will damage their small intestine. The disease is hereditary and, despite millions of confirmed cases, many more people are unaware that they even have celiac disease.

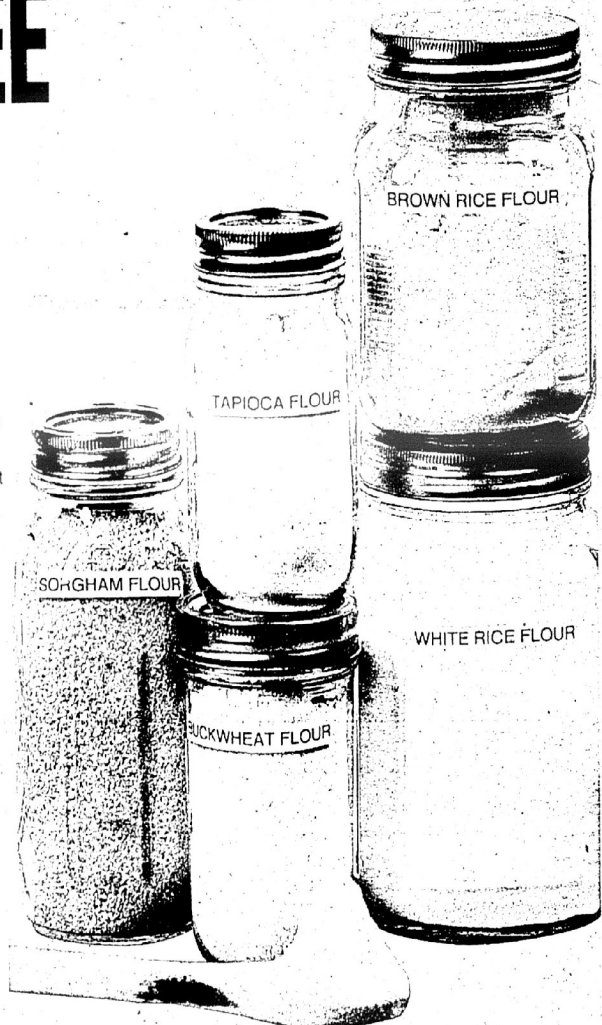
Many other people do not suffer from celiac disease but do experience sensitivity to gluten-containing products — everything

from gastrointestinal discomfort to migraines and fatigue. According to experts from the Gluten Intolerance Group of North America, much still remains unknown about gluten sensitivity, but it is clear that gluten sometimes triggers an immune response like an enemy invader in some people today. As a result, many find that avoiding gluten helps mitigate symptoms.

Although there are people who have legitimate reasons to avoid gluten, many are jumping on the gluten-free bandwagon simply because they believe gluten could be something evil lurking in their foods. A paper published in the *New England Journal of Medicine* may be at the root of this newfound fear of gluten. The paper advised that several diseases may have a root cause with gluten. Some of these diseases include:

- irritable bowel syndrome
- cancer
- rheumatoid arthritis
- anxiety and depression
- dementia
- epilepsy
- canker sores
- anemia

The trouble with healthy people removing gluten from their diets is that it can cause some deficiencies. The body actually requires grains to receive the daily recommended value of certain vitamins and nutrients. These include calcium, riboflavin, folate, thiamin, iron, and fiber. Gluten, being a protein, is also a viable protein source for the body. Individuals who are vegetarians often get protein through legumes and grains. Adopting a gluten-free diet in addition to being vegetarian removes another protein source.



While there is no actual danger to eating gluten-free, doctors advise ensuring you're getting the adequate vitamins and nutrients through other sources to compensate for the lack of nutritional value from grains.

Those adopting a gluten-free diet should be careful to read product ingredients to determine if gluten is present. While key words like wheat, oats, barley, and rye indicate gluten, malt and hydrolyzed vegetable protein are also indicators that gluten is in the food.

Although most traditional breads are off-limits to those with gluten sensitivity, there are many products being marketed mainstream that are made with rice or potato flour instead. Cereals made from

corn and rice are good alternatives to those made with gluten-containing grains. Traditional pastas are also off-limits. People can try substituting rice noodles for wheat noodles in recipes.

Gluten is not exclusive to foods, either. Beer contains wheat, so it will also have gluten. Choose wines or other liquors instead. Also, some products, like lip balm, also contain gluten. Therefore, it's best to be aware of all gluten sources and not assume it is only relegated to foods.

Although many people are adopting gluten-free lifestyles, removing the protein from your diet is only medically necessary at this point if you suffer from celiac disease or gluten sensitivity.



## RESEARCH INDICATES 'FRESHMAN 15' IS A MYTH

College freshmen may not gain 15 pounds their first year after all.

Hundreds of new students enter college each September. One long-standing assumption about college freshmen is their propensity to gain weight — on average 15 pounds over the course of their initial year in college. As it turns out, a new study pokes holes in that assumption and goes on to point out the truth about freshman weight gain.

A study by research scientist Jay Zagorsky from Ohio State University's Center for Human Resource Research debunks the myth of the "freshman 15," stating that the average weight gain is between 2.4 pounds for women and 3.4 for men. In total, no

more than 10 percent of all college freshmen who were examined in the study actually gained 15 pounds. Some even lost weight.

The results of this study were published in *Social Science Quarterly*. The study pointed to aging and becoming young adults as the culprit behind the weight gain, not necessarily the late-night pizza study sessions or cafeteria grub. The study also looked at same-aged people who were not in college, and most gained the same amount of weight during the period of time they could have been college freshmen.

While students may not gain 15 pounds their freshman year, college-age people

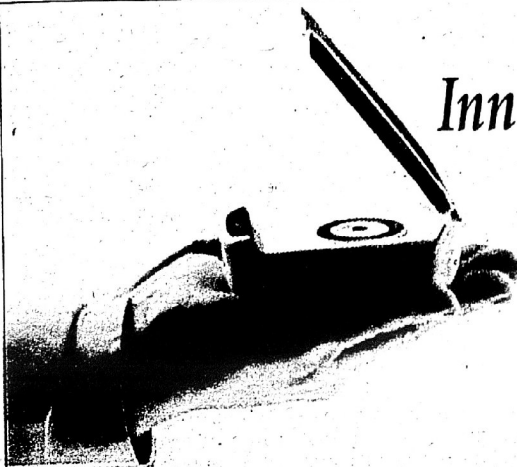
do gain about 10 to 12 pounds over the four-year school period. Again, this is attributed to natural body changes associated with moving from adolescence into adulthood.

Students concerned about weight gain in excess of the 2 to 3 pounds per year can employ these strategies to keep weight gain at a minimum.

- Limit alcoholic beverages, which tend to be high in calories and add weight fast.
- Plan for some daily exercise, even if it's just strolling the quad.
- When selecting foods from the cafeteria, fill half of your dish with vegetables and then a quarter with

whole grains and a quarter with lean meat whenever possible.

- Limit consumption of packaged, processed foods, which are high in salt and calories.
- Go sparingly on drive-thru foods.
- Keep healthy snacks on hand in your dorm room so you won't have to head out when hunger pangs strike.
- Utilize the campus gym if there is one.
- Take a class as part of your electives that includes physical activity, like a sport.
- Surround yourself with friends who have like-minded fitness goals.



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## What to do when beginning an exercise regimen



**A**t the dawn of a new calendar year, many people decide it's time to turn over a new leaf and shed those extra pounds that accumulated over the previous 12 months. The resolve to lose weight is perhaps never stronger than at the beginning of a calendar year, when the holiday season has passed but those added inches on the waistline remain.

Though it's noble to want to lose weight and improve health, regardless of what time of year it is, there are precautions men and women should take before beginning a new exercise regimen.

**Visit your physician.** It's best to get a full physical before beginning an exercise regimen. A full physical can reveal if you have any health problems that might limit what you should and shouldn't be doing at the gym. If anything turns up, your physician can develop a plan of attack for you to address the issue. If nothing turns up, then your doctor will probably give you the green light to go forward with few, if any, limitations.

**Conduct a self-assessment.** Once you've visited the doctor and received the go-ahead to start working out, do an honest self-assessment to see where you are in terms of fitness. Walk a mile and time yourself. Do as many push-ups and sit-ups as possible, but be careful to stretch and not push yourself. This self-assessment should not be demanding. Instead, the goal is to gauge where you are and how your body feels when doing some simple exercises.

**Establish your goals.** The goal of most people beginning a new exercise regimen is to lose weight. However, there are other incentives as well. For example, some people might be starting to train for a marathon or another sporting event. Whatever the reason, know why you're getting started, as such goals can help you monitor your progress as the year goes on.

**Start slowly.** Caution should reign supreme when beginning an exercise regimen. Diving into the deep end at the onset increases the risk of injury, which could limit activity for months to come. First get your body acclimated to exercise, then gradually challenge yourself as you see fit.

**Leave time to recover.** Though it might feel rejuvenating to get back to exercising, it's important for everyone, but especially those who are just starting, to allow themselves some time to recover. Allow your muscles and joints to recover between workout sessions. Frequency of sessions can increase as your body gets acclimated, but at first allow a day or two between sessions so your body can recover.

**Listen to your body.** Exercising after a long hiatus from routine exercise won't be easy, and your body is likely going to tell you that through certain aches and pains, if not nausea, dizziness or shortness of breath. If any of these symptoms appear, take a break. This could be your body telling you that you're asking too much and you need to take your foot off the gas pedal for a little while.

**Consider hiring a professional trainer.** Many people are overwhelmed when entering a gym after a long time away. If you find yourself intimidated or simply don't know where to begin, hire a personal trainer. Many charge by-the-session, so you can learn which machines to use and how to use them after a session or two and then continue working out on your own. If joining a gym as a new member, the gym might offer a couple of complementary personal training sessions. If so, take full advantage of this offer.

When beginning a new exercise regimen, don't forget to let caution reign until your body has adjusted to this healthy lifestyle.

## Healthy habits How to use diet to supplement your workout routine



A healthy breakfast is a great way to supplement a workout routine.

**M**en and women who have successfully adopted healthy lifestyles know full well that combining exercise with a healthy diet is the key to getting and staying healthy. Simply visiting the gym won't work if it's not coupled with a healthy diet.

But many people incorrectly assume that a healthy diet is one devoid of taste. That simply isn't true. In fact, a healthy diet does not necessarily restrict foods, but how frequently some of those riskier foods can be consumed. The following are some of the steps men and women can take to ensure their workouts aren't losing their effectiveness due to unhealthy eating habits.

**Start the day off with a healthy breakfast.** Many foods make healthy breakfast options, including fruit and whole-grain cereals. Unfortunately, on-the-go men and women often reach for what's readily available, and what's readily available isn't necessarily healthy. Avoid breakfast sandwiches that

are high in fat and calories, and avoid eating fried foods for breakfast.

For those men and women who prefer to workout first thing in the morning, keep in mind it's important to eat before working out, even if those workouts are in the wee hours of the morning. Working out on an empty stomach can cause feelings of lightheadedness. In addition, many people are sluggish if they exercise on an empty stomach, which can make workouts less effective. If eating before a morning workout isn't your thing, consider going with a small snack before beginning your routine. If even that is not ideal, then consider a snack before bedtime. However, this option won't necessarily prove effective, as your body might just consume all of the energy this snack provides while you're asleep.

**Reassess your snacking habits.** If greasy potato chips or sleep-inducing baked goods like brownies are your idea of the perfect snack, then it's time to reassess your snacking habits. Snacks should not induce sleep, but provide a little extra energy and reduce any hunger pangs. Fresh fruit, yogurt, energy bars, and even whole-grain crackers with a little peanut butter each make for a healthy snack that won't zap you of valuable energy during the day.

**Let food help your muscles recover.** Some people feel they might negate the positive effects of their workout if they eat immediately after exercising. That's not necessarily true. In fact, foods that contain protein and carbohydrates can actually help your muscles recover after a workout. Yogurt (Greek yogurt is packed with protein), fruit, dried fruit, and nuts make great post-workout food options, and none will negate the effect of that grueling workout you just finished. In general, the longer you wait to eat after exercising, the longer it will take your muscles to recover.

**Stay hydrated.** Water is an essential part of a healthy diet, and it's even more essential before, during and after a workout. When exercising, your body will lose a significant amount of water, which can cause the body to dehydrate. Drink water before and after your workout, and don't forget to focus on staying hydrated during your workout as well.

Daily exercise is essential to long-term health. But all those hours in the gym won't pay off if they're not combined with healthy eating habits.



# FRESH SALMON

the new fast food for multi-tasking moms

**F**resh salmon is the answer for time pressed moms and can help address the growing obesity issue in children, says Holly Clegg, recognized author, chef, and working mother.

"Working moms are facing huge challenges getting healthy food quickly on the table for their families," says Clegg. "We know that fresh salmon itself can multi-task: it's a super health food, it's fast, and you can make more than one meal at once.

"Fresh salmon from Maine and Atlantic Canada is one way to attack the myth that fast means unhealthy," says Clegg. "It's high in protein and it contains key vitamins and minerals, so you know it's a great food to serve your family. And with very little planning you can cook one meal and make three more out of it, minimizing mom's time in the kitchen."

Clegg adds that salmon is a natural source of omega-3 polyunsaturated fatty acids, which recent studies have shown to be critical for vision and improved brain development in infants. Pregnant women, nursing moms, as well as developing children, will benefit from salmon's "brain food" qualities.

Clegg, known as the "Queen of Quick" and author of a best-selling cookbook series,

takes every opportunity to show moms, who are often in charge of meal planning and preparation, how to boost their families' menu with what she called the new 'super fast food.' Her recipes are simple to prepare and use everyday ingredients. Using a basic salmon recipe for one meal, Clegg shows moms that by cooking extra they can prepare three other unique and delicious recipes like salmon salad, bisque, and sliders.

Clegg is eager to help as child obesity rates continue to rise. With parents working more hours, it leaves them with less time to shop for healthy food options and to prepare healthy meals. Time-pressed families are relying more on fast food and packaged food, which tend to be high in fat and calories, just to get food on the table quickly, she says.

"Working moms are under so much pressure from so many sources — if we can provide them with ways to juggle all those demands and know they are keeping their family healthy, then hopefully we're taking some of that pressure off," says Clegg.

"The great thing about fresh salmon is how easy it is to get it fresh," says Clegg. "If you buy salmon from Maine and Atlantic Canada you know it was literally swimming just a couple of days earlier, and that's hard to beat."

## Atlantic salmon recipes make four-meals-in-one



First make enough glazed salmon for all recipes; serve four fillets for dinner, then use the leftover salmon for lunches and dinners later.

### Glazed Salmon

Makes 4 servings

- cup honey
- 2 tablespoons low-sodium soy sauce
- 2 tablespoons lime juice
- 1 tablespoon Dijon mustard
- 4 6-ounce salmon fillets (Atlantic Canada or coast of Maine)

1. In small bowl, whisk together honey, soy sauce, lime juice, and mustard. Marinate salmon in sauce in refrigerator for several hours, or until ready to cook.

2. In nonstick skillet coated with nonstick cooking spray, cook salmon on each side, 3-5 minutes, until golden brown, crispy, and just cooked through. Transfer salmon to platter.

3. Add remaining honey glaze to skillet, and simmer, stirring, until mixture comes to boil. Return the salmon to the pan, heat thoroughly, and serve immediately.

*Nutritional information per serving*

Calories 273, Protein (g) 35, Carbohydrate (g) 19, Fat (g) 6, Calories from Fat (%) 20, Saturated Fat (g) 1, Dietary Fiber (g) 0, Cholesterol (mg) 88, Sodium (mg) 400 Diabetic Exchanges: 5 very lean meat, 1 other carbohydrate

### Strawberry & Kiwi Mixed Green Salad Topped with Salmon

Makes 6-8 servings

- 8 cups mixed greens (Bibb, red leaf, spinach)
- 10 cups sliced strawberries
- 2 kiwis, peeled and sliced
- 1 tablespoon sesame seeds
- 1 green onion, chopped
- ¼ cup raspberry vinegar
- 2 teaspoons Dijon mustard
- cup canola oil

1. In large bowl, mix together greens, strawberries and kiwi.

2. In small bowl, whisk together sesame seeds, green onion, vinegar, Dijon mustard, and oil. Refrigerate vinaigrette until ready to use.

3. When ready to toss salad, add dressing gradually, top with pre-cooked salmon and serve immediately.

*Nutritional information per serving (without salmon):*

Calories 106, Calories from fat 65% Fat 8g, Saturated Fat 1g, Cholesterol 0 mg, Sodium 42mg, Carbohydrate 8g, Dietary Fiber 3g, Sugars 4g, Protein 2g, Dietary Exchanges: □ fruit, □ fat

### Simple Salmon Bisque

Makes 3 (1-cup) servings

- 1 tablespoon canola oil
- 2 tablespoons finely chopped onion
- 2 tablespoons all-purpose flour
- cup low-sodium, fat-free chicken broth
- cup fat free half-and-half
- cup skim milk
- 2 teaspoons no-salt tomato paste
- cup white wine or chicken broth
- 1 cup cooked, skin removed, flaked salmon fillet (Atlantic Canada or coast of Maine)
- teaspoon dried dill weed leaves
- Salt and white pepper to taste

1. In large nonstick pot, melt butter and sauté onions about 3 minutes, until tender.
2. Add flour, stirring one minute. Gradually, stirring constantly, add broth, half-and-half, milk and tomato paste. Bring to boil, reduce heat, stirring until mixture starts to thicken. Add wine and continue cooking until thickened.
3. Add flaked salmon, dill weed, and season to taste.

*Nutritional information per serving:*

Calories 214, Calories from fat 308% Fat 7g, Saturated Fat 1g, Cholesterol 27mg, Sodium 141mg, Carbohydrate 16g, Dietary Fiber 0g, Protein 19g, Dietary Exchanges: Dietary exchanges: □ starch, □ fat free milk, 2 lean meat

### Salmon Sliders

Cooked salmon from Maine/Atlantic Canada  
Mini buns  
Sliced cucumber  
Dill Sauce (recipe follows)

1. Cut buns in half and layer salmon, sliced cucumber and dill sauce (see recipe).

### Dill Sauce

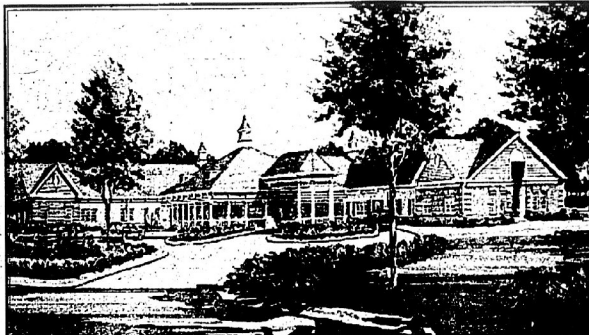
- 1 cup nonfat plain Greek yogurt
- 2 tablespoons light brown sugar
- 1 tablespoon vinegar
- 2 teaspoons dill weed

In small bowl, mix together all ingredients.

# POPULAR HEALTH MYTHS DEBUNKED

Well-meaning parents or grandparents often tell children not to do something with the warning that a serious health implication could result. Kids often take their elders at their word. But some of these warnings bear more truth than others. Here's the scoop on some of the more common misconceptions.

<p><b>MYTH:</b></p> <p>Swallowed chewing gum stays in the stomach for seven years.</p> <p>While chewing gum cannot be digested and is meant to be chewed and not swallowed, accidentally swallowing a piece here and there won't cause major issues. That's because the gum will simply pass through the digestive system whole and come out with stool. If a large amount of gum is swallowed in a short period of time, then there could be issues, including constipation and intestinal blockage in children.</p>	<p><b>MYTH:</b></p> <p>If you keep your eyes crossed too long, they will get stuck that way.</p> <p>The muscles in the eye are just like any muscles elsewhere in the body. Although they may tire and get sore, they are relatively resilient and can take a lot of wear and tear. Crossing your eyes may tire these muscles, but you won't do any permanent harm. Rest assured that once the eyes will no longer leave them stuck that way.</p>	<p><b>MYTH:</b></p> <p>Going outside with wet hair will make you sick.</p> <p>Although you will feel colder stepping outside with a part of your body wet, it won't make you more susceptible to catching a cold. Researchers at the Common Cold Research Unit in England once tested a group of volunteers who were given the cold virus. One half of the group stayed in a warm room, while the others took a bath and stood wet in a hallway for a half hour. The wet group didn't catch more colds than the dry.</p>	<p><b>MYTH:</b></p> <p>Covering your head is more important because you lose 75 percent of your body heat through it.</p> <p>This calculation is more for a child whose head makes up a greater percentage of his or her body. In an adult, the figure is closer to 10 percent. Heat can escape from any exposed area of the body, therefore it is important to keep all areas of the body warm when spending time outdoors in the cold weather.</p>	<p><b>MYTH:</b></p> <p>Don't swim right after eating.</p> <p>The basis of this mantra is that when digesting food, the digestive system pulls blood away from the muscles and the idea is that you could cramp up and drown. While you may have less energy to swim vigorously, chances are you won't be so weak as to drown.</p> <p>Although many health myths prevail, knowing the truth can help parents educate their children better about which behaviors are safe and which are risky.</p>
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## Chiropractic treatments can help relieve pain

**A**nyone who has ever suffered back pain, whether that pain is mild, moderate or severe, understands just how unpleasant it can be. Back pain can make life extremely difficult, affecting everything a person does, including performance at work, time spent with the kids or even sleeping at night.

For those with back pain, chiropractic care might be the best way to relieve that pain. A nonsurgical treatment of the disorders of the nervous system and/or musculoskeletal system, chiropractic medicine focuses on spinal manipulation and the treatment of the structures surrounding the spine. Understanding chiropractic care can help men and women dealing with pain better determine if it's for them.

### What conditions do chiropractors treat?

A chiropractor can treat a number of conditions, but most treatments focus on a handful of common and often painful conditions. Those conditions include:

- joint pain in the arms and legs
- mid- and lower back pain
- neck pain
- headaches

### What do chiropractic treatments entail?

Many people with lower back pain find such pain so unbearable that they seek the help of a chiropractor. Despite that, many more people remain wary of visiting a chiropractor for myriad reasons. But chiropractors can effectively treat pain in a number of ways. A chiropractic treatment is commonly referred to as a spinal manipulation. During a treatment, the chiropractor will move a joint beyond its usual range of motion.

The joint might be moved through twisting, pulling or pushing, but it won't be moved beyond the range of motion it's designed to move. Those being treated for the first time should expect to hear some popping or cracking during the treatment. The goal of a spinal manipulation is to improve functionality while reducing nerve irritability and restoring range of motion in the back.

In addition to spinal manipulation, a chiropractor might try other types of treatments, including:

- ultrasound
- the application of heat or ice
- certain strength and conditioning exercises
- relaxation therapy

### Are there side effects to chiropractic treatments?

Perhaps the reason some people are hesitant to visit a chiropractor is the fear that, should something go awry, the back could be

irreparably damaged. Those fears were common during the early years of chiropractic treatments, but now many medical doctors will work in tandem with a chiropractor to ensure patients are getting the correct and most effective treatments.

### Do insurance plans cover chiropractic?

Yes. Chiropractic care is included in most health insurance plans, including major medical plans, workers compensation, Medicare, some Medicaid plans, and Blue Cross Blue Shield plans for federal employees, among others. Chiropractic care is also available to active-duty members of the armed forces at more than 60 military bases and is available to veterans at 36 major veterans medical facilities.

### Will an adjustment be painful?

Despite the cracking and popping sounds it causes, a spinal

adjustment is typically not painful. Of course, men and women who visit a chiropractor are often experiencing significant pain already, and the movement necessary during the treatment might prove painful. However, chiropractors can take steps to make the treatment easier on the patient if he or she is struggling with severe back pain. For instance, a chiropractor might use a drop table during treatment. Parts of the drop table will drop slightly when the chiropractor presses down on the patient's back. This makes the adjustments more gentle. Another tool used to make adjustments more comfortable is a hand-held tool called an activator. Many patients, however, do not need either option.

## Is Chiropractic "Popping" Safe?

Dr. Ben Burgett, D.C., CCEP

**Y**ou have probably heard or know that a chiropractor "pops" your back. What is the popping and is it safe? This sound is actually quite normal. The "pop" is created by the negative pressure within the joint resulting in the release of gases and is harmless. The same as when you crack your knuckles. Is the "popping" sound necessary? No, it's not necessary. The lack of an audible "pop" does not necessarily contribute to the reduction of pain or overall effect! In other words, that audible "pop" is not required to get results.

Even though the "popping" is harmless, there are people that are still afraid of the sound. So, are they doomed to never experience the benefits of chiropractic? No, they are not doomed! Adjustments delivered by an instrument (the use of an instrument to adjust the spine instead of hands) are very effective without causing the "popping" sound.

I have incorporated instrument adjusting into my

practice, in addition to employing adjusting techniques that often give the "popping" sound. I prefer the Impulse iQ®, a computerized instrument adjuster. Impulse iQ® has patented Auto-Sense® technology. This measures how the spine is moving during treatment so that just the right amount of care can be provided. It provides feedback of the patient's response to the adjustment and senses when mobility is maximized, stopping the adjustment.

What does the Impulse iQ® adjustment feel like? It feels like a light tapping sensation. It is a gentle and specific chiropractic adjustment that is effective for treating back pain, headaches and other common ailments seen by a chiropractor. It is safe for patients of all ages and is liked very much by patients that are afraid of the "pop".

*Dr. Burgett owns Burgett Chiropractic in Martin, KY. You can reach him at (606) 285-2639 for any questions or to schedule an appointment.*

*JMPT, Vol. 34, Issue 1, January 2011.*

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# Exploring natural remedies

As prevalent as prescription medications are, all-natural remedies for common illnesses and conditions are still a viable alternative to prescription medications for many people. But are these all-natural options safe?

In 2011, Apple founder Steve Jobs lost his battle with pancreatic cancer. Reports indicate that Jobs, a devout Buddhist, delayed surgery and other traditional treatments for almost a year while he participated in holistic treatments for the cancer. Some of these included juice fasts, bowel cleansings, acupuncture, herbal supplements, and even a vegan diet. Eventually, Jobs had surgery, but some experts feel he waited too long. Although conventional care is often an effective means to treating illnesses and other conditions, there are many doctors who agree that implementing natural remedies at times can be safe and effective. Furthermore, not all natural remedies are without merit, and some traditional medicines are actually

derived from natural, plant-based ingredients themselves.

According to surgeon and author, Dr. Walter C. Thompson, Herbal medicine is safe because it's natural. After researching the literature, one can truly say that, at the very least, herbal medicine is safer than conventional drugs.

Those thinking about incorporating natural remedies into their health regimen can consider the following options in the chart provided.

Many natural foods are effective in preventing and fighting cancer as well.

Although natural remedies can be effective, it's important for pregnant women to avoid any herbs and plant supplements until discussing the risks/benefits with their doctors. Also, some natural remedies can interact with prescription drugs or increase their potency, so it's important to talk to a doctor about any plans.



### Nervousness and anxiety

Try lettuce, chamomile, valerian, and rose petals.



### Itchiness

Witch hazel, jewelweed and aloe vera are effective.



### Antibiotics

Oregano and garlic are purported to have antibiotic qualities and can fend off harmful bacteria.



### Infections

Honey has long been used to heal and as an antibacterial and antifungal remedy.



### Feminine issues

Parsley, basil and goldenseal can alleviate symptoms associated with menstruation.



### Pain relief

Use omega-3 fatty acids, green tea, ginger root, and turmeric.

## daytime drowsiness

Do you find yourself reaching for a can of soda or a cup of coffee during the day to banish fatigue? Many do. But you may want to grab a bottle of water instead. Research indicates that lack of water is

the No. 1 trigger of daytime fatigue. Therefore, not only can drinking adequate supplies of water keep you refreshed, it can also help to keep you more awake even during a boring business meeting.



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