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Over 20 sought in Floyd, Pike drug bust

Mike Justice sat with his head down prior to being processed by a Kentucky Bureau of Investigation officer and then taken to jail. Justice has been charged with two counts of first-degree trafficking.

photo by Alex Smith



by ALEX SMITH
STAFF WRITER

PIKEVILLE — Seven people suspected of dealing drugs in Pike and Floyd counties were arrested Thursday after months of investigations headed by Attorney General Greg Stumbo's Drug Task Force.

The roundup, which began early Thursday morning, targeted more than 20 drug dealers throughout Pike and Floyd counties who had been under investigation between 12 and 15 months, Stumbo said.

"We're focusing in our office on cutting off

the source of these drugs," Stumbo said. "It's something we'll not be able to alleviate overnight."

Officials would not immediately comment on what kind of drugs had been recovered, saying they had found a wide variety of prescription pills and other illegal substances.

As of noon Thursday, seven people had been arrested, with Pike County Sheriff Charles Keese saying the rest would be picked up later in the day or the next few days. He said he is grateful that Stumbo has followed through on his

(See **ROUNDUP**, page two)

ALL A TOURNAMENT

— Page A7

briefs

Richards to run for governor

by ALEX SMITH
STAFF WRITER

BOWLING GREEN — Surrounded by some 250 cheering hometown supporters, House Speaker Jody Richards announced Wednesday that he would seek the Democratic nomination for governor.

"The foundation of our campaign will be honesty and integrity," Richards said. "The most effective leaders are those who let moral and ethical values be their guide."

Richards, accompanied by his running mate, former Secretary of State John Y. Brown III, promised to cut "fat and waste" from state government, to make improving education a priority and to create more high-paying jobs. He said he also wants to provide prescription drug benefits to senior citizens and he wants to improve state services for veterans, in part by creating a cabinet level position to oversee veterans' affairs.

Richards and Brown planned to visit four other western Kentucky towns Wednesday before travel

(See **RICHARDS**, page two)

WINTRY SCENE



photo by Jessica Hale

Snow showers Thursday provided areas of beautiful white scenery throughout the area, such as this scene of the old walking bridge crossing the Big Sandy River at Ball Alley Curve in Prestonsburg.

Hall says she was booted due to politics

by JESSICA HALE
STAFF WRITER

GRETHEL — Eula Hall, founder of the Mud Creek Clinic, a lady who many agree is one of the most dedicated and community oriented people in the area, received news last week that after a decision made by Floyd County's new judge-executive, she would no longer be serving as a commissioner for the Southern Water and Sewer District.

The decision made by Floyd County Judge-Executive R.D. Marshall shocked Hall and led her to believe that Marshall did not reappoint her because she had supported Ben Hale during last year's judge-executive's race.

"I didn't support him, I supported Ben Hale," said Hall. "I've known Ben Hale for years and I supported him from the beginning."

She says her support for Hale is what eventually led to her being "booted" from her position.

Hall has been serving as a commissioner with the water district for over 30 years and in the beginning commissioners did not receive monetary support for their work. Currently, commissioners receive \$500 a month, which Hall says she has always gave back to the community by helping people get their medications or other things they might need.

"There didn't used to be commissioner fees," Hall said. "I took my \$500 a month and helped people with it."

Hall was recognized for her accomplishments a couple of months ago when Route 979 in Mud Creek was renamed the Eula Hall Highway. Several other

(See **HALL**, page two)

Payday loans criticized; lenders say service needed

by ALEX SMITH
STAFF WRITER

PRESTONSBURG — For people who have bills to pay but cannot wait until their next paycheck to pay them, taking out a payday loan with a check cashing service may seem like a good idea.

Commercials for the service are on television all the time, and if you scout the landscape while driving through almost any city street, you will notice their large signs with bold typeface seemingly screaming for your attention, with slogans such as "Get \$200 today, Pay \$202 later."

But many experts say these

businesses are not the quick solution they appear to be, maintaining that by taking out one of these loans, people are simply burying themselves deeper in debt.

Kathy Moats, director of Eastern Kentucky University Small Business Development Center, says payday loans may provide a short-term fix for people in a bind, but overall they encourage dependence on quick-fix loans that may eventually prove costly.

"In the long run, I think these types of loans are hurtful to people. What people need are tools to assist them to budget and manage their finances," Moats said.

A payday loan is a service provided by check cashing companies that loan people the money they need until they receive their next paycheck. The procedure is quick and simple; the borrower writes a personal check made out to the lender for the amount of money they need, plus a fee charged by the lender. The lender then gives the borrower the "advance" they need and a pay-back date is stipulated, usually two to four weeks, depending on when the borrower receives their next paycheck. The lender cashes the check on the date agreed upon, but if the borrow-

(See **LOANS**, page two)

Martin looks at new garbage hauler

by JESSICA HALE
STAFF WRITER

MARTIN — Residents of Martin may soon see a change in their garbage bills if the city council chooses to switch its service to a private sanitation business.

The owner of D & J Sanitation was present at Tuesday's Martin City Council meeting to propose that his company take over

garbage removal in the city. D&J Sanitation is a privately owned business which serves larger cities such as Coal Run in Pike County.

If D&J took over garbage removal in Martin, residents would likely see a decrease in their monthly bills, as would the city of Martin. D&J Sanitation, unlike Waste Management, will also pick up large items

(See **MARTIN**, page two)

Suit over fatal coal truck wreck settled

by ALEX SMITH
STAFF WRITER

INEZ — A \$20 million civil action filed in the March 2004 death of Rev. Lonny Preece in a car accident with a coal truck on Route 40 was settled Jan. 19.

An agreed order of dismissal was entered in Martin Circuit Court by both sides, effectively ending the case. The

terms of the agreement were undisclosed.

"Confidentiality was a condition of the agreement," said John Kirk, a Paintsville attorney who handled the case for the estate through his wife, Doris Preece. "I'll just say that the right and just things were done, the legal aspects of this tragedy [are] over, and the Preece family has been spared the ordeal of reliving the accident at a

trial."

Preece was killed on a Monday morning in March 2004 on Route 40 near Sheldon Clark High School while he was on his way to work. Police reports of the accident and the complaint filed on behalf of his estate charged that the accident was caused when the driver of the coal truck, Charles Wiley, was unable to avoid crashing into Preece's pickup truck that

morning because his truck had been overloaded. In a court deposition, Wiley testified he could not stop the truck "because it was overloaded."

The coal truck was weighed by Kentucky Vehicle Enforcement officers and cited for weighing 150,150 pounds, which was nearly three times the approved weight of 62,000 pounds

(See **SETTLED**, page two)

2 DAY FORECAST

Today



High: 36 • Low: 29

Tomorrow



High: 48 • Low: 23

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

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Roundup

promise to help investigate drug dealers in Eastern Kentucky.

"As a result, today there will be probably be 20 drug dealers taken off the streets," Keese said.

In a press conference held at the Pike County Hall of Justice, Stumbo said some of the arrests were made by using the KASPER (Kentucky All Schedule

Prescription Electronic Reporting) System, which is used by law enforcement to track controlled substance prescriptions in the state. Stumbo said the system has worked well to slow the number of dealers able to sell prescription pills by obtaining multiple prescriptions from several doctors statewide. Even while praising the program, Stumbo pointed out that if other states do not have a similar program, dealers can

either drive to another state to obtain pills or can order them online through what he called "rogue pharmacies."

"Most online pharmacies are legit, but some are just pill factories," Stumbo said. "Sometimes all you need to do is call a number, say your back hurts, give your credit card number, and they ask you how many pills you need."

Stumbo said his Internet Pharmacy Task Force has made several inquiries into the legitimacy of some online pharmacies, including a few instances in which boxes of pills were delivered to his office in Frankfort. He shook his head and said it is sad this is possible, but said he soon hopes more stringent legislation will be in place nationally to force these companies to either comply with the law or

close shop. He added that the pharmacies that delivered the illegal shipments of prescription pills to his office were quickly shut down.

"In all my years, I've never seen such a problem," Keese said. "These drugs not only destroy our young people, it kills our young people and is hurting our coal industry. We are having problems finding people to hire."

Hall

community leaders were present to congratulate her and wish her well.

"I have never been so proud to know someone who has moved more mountains than a coal company", said then-state Rep. Chuck Meade, recalling all of the accomplishments that Hall had made over the years.

Hall says she tried to contact Marshall before last week's fiscal court meeting when the decision was made to let him know that she still wanted to work as a commissioner, but he did not return her calls. Hall's term as commissioner expired over one year ago, but she was not reinstated.

Marshall says his reasoning for not reappointing Hall was not political.

"I just wanted to move in a new direction," Marshall said.

Stumbo said his office will continue to turn up the heat on anyone who sells drugs in Kentucky. He said the problem is an immense one that has touched the lives of nearly every family in the state, including his own.

"I tell people that if your family has not been affected, you should go home and get down on your knees and thank God," Stumbo said.

■ Continued from p1

■ Continued from p1

"It's not a political endeavor on my part."

Marshall went on to say that Hall's replacement, Scarlet Stumbo, and the other newly-appointed commissioners were people he'd had in mind for a while.

"Her term had already expired and another appointment had never been made," Marshall said.

Although Marshall says he has always had and still has the utmost respect for Hall, Hall says she is truly hurt by the decision.

"It really hurt me," said Hall. "I worked so hard."

Although her official duties of commissioner have been discontinued, Hall says she intends on continuing to help the citizens in the area.

"I've got a mind of my own," says Hall.

Richards

■ Continued from p1

ing to Frankfort on Thursday to file candidacy papers with the secretary of state's office.

Richards is the state's longest serving House speaker, having served in the position for 12 years.

He lost the 2003 Democratic primary for governor to now-U.S. Rep. Ben Chandler.

Richards' announcement came one day after former Lt. Gov. Steve Henry entered the race. Henry, a Louisville orthopedic surgeon who

served as the state's second in command from 1995 to 2003 under former Gov. Paul Patton, chose Fayette County Property Valuation Administrator Renee True as his running mate.

Other Democrats who have announced their candidacies in the May 22 gubernatorial primary are state Treasurer Jonathan Miller, former Lt. Gov. Steve Beshear, Lexington lawyer Gatewood Galbraith and Harlan County demolition contractor Otis Hensley Jr.

■ Continued from p1

average between 390 and 780 percent annually.

In a forthcoming report set to be released later this year, Donald P. Morgan, a research officer for the Federal Reserve Bank of New York, and Samuel G. Hanson, a Harvard graduate student, report that contrary to what many reports say about the business, payday loans are not predatory and may actually help get people out of debt in the long run. The report notes that payday loan fees and interest rates are lower in cities that have multiple loan stores, which they conclude is a sign that competition helps limit the amount being charged.

The payday loan business arose in the mid-1990s in response to a number of problems people faced, including rising bounced check and overdraft fees and higher fees on late bill payments. The Community Financial Services Association of America estimates there was a rise in payday advance loan firms from 10,000 in 2000 to more than 22,000 in 2004. The purpose is to provide money for people who have no place to turn, and as the service is needed, people will line up to provide it.

"We basically loan money to people who cannot get a loan at a bank for whatever reason, and it's a good thing," McNabb said.

Obituaries

Lloyd Ronald Blackburn

Lloyd Ronald Blackburn, 81, of Little Paint, East Point, departed this life on January 23, 2007, at his residence, surrounded by his loved ones.

He was born in Lackey, Kentucky, May 8, 1925, the son of Joe and Sola Osborne Blackburn.



He was preceded in death by his parents and one sister, Constance Blackburn.

Lloyd owned and operated the Four Sisters Meat Wholesale for 30 years before retiring in 1987. He proudly served in the U.S. Marine Corps as a member of the Marines Headquarters Company, 1st Marine Division, 1st Battalion, during WWII, and participated in action against the enemy at Okinawa, and in the occupation of China.

He is survived by his loving wife of 60 years, Loretta Burchett Blackburn; and four daughters: LaDonna Miller (David) and Beverly Jo Blackburn, both of Little Paint, Sheryl Jurich (Roger) of Richmond, and Connie Miller (Mark) of Prestonsburg.

He also leaves behind 10 grandchildren: Kimberly Jurich Jeansonne, Michael Lloyd Lyons, David Todd Miller, Elizabeth Lyons Ellis, Jody Burton Shepherd, Dara Jurich Stepp, Kate Miller Shutts, Tara Miller Elliott, Mark Joseph Miller, and Stephen Nicholas Jurich; and 12 great-grandchildren.

Services were conducted Thursday, January 25, at 11 a.m., in the Carter Funeral Home Chapel, with Rev. Bob Coppings officiating.

Visitation began Wednesday, January 24, at 5 p.m., and interment was made in the Joe Blackburn Cemetery, at Little Paint, under the direction of Carter Funeral Home, Prestonsburg.

In lieu of flowers, contributions can be made to the Markey Cancer Center Foundation, 800 Rose Street, CC160, Lexington, Ky. 40536.

Grandsons and grandsons-in-law served as pallbearers.

Military graveside services were conducted by the Big Sandy Chapter No. 18 DAV.

The family has entrusted arrangements to the Carter Funeral Home. (Paid obituary)

□□□

Frederick Allen James

Frederick Allen James was born August 14, 1927, the third child of Ballard and Ginevra Williams James of Prestonsburg. One older brother, Billie James, died in his infancy. One older sister, Mary Irene James, died in 1976.

Upon graduation from Prestonsburg High School, Fred attended the University of Kentucky and Morehead State University. He eventually volunteered for service in the United States Navy, where he served his country during WW II, stationed on the aircraft carrier USS Shangriah.

After the war, he returned to Prestonsburg, and began his career with Southern Bell Telephone, where he retired after 33 years of service.

He married Ruth Hall, and began his family in 1949, in Prestonsburg.

He served in numerous com-

munity programs.

While a member of the First Presbyterian Church of Prestonsburg, he was a deacon, and a beloved youth leader. He was a member of Zebulon Masonic Lodge where his father had served previously; his mother having served as worthy matron of the Eastern Star. He was President of the Communication Workers of America. He was a member of the Floyd County Rescue Squad, a leader of Boy Scout Troop No. 21, and a little league football coach, a member of the Bell South Pioneers, and also a member of the James Younger Gang Society.

He married Sue Milam in 1972, and resided in Prestonsburg, continuing his career with Southern Bell.

He married Joy Leatrice Jones in 1980.

He became a member of the Floyd County and the Big Sandy Historical and Genealogy Societies in his later years.

He is survived by four children: Freddy Allen James II, of Prestonsburg, Mary Ann James and Emily Abbott James Anderson, both of Frankfort, and William Matthew James of Virgie; and two stepchildren: Peggy Turner of Salt Lake, City, Utah, and Brent McCormick of Inez; and numerous grandchildren and great-grandchildren.

Frederick passed away, January 18, 2007.

Funeral services were held at 1 p.m., Saturday, January 20, at Carter Funeral Home Chapel, with Rev. Vicki Poole, Phillip Haywood, and Allen James, officiating.

Military services were conducted by Big Sandy Chapter No. 18 DAV.

Contributions are requested to the Floyd County Historical and Genealogy Society, 113 S. Central Ave., Prestonsburg, Ky. 41653.

Pallbearers: Johnny Heinze, Earl Castle, Shorty Copley, Larry Lyons, Jimmy Blackburn, Charlie Tackett, Bill Callihan, Jimmy Goble, Brent McCormick, David Games, Danny Hamilton, Allen James, and Brett James.

The family has entrusted arrangements to the Carter Funeral Home. (Paid obituary)

□□□

Ronald Ray Shepherd

Ronald Ray Shepherd, 52, of Hippo, died Tuesday, January 23, 2007, at his residence.

Born May 16, 1954, in Paintsville, he was the son of Josceaylen Rowland Shepherd, and the late William H. Shepherd. He was a disabled coal miner.

In addition to his mother, he is survived by a brother and sister-in-law: James L. and Bessie Shepherd of Prestonsburg; two nephews: Thomas J. Shepherd and Paul Sizemore; and several aunts and uncles.

In addition to his father, he was preceded in death by a nephew, Michael L. Shepherd.

Funeral services will be held Friday, January 26, at 1 p.m., at the Nelson-Frazier Funeral Home, in Martin, with Ronald Spriggs and Isaac Rowland officiating.

Burial will be in the Ashland Shepherd Cemetery, in David, under the direction of Nelson-Frazier Funeral Home.

Visitation is at the funeral home. (Paid obituary)

Martin

■ Continued from p1

such as refrigerators on a regular basis. The owner of the company says if it will fit on his truck, he'll take it to the dump with no extra charge.

Mayor Thomasine Robinson seemed to be very interested in the proposal and agreed that she would discuss the issue with Floyd County Judge-Executive R.D. Marshall.

A representative with the Army Corps of Engineers was also present at the meeting to

update the council on the progress of the redevelopment project. The council was informed that construction crews still had six concrete panels to complete on the current section they are working on, completing approximately one every 30 days. The Corps also gave an estimated contract completion date to be reached in August. The wall currently under construction is expected to be completed in April.

Settled

■ Continued from p1

on the road.

Also named in the suit was Appalachian Fuels, New River Energy Resources and Robert Hall Trucking. Individual lawsuits against Appalachian Fuels and New River had previously been settled. Terms of those settlements were not released.

According to depositions, the estate of Preece alleged that the truck had been hired by New River Resources to

haul coal from Appalachian Fuel's Sidney mine to Catlettsburg and they were participating in a scheme to place the overloaded truck on the road.

The charges were contested by both Appalachian and New River, with both companies saying they had no control over which road the driver traveled while delivering the coal.

Loans

er is unable to repay on time, an additional fee is tacked on or interest begins to build. This is where the problem begins; if the borrower cannot pay the money owed, they often take out a second loan to pay off the first, which can quickly compound and lead to soaring debt.

Under current Kentucky law, borrowers can take out two \$500 loans per lending institution, with a 14-day annual percentage rating cap set at 459 percent. But with more than 650 payday lenders

in the state, including more than five located in Floyd County, the service is widely available and people can easily find other locations to take out more loans. The chance that someone will secure additional loans increases for each loan a borrower takes out that goes into default, as evidenced by the more than 50 small claims and civil suits filed last year in Floyd County by cash advance businesses to recover money lent out.

At Cash Express LLC in Prestonsburg, the process of applying for a loan is similar to that at most payday loan establishments; a person must show proof of a current bank account, pay stub, valid identification and a proof of residence. The borrower produces these items and signs a contract stating they understand the Truth in Lending Act and agree to repay the loan in the agreed upon time, which in the case of Cash Express is two to four weeks. The entire process takes less than ten minutes, depending on how prepared the borrower is.

Garry McNabb, the owner of Cash Express in Prestonsburg, said the business is a necessity these days because it allows people to get small short-term loans which they would be unable to procure through a bank for a variety of reasons, including having no collateral, bad credit or the bank simply doesn't generate such small loans. McNabb said his business, which does not compound interest for late payment and charges \$25 to \$30 for each check cashed, is a

cheap alternative for people who may otherwise write four or five checks that bounce and end of paying a penalty equal to the single loan fee on each individual check.

"It's (our service) a good thing and, truthfully, we serve those who cannot get their check cashed somewhere else," McNabb said. "It's sad for people today because of all the government restrictions on loans."

McNabb said that a small portion of his customers default on their loans and are taken to court, and said there are very few people who take out multiple loans a year through his business. But this runs counter to a report released by the Center for Responsible Lending in November, which found that payday lenders collected nearly 90 percent of their revenue in 2005 from borrowers who could not pay on time, which were the same results the group has reported every year since 2003. The report also stated that the average borrower eventually pays \$793 on a \$325 loan.

In the 2003 report they concluded that only 1 percent of all payday borrowers take out one loan a year and pay it back on time; 91 percent of payday borrowers take out five or more loans a year. In many cases, people who fail to pay on time take out additional loans to pay off the previous loans. In most states, annual interest rates on loans are capped at 36 percent, while payday loans rates remain under separate legislation and

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Marriage Licenses

Lenora Sue Slone, 38, of Hueysville, to Phillip Martin Jr., 41, of Hueysville.
 Margie A. Kendrick, 52, of Prestonsburg, to Daniel L. Samons, 54, of Banner.

Amanda Dawn Harrington, 24, of Wheelwright, to Dustin Kenneth Hall, 26, of Weeksbury.

Samantha Farrah Creech, 20, of Prestonsburg, to Ronnie Adam Ash, 23, of Inez.

Civil Suits Filed

ARH McDowell Hospital vs. David D. Dawson; to collect debt

ARH McDowell Hospital vs. Charley Bartley; to collect debt

Atlantic Credit & Finance, Inc. vs. Peggy Stephens; to collect debt

NCO Portfolio Management, LLC vs. Janet Estep; to collect debt

ARH Williamson Hospital vs. Jimmy and Jennifer Adkins; to collect debt

ARH McDowell Hospital vs. Robert Fraley; to collect debt

Portfolio Recovery Associates, LLC vs. April L. Gayheart; to collect debt

Capital One Bank vs. Michael Fraley; to collect debt

Capital One Bank vs. Judy Collins; to collect debt

Housing Authority of Martin vs. Tina Huff; breach of lease

Housing Authority of Martin vs. Margaret Akers; breach of lease

Housing Authority of Martin vs. Jennifer Bryant; breach of lease

MTGLQ Investors, L.P. vs. Regina Jervis; to collect debt

First Financial Credit, Inc. vs. Kenny and Renea Greer; to collect debt

Jeffery Owens vs. Tracey Owens; order to transfer

Joshua D. Carroll vs. Sharlonda Lynn Carroll; dissolution of marriage

Atlantic Credit & Finance Inc. vs. Mary A. Patton; to collect debt

Cindy M. Murphy vs. John C. Murphy; petition for health care insurance

Ronda Caudill vs. Felicia Jenkins; petition for health care insurance

Amanda G. Hall vs. Regina L. Hall; petition for child support and healthcare insurance

Nancy F. Collins vs. Roy Collins; petition for child support and health care insurance

Kayla Elliot vs. Joshua McCray; petition for child support and health care insurance

Hassel B. Howard vs. Mary J. Mullins; petition for health care insurance

Katherine N. Howell vs. Benjamin R. Hoge; petition for health care insurance

Beneficial Kentucky, Inc. vs. Mary Moore, Bobby Moore, Gregory D. Stumbo and Paul H. Thompson; complaint with reformation of mortgage

Barry W. Tackett vs. Michelle I. Tackett; dissolution of marriage

Sandy Valley Financial Services, Inc. vs. Allee Pack; to collect debt

Small Claims Filings

Eric C. Conn vs. Lori D. Fields; to collect debt

Randy Allen vs. Allyson Conley; to collect debt

Housing Authority of Martin vs. Tina Huff; to collect debt

Housing Authority of

Martin vs. Margaret Akers; to collect debt

Housing Authority of Martin vs. Jennifer A. Bryant; to collect debt

Charges Filed

Kenneth Spriggs, 25; third-degree burglary

Deborah Ann Armstrong, 26; receiving stolen property under \$300, theft by unlawful taking/shoplifting over \$300

Dawn Slone, 28; receiving stolen property under \$300, theft by unlawful taking/shoplifting over \$300

Inspections

Bob's Catering, Prestonsburg, regular inspection. Violations noted: Cloths used for wiping spills on food contact surfaces being used for other purposes, improper storage of single service articles. Score: 98

McDowell Appalachian Regional Hospital, McDowell, regular inspection. Violations noted: Cloths used for wiping spills on food contact surfaces being used for other purposes, employees personal items not stored properly. Score: 98

The Perfect Setting, McDowell, regular inspection. Violations noted: Lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods, lack of effective hair restraints, cloths used for food and non food contact surfaces not stored and rinsed frequently in water sanitizing solution, improper storage of single service articles, garbage and refuse containers not covered as required, employees personal items not stored properly. Score: 93

Creekside Mobile Home Park, McDowell, regular inspection. Violations noted: Mobile home lots not systematically numbered, several lots have accumulation of debris. Score: 96

Champs Country Cookin', McDowell, regular inspection. Violations noted: Lack of numerically scaled thermometer for checking cooking and holding temperature of potentially hazardous food, lack of effective hair restraints, cloths used for food and non food contact surfaces not stored or rinsed frequently in water sanitizing solution, cloths used for wiping spills on food contact surfaces being used for other purposes, all plumbing not maintained according to law, lighting not provided as required, light fixtures not shielded as required. Score: 95

McDowell Stop & Shop, McDowell, regular inspection. Violations noted: Lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods, lack of numerically scaled thermometer for checking cooking and holding temperature of potentially hazardous food, lack of effective hair restraints, cloths used for food and non food contact surfaces not stored and rinsed frequently in water sanitizing solution, toilet room doors not self closing, attached equipment on walls and ceiling not constructed properly or in good repair, light fixtures not shielded as required. Score: Food, 94, Retail, 95.

Dwale Mobile Home Park, Dwale, regular inspection. No violations noted. Score: 100

Yates Mobile Home Park, Right Fork of Bull Creek, regular inspection. Violations noted: Mobile home lot sizes

not of compliance standards, park lighting does not meet compliance standards. Score: 96

Double Kwik, Allen, regular inspection. Violations noted: Potentially hazardous food not maintained at 140 degrees fahrenheit or higher at all times during necessary periods of preparation and service, lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods, food not protected during service, cloths used for wiping spills on food contact surfaces being used for other purposes, attached equipment on walls and ceiling not in good repair. Score: Food, 90, Retail, 98.

Riverview Healthcare, Prestonsburg, regular inspection. Violations noted: Food contact surfaces not properly maintained, device not installed to prevent back flow of back siphonage. Score: 93

Wendy's, Prestonsburg, regular inspection. Violations noted: Potentially hazardous food not maintained at 140 degrees fahrenheit or higher at all times except during necessary periods of preparation and service, food not protected during storage, non food contact surfaces not properly maintained. Score: 92

Dairy Queen, Martin, regular inspection. Violations noted: Lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods, non food contact surfaces not properly maintained, cloths used for wiping spills on food contact surfaces being used for other purposes, non food contact surface of equipment and utensils not clean, employees personal items not stored properly. Score: 95

Exxon, Prestonsburg, regular inspection. Violations noted: Lack of accurate ther-

mometers in all refrigeration and freezing units storing potentially hazardous foods, food not protected during storage, lack of effective hair restraints, operators not providing chemical test kits where chemical sanitization methods are employed, cloths used for wiping spills on food contact surfaces being used for other purposes. Score: Food, 97, Retail, 97

Peking Chinese buffet, Prestonsburg, regular inspection. Violations noted: Lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods, in use ice dispensing utensil not properly stored, chlorine sanitizer concentration level for mechanical chemical sanitizing of utensils and equipment less than 50 ppm, cloths used for wiping

(See RECORD, page 18)

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Viewpoint

Worth Repeating ...

"Before God we are all equally wise — and equally foolish."

— Albert Einstein

Amendment 1

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

— Guest View —

Editorial roundup

Star-Ledger of Newark, N.J., on Consumer Reports recalling a report on child safety seats:

Who on earth can we trust if not Consumer Reports? Nonetheless, it appears the magazine, known for its objective consumer advocacy and product testing, has unnecessarily alarmed parents and grandparents in its February issue.

The magazine reported 10 out of 12 child safety seats failed "disastrously" in tests that simulated 38-mph side crashes. Some seats twisted off their bases. One threw the test dummy 30 feet. It is now believed, however, that the conditions actually simulated 70-mph crashes. Oops.

It was the National Highway Transportation Safety Administration, looking at its own data, that got the magazine to recheck its data. Consumer Reports is redoing its study.

Most often, Consumer Reports provides a meaningful service to consumers, ferreting out the worthiness of a product regardless of how powerful the manufacturer might be. Normally, consumers would be more likely to trust Consumer Reports than the federal government. But, the magazine says, this time the feds were right.

An important point that the magazine and the NHTSA each make is that at any speed there is a risk of tragic consequences for any child who is not secured in a properly installed car safety restraint.

The Dallas Morning News, on the drug war:

When a Peruvian federal judge was gunned down as he lunched with a nephew near his office last summer, his murder was a big wake-up call about the power of Mexican drug cartels. Federal Judge Hernán Saturno Vergara probably would be alive today if he had not been on a major case against alleged members of the Tijuana cartel, one of the five Mexican cartels believed to be bankrolling state-of-the-art cocaine processing labs in Peru.

Closer to home, the Tijuana and Gulf cartels are behind the escalating violence along the border, especially in south Texas, the leading port for cocaine.

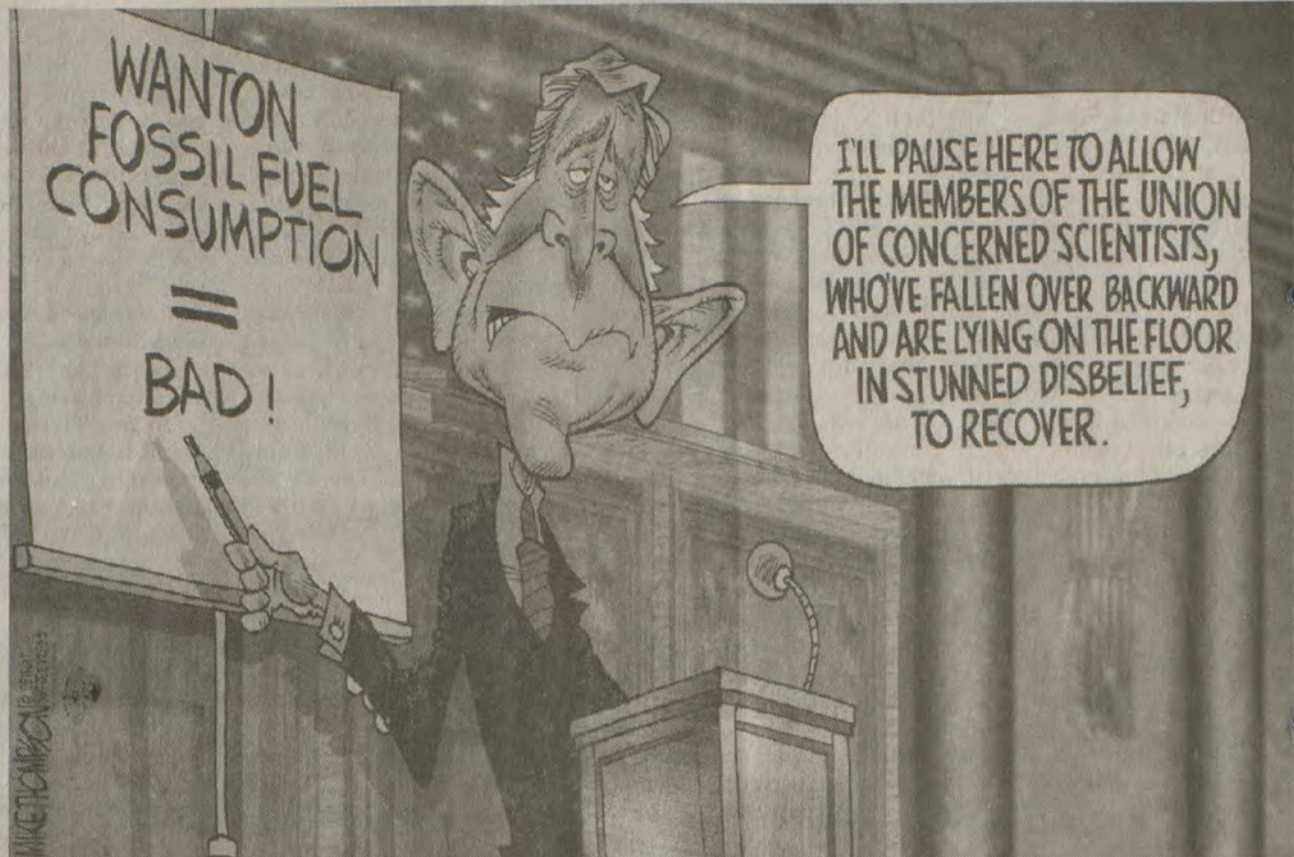
That's why a group of Texas lawmakers all from border districts has filed a bill in the House seeking \$850 million for federal aid to Mexico over five years. That may sound like a lot of money, but not when you consider that, for last year alone, Colombia received \$561 million in U.S. dollars to combat narcotics cultivation and trafficking. Peru got another \$146 million. Mexico, our neighbor and trading partner, received only \$69 million.

Now that Mexican cartels are the dominant drug-trafficking organizations in the hemisphere, Washington must look for ways to stop these vicious empires from spreading. Already Mexican cartels are blamed for drug-related murders in north Texas. And despite recent federal deployments of military and police officials to Mexican border states, the violence continues to spread across the Rio Grande.

The aid bill introduced by Rep. Henry Cuellar, D-Laredo also calls for greater cooperation between U.S. and Mexico law enforcement agencies, especially when it comes to finding missing Americans. Included in the bill are plans to upgrade law enforcement technology and train judges and prosecutors handling drug-related cases, hopefully strengthening Mexico's judicial branch.

Some of the money would go to creating anti-corruption programs and for economic and social development, such as micro-lending and trade-capacity building, to address the chronic poverty that feeds the success of the drug wars.

These resources could give authorities in both countries the needed boost to build a solid partnership to whack away at the far-reaching tentacles of the drug cartels.



THE STATE OF THE UNION

— Guest Column —

Bush's doublethink

by SHELDON RICHMAN

The most peculiar passage in President Bush's much-dissected "surge" speech was this: "I have made it clear to the prime minister [Nouri al-Maliki] and Iraq's other leaders that America's commitment is not open-ended. If the Iraqi government does not follow through on its promises, it will lose the support of the American people."

What could the president have meant by that? On one level it's a waste of time to even ask the question. Bush says what he needs to say in order to justify whatever it is he wants to do. The standard isn't truth and logic but appearance. How will it look to the American people and, presumably, historians far in the future?

But on another level it profits us to examine his words, for they measure how deeply this administration insults the intelligence of the American people. Judging by the polls, they aren't falling for it.

"America's commitment is not open-ended." No? So may we assume that if al-Maliki and his government don't fulfill certain conditions, Bush is ready to withdraw American forces and bring them home? That's the implication — except he can't really mean that. He has spent too much time lecturing us that Iraq is the central front in his "war on terror," "the

decisive ideological struggle of our time," and that failure would be catastrophic for America.

If that's all true, how could he pull out simply because the Iraqi government isn't making nice with the Sunnis? (How could al-Maliki do it anyway? His brutal patron Muqtada al-Sadr wouldn't stand for it.)

And don't you think al-Maliki knows Bush can't withdraw? He hears Bush's speeches, too, and he's no dummy. So in fact he has Bush over a barrel.

So which is it? Is Iraq a place the United States can't afford to leave? Or is leaving a threat credible enough to force al-Maliki to shape up? There's a third possibility: Bush may practice Orwellian doublethink, the ability to hold two contradictory ideas at once, never letting himself see that both can't be true.

As for losing the support of the American people, Frank Rich of the New York Times had it right: "Since that support vanished long ago, it's hard to imagine an emptier threat or a more naked confession of American impotence, all the more pathetic in a speech rattling sabers against Syria and Iran."

Perhaps I've misinterpreted Bush and that it's not withdrawal that he's threatening al-Maliki with. Perhaps he's threatening something else: regime change. That's actually the only Plan B consistent with Bush's apocalyptic line. Al-Maliki might want to watch his back — and read a biography of Ngo Dinh Diem, the assassinated first president of the Republic of Vietnam.

Does anything the administration says add up? "Surge" may be the word du jour, but what Bush intends is not a surge, just a plain old phased-in increase in troops. A small one at that, considering what the neoconservative hawks think is needed for victory. It all has the feel of a face-saving operation designed to kick the can up the road until January 20, 2009.

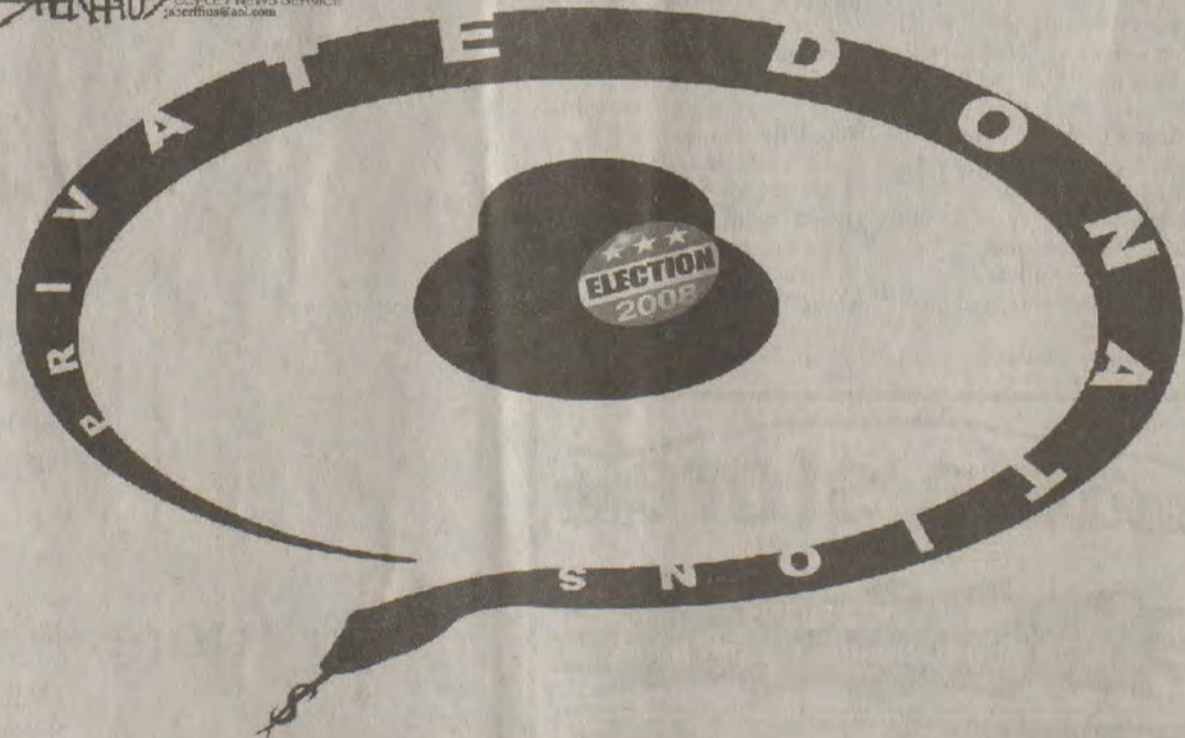
And notice the lack of talk about democracy. It has fallen into the memory hole. When Secretary of State Condoleezza Rice went to Egypt the other day she didn't mention democracy or the rule of law. As the New York Times reported, "It was clear that the United States — facing chaos in Iraq, rising Iranian influence and the destabilizing Israeli-Palestinian conflict — had decided that stability, not democracy, was its priority. Egyptian political commentators, political aides and human rights advocates said." The Egyptian strongman, Hosni Mubarak, can do stability. Maybe he's available for service in Iraq.

Then there's Iran and Bush's open threats. Did he really not know that taking out the barrier to Iran's expansion would pave the way for its regional hegemony? Does anyone think a move or two ahead in that administration?

□□□

Sheldon Richman is senior fellow at The Future of Freedom Foundation, author of *Tethered Citizens: Time to Repeal the Welfare State*, and editor of *The Freeman* magazine.

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Another hat in the ring

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

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'Naked Brothers Band': Real-life kids play themselves (and their songs) in Nick's new comedy

by FRAZIER MOORE
AP TELEVISION WRITER

NEW YORK — If you should come within earshot of a TV being commandeered by youngsters, prepare yourself: Certain pop-music memes could soon be lodging in your brain.

Hear bubblegum riffs like "Cra-ya-yazee car." Like, "Chatter, chatter, chatter, chatterbox!" Like, "If that's not love, then what is? If that's not music, then what is?"

If that's not infectious, then what is? Nickelodeon's "The Naked Brothers Band Movie," premiering Saturday at 8 p.m. EST, dispenses comedy laced with all-too-catchy rock'n'roll. Then the following week it will spin off a half-hour series. Consider yourself warned. (Thanks to Nickelodeon's promotional assault, it's a cinch all kids are on high alert.)

"The Naked Brothers Band Movie" is a parody of tuneful tweeners poised to conquer the world. In its fancifully conceived, child-centric version of New York, kids enjoy equal footing with adults — and young and old agree the Naked Brothers Band is the greatest (even Uma Thurman, in one of the film's many cameos). The mockumentary-style action blends "This is Spinal Tap" with "Our Gang," all by way of "A Hard Day's Night."

And one more thing: It's based on an element of truth.

The Naked Brothers Band — which, by the way, is fully clad — is fronted by 11-year-old keyboardist-lead singer Nat Wolff, with his 8-year-old brother Alex on drums. Nat really did form a band back in preschool. And he really writes the songs.

Now, by virtue of his and Alex's

wherewithal (and that of their mom, actress-turned-filmmaker Polly Draper) they are starring as themselves on TV.

Even though this is a family affair, Draper (best known from the drama "thirtysomething" long before Nat and Alex were born) isn't playing their mom. She's too busy behind the camera with writing, producing and directing chores. On-screen, Nat and Alex are motherless.

But their dad, Michael Wolff (an acclaimed jazz musician who led the house band of the late-night "Arsenio Hall Show"), plays the dad — albeit clownishly larger than life.

Meanwhile, most of the Naked band mates use their real names, including David (Levi) and Thomas (Batuello), who were members with Nat and Alex way back when.

A personal note on the show's alignment with reality: Thomas, who plays cello, is a friend of my son from their toddler days. Thanks to this fortuitous connection, I was present for an early performance by the group at the Manhattan flat where Nat and Alex live — video from which is seen as "archival footage" in "The Naked Brothers Band Movie."

The movie, whose filming consumed most of summer vacation two years ago, begins with a grievance.

"It was a big pain in the patootie making it!" declares Alex, then 6. "The cameras were always following us around, and we never got any privacy for the whole summer!"

"Big pain"? Sure, that's what the script said. But the kids had a blast, which is obvious on the screen.

In the best "Behind the Music" tradition, the film chronicles the band's origin and evolution. Its struggles on the road

and in the studio. The show-biz excesses: Alex (who serves as a rascally, do-rag-sporting counterpoint to the sensitive, soulful Nat) battles substance abuse in the form of lemon-lime soda before successfully completing soda-holic rehab.

And there's a feud that threatens to tear the group apart: Nat is sweet on a girl named Rosalina. Other members argue that boys rule and girls drool.

By the film's conclusion, the band is reunited — with Rosalina a new recruit, breaking the Naked Brothers' gender barrier.

But hold on: How did that name come about? Alex explains, "We were naked at the time" (cut to a home video of him and Nat as moppets clowning in their boxers) and Nat points out, "We're brothers!"

Throughout the film, the band must deal with adoration unmatched since the age of Beatlemania. And not just from kid fans.

Uma Thurman wants Nat's autograph. Julianne Moore wants Nat to help her understand the deeper meaning of his song, "Crazy Car."

Draper even pops up with "thirtysomething" co-stars Peter Horton, Melanie Mayron, Mel Harris, Patricia Wettig and Timothy Busfield as well as Ken Olin, who reflects how "over the years, we'd all drifted apart." But that was before their mutual love for the band "just brought us all together."

The cast and crew of "Naked Brothers Band" were brought back together last summer to shoot the series' first season.

One episode will find Nat, hoarse from laryngitis, fearful that his voice problems indicate puberty and, with it, the end of

(See BAND, page 18)

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<p>Cinema Four • PG-13</p> <p>HELD OVER FREEDOM WRITERS Mon.-Sun. 6:50-9:20; Fri. (4:20), 6:50-9:20; Sat.-Sun. (1:50-4:20), 6:50-9:20</p>	<p>Cinema Nine • PG-13</p> <p>STARTS FRI., 1/26 DREAM GIRLS Mon.-Sun. 6:45-9:25; Fri. (4:10), 6:45-9:25; Sat.-Sun. (1:30-4:10), 6:45-9:25</p>
<p>Cinema Five</p> <p>HELD OVER THE QUEEN PG-13—Mon.-Sun. 7:05-9:25; Fri. 7:05-9:25; Sat.-Sun. (2:05), 7:05-9:25</p> <p>HELD OVER ARTHUR AND THE INVISIBLES PG—Fri.-Sat.-Sun. (4:25)</p>	<p>Cinema Ten • PG</p> <p>HELD OVER WE ARE MARSHALL Mon.-Sun. 6:45-9:20; Fri. (4:10), 6:45-9:20; Sat.-Sun. (1:30-4:10), 6:45-9:20</p>

Rental Central

by TOM DOTY
TIMES COLUMNIST

A hefty number of releases this week includes one action classic of the 1970s, the latest installment in a popular franchise and an actioner with a little heart.

■ "The Guardian" — Ashton Kutcher and Kevin Costner team for this action/drama which traces the training of a new batch of Coast Guard recruits. Kutcher is a young cadet who lacks direction but doesn't let that stop him from having an excess of confidence, while Costner appears as a veteran rescuer who is still tortured by a disastrous mission that claimed his whole crew. The two clash at first, but you all know where this headed.

■ "Saw III" — A devious serial killer who designs clever, and appropriate, traps for his victims returns in this third outing alongside his new-

found assistant. Once again the pair design killer scenarios for people who don't appreciate the gift of life. This one observes the rules of sequels that were laid out in "Scream 2" and, thus, ups the body count as well as the gore factor. Tobin Bell and Shawnee Smith return as the killer and his protégé and there is also an appearance from their nemesis in the last film, a hardened cop played by Donnie Wahlberg. All in all, this is a tense time-waster, though it lacks the moral underling which propelled the first sequel.

■ "The Invincible Ironman" — If you can't wait for the live action Ironman, due next year, then you are sure to enjoy this animated effort from Marvel Films. Here the armored avenger's origin is revealed and they introduce the super villain Mandarin. Good stuff from the folks who produced both "Avengers" films for the same

video line.

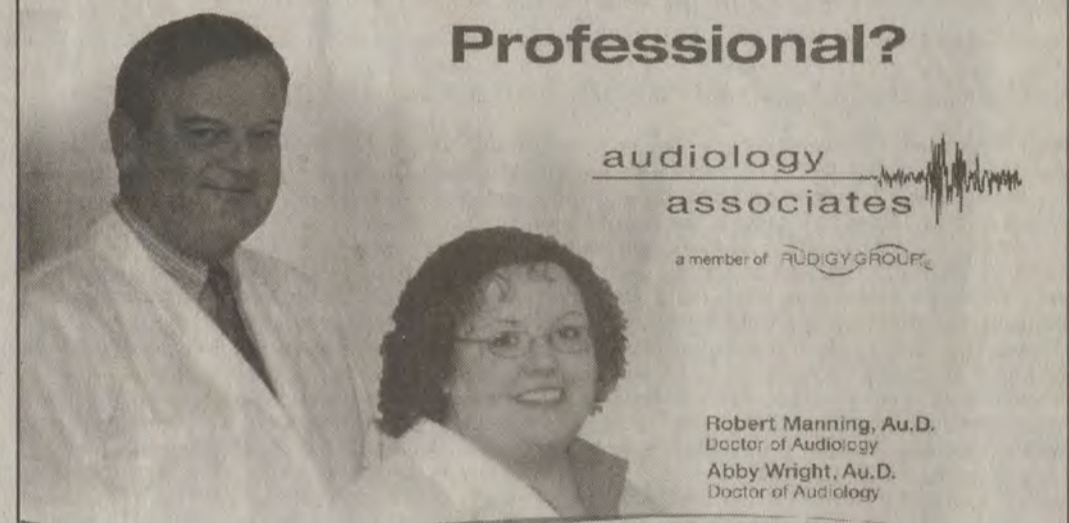
■ "Sherrybaby" — Maggie Gyllenhaal gives a take-no-prisoners performance in this downbeat tale of a woman trying to reconnect with her daughter after a three-year prison term. There isn't one wasted inch of film in this stark saga, which charts the parolee's struggle with addiction and the dangers of reconnecting with the people who helped get you in trouble in the first place. Hard to watch, but we mean that as a compliment.

■ "The Yakuza" — An excellent thriller from the 1970s finally surfaces on DVD with the release of this neo-noir from acclaimed director Sidney Pollack. Robert Mitchum stars as a shady detective who helps a buddy out by traveling to Japan to rescue the man's daughter from the Japanese mafia (see title) who have kidnapped her after dad welshed on a shipment of guns. Great stuff here

from a taut screenplay by Leonard Schrader, who was a devotee of Japanese culture as well as hard-boiled stories. A superb cast includes Richard Jordan, Brian Keith and Ken Takakura ("Black Rain").

Next week look for more Ashton Kutcher (if that's your bag) in "Open Season" and check out James Franco in "Flyboys."

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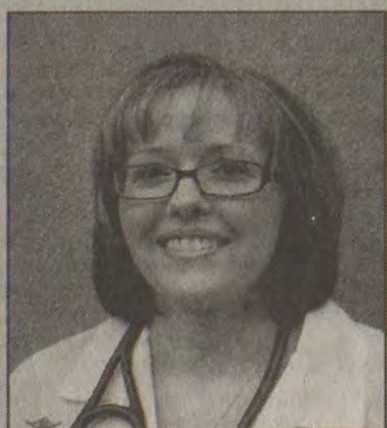
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FLOYD COUNTY Around Our Schools



"Do they really exist?" Well, if you have been to BLHS you have seen some. The Art II and III classes have answered this question with their imagination and art skill to create new and exciting possibilities. While studying the art element Form and using a three-dimensional medium, they have created alien life and exciting masks that represent many stories.



Masks created by the Art II and III students at Betsy Layne High School.

BLHS students explore 'appearances'

Students of Mr. Shannon Shepherd's Art II and III classes at Betsy Layne High School studied artistic form by creating three dimensional paper-mache masks and/or sculptures. When asked about the goal of the unit, Mr. Shepherd simply commented, "We all wear masks," implying that the unit explored more than just artistic form, but also how our outward appearances sometimes "mask" our inner person.

BLHS Beta Club students learn recruiting techniques

Central Kentucky Blood Center's Donor Recruitment Specialist, Russ Cassady spent some time recently at Betsy Layne High School training Beta Club students to be blood donor recruiters. Betsy Layne High School Beta Club sponsors several blood drives a year at the school and Mr. Cassady gave them pointers on how to get the donors needed. He told the students how to counter comments such as, "It will hurt" and "I need my blood."

Students were also shown statistics on how many lives are saved through blood donations and how much blood is needed daily. One thing mentioned to the students was the fact that all blood donated through the Central Kentucky Blood Center stays in this area. One student commented he thought the training was educational and he had learned a lot. Students who participated in the training are Wes Akers, Lindsey Boyette, Kayla Bryant, Brennan Case, Kendra Case, Darlena Hall, Martha Hall, Brittany Hamilton, Keisha Hamilton, Jim Henson, Teresa Hinkle, Ariel Hopkins, Tyler Kidd, Cody McKay, Cassie Morton, Cesilee Newsome, Sasha Osborne, Shaina Parsons, Rebecca Ratliff, Brett Rogers, Brittany Rogers, Brandon Tackett, and Jordan Tackett.

Central Kentucky Blood Center also provides to each of the high schools that participate in blood drives a scholarship for a graduating senior. The amount of the scholarship is determined by the number of donations received during the blood drives throughout the year. Betsy Layne High School's Beta Club has sponsored two drives so far this year. If you are interested in participating in any way, contact Central Kentucky Blood Center or Vicky Ratliff at Betsy Layne High School.



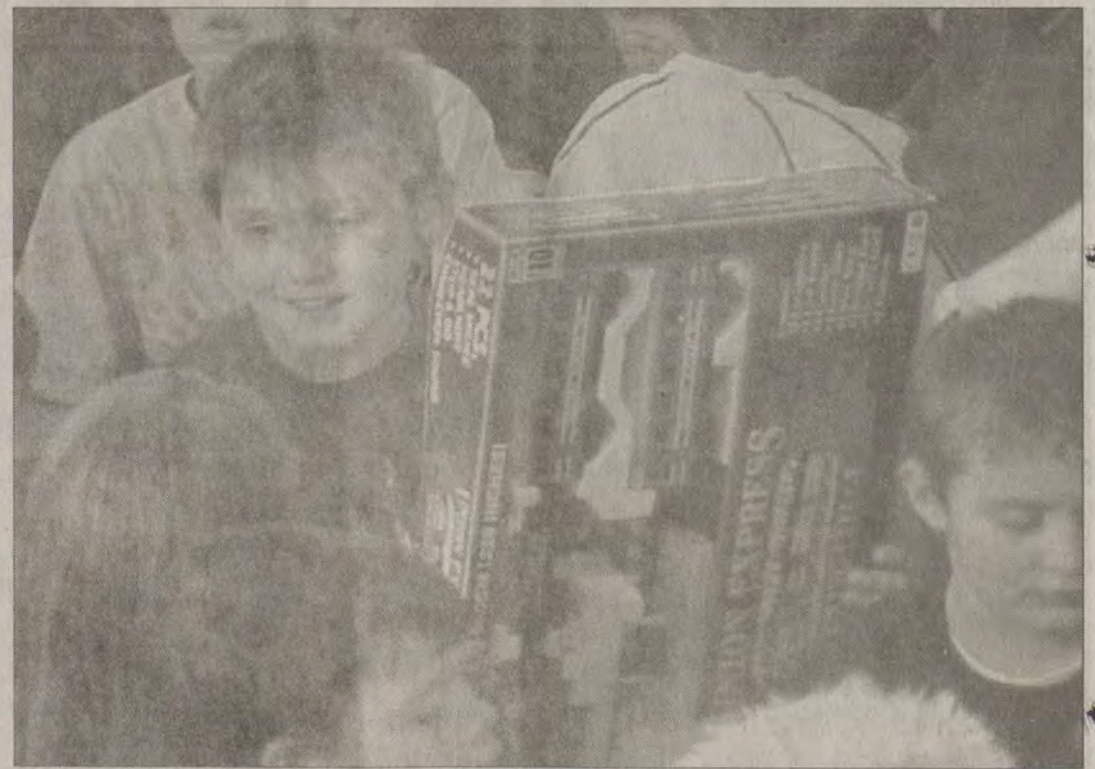
ACHS Academic team defeats PHS for Quick Recall Title

The Allen Central Academic Team defeated Prestonsburg High School to claim the Jenny Wiley Conference Quick Recall Title. This is the first time in five years that ACHS has clinched the Quick Recall Title. The ACHS Academic Team is coached by Chase Goodman. The ACHS Academic Team is pictured: Top: Coach Chase Goodman, Captain Josh Manuel. 2nd row Zach Hamilton, Jamie Meade, Brittany Frasure, Taran Parsons, and Chelsie Cordial. 3rd row: Clyde Hamilton, Elizabeth Hughes, Lindsay Webb, Zack Griffith, and Jeremy Davis. Bottom: Weston Reid.



Real entertainment!

Osborne Elementary's primary students entertained their audience, consisting of fellow students and parents, with a variety of theme's during their 2006 Christmas play. They began with a very heartfelt tribute to our nation's soldiers who could not be with their families throughout the Christmas holiday. Next, they performed the "Night before Christmas." And following, they did a presentation of "Rudolph the Red Nosed Reindeer." Osborne Elementary wishes to thank both, their faculty and students, for the time and effort they spent to make this play such a success! We appreciate you!



Neat TREATS for all!

W. D. Osborne Elementary had treats for both parents and students before dismissing for Christmas break. Many parents were entertained through presentations of Christmas plays and songs. Each classroom had it's own unique performance - faculty and students were wonderful! The school and the PTO had purchased plenty of presents and all student names were put in for drawings. Many happy winners were chosen. Last, but not least, were the drawings for four bicycles. Winners of the bikes were: Ryan Branham, Sydney Little, Alexis Hall and Brandon Taylor.



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SFHS cheerleaders hosting pageant

HI HAT – The Miss Sweetheart Pageant, hosted by the South Floyd High School cheerleaders, will be held at SFHS on Feb. 11, beginning at 1 p.m. Categories are Beauty; Photogenic; Prettiest Eyes; Prettiest Dress; Prettiest Smile; Best Personality; and Sportswear. Age divisions are 0-12 months; 13-18 months; 19-24 months; 3-4 years; 5-6 years; 7-8 years; 9-10 years; 11-12 years; 13-14 years; 15-16 years; and 17-18 years. For more information or to register, contact Denise Isaac at 452-9606 or 377-0469.

INSIDESTUFF

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- Classifieds • page A15

Knights down David in All 'A' opener

by STEVE LeMASTER
 SPORTS EDITOR

PAINTSVILLE – Piarist School and David School basketball teams resumed their heated rivalry Monday night in the first round of the 15th Region All "A" Classic at Paintsville. The Knights kept an unblemished record versus David perfect, defeating the Falcons 75-43.

Piarist, which beat David for the third time this season, enjoyed a double-digit lead most all of the way.

All nine Piarist players got into the scoring column. Josh Ousley led Piarist with a game-high 13 points.

Jake Moak scored 11 points and Caleb Hoskins added 10 for the Knights. Moak was Piarist's top long-range shooter, hitting a team-high three three-pointers. Matt Hicks and Jordan Friend added nine and eight points, respectively.

As a team, Piarist drained seven three-pointers.

Piarist outscored David 23-10 in the opening quarter. The Knights put the game out of David's reach in the second quarter, outscoring David 20-4. Ahead 43-14 at halftime, Piarist kept a big cushion between itself and David in the second half.

David, which remained winless

following the first round setback, featured seven different scorers.

Andrew Conn was the leading contributor for David, finishing with 13 points and sharing game-high scoring honors with Piarist's Ousley.

Kasey Ousley joined Conn in double figures for the Falcons with 11 points. J.R. Robinson netted seven points and Josh Dingus dumped in five for David (0-16).

With the win, Piarist broke a six-game losing streak and improved to 4-18. The Knights were back in action Thursday night at press time in the 15th Region All "A" Classic against Betsy Layne. Results from

the Piarist-Betsy Layne game were unavailable at press time.

15th Region All "A" Classic
 First round at Paintsville
 Piarist 75, David 43

DAVID (0-16) – Ousley 11, Robinson 7, Bryant 2, Haze 3, Dingus 5, Ratliff 2, Conn 13.
 PIARIST (4-18) – Ousley 13, Moak 11, Hicks 9, Hoskins 10, Parsons 7, Doyle 6, Baker 6, Hollyfield 5, Friend 8.

David.....10 4 14 15-43
 Piarist.....23 20 15 17-75



DRIVING IN: Piarist's Josh Ousley drove to the basket Monday night during the 15th Region All "A" Classic opener against David.

Notes from the week

by RICK BENTLEY
 TIMES COLUMNIST

Spanning the globe for the best in sports ... or, in this case, the things that caught my eye during the last week:

■ How about that NHL All-Star game Wednesday night?

Did you see ... (ital) anything? (ital)

Oh. Me too.

Let's just move on.

■ Oh, for those wondering how Kentucky managed to lost to

an inferior Georgia team after leading by 17, I have two words for you: Heart and pride.

■ Looks like Floyd County was nearly assured

of a team in the finals of the All "A". In last night's quarterfinal bracket, only Sheldon Clark could prevent Floyd from being represented in the finals with Betsy Layne playing Piarist and Allen Central meeting the Cards.

■ There are a lot of conspiracy theories in sports, most of which are pretty easily seen through. But let me dig into one that I'm beginning to believe in more and more as time goes by.

Let's look at the 2006 New Orleans Saints. Here's a franchise that was on the brink of ruins, and all of a sudden they wound up one game from the Super Bowl.

First, the Houston Texans inexplicably pass on Reggie Bush and take a defensive lineman who was a bust as a No. 1 overall pick and always will be, mainly because he had no business being a top pick. That leaves Bush, the biggest name in last year's draft, to fall to the Saints.

Within a couple of days,

(See BENTLEY, page eight)

HOLDING ON

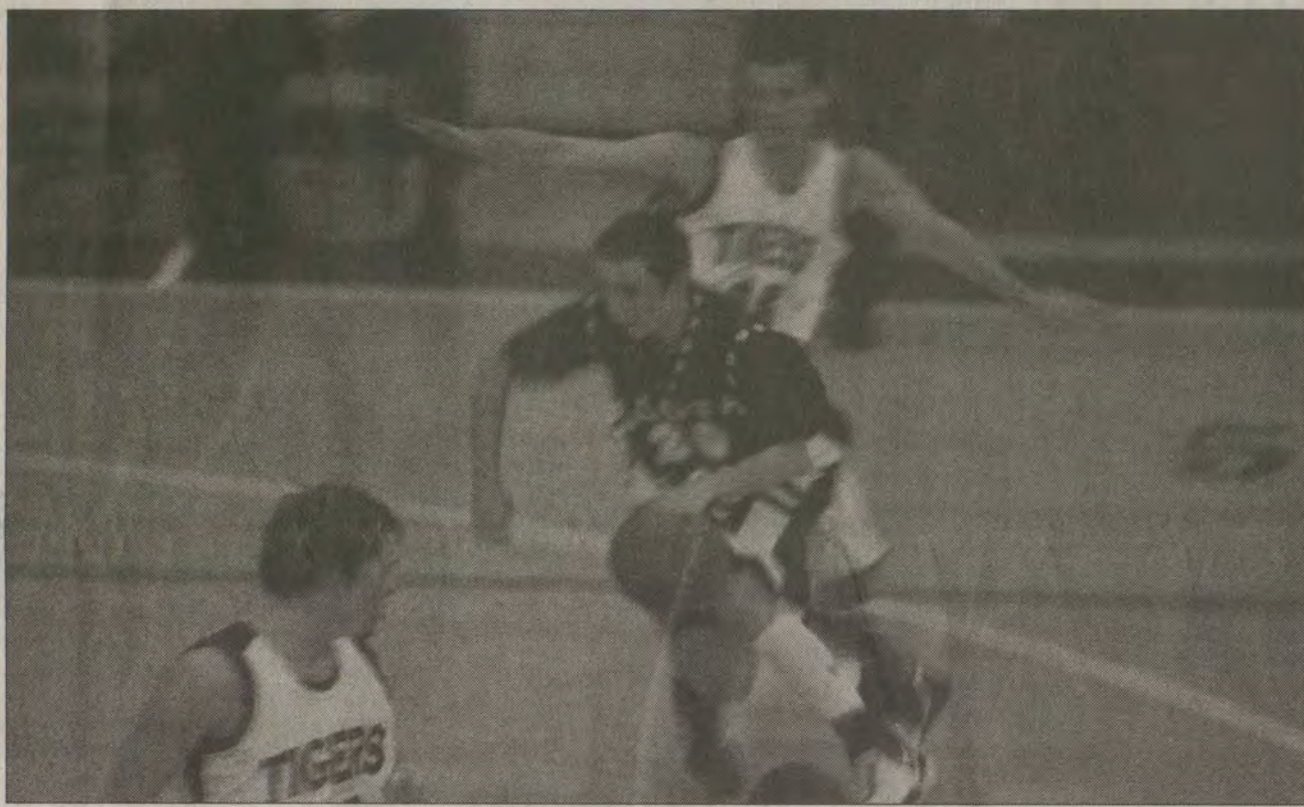


photo by Jamie Howell

Lyle Johnson worked his way through the Paintsville defense during Tuesday night's tournament game. Johnson poured in a game-high 29 points in the 15th Region All "A" Classic contest.

Tigers spoil South Floyd's upset bid

by STEVE LeMASTER
 SPORTS EDITOR

PAINTSVILLE – Tournament host Paintsville avoided an opening round upset in the 15th Region All "A" Classic, but had to fight to do so. In a rematch of last year's 15th Region All "A" Classic championship game, Paintsville was able to enact some revenge. The Tigers did just enough to get past two-time defending champion South Floyd in the opening round matchup, beating the Raiders 75-67.

Veteran Paintsville High School Coach Bill Mike Runyon has been quoted as saying, "Floyd County also produces some good shooters," several times. Runyon and his team encountered a good shooter on Tuesday night.

South Floyd senior Lyle

Johnson put on a three-point shooting show against the Tigers. Johnson, a first-year member of the Raider starting lineup, shot 50-percent from beyond the arc, hitting six-of-12 three-point field goal attempts. Johnson also pulled down six rebounds in the tournament loss.

As a team, South Floyd hit 11-of-40 three-point field goal attempts. The Raiders were quick to fire from beyond the arc.

Looking to make its first trip to Eastern Kentucky University's McBrayer Arena for the Touchstone Energy All "A" Classic since 2003, Paintsville had all five of its starters reach double figures Tuesday night in the tournament game.

Landon Slone led Paintsville

(See TIGERS, page eight)

BOYS' 15TH REGION ALL 'A' CLASSIC SCOREBOARD

Jan. 22
 Piarist School 75, David 44

Jan. 23
 Pikeville 74, Phelps 58
 Paintsville 75, South Floyd 67

Jan. 25
 Sheldon Clark-Allen Central
 Piarist School-Betsy Layne
 (Scores unavailable)

Jan. 26
 Paintsville vs. Pikeville, 6:30 p.m.
 SC-AC winner vs. Piarist-Betsy Layne winner, 8 p.m.

HARDWOOD ROUNDUP

McCarty leads JC past P'burg

TIMES STAFF REPORT

PAINTSVILLE – Johnson Central senior Jamie McCarty ripped the nets for a game-high 26 points and Ian Welch followed with 16 Tuesday night as Johnson Central turned back visiting Prestonsburg 69-57.

Johnson Central (7-10) jumped out in front in the first quarter. The Golden Eagles led 21-15 at the end of the first quarter, but Prestonsburg was ahead 35-34 at the half.

Senior center Trevor Patton had a team-high 16 points for Prestonsburg. Jordan Hall tossed in 13 points and joined Patton in double figures for the Blackcats. Mason Vance scored nine points and Bobby Hughes contributed eight for visiting Prestonsburg (6-11).

Johnson Central outscored Prestonsburg 21-13 in the third quarter.

In other Prestonsburg scoring, Chayse Martin had four points while teammates Michael

(See HARDWOOD, page eight)



Prestonsburg junior Taylor Clark

Panthers pound Phelps

by STEVE LeMASTER
 SPORTS EDITOR

PAINTSVILLE – It didn't take Pikeville long to get out in front of Phelps Tuesday night in the opening round of the 15th Region All "A" Classic at Paintsville. The Panthers outscored Phelps 23-11 in the first quarter and remained in control throughout. The game ended with the Panthers out in front 74-58.

Matt Clevenger scored 18 points and Tim Honaker added 16 to lead Pikeville to the opening round win.

The Panthers led 32-21 at the half. Pikeville outscored Phelps 22-15 in the third quarter.

Daniel Harmon and Deven Adams aided the Pikeville effort with eight points apiece.

Eight different Pikeville players broke into the scoring column. Robert Boyd scored four points and Jordan Bell added three for the Panthers. Tyler Baker rounded out the Pikeville scoring with two points.

Phelps, which brought the 15th Region's second-best record into Tuesday night's tournament game, never got into much of an offensive rhythm.

Charlie Hunt led Phelps with a game-high 29 points. Ryan Dotson followed Hunt in the Phelps scoring column, scoring 12 points. Robert Gannon chipped in eight points for the Hornets.

The Panthers, thanks to the win, improved to 8-5. Phelps dropped to

(See PANTHERS, page eight)



photo by Steve LeMaster

Pikeville's Jacob Sword (10) lofted a shot over the Phelps defense in the fourth quarter on Tuesday.

ALC teams split with Asbury

TIMES STAFF REPORT

PIPPA PASSES – Alice Lloyd College basketball teams hosted Asbury College hoops squads Tuesday evening at the Grady Nutt Center.

In the men's game, visiting Asbury pulled out a 19-point win. The Alice Lloyd Lady Eagles took the women's game, posting a 20-point victory.

More on each



Becky Thomas

(See ALC, page eight)

Bentley

Houston GM Charlie Casserly suddenly resigns to take a mysterious position with the NFL. Clearly he has no duties there, because he also took a gig with CBS to "analyze" things going on in the league. Think about that: When was the last time a member of the front office of any professional sports league was allowed to go on national television on a weekly basis and talk about moves a team could or should make?

Obviously this worked out better than the powers that be planned. Sean Payton turned out to be a terrific choice as head coach, and the signing of quarterback Drew Brees — a source of a completely different conspiracy theory altogether — turned out to be magical, and as a result, the Saints wound up in the NFC championship game.

Now, why do I bring this up today? Simple.

Last week during the title

tilt, Bush took a little screen pass 88 yards for a touchdown. Toward the end of the run, he openly taunted the Bear defenders chasing him, did a summersault into the end zone and then did a prolonged boogie while Fox cameras ate it up.

And, in the year the league proved why it's been dubbed the No Fun League, what happened? How many flags flew for unsportsmanlike conduct, for disgracing the game or causing Dick Butkus to have an aneurism?

That's right! None. Conspiracy theory? Makes the Knicks drafting of Pat Ewing look like your normal, run-of-the-mill occurrence to me.

Am I the only one who tunes out when the lead story on any sports cast has to do with the NBA? I didn't think so.

I'm not much of a

Louisville basketball fan, but naming the court after Denny Crum is long overdue. In fact, naming this long-debated on-campus facility after him would be even better.

NASCAR hit .500 in the changes it made to its Chase this week.

I'm in favor of giving 10 points for a win. For too long it hasn't been rewarding enough to make a run at the win when the difference was nearly nothing. Now maybe we'll get a little more excitement at the end of those smooth Sunday drives, and we all like that idea.

But adding two more drivers to the Chase isn't as good an idea. I don't understand why NASCAR just doesn't say, "We're going to have Dale Jr., Tony Stewart and Jeff Gordon in the Chase every year, and we'll add a few more drivers for good measure."

Continued from p7

ALC

game follows.

Asbury 95, Alice Lloyd 74 (Men's Game): Four different Asbury players reached double figures scoring in the scoring department.

Asbury led 43-37 at halftime.

Senior Shawn Newsome, an Allen Central High School graduate, pushed in 19 points for the host Eagles. Rodney Mitchell followed Newsome in the scoring column with 17

points of his own. Corey Hairston chipped in eight points for Alice Lloyd.

Each team hit five three-point field goals.

Alice Lloyd 81, Asbury 61: The Lady Eagles led Asbury 44-39 at halftime and pulled away in the second half.

Former Allen Central High standout Becky Thomas tossed in a game-high 25 points for host Alice Lloyd. Kaylan Richardson turned in a double-

double effort for Alice Lloyd, scoring 20 points and pulling down 12 rebounds. Chasity Fox followed with 12 points for the Lady Eagles. Elisha Hall added 10 points as Alice Lloyd pulled away for the win.

Alice Lloyd outrebounded Asbury 37-31. Whitney Lykens, a product of Betsy Layne High School, added six points for the Lady Eagles.

Continued from p7

Hardwood

Burchett and Taylor Clark added two apiece.

At Louisa on Tuesday night, host Lawrence County turned back visiting Belfry 61-52.

Belfry (13-6) outscored Lawrence County 14-12 in the opening quarter, but trailed at the end of every other quarter. Chandler Thompson led

Lawrence County with a team-high 13 points. The Bulldogs produced balanced scoring. Chet Pelfry followed with 12 points for the host team. Tyler Brewer and Lewis Michael each had eight points for homestanding Lawrence County. Marc Lester netted seven points and Josh Wilks added six for the Bulldogs.

Lawrence County (8-8) was out in front 27-25 at intermission. The Bulldogs finished strong, outscoring Belfry 20-14 in the fourth quarter.

Aaron Warren scored a team-high 12 points for Belfry. Dustin May and Justin Steele each had nine points for the Pirates.

Continued from p7

Panthers

13-4 after the loss.

Pikeville will play tournament host Paintsville tonight in one of two semifinal games. Tip-off for the Pikeville-Paintsville game is set for 6:30 p.m.

Pikeville 74, Phelps 58
15th Region All "A" Classic at Paintsville
PHELPS (13-4) — Gannon 8, Hunt 29, Blankenship 4, Dotson 12, Stiltner 5.
PIKEVILLE (8-5) — Harmon 8, Honaker 16, Bell 3, Sword 15, Clevenger 18, Adams 8, Boyd 4, Baker 2.
Phelps.....11 10 15 22-58
Pikeville....23 9 22 20-74

Continued from p7

Tigers

past South Floyd. Slone hit a trio of three-pointers and led Paintsville with a team-high 26 points. Following Slone in the Paintsville scoring column were Shane Grimm and Blake Bundy, each of whom finished with 12 points apiece.

JD VanHoose and Van Ferguson, a first-year player for Paintsville, added 11 points each.

Daniel Meade was the only non-starter to score for the Tigers. Meade had three points for victorious Paintsville.

The Tigers took a 38-33 lead into halftime. Paintsville outscored South Floyd 21-17 in the third quarter. The

Raiders got within one possession of drawing even with the Tigers in the second half before Paintsville pulled away.

Four different players provided scoring for South Floyd. Ethan Johnson contributed a double-double for the Raiders, finishing with 19 points and 12 rebounds. Adam Slone scored 10 points and Wes Akers added nine for South Floyd.

Kyle Brown didn't score, but gave South Floyd a strong inside presence, finishing with 12 rebounds. Brown had seven rebounds on the offensive end. The Raiders fell to 4-12 after the loss.

Paintsville (12-6), follow-

ing the win, advanced to meet Pikeville in the tournament's semifinals.

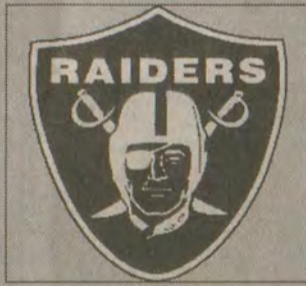
15th Region All "A" Classic
First round at Paintsville
Paintsville 75, S. Floyd 67
SOUTH FLOYD (4-12) — E. Johnson 19, L. Johnson 29, Akers 9, Slone 10.
PAINTSVILLE (12-6) — Ferguson 11, Slone 26, VanHoose 11, Grimm 12, Bundy 12, Meade 3.
SF.....14 19 17 17-67
P.....20 18 21 16-75

Continued from p7

ATHLETES OF THE WEEK



Amber Whitaker, Prestonsburg Basketball



Lyle Johnson, South Floyd Basketball

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The Times

Bobcats cruise past Riverside Christian

TIMES STAFF REPORT

BETSY LAYNE — Betsy Layne outscored Riverside Christian 23-6 in the opening quarter Thursday night, Jan. 18, and didn't have any trouble getting past the visiting Rams. Betsy Layne never trailed on

its way to a convincing 72-32 win over Riverside Christian.

Justin Collins led Betsy Layne with a game-high 21 points. Collins was one of 13 different players to score points for the Bobcats. Sam Keathley tossed in eight points and Brennan Case added seven for Betsy Layne.

Only three players provided scoring for Riverside Christian. Brett Stacy paced the Rams with a team-high 14 points. Brandon Hudson scored 12 points and Jason

Napier netted six for Riverside Christian.

Betsy Layne led Riverside Christian 42-16 at halftime and 55-25 at the end of the third quarter.

The Bobcats were back in action Thursday night in the opening round of the 15th Region All "A" Classic against former 58th District rival Piarist. The Betsy Layne-Piarist game ended too late to make this edition.

Basketball reunion set for Morehead

TIMES STAFF REPORT

MOREHEAD — There will be a little something for everyone when Morehead State plays host to Eastern Illinois for a key Ohio Valley Conference basketball double-header on Saturday. The women's game will tip off at 2 p.m., the men's game at 4:15 p.m. Tickets will be available at the Academic-Athletic Center ticket windows on

gameday

Eagle men's basketball coach Donnie Tyndall has extended an invitation to all former Morehead State men's basketball players, coaches, and managers to a reunion on Friday (Jan. 26) and asked all of those former Eagles to stick around for the games on Saturday.

It will be "Old School Night," and there will be free MSU pennants, costume contests and student organization participation contests. The Tildon Hogge Elementary School Choir will be singing the national anthem.

Those attending a Kentucky Governor Scholars

reunion will be in attendance. MSU hosted a Governor Scholars program this past summer, and all participants are invited back to campus.

The game can be heard on the Eagles Sports Network, including flagship stations WIVY-FM (96.3), and on msueagles.com. Video web streaming will also be available on OVCSports.TV.

The MSU women will be looking for their ninth win in a row. The Eagles will be battling for a first-round home game in the OVC Tournament and will be trying to break a three-game losing streak. Both teams are 10-9 on the season.

Dairy Queen of Prestonsburg

SPORTS FAN OF THE WEEK

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

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



South Floyd senior Ethan Johnson looked to pass during Tuesday's game against Paintsville. Junior Van Ferguson is pictured for Paintsville.

photo by Jamie Howell

IN OT: Georgia Bulldogs 78, Kentucky Wildcats 69

by PAUL NEWBERRY
ASSOCIATED PRESS

ATHENS, Ga. — This time, it was Georgia pulling off the improbable comeback.

Takis Brown scored 20 points, Sundiata Gaines had 19 and the Bulldogs overcame a 17-point deficit to hand Kentucky its second straight Southeastern Conference loss, beating the Wildcats 78-69 in overtime Wednesday night.

Georgia (12-6, 4-2 SEC) bounced back from a disheartening loss Saturday at No. 12 Alabama, in which the Bulldogs squandered a 19-point lead and were beaten on a disputed shot at the buzzer.

Just four days later, they found out what it was like to be on the other side. It sure felt a lot better.

"My tutor said something to me the other day: 'For every game you win at the buzzer, you lose one at the buzzer,'" said Brown, who made 10-of-15 shots and was virtually unstoppable on the inside. "I don't know if

that's true or not, but it sure worked out for us."

Kentucky (15-5, 4-2) dominated the first half, pushing its lead to 43-26 when Sheray Thomas got free under the basket for a layup. Joe Crawford had 17 of his 29 points before halftime.

But something ominous happened to the Wildcats with just under 5 minutes left in the opening half. Randolph Morris got called for his third foul, forcing him to sit out the rest of the period and the start of the second half, as well.

Georgia, which trailed 43-30 at the break, scored the first eight points of the second half, pounding the ball inside for every one of them. After Dave Bliss drew a foul underneath and made both free throws, the Bulldogs went to Brown on their next three possessions.

He dunked the first one, then hit a pair of jump hooks to bring the sell-out crowd to its feet.

"That's one of the things the coaches told us in the walkthrough,"

Brown said. "If we could get (Morris) out of there, we would eat them alive in the post because they were too small."

The game went to overtime tied at 65. Gaines took control in the extra period, making a huge 3-pointer — just beating the shot clock — with 1:45 remaining that gave the Bulldogs a 73-69 lead. Finally, after struggling most of the game at the foul line, he clinched the win by sinking a pair of free throws with 28 seconds left.

Crawford's pull-up jumper with 2:20 remaining would be Kentucky's final points. He didn't get much help from his teammates; Morris with 11 points and Jodie Meeks with 10 were the only other Kentucky players in double figures.

Morris fouled out in overtime, having played just 29 minutes. More telling, he managed only two rebounds, a sign of Georgia's dominating performance in the lane over the final 25 minutes.

The Bulldogs outrebounded Kentucky 28-12 after halftime.

"They out-toughed us and out-fought us in just about every category," said Kentucky coach Tubby Smith, who was especially impressed with Brown. "He just manhandled us in there."

The Wildcats lost to Vanderbilt at home over the weekend, snapping an 11-game winning streak. Suddenly, they've got a losing streak.

"We haven't learned how to finish yet," Smith said. "We had a great first half, but you've got to put two halves together."

During a frenetic final minute of regulation, Georgia's Steve Newman threw a pass away and Kentucky took off on a fast break, only to turn it back over when Gaines hustled back to swipe a bounce pass by Meeks, trying to hit a teammate breaking loose under the basket.

Gaines drew a foul at the other end with 37.1 seconds left, going to the line with a chance to put Georgia ahead. He missed both free throws but jumped in front of Crawford to steal away the rebound on the second

one, giving the Bulldogs a chance to win it with a final shot.

But the half-court offense bogged down near midcourt, forcing Gaines to attempt a desperation shot that failed to hit anything. But Smith didn't like what he was seeing.

"Some terrible turnovers, not boxing out at the free-throw line — those things hurt," the coach moaned.

The Wildcats seemed to have weathered Georgia's second-half flurry when Meeks hit one from beyond the arc, pushing the lead back to double-figures at 50-38.

But the Bulldogs just wouldn't go away, ripping off a 19-5 spurt that culminated with Brown scoring again on the inside for a 57-55 lead with 5 1/2 minutes to go.

"We're at the phase now where we're starting to turn the corner as a team," Georgia coach Dennis Felton said. "We're not just expecting to compete. We're expecting to be successful if we're relentless enough in what we do."

Betsy Layne tops Wesley Christian for C-Team title

by STEVE LeMASTER
SPORTS EDITOR

BETSY LAYNE — On an evening when three Floyd County grade school basketball champions would be crowned, Betsy Layne Elementary claimed the first hardware. Betsy Layne outscored C-Team championship game opponent Wesley Christian 11-1 in the first quarter and didn't have any trouble against the Riders the rest of the way last Friday. The Bobcats, under the guidance of coaches Jeff Stumbo and Harold Tackett, never trailed en route to a 34-7 win.

Forward Dylan Hamilton led Betsy Layne with a game-high 19 points. Hamilton had 15 points in the first half.

Guard Brian Watkins was Betsy Layne's second-leading scorer with five points. Chase Hall and Dustin Rogers each had three points for the Bobcats. Rogers hit the game's only

three-point field goal.

Betsy Layne outscored Wesley in every quarter. The Bobcats held Wesley to just a free throw in the first half and led 20-1 at halftime.

Peyton Case and McKenzie Akers added two points apiece for Betsy Layne in the championship win.

The Bobcats hit five-of-nine attempts from the free throw line.

Jarrin Hall, Daulton Meade and Elias Little each had two points for Wesley. Tyler Lewis rounded out the Wesley scoring with a free throw.

Betsy Layne led 29-3 at the end of the third quarter.

UP CLOSE WITH THE BOBCATS: Members of the Betsy Layne C-Team are Dylan Hamilton, Chase Hall, Brian Watkins, Dustin Rogers, Blake Rogers, Peyton Case, McKenzie Akers, Braxton Tackett, Blake Spencer, Austin Burchett, Steven Adkins, Seth Tackett, Gage Pinson, Dalton Maldonado and Glenn Conn.



Betsy Layne Elementary captured the Floyd County grade school C-team championship last Friday night.

photo by Jamie Howell



photo by Jamie Howell Senior Amber Whitaker had the biggest scoring push for Prestonsburg on Monday night in its win over visiting Phelps.

Prestonsburg turns back Phelps

by STEVE LeMASTER
SPORTS EDITOR

PRESTONSBURG — The recently injury-plagued Prestonsburg High School girls' basketball team ended a two-game losing skid Monday night at home against Phelps. Prestonsburg welcomed back to the hardwood sophomore Linsey Fields, a player who had been out of action due to a knee injury. Prestonsburg, which has lost senior guard Meaghan Slone for the rest of the season, maintained some sort of lead over visiting Phelps in every quarter. Four different Lady Blackcats provided scoring as Prestonsburg won 41-36.

Senior Amber Whitaker paced Prestonsburg with a team-high 15 points. Whitaker was the only Prestonsburg player and one of only two players in the game to break into double figures.

The Lady Blackcats jumped out to an early lead over Phelps. Prestonsburg led 12-3 at the end of the first quarter. Visiting Phelps livened up and outscored the Lady Blackcats 15-10 in the second quarter, but Prestonsburg still found itself out in front 22-18 at the half.

Jasmine Hall tossed in a game-high 22 points for Phelps (4-10). Kayla Johnson added seven points for the Lady Hornets. Sheena Wolford scored four points and Taylor Keene

added three. Hannah Fitzpatrick finished the game near double figures, scoring nine points. Fields scored eight points and Julianne Frye added six. Elizabeth Chaffin rounded out the Prestonsburg scoring with three points. With the win, Prestonsburg improved to 7-11.

Prestonsburg 41, Phelps 36
PHELPS (4-10) — Johnson 7, Keene 3, Hall 22, Wolford 4, McGuire 0.
PRESTONSBURG (7-11) — Whitaker 15, Fields 8, Chaffin 3, Frye 6, Fitzpatrick 9.
Phelps.....3 15 8 10-36
Prestonsburg...12 10 10 9-41

Garrett Christian falls to Mountain Mission, beats Wabaco

TIMES STAFF REPORT

GARRETT — The Garrett Christian Warriors traveled to Grundy, Va., earlier in the week to play the Mt. Mission Challengers. Host Mt. Mission started quickly and led 15-7 at the end of the first quarter. The Warriors managed to battle back as Mt. Mission only led 27-24 at the

half. During the third quarter, Mt. Mission outscored Garrett 17-13. The Challengers led 44-37 at the start of the fourth quarter. Garrett never backed down, outscoring Mt. Mission 22-21 in the final quarter. The effort, however, left Garrett short of claiming the victory as Mt. Mission held on and won 65-59. Kyle Green was Garrett's leading

scorer in the game against Mt. Mission. Green finished with 22 points. Andrew Szabo scored 14 points and Matthew Potter added 13 for the Warriors. Wes Prater netted five points, Travis Scott scored four and Jan Hicks added one for Garrett. Garrett 71, Wabaco 50: Garrett Christian was able to get back into the win column against Wabaco. The

Warriors put together a stellar second half and pulled away from the Wabaco team. Garrett led Wabaco 18-7 at the end of the first quarter. At halftime, Garrett clung to a 26-24 lead. The Warriors applied man-to-man defensive pressure in the second half and took control of the game. Kyle Green paced Garrett with a

game-high 24 points. Andrew Szabo and Travis Scott joined Green in double figures with 16 and 10 points, respectively. Wes Prater nearly accounted for the game's only double-double, finishing with 13 rebounds and nine points. Jan Hicks flipped in eight points and Matthew Potter added two for the Warriors.

- WYMT Girls' Mountain Top 10**
1. Magoffin County
 2. Perry County Central
 3. Clay County
 4. Shelby Valley
 5. Breathitt County
 6. Leslie County
 7. Johnson Central
 8. Belfry
 9. South Laurel
 10. Owsley County

Pulley not enrolled for spring; plans to return in fall

TIMES STAFF REPORT

LEXINGTON — Curtis Pulley, a quarterback and wide receiver on the University of Kentucky football team, is not enrolled in UK this spring but plans to return in the fall while redshirting the 2007 season, Coach Rich Brooks announced.

Pulley has served as a reserve quarterback, wide receiver and special teams player during his two seasons with the Wildcats. In 2006, he played in all 13 games, completed 8-of-14 passes for 72 yards, rushed 23 times for 124 yards, caught 21 passes for 201 yards and one touchdown, and blocked two kicks on special teams. After redshirting the 2007 season, Pulley will have two years of eligibility remaining in 2008 and '09.

- WYMT Boys' Mountain Top 10**
1. South Laurel
 2. June Buchanan
 3. Breathitt County
 4. Paintsville
 5. Bell County
 6. Shelby Valley
 7. Clay County
 8. Hazard
 9. Southwestern
 10. Belfry



KEEPING UP IN THE CLASSROOM: The Mountain Mission Academy boys' basketball team was honored last Friday for having the highest grade-point-average of any Floyd County grade school squad.

photo by Jamie Howell

NASCAR announces changes to points system, Chase

SPECIAL TO THE TIMES

DAYTONA BEACH, Fla. — Race victories will become more important than ever in 2007 as a result of adjustments to the points system and the Chase for the Nextel Cup format announced Monday by NASCAR.

The adjustments are designed to establish more balance between winning and consistency, but there is a new emphasis on the former.

"The adjustments taken [Monday] put a greater emphasis on winning races," NASCAR chairman and CEO Brian France said. "Winning is what this sport is all about. Nobody likes to see drivers content to finish in the top 10. We want our sport — especially during the Chase — to be more about win-

ning."

The Chase — consisting of the season's last 10 races — will further reflect the importance of racing to win, via a variety of adjustments.

During the format's first three years, the top-10 drivers in points after the 26th race of the season qualified for the Chase; in addition, any other driver outside the top 10 but within 400 points of the standings' leader also was eligible.

Starting this season, the 400-point cutoff is eliminated and the top 12 drivers in the points after Race 26 will qualify for the Chase.

All 12 drivers will have their point totals reset to 5,000; each will then receive a 10-point bonus for each race victory they had during the first 26 races.

The Chase drivers will be "seeded" to start the Chase based on the number of wins amassed during the regular season.

"I like that the points for each of the now 12 drivers in the Chase will be set at 5,000 with an additional 10 for each race win," said team owner Richard Childress, who had two drivers in the 2006 Chase.

In line with the Chase adjustments, wins throughout the season will be more valuable.

Race winners throughout the 36-race season will now receive 185 points, a five-point increase.

"I'm happy to see NASCAR increase the points for winning a race," Childress said. "It makes winning that much more important. ... After all, winning is what this sport

is all about."

Counting the five-point bonuses available for leading at least one lap and leading the most laps, a race winner now can earn a maximum of 195 points, creating a possible maximum of 25 points between first- and second-place finishers.

"Will it help us at the gate? Time will only tell, but if No. 11 and No. 12 are Dale Earnhardt Jr. and Jeff Gordon — or in last year's case two-time series champ Tony Stewart — obviously the answer is a definite 'yes,'" said Eddie Gossage, president of Texas Motor Speedway. "This is a good move by NASCAR for the speedways hosting the 10 races in the Chase."

"Long term, NASCAR has to make sure that they don't go too far

and water down the playoff field like we have seen in other sports. Water cooler talk — even the debate over whether this is good or not — is important to the sport."

The 2006 season of Kasey Kahne provides a dramatic illustration of the adjusted Chase format's implications.

Kahne qualified for last year's Chase, but started it in 10th place — despite having won a series-high five races. Under the new format, Kahne would begin the Chase in first place, with 5,050 points.

"These changes should make the Chase for the championship even more exciting for the race fans and more competitive for the teams," Childress noted.

O'Reilly NARA Battle of the Bluegrass Banquet slated for Feb. 24

TIMES STAFF REPORT

LEXINGTON — For the first time in Series history, the O'Reilly NARA Battle of the Bluegrass DirtCar Series and NARA Battle of the Bluegrass Modified Series will be hosting their annual Awards Banquet, a Celebration of Champions, on the same evening, Saturday, Feb. 24. The Celebration of Champions will be held at the Springs Inn in Lexington, and will honor the top-10 in points from each Series as well as other award winners.

In 2006, veteran Mike Jewell became the first ever two-time Champion of the O'Reilly NARA Battle of the Bluegrass DirtCar Series presented by Arizona Sport Shirts. Jewell picked up two victories, one at

201 Speedway and one at Richmond Raceway, en route to the title. Behind Jewell, 2006 Rookie of the Year Justin Rattliff edged 2005 Rookie of the Year Chris Combs for second in the final points tally with Combs third, 2005 Series Co-Champion Tim Tungate fourth, and 2004 Series Champion Aaron Hatton fifth. Bobby Wolter Jr., Bryan Barber, Dan Deaton, Greg Johnson, and Brad Neat rounded out the top-10.

The nation's most competitive regional racing Series produced 13 different winners in 22 events. Aside from the whopping 10 victories credited to Mother Nature, Greg Johnson led the Series notching five wins. With the 13 different winners and over 250 different drivers participat-

ing with the Series in 2006, the O'Reilly NARA Battle of the Bluegrass DirtCar Series can once again stamp itself as not only one of the best regional Series in the country, but the most competitive of them all.

In the 109-race history of the O'Reilly NARA Battle of the Bluegrass DirtCar Series presented by Arizona Sport Shirts, there have been 43 different drivers reach victory lane at least once with Mike Jewell leading the all-time win list with nine victories. In the five year history of the Series, only Aaron Hatton has finished in the top ten of the final points standings each season.

For the second year in a row, Joey Kramer will be crowned the NARA Battle of the Bluegrass Modified Series Champion. In a highly enter-

tainment points battle, the top four drivers in the final points rundown finished within 200 points of each other. Kramer's title didn't come as easily in 2006 as it did in 2005. The Hoosier State hotshoe nabbed three Series victories in 2006 and was in a constant battle with fellow drivers Don Adams, Jimmy Payne, Kelly Warren, and Tommy Bailey throughout the Series in a nip-and-tuck points chase that came down to the season finale at Lake Cumberland Speedway.

Behind Kramer, Don Adams was a close second in final points standings with Jimmy Payne third, inaugural Series Champion Kelly Warren fourth, and 2005 Rookie of the Year Dustin Linville fifth. Completing the top-10 were Shon Flanery, Tommy Bailey, Cale Coffee, Clint Shutts and

Victor Lee. Kramer and Bailey led the Series with three wins each, while Adams had two wins, with Warren, Lee, and Payne garnering one win apiece.

The Springs Inn will host the Celebration of Champions in its Kentucky Room. The cost of the banquet is \$25 per person and tickets can be obtained by contacting the Series office. The social hour will be at 5 p.m. with the meal being served at 6 p.m. The Celebration of Champions will follow the meal at approximately 7 p.m.

For more information on the Celebration of Champions, contact the Series office at 859/433-5707. Ticket orders must be received no later than Feb. 17. There will be no tickets sold at the door.

Bristol Dragway named Southeast Division Track of the Year

TIMES STAFF REPORT

BRISTOL, Tenn. — For the second time in six years, the National Hot Rod Association awarded Bristol Dragway the title of Southeast Division Track of the Year

at the Southeast Division Awards Banquet in Jacksonville, Fla.

Bristol Dragway received the designation of favorite track in the Southeast Division through an online poll of competitors, fans and spectators.

"Everyone at Bristol Dragway deserves credit for this award," said Bristol Dragway Operations Manager Jack Cocklin, who accepted the award on behalf of the track. "We will use this as motivation to exceed the expectations of those

who visit our track and continue to voice their opinion that Bristol Dragway stands among the best facilities in the country."

In 2001, the NHRA named Bristol Dragway "Quarter Mile Track of the Year" in the NHRA's

Southeast Division.

NHRA's Southeast Division consists of 19 tracks in Alabama, Florida, Georgia, Mississippi, North Carolina, Tennessee and Puerto Rico.

Reds acquire Saarloos, sign Bellhorn

TIMES STAFF REPORT

CINCINNATI — The Cincinnati Reds acquired RHP Kirk Saarloos (pronounced SAHR-lohs) and a player to be named in exchange for RHP David Shafer and a player to be named from the Oakland Athletics today.

Saarloos, 27, last season for the A's went 7-7, 4.75 with 2 saves in 16 starts and 19 relief appearances. In his 5-year Major League career he is

27-25, 4.79 with 3 complete games, 2 shutouts and 2 saves in 123 appearances, including 69 starts, for the Astros and the A's. Shafer, 24, last season at Class AA Chattanooga posted a 2.36 ERA with 26 saves in 44 relief appearances. In November he was added to the Reds' 40-man roster.

Versatile veteran IF Mark Bellhorn has agreed to terms on a minor league contract with an invitation to Major League Spring Training camp. Bellhorn, 32, spent last season with the National League West Division champion Padres. He has more than 200 career appearances at both 2B and 3B and also has played 1B (41g) and SS (31g). He was a member of the 2004 World Series champion Red Sox, and also has played for the Athletics, Cubs, Rockies, Yankees and Padres.

Bengals CB Joseph arrested for marijuana

THE ASSOCIATED PRESS

CINCINNATI — Cornerback Johnathan Joseph was arrested early Monday and charged with possession of marijuana, the ninth Cincinnati Bengals player arrested in the last nine months.

The arrest came three weeks after coach Marvin Lewis promised to get tougher on player misconduct, hoping to stop the series of arrests that had embarrassed the team and drawn the attention of commissioner Roger Goodell.

Joseph was the team's first-round draft pick last season, and had positioned himself to take over a starting job next season.

Joseph was arrested in northern Kentucky, where he lives. The arrest report said he was the passenger in a vehicle driven by a woman who had a suspended license, was driving slowly and weaving.

When a Boone County sheriff's deputy asked Joseph to get out of the vehicle, he smelled marijuana. The deputy searched Joseph's black backpack with a Super Bowl logo and found a bag of marijuana in a pouch, the arrest report said.

Joseph's first court appearance is scheduled for Feb. 5. Marijuana possession is a misdemeanor that carries a maximum one year in jail and a maximum \$500 fine.

Carson Palmer to voice character in TV animated series

BURBANK, Calif. — Cincinnati Bengals quarterback Carson Palmer will make his acting debut on Feb. 3, but he will be heard and not seen.

Palmer will play himself in the Disney Channel's animated series, "The Replacements," which will air the night before the Super Bowl.

"I am very thankful that Disney afforded me this great opportunity and I am now a big fan of the show," Palmer said.

Palmer won the Heisman Trophy as a senior at Southern California in 2002, and the Bengals made him the first overall pick in the 2003 NFL draft. He has been the Bengals' starting quarterback the past three seasons and was chosen to play in the Pro Bowl in Hawaii on Feb. 10.

PIARIST-DAVID



KNIGHTS ON: Nine different Piarist players scored points Monday night as the Knights defeated David in the 15th Region All "A" Classic.

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Become a Kentucky organ & tissue donor.

For information contact: 1-800-525-3456, or www.trustforlife.org

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Lifestyles



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THROUGH MY EYES

Goodness, Miz Scarlett!

by Kathy J. Prater
FEATURES EDITOR



Kathy Prater
Lifestyles editor

Yep, I think I'd have to agree with those who refer to it as a miracle. I'm talking about the process by which human beings come into this world. A process that I got to witness, up close and personal, standing right down there beside Dr. Ric Ascani this past Sunday morning.

My eldest daughter's friend, Hollie, became a mother to six pound Jade, a baby girl, on January 21, at four o'clock in the morning, no less.

And, although I myself know virtually nothing about that "breathe, push, focus" routine (having had each of my own babies via Cesarean section), Ms. Hollie wanted me there, anyway. And so, I was. Hollie knows I

(See EYES, page thirteen)

DINNER DIVA

Enjoying comfort food

by Leanne Ely

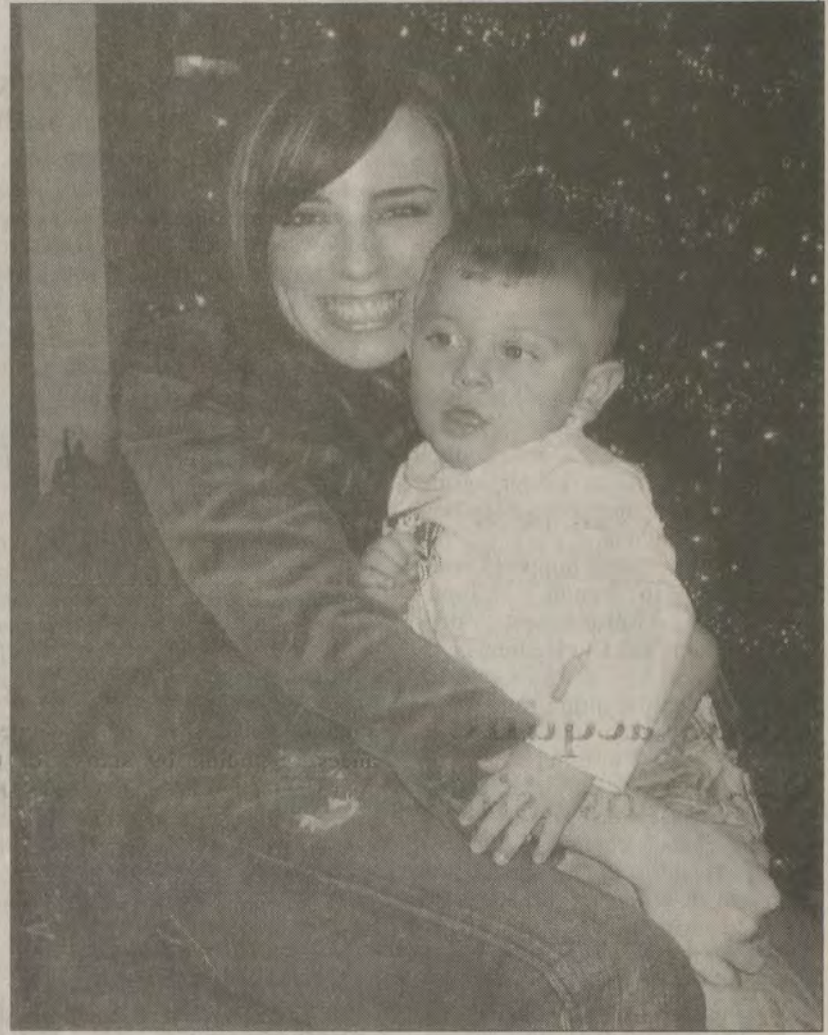
I have been contemplating this idea of comfort food. Right now, all the magazines have their usual line up of cold weather recipes—the word "comfort food" seems to be the hallmark of good cooking as the weather turns cool, apparently.

Now listen, I'm one who will go the extra mile for comfort food. Nothin' says lovin' like meatloaf from the oven, in my opinion. I love a good fashioned roast chicken with mashed potatoes, gravy and the whole nine yards. This is my son's favorite meal and I make it for him on various occasions, like his birthday, Sunday dinner, etc. I have a feeling he'll be looking for a gal who can make chicken like his mama once he gets to a marrying age.

But that's not for a few years, thank heavens. In the meantime, this dilemma about what constitutes "comfort food" continues to weigh on my mind. What is it that makes a comfort food a comfort

(See DIVA, page twelve)

OPERATION BABY DOLL



Rebecca Lynn Howard came home to eastern Kentucky this past Christmastime to perform in concert and to participate in Operation Baby Doll. Ms. Howard provided concert tickets, gifts and new holiday clothing for the family.

Country music star shares holiday spirit through Operation Baby Doll

Rebecca Lynn Howard performed in concert on December 21, 2006, at the Country Music Highway Museum, in Paintsville. Showing the spirit of the season, as well as her loving heart, Rebecca signed on to be the first celebrity participant of the "Operation Baby Doll" program. Operation Baby Doll is a newly implemented program with the objective of bringing Christmas joy into the lives of a family that might otherwise experience a fairly bleak holiday season. Rebecca sponsored a Floyd County family with three children, two girls and one boy. Not only did Ms. Howard provide a more than generous amount of gifts for the children and family, but she also provided tickets to her concert and new holiday clothing to wear on their special night out.

Operation Baby Doll thanks her profusely for sharing her Christmas holiday in such a special way with this family. To learn more about Operation Baby Doll, you may contact Melissa at 886-1416.

Fans can preview songs from Rebecca's self-titled album by visiting: www.myspace.com/rhoward.

Booking Rebecca regarding a charity can be requested by contacting:

Full Force Management
Re. Charity/Donations
1053 Burhman Drive South
Hendersonville, TN 37075



FLY LADY

Laundry — we all have it!

by Marla Cilley

All of us have to do laundry, some only a couple of loads a week, while others have a dozen. It affects us all the same way; we put it off till it gets to be such a big job that we are paralyzed by the thought of it. You know exactly what I am talking about. This week, we are in our master bedrooms and we are going to tackle our laundry monster.

Do you have piles of dirty laundry

in your bedroom floor that just keep growing? Do you want to know why they continue to multiply? You have too many clothes, because you have compensated for not doing laundry by buying more clothes to cover this problem. Then you struggle for two days to finish it all, but it never really gets put away, because your drawers are too full to put anything away. So then you live out of a clothes basket or the piles on top of the dresser or dumped on your bed or in a chair. After a while, you can't tell the dirty clothes from the clean ones. So they all get tossed back into the dirty clothes pile.

How in the world can I stop you from doing this to yourself?

Let me tell you how I quit doing this to myself.

1. I cleaned out one drawer for myself and one for each family member.
2. Then I labeled the drawers, so I would know where to put the clothes.
3. At one time, when I lived alone, I would have everything I owned dirty, before I would go to the laundry and do them. (I did not have a washer or dryer!) I mean, two huge garbage bags of dirty clothes. Did I tell you I had too many clothes? Then I would go to the laundrymat and spend half a day getting them done. At least they were done, but I would start the vicious cycle all over again. It was so draining.

I could go several weeks without doing the laundry.

4. My remedy was to cut out some of the steps that would trip me up and keep me from taking the first step to doing the laundry. Sorting!! As I took off my dirty clothes, I would sort them into a dark basket and a light basket. Yes, I actually have a dark colored and a light colored basket to remind me to sort. Robert does it, too. In fact, I think he taught me this. He also taught me to take my socks off, right side out. Push them down over your heels and then pull the toes. Poof! - your socks are right side out. No more having to turn

(See FLY LADY, page twelve)



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Birthday



Alexis is 8!

Alexis Makenzi Hall, the daughter of Kevin and Krystal Hall, of Wayland, celebrated her eighth birthday on January 10, 2007. Alexis was joined by many family members and friends at her "That's so Raven" theme party, held at the Martin Community Center. Alexis is the maternal granddaughter of Bruce and Kathy Scott, of Garrett. Her maternal great-grandmother is Sybol Bentley, of Wayland. She is the paternal granddaughter of Palmer Hall, of Cleveland, Tennessee and Ann Tignor, of Wayland. Her paternal great-grandmother is Marie Slone, of Estill.



Joey is 3!

Joseph Henderson Bays turned three years old on January 19, 2007. He celebrated his birthday with family and friends and a "Thomas the Tank Engine" theme party. Joey is the son of Sam and Amy Bays, of McDowell. He is the grandson of Cheryl Carter, of McDowell, Fred Carter, of Jenkins, and Sam and Brenda Bays, of Prestonsburg. He has one little brother, Tanner.

Diva

Continued from p11

food? Is it the warmth and coziness of the food or the fond memories it instills (like mom's home cooking)? Maybe it is the creaminess of the mashed potatoes or the stick to your ribs feeling you get after eating some good old fashioned beef stew.

- 1/2 cup sour cream (to substantially lower fat grams, use low or nonfat sour cream)
- 4 cups fresh spinach
- 1 teaspoon paprika

In a skillet over medium high heat, heat the olive oil and saute the onions for about three minutes. Add the mushrooms and keep cooking till the mushrooms begin to lose their liquid. Remove and keep warm. Add the beef and cook till completely browned, salt and peppering as you go.

Drain the fat, if any, and sprinkle the flour over the top of the beef. Add the broth and cook until slightly thickened. Add back the mushroom mixture and mix well. Season again with salt and pepper and add the thyme finally. Once hot, turn down the heat and add the sour cream. Don't let it boil, or the sour cream will turn into nasty little curds like cottage cheese and you don't want that.

Whatever it is, there is definitely something about comfort food that satisfies a very primal need we all have. I think it is because we feel really FED after we've had comfort food. We feel fed, loved, happy and warm. Comfort food is like a warm puppy, except you can eat it!

Place 1 cup of raw spinach on each plate and top with the stroganoff. The heat from the stroganoff will wilt it nicely. You can saute it first if you like, but it's good this way. Sprinkle the top with paprika.

There are however, "issues" with comfort food. And those are that most of them are just dang unhealthy. I hate that. But that doesn't mean they need to STAY unhealthy—they just need an extreme makeover and that's something I love to do. So here you go—my very fabulous Beef Stroganoff, extremely made over—lower in fat, lower in carbs and every bit as comforting as "the real thing". I ADORE this recipe (we had it at my house last week as a matter of fact)—it is from Saving Dinner the Low Carb Way (the book that helped me lose over 50 pounds). I know low carb is no longer the "in" way to do things, but doing things in a lower carb way is a dream come true for me and for FlyLady, too. Here's the recipe:

Low Carb Skillet Beef Stroganoff
Serves 4

- 1 tablespoon olive oil
- 1 onion — chopped
- 1 1/2 cups mushrooms—sliced
- 1 pound top sirloin, sliced thinly
- salt and pepper — to taste
- 2 tablespoons whole wheat flour
- 1/2 teaspoon thyme
- 1 cup beef broth

Per Serving: 370 Calories; 26g Fat (64.4% calories from fat); 26g Protein; 7g Carbohydrate; 2g Dietary Fiber; 78mg Cholesterol; 420mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat.

LC SERVING SUGGESTIONS: Just add a big salad.

For more help putting dinner on your table check out the *Diva's* website. www.SavingDinner.com or her *Saving Dinner* book series published by Ballantine and her new book *Body Clutter*, published by Fireside. Copyright 2007; Leanne Ely Used by permission in this publication.

ENERGY MATTERS

Cutting Home Energy Bills

(NAPSA)-The average family spends approximately \$1,900 a year on energy bills, with heating and cooling accounting for as much as half of a home's energy use. To help you get the most out of your heating and cooling system, experts recommend properly maintaining your existing equipment, using a programmable thermostat and finding and sealing air leaks around windows, doors and ducts that cause drafts and make your heating and cooling system work overtime. If you're in the market for new equipment, Energy Star(r)-qualified models can reduce your annual energy costs by as much as 20 percent. Energy Star is a voluntary partnership of the U.S. Department of Energy (DOE), the U.S. Environmental Protection Agency (EPA), local utilities, product manufacturers, retailers, builders and financial institutions. The partnership helps consumers identify and purchase the most energy-efficient products on the market. To be Energy Star-qualified, products must meet strict energy efficiency guidelines set by the DOE and the EPA.

When compared to standard models, Energy Star products are between 15 and 25 percent more efficient. This means the products use less energy, helping to improve the environment. It could make sense, then, for homeowners to consider Energy Star models as they shop for new furnaces or heat pumps this heating season. To help consumers purchase the most energy-efficient and environmentally friendly products on the market, the York(r) brand of Johnson Controls offers a variety of Energy Star-qualifying home heating products. For example, the York Latitude(tm) 14 SEER model heat pump and the York Affinity(tm) 15 and 18 SEER model heat pumps are Energy Star qualified and offer Heating Seasonal Performance Factors (HSPF) of 7.4 through 8.5+ energy efficiency.

The Affinity 92+ percent Annual Fuel Utilization Efficiency furnaces are also Energy Star qualified and include single-stage, two-stage and modulating models. A modulating furnace with variable speed and ClimaTrak(tm) technology offers maximum energy efficiency, effective humidity control, reduced sound levels and improved indoor air quality. To learn more about energy efficient home-heating equipment, visit www.yorkupg.com, or call (800) 910-YORK.



Five Generations

Five generations are represented in this photo as tiny Kaw-Liga Ray Compton takes a seat in his great-great grandmother Eula Stumbo's lap. Also pictured are the baby's mother, Brittany Compton, of Knoxville, Tennessee; his grandmother, Latrecia Lambert, of Stanville; and his great-grandmother, Brenda Jones, also of Stanville. Mrs. Stumbo is a resident of Prestonsburg.



Pictured from left to right are: Gerald Robinette, CEO East Kentucky Network, Henry Webb, Director of Instruction Floyd County Schools, Dr. George Edwards, President, Big Sandy Community and Technical College, and Greg Wilson, CEO First Commonwealth Bank. The men each attended the opening session of Leadership Floyd County, speaking on the importance of leadership.

Floyd County Chamber announces Leadership Floyd County Class of 2007

The opening session of the 2007 Leadership Floyd County Academy was held on November 16, 2006 at the East Kentucky Science Center. The Leadership Floyd County Academy was designed to give the participants insight into the operations, available programs and services, as well as issues facing Floyd County. All sessions of Leadership Floyd County contain a variety of information but most importantly give the participant the opportunity to build a communication network with individuals willing to assist in advancing the county's growth, along with spurring new and innovative ideas. The Leadership Floyd County Class of 2007: Joe Stewardson, Mike Dixon, and Bobby McCool of Big Sandy Community & Technical College; Nikki Shepherd and Barry Davis, First Commonwealth Bank; Donna Wiote, Big Sandy Area Development District; Lisa Moore, Carl D. Perkins Job Corp; Chris McClurg, Highlands Regional Medical Center; Joshua Byers, The Floyd County Times; Paula Howard, Citizens National Bank; Mae Jarrell, Appalachian Wireless; and Brenda Davenport, WYMT-TV.

Gettin' hitched?

If you're planning a wedding and would like to announce your engagement and wedding plans, the Times would be glad to help. Just drop by the Times office, or send photo and information to The Floyd County Times, P.O. Box 390, Prestonsburg, KY 41653, or e-mail to: features@floydcountytimes.com. We will be happy to run either an engagement announcement or wedding photograph, with accompanying basic information, for free as our "Best Wishes" to the happy couple.



UK COOPERATIVE EXTENSION SERVICE
University of Kentucky – College of Agriculture

Extension Notes
Family and Consumer Sciences
Theresa M. Scott
Floyd County Extension Agent for Family & Consumer Sciences

Making small dietary changes leads to large weight loss

By making some relatively simple lifestyle changes, you can begin to lose those extra pounds that have crept up over the years. Most Americans gain an average of 10 pounds during each decade.

Did you know that by eating just 100 fewer calories each day for a year, you can lose 10 pounds in that year?

When trying to lose weight, some people try unusual activities like eating some awful-tasting foods, trying a monotonous, limited diet, or quitting eating out with friends. Instead, a single dietary change might be all it takes to lose excess pounds.

Nutritionists usually recommend gradual weight loss—no more than one-half to two pounds a week. It's also suggested that obese children and older adults lose weight under the guidance of a healthcare provider. It's hard to attain adequate nutrition if you consume less than 1,200 calories a day. Seek the supervision of your physician or a registered dietitian if you drop below this caloric level.

It's easy to consume half or more of your daily calories at one fast-food meal, especially if you're super-sizing portions. You can easily save 100 calories or more by following these suggestions when next visiting a fast-food restaurant. If you're not very hungry, order the smallest hamburger the restaurant offers.

Order the smallest size of French fries, or split them with a friend.

Better yet, order a side salad with fat-free or reduced-calorie dressing. Remember to check the number of calories on the dressing. A reduced-calorie dressing still might contain about 100 calories or more per packet. Try using half a packet of dressing.

Instead of a regular soft drink, order a diet version or plain water.

Skip the mayonnaise or sauce when ordering your favorite hamburger or other sandwich.

Since many fast-food restaurants provide nutritional information, including calories, on site or at the company Web site, total the calories in your favorite fast-food meal.

Below are some more suggested single dietary changes equal to cutting 100 calories. Following just one of these suggestions could help you lose 10 pounds a year. If you'd like to lose more weight, try two or more changes daily.

Drink two glasses of one-percent, low-fat milk or skim milk rather than two glasses of whole milk. The nutrients are comparable.

Substitute two tablespoons of low-fat mayonnaise for regular mayonnaise, or use mustard to replace mayonnaise.

Don't drown your salad in dressing. If you've been using three-plus tablespoons of dressing per two cups of salad, try cutting back to one and one-half tablespoons or less. Some nutrition sources recommend about one tablespoon of dressing for each two cups of salads. Also, experiment with reduced-calorie salad dressings.

Salad dressing slides off damp greens to collect in the bottom. So, thoroughly wash and dry salad greens to obtain more flavor with less dressing. The easiest way to dry salad greens is with a salad spinner. Avoid bruising greens by not overcrowding them. After spinning, use clean paper towels to remove remaining moisture. If you don't have a salad spinner, thoroughly dry greens with paper towels.

Bagged, pre-washed salad greens labeled "ready to eat" should be dry enough as is.

Adults often eat more than one serving of cereal, based on the size listed on the box. This might be one way calories are sneaking into your diet. Compare the amount you're eating to the serving size cited on the cereal box to determine if you're pouring more calories. To aid portion control, try using a smaller bowl.

It's easy to put a couple of tablespoons of butter or margarine, which can contain up to 200 calories, on a baked potato without giving it a second thought. By switching to sour cream, you can have as much as one-fourth cup for 100 calories. For even fewer calories, use a light or fat free sour cream, or substitute yogurt for the sour cream.

Microwaving popcorn at home or work is a common occurrence. It's easy to eat one-half a bag or more at one sitting. Even two cups of buttery popcorn might contain about 100 calories. To gauge how much you're eating, remember one cup is about the size of a baseball, or your fist. While microwave popcorn is a great snack, experiment with low-fat versions if you'd like to eat more than a few cups at one time. Remember calories consumed in beverages contribute to significant calories too.

If you've been drinking a 20-ounce regular soft drink, downsize to a 12-ounce container size. Even better, substitute a 12-ounce can of a diet soft drink, with no calories, for a similar amount of a regular soft drink at 150 calories. An alternative is to drink a glass of cold water, perhaps with a slice of lemon or lime. If you drink alcohol, limit your daily consumption to one drink for women and two drinks for men, as recommended by the United States Dietary Guidelines for Americans. Typically, a five-ounce glass of wine and one-half ounces of distilled spirits contain 100 calories; a 12-ounce serving of beer, 150 calories.

For more information on our "Weight The Reality Series", and to learn how to prepare healthier foods for your family, general nutrition and health materials, contact Theresa M. Scott, your Floyd County Cooperative Extension Service Family and Consumer Sciences Agent, 921 S. Lake Drive, Prestonsburg, Ky. 41653, Phone 606-886-2668, email tmsscott@uky.edu.

Eyes

Continued from p11

love her and I feel honored to realize that I represent some form of security to her.

That said, let me now tell you that never, in my entire life, have I witnessed such a awe-inspiring occurrence as watching baby Jade come into this world. Words cannot describe it, so I needn't try. After spending the entire evening feeling pretty helpless as Hollie's pain increased bit by bit, I have to admit that tears did fill my eyes as Dr. Ascani laid that beautiful newborn on its mother's belly and mama got her first look at what she had brought into the world.

Both mother and baby are safely home as of this writing and, as all mothers know, Hollie's adventure into parenthood is only just beginning. But for now, all is idyllic and baby Jade seems perfectly content to be here, napping

and cooing and barely ever even crying. That might be because her mama, and daddy, Justin, rarely ever let her out of their arms, but can you blame them? Is there anything better than the feel of a newborn's soft head on your fingertips or the warm, fuzzy feeling you get as you snuggle one close to your body? Very little can compare.

To Jade, welcome little girl! And to mama Hollie, well, girl, it's only just begun...and believe me, I'm talking about the adventure of a lifetime. My girls and I will always try to be here for you.

(And to Dr. Ascani - thanks for allowing us to be there with you and your team. You did good catchin' that little critter!)

See y'all next week...

P.O. Box 101, Minnie, Kentucky 41651, intends to apply for a Phase II & III bond release for single area on permit number 836-5090, which was last issued on June 5, 2002. The application covers a surface area of approximately 3.28 acres, located 1.9 mile northwest of Grethel, in Floyd County. The permit area is approximately 1.9 mile north of the junction of Ky. 979's junction with Frasure Branch Road, and located 0.2 mile east of Frasure Branch. The Latitude is 37°28'35". The longitude is 82° 40' 19". The total bond now in effect for Frasure's Branch Coal Company is as follows: Single Area - \$6,300.00.

ORDINANCE NO. 1-2007 AN ORDINANCE ENACTING AND ADOPTING A SUPPLEMENT TO THE CODE OF ORDINANCES OF THE CITY OF PRESTONSBURG, KENTUCKY.

WHEREAS, American Legal Publishing Corporation of Cincinnati, Ohio, has completed the 2006 supplement to the Code of Ordinances of the City of Prestonsburg, which supplement contains all ordinances of a general nature enacted since the prior supplement to the Code of Ordinances of this municipality, and,

WHEREAS, American Legal Publishing Corporation has recommended the revision or addition of certain sections of the Code of Ordinances which are based on or make references to sections of the Kentucky Revised Statutes; and,

WHEREAS, it is the intent of Council to accept these updated sections in accordance with the changes of the law of the Commonwealth of Kentucky; and,

NOW, THEREFORE, BE IT ORDAINED by the City of Prestonsburg;

Section 1. That the 2006 supplement to the Code of Ordinances of the City of Prestonsburg, Kentucky, as submitted by American Legal Publishing Corporation of Cincinnati, is hereby adopted.

Section 2. That this ordinance shall take effect and be in force and after its date of passage, approval and publication as required by law.

Passed this 22nd day of January, 2007.

[Signature] Jerry Fannin, Mayor
[Signature] Sharon Schoolcraft, City Clerk

First reading: 1/8/07
Second reading: 1/22/07
Publication date: 1/26/07

ORDINANCE NO. 2-2007 AN ORDINANCE OF THE CITY COUNCIL OF THE CITY OF PRESTONSBURG, KENTUCKY, ESTABLISHING A REGULAR MEETING TIME OF THE CITY COUNCIL TO BE THE SECOND AND FOURTH MONDAY OF EACH MONTH AT 6:00 P.M.

WHEREAS, a meeting time must be established according to law; and,

WHEREAS, the City Council is desirous of informing the public and the press of their Regular Meeting time;

NOW, THEREFORE, BE IT ORDAINED BY THE CITY COUNCIL OF THE CITY OF PRESTONSBURG, AS FOLLOWS:

Section 1. The Regular Meeting time of the City Council of the City of Prestonsburg shall be the second (2nd) and the fourth (4th) Monday of every month at 6:00 p.m. The meeting will be held in the Council Room of the Municipal Building, located at 200 North Lake Drive, Prestonsburg, Kentucky.

Section 2. This Ordinance shall be in full force and effect from and after its adoption and publication, as required by law.

Section 3. All Ordinances or any parts in conflict with the provisions herein are expressly repealed to the extent of such conflict.

Adopted this 22nd day of January, 2007.

[Signature] Jerry Fannin, Mayor
[Signature] Sharon Schoolcraft, City Clerk

First reading: 1/8/07
Second reading: 1/22/07
Publication date: 1/26/07

Kentucky 41653. The hearing will be cancelled if no request for a hearing or informal conference is received by March 5, 2007.

NOTICE OF BOND RELEASE Pursuant to Permit No. 858-0165

Increment No. 11 In accordance with the provisions of KRS 350.093, notice is hereby given that Czar Coal Corporation, HC 64, Box 915, Debord, Kentucky 41214, has applied for a Phase 1 bond release on Increment #11 on permit 858-0165, which was last issued on March 26, 2006. The application covers an area of 601.58 acres, located 1.89 mile southeast of Odds, in Martin, Johnson, and Floyd Counties. The permit area is approximately 1.89 mile southeast of County Road #129's junction with KY Route 3, and is located along the Right Fork of Daniels Creek. The bond now in effect for the Increment #11 is a surety bond for \$288,500.00. Approximately 60% of the original bond amount of \$173,100.00 is included in the application for release.

Reclamation work performed includes: backfilling, grading, fertilizing, seeding, and mulching. The revegetation achieved is in accordance with the approved plan as outlined in the permit application. Written comments, objections, or requests for a public hearing or informal conference must be filed with the Director of the Division of Field Services, #2 Hudson Hollow Complex, Frankfort, Kentucky 40601, by February 26, 2007. A public hearing on the application has been scheduled for 9:00 a.m., on February 27, 2007, at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, Kentucky 41653. The hearing will be canceled if no request for a hearing or informal conference is received by February 26, 2007.

This is the final advertisement of this application; all comments, objections or requests for a conference or hearing must be received within 30 days of the day of this notice.

Reclamation work performed includes: backfilling, grading, fertilizing, seeding, and mulching. The revegetation achieved is in accordance with the approved plan as outlined in the permit application. Written comments, objections, or requests for a public hearing or informal conference must be filed with the Director of the Division of Field Services, #2 Hudson Hollow Complex, Frankfort, Kentucky 40601, by February 26, 2007. A public hearing on the application has been scheduled for 9:00 a.m., on February 27, 2007, at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, Kentucky 41653. The hearing will be canceled if no request for a hearing or informal conference is received by February 26, 2007.

NOTICE OF PUBLIC SALE

The following items will be offered at public sale on February 2nd, 2007, at First Guaranty Bank, 39 Triangle Street, Martin, Kentucky 41649, at 11:00 a.m.

1997 Pontiac Grand Prix VIN #1G2WP52K3VF318253

All items are sold "as is where is." Seller reserves the right to bid and to reject any or all bids. Items are to be paid following the sale, or satisfactory arrangements are made with the seller. Announcements at the sale take priority over ad. Purchaser to pay all taxes and transfer fees.

First Guaranty Bank 39 Triangle Street P.O. Box 888 Martin, KY 41649

NOTICE OF INTENTION TO MINE Pursuant to Application Number 836-5437, Renewal

In accordance with KRS 350.055, notice is hereby given that Frasure Creek Mining, LLC, 1051 Main Street, Suite 100, Milton, West Virginia 25541 has applied for renewal of a permit for an underground coal mining and reclamation operation located 2.5 miles northwest of Minnie in Floyd County. The proposed operation will disturb 11.77 surface acres and will underlie 591.50 acres, and the total area within the permit boundary will be 603.27 acres.

The proposed operation is approximately 1.74 miles southeast from KY Route 80's junction with KY State Route 680 and is located along Gosling Branch.

The proposed operation is located on the Wayland USGS 7 1/2 minute quadrangle map. The surface area to be disturbed is owned by The Elk Horn Coal Company, LLC and Commonwealth of Kentucky. The operation will underlie land owned by SEQ CHAPTER 11 The Elk Horn Coal Company, LLC, Rondell and Jacqueline Lawson, Rebecca Conley Estate, Ida Hunter, Manda Pratt, Wendell Sexton, Richard Griffith, T. J. Hoover, Lafayette Gayheart, Gosling Branch Coal Co., Inc., Shannon Wallen, Michael Collett, David

Hawley and Nancy Lee Scott, Larry Collett, John Moore Estate, James and Mary E. Patton, George Ousley and Peggy Hanover, Fred Gibson, James and Michelle Hall, Fred and Sherry Lyons, Lee and Lizzie Wallen Estate, and Gene Mullins. The application has been filed for

public inspection at the Department of Mine Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, Kentucky 41653. Written comments, objections, or requests for a permit conference must be filed with the Director of the

Division of Mine Permits, #2 Hudson Hollow Complex, U.S. 127 South, Frankfort, Kentucky 40601. This is the final advertisement of the application. All comments, objections, or requests for a permit conference must be received within 30 days of today's date.

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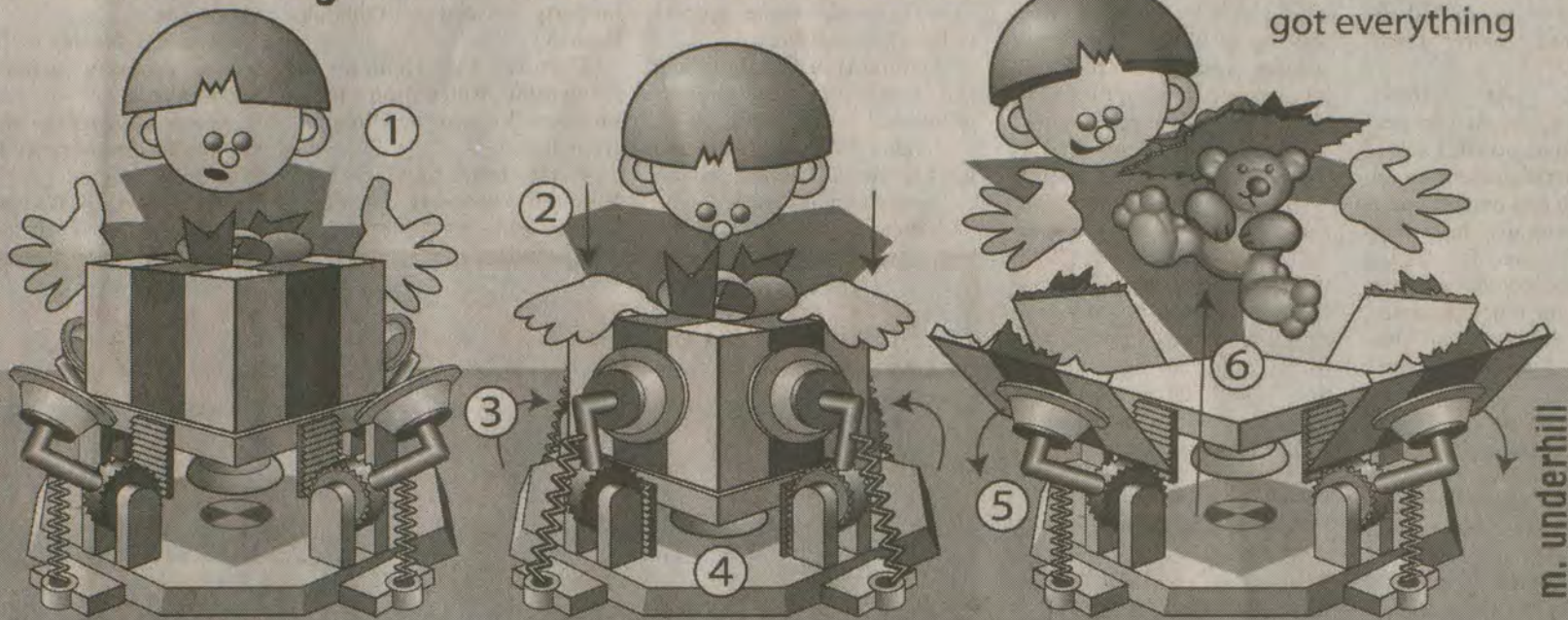
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m. underhill

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MOUSE MAZE

EXPERIMENT 024 © m.under.

Can you help Gizmo find the cheese, two flags and the photo of Gadget?

CARTOONINGLESSONS.COM © m. underhill

LESSON 024
DEPTH OF DETAILS

When you first draw a turned view of a head, you are defining the depth of each facial feature. Both turned views, "B" & "C" are correct versions of drawing "A". This is especially noticeable on the nose and chin.

Note how the nose is located on the "T" but projects out from it.

Gizmos & Gadgets

WHICH WAY?

When the handle is pulled down will the sign rotate clockwise (A) or counterclockwise (B)?

Michael Underhill's

GADZOOKO 4x4

EASY

Each column, row and square must use #s 1, 8, 3, & 2, plus the diagonals must add up to the #'s shown. (diagonals can repeat #s)

DECODER MOUSE EACH SYMBOL STANDS FOR A LETTER

diet this time of year?

Record

spills on food contact surfaces being used for other purposes, floors not clean, floors not in good repair, light fixtures not shielded as required. Score: 91

Double Kwik, Harold, follow up inspection. Violations noted: Lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods, in use ice dispensing utensil not properly stored, lack of effective hair restraints, operators not providing and using chemical test kits where chemical sanitization methods are employed, attached equipment on walls and ceilings not in good repair, light fixtures not shielded as required, cleaning and maintenance equipment not properly stored, unnecessary articles in or around the establishment. Score: Food, 94, Retail, 97

Country At Heart, Prestonsburg, regular inspection. Violations noted: Lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods, cloths used for wiping spills on food contact surfaces being used for other purposes, toilet room doors not self closing. Score: Food, 96, Retail, 98

Food City #471, Prestonsburg, regular inspection. Violations noted: Commercially canned or packaged products improperly labeled, food not protected during storage, cloths used for wiping spills on food contact surfaces being used for other purposes, improper storage of single service articles, sanitary towel or hand drying device not provided at lavatory or hand washing sink, employees personal items not stored properly, toxic items not properly stored, cleaning and maintenance equipment not properly stored. Score: Food, 90, Retail, 89

Wee Care, Prestonsburg, regular inspection. Violations noted: Lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods, light fixtures not shielded as required. Score: 98

D's Grocery, Teaberry, regular inspection. Violations noted: Lack of accurate thermometers in all refrigeration and freezing units storing

potentially hazardous foods, lack of numerically scaled thermometer for checking cooking and holding temperature of potentially hazardous food, food not protected during storage, lack of effective hair restraints, food contact surfaces not properly maintained or constructed, cloths used for food and non food contact surfaces not stored and rinsed frequently in water sanitizing solution, garbage and refuse containers not covered as required, lighting not provided as required. Score: Food, 93, Retail, 94

Hamilton's Mobile Home Park, Teaberry, regular inspection. Violations noted: Lots not located properly, lots not numbered systematically, large pot holes on both driveways as well as parking areas, sewage system malfunctioning, sewage running to near by ditch from trailer, park in need of cleaning, park in need of supervision. Score: 84

Skean's Shell Mart, Prestonsburg, regular inspection. Violations noted: Cloths used for food and non food contact surfaces not stored or rinsed frequently in water sanitizing solution, light fixtures not shielded as required, cleaning and maintenance equipment not properly stored. Score: Food, 97, Retail, 99

Property Transfers

Bashir Ameji to David and Mary Hall, property location undisclosed.

Bank of New York to Jessica Huff Crockett and Joseph B. Crockett, property location undisclosed.

John Alan Barker to Jerry and Sally Johnson, property location undisclosed.

Sarah Dae Barker to Jerry and Sally Johnson, property location undisclosed.

Brenda Gail Biliter to Amy and Christopher Newsome, property location undisclosed.

Gay Conley to Jerry and Sally Johnson, property location undisclosed.

Connor Grant and Associates LLC to Henrietta and James Pennington, property location undisclosed.

CWABS to Jessica Huff Crockett and Joseph B. Crockett, property location undisclosed.

Anita Daniels to Carria

Jarrell and Woodrow Jarrell Jr., property located at Jarrell Branch.

Lloyd Daniels III to Carria Jarrell and Woodrow Jarrell Jr., property located at Jarrell Branch.

Edd Decoursey to Sandra Branham, property located at Beaver Creek.

Patricia Decoursey to Sandra Branham, property located at Beaver Creek.

First Guaranty Bank to Karen Irvin, property located at Left Beaver Creek.

Vivian Leigh Franklin to Jesse L. Rudd, property location undisclosed.

Vivian Leigh Franklin to Clark D. Pergrem, property located at Brandy Keg Creek.

Drexel Hall to Arnold and Lois Gayle Newsome, property location undisclosed.

Jemima Hall to Arnold and Lois Gayle Newsome, property location undisclosed.

Johnny Hall to Arnold and Lois Gayle Newsome, property location undisclosed.

Kimberly Hall to Timothy

Hall, property location undisclosed.

Kimber Hamilton to Barbara A. Ferrell and Ottis B. Slone, property location undisclosed.

Loren Hamilton to Barbara A. Ferrell and Ottis B. Slone, property location undisclosed.

Loren Hamilton to Barbara A. Ferrell and Ottis B. Slone, property location undisclosed.

James W. Hazelett Estate to Lula G. Bradley, property located at Richmond Memorial Cemetery.

Pamela G. Hazelett Administratrix to Lula G. Bradley, property located at Richmond Memorial Cemetery.

David P. Henton to Prudential Relocation Inc., property located at Pinhook Branch.

Theresa M. Henton to Prudential Relocation Inc., property located at Pinhook Branch.

Karen Irvin to Gary Lee Mitchell, property location undisclosed.

Donna Jarvis to Larry D. Jarvis, property location undisclosed.

William H. Jarvis to Larry D. Jarvis, property location undisclosed.

Charles Johnson to Jesse L. Rudd, property location undisclosed.

Charles Johnson to Clark D. Pergrem, property located at Brandy Keg Creek.

Martha Johnson to Jesse L. Rudd, property location undisclosed.

Martha Johnson to Clark D. Pergrem, property located at Brandy Keg Creek.

Sayeeda Kadeer to David and Mary Hall, property location undisclosed.

Avanelle Neeley to Teresa James, property located at Abbott Creek.

Donald B. Neeley to Teresa James, property located at Abbott Creek.

America Nichols to Melissa Nichols Baker, property located at Beaver Creek.

Ray Porter to Barbara A. Ferrell and Ottis B. Slone,

Continued from p3

property location undisclosed.

Sally Porter to Barbara A. Ferrell and Ottis B. Slone, property location undisclosed.

Prudential Relocation Inc. to Carla and Steven Lough, property located at Pinhook Branch.

Eric Brian Pugh to Brenda Gail Biliter, property located at Hamilton Addition.

Misty D. Pugh to Brenda Gail Biliter, property located at Hamilton Addition.

Bradley Thomas Runyon to Brian and Misty Pugh, property located at Little Mud Creek.

Glenda F. Runyon to Brian and Misty Pugh, property located at Little Mud Creek.

Fredericka C. Tuttle to Patty and Timothy Howell, property location undisclosed.

Terry Tuttle to Patty and Timothy Howell, property location undisclosed.

Frank Vaughn to Barry J. and Tamara R. Slone, property located at Middle Creek.

Leva K. Vaughn to Barry J. and Tamara R. Slone, property located at Middle Creek.

Band

his singing career. In another, fashion-forward Alex launches a clothing line. And, for the series premiere Feb. 3, the band attends MTV's Video Music Awards — where they are among the nervous nominees.

Even if there hadn't been a show to film, the studio in Brooklyn was a great place for the kids to hang out. A basketball hoop, pinball machine and trampoline were among the amenities for spending their downtime. Plus there was plenty of snacks.

Between scenes, Nat noted that making a film is a lot bigger deal than he expected.

"I just thought there would be my mom and my dad and the actors, and someone with a camera."

And though acting is lots of fun, Alex identified one challenge: "Learning my lines."

How does he do it? "Work really hard on them," he said. "Or put them under my pillow."

And, brother, if that's not savvy, then what is?

Continued from p5

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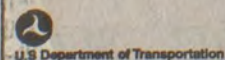
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Ben Detwiler hoped to make the world a better place. That hope died when he was killed by a drunk driver.

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 Whatever you have to.
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