floydcountytimes.com



HIGH SCHOOL BASKETBALL - Page B1

briefs

13 killed on coads in past week

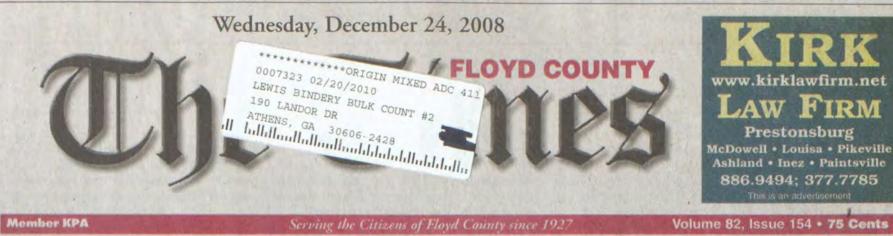
Preliminary statistics indicate that 13 people died in ten separate crashes on Kentucky roadways from Monday, Dec. 15, through Sunday, Dec. 21. Twelve of the fatalities

involved motor vehicles and eight of those victims were not wearing seat belts. The seat belt status of one victim could not be determined. Three crashes involved the suspected use of alcohol. Single vehicle crashes occurred in Graves, Hardin, Jefferson, Letcher, McCracken, Shelby and Simpson coun-

A quadruple-fatality crash occurred in Jefferson County. One pedestrian fatality occurred in Fayette County and the suspected use of alcohol was a factor in that crash.

Through Dec. 21, preliminary statistics indicate that 788 people have lost their lives on Kentucky roadways during 2008

his is 57 fewer than reported for this time period in 2007. Of the 609 motor vehicle fatalities, 380 victims were not wearing seat belts. Of the 89 motorcycle fatalities, 53 were not wearing helmets. Twenty-three people have been killed in ATV crashes and 21 of those were not wearing helmets. Sixtyone pedestrians have been killed. A total of 167 fatalities have resulted from crashes involving the suspected use of alcohol.



Police say drug arrest a key victory

by SHELDON COMPTON STAFF WRITER

PIKEVILLE - A man investigators have long considered a key player in the area's drug dealing community is now behind bars in Pike County.

Undercover police officers arrested Roy Robinette, 59, of the Phelps area in Pike County, following a controlled buy this past weekend, ending an and car wrecks involving individuals Robinette also acted as a significant investigation into Robinette's alleged activity over the past several months.

During those months, deputies with the Pike County Sheriff's Department say they have traced numerous drugrelated incidents back to various drug transactions with Robinette.

Among those related incidents have been a variety of drug overdoses, theft

found to be driving under the influence of drugs.

Police believe that the Pike County man was supplying cocaine and prescription drugs to several people throughout Pike County with a focus on sales to the younger population, including teens.

In addition, it is alleged that

supplier to other, lower level dealers throughout the region.

Commonly, Robinette dealt from his vehicle in the Phelps area of Pike County or near businesses and other public facilities, police said. This alleged approach was one of the rea-

(See ARREST, page seven)

CHRISTMAS WISH



photo by Jarrid Deaton Over 800 children from Floyd County were able to visit Santa Claus and pick up two gifts from the Toys for Tots program at the Carl D. Perkins Job Corps Center on Monday.

Toys for Tots serves over 800 area children

Inez woman killed in house fire

by SHELDON COMPTON STAFF WRITER

INEZ - A Martin County house fire left one Inez woman dead and a 9-yearold child severely burned over the weekend.

On Saturday, Dec. 20, Martin County 911 received a call at approximately 2 a.m. reporting a structure fire along Sweetwater Road in Inez.

As authorities arrived, two of the six people inside the the burning home --52-year-old Betty Luster and 9-year-old Britney Luster - were transported by ambulance to a landing

zone and then airlifted to Cabell-Huntington Hospital in Huntington, W.Va.

Betty Luster was pronounced dead upon her arrival at the hospital by an attending physician, while Britney Luster was transferred to Shriner's Burn Center in Boston, Mass. Her condition was not known as of press time.

Investigating officer, Kentucky State Police Det. Ben Cramer, assisted in his efforts by KSP Pikeville Post 9 arson investigator Don Parker, has stated the fire seems to have been

(See FIRE, page seven)

Fleeing suspect



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

inside

Obituaries Calendar	.A3
Calendar	
	.A4
- Opinion	
Classifieds	
Sports	.B1
Lifestyles	.B4
1 83176 00010 The Floyd Court Times is printer 100 percent US recycled paper	d on

by JARRID DEATON FEATURES WRITER

PRESTONSBURG - The gymnasium at the Carl D. Perkins Job Corps Center was filled with wide-eved children on Monday waiting for their chance to sit with Santa Claus and get two wrapped gifts handed to them by a cheerful group of elves.

Over 800 children were selected by the family resource centers at elementary schools in Floyd County to receive gifts from the Toys for Tots program.

The Carl D. Perkins Job Corps Center served as a drop location for the Toys for Tots program for two years before becoming a host center in 2001. "It's going pretty smooth

this time around," said Paula Davis, administrator with the center. "It was complete chaos the first time we served as a host.

The toys for the program are donated from local individuals, businesses and the Marines, who founded the Toys for Tots program in 1947.

(See TOYS, page seven)

gets Tasered twice

by JARRID DEATON FEATURES WRITER

GALVESTON - A Honaker man was Tasered, arrested and charged with multiple offenses earlier this month after allegedly running and hiding from a police officer during an attempted traffic stop. Jarred Harvey, 28. allegedly refused to stop for

an officer with the Kentucky State Police who observed him swerving on the road with an ATV in the back of his truck. Harvey

(See SUSPECT, page seven)

Motorcycle club shows brotherly love

by SHELDON COMPTON STAFF WRITER

PRESTONSBURG - A wind chill factor that dipped below zero wasn't enough to freeze out three members of the Brothers of the Wheel motorcycle chapter early Monday morning as the trio dropped off more than 250 donated items at the Floyd County Board of Education's central office.

"It's an effort to try to take care of the kids," said Deano Franklin, chapter president. "It's that simple.

But there's very little that is simple about what members like Franklin and fellow chapter members Ballard Plummer and Teddy Click do to make this possible.

Throughout the winter season, Brothers of the Wheel organizes

fundraisers to make Christmas possible for preschool and head start programs throughout the region. This year, their eighth doing such charity, has been a successful one, according to Ann Hamilton, family services and parent involvement worker for Floyd County Schools.

"We have worked with Brothers of the Wheel for the last eight years to provide Christmas for children in the head start program," Hamilton said while sorting through dozens of bags of shoes, toys and treat bags labeled for various county schools. "It's not Christmas for the staff at head start until we do our stops, compliments of Brothers of the Wheel.'

During a recent fundraiser in

(See CLUB, page seven)



photo by Sheldon Con

Brothers of the Wheel members Teddy Click, Ballard Plummer and Deano Franklin unload bags of shoes, toys and treat bags in front of the Floyd County Board of Education's central offices in Prestonsburg Monday morning. The some 260 items were donated for headstart students in the county.



A2 * WEDNESDAY, DECEMBER 24, 2008

Obituaries



Adrian Ghlen Gunnell

Adrian Ghlen Gunnell, 84. of Panagna City, Florida, passed YEWE briday. December 19, 2008, with Amma his devoted wife of 58 years, holding his hand, after a courancous effort to overcome multiple health conditions.

He was been December 2, 1924, in Martin, the son of James and Joda Gonnell, and was preceded in death by his seven brothers and two sisters.

He bravely served in WWII as a Machinist's Mate Third Class on the USS Stern in the US Navy, file was awarded the Victory Medal, American Area Campaign Medal, Asiatic Pacific Area Campaign Medal (2 stars), the Philippine Läberation Ribbon, and the European African Middle Eastern Campaign Medal.

The governor of Kentucky commissioned him as a Kentucky Colonel, and he was a member of the International Union of Bricklayers and Allied Craftworkers.

He boilt many beautiful hounce and businesses in Kentucky, and then in Panama City, Florida, where he has resided since 1958. He loved to fish, watch baseball, and tinker in his workshop. He was an homble, hard-working man, with an unmatched sense of bounce.

tiful loving wife. Anna H. Gouncil: his level and dedicated son, Roger Gonnell and wife, Constance, of Panama City, Florida; two faithful daughters, Diamic Miller and husband, Rev. Hayward Miller, of Panama City; and Judy Baczell and husband, Dr. Mark Bazzell, of Iroy. Alabama; his grandchildren, Christopher Bazzell and wife, Rachel, of Aubum, Alabama; Joshua Miller and wife, Melissa, of Panama City, Florida; Nicholas Bazzell of Florence, South Carolina; Kristen Ellizey and husband, Chadwick, of Panama City, Florida; and Adrianne Bazzell of Auborn, Alabama; one great-grandchild, Christopher Mark Bazzell of Auburn. Alabama, and many relatives. and friends, who were very dear to his heart. Funeral services to celebrate his file were held at 2:00 p.m., Monday, December 22, at the Kent-Forest Lawn Functal Home Charol, with Rev. Hayward Miller and Rev. Damy Kirchoff officiating. Interment was at Forest Lawn Memorial Cemetery. The family received friends at the functal home, from 1:00 plan, outil service time at 2:00 D.IH.

Serving as palthearers were Christopher Hazzell, Joshua Miller, Nicholas Hazzell, Chadwick Ellzey, Jack Hazzell, Adam Harris, and Steve Meeks.

Expressions of sympathy may be viewed or submitted online at: www.kentforestlawn.com. (Pald oblineary)

000 **Della Shepherd** Hamilton

Della Shepherd Hamilton of Frankfort, went to Heaven on Thursday, December 18, 2008. She was the beloved and devoted mother to Rohert Eugene Hamilton, Rita Ann Hardin, Michael Ray Hamilton, and Cindy Lynn Tlamiltum.

She was horn November 6, 1926, in Floyd County, the daughter of the late Henry Shepheni and Dona Stephens Shephend.

She is survived by two sis ters, Peggy Pation and Susan Richardson; and two brothers. Rome Shepherd and Rueben ShephenL

She was preceded in death hy her hushand, Howard Eugene Hamilton.

She was adored by her three grandsons: Larry Eugene Illardin, Michael Howard Hardin, and Jeffery Rohert Hamilson; and two grand daughters, Pamela Ann Moshey and Crystal Lynn Hamilton; her great grand sons, Wade Vallhona, Joseph Michael Dagene Hardin, Robert Alexander Hamilton, and Cayden Christopher Hamilton; her great grand daughters, Haley Anay Hardin, Caidyn Reann Hardin, Ashley Hardin, Erin Hamilton, and Alayna Lynn Hamilton; her great great grandsons: Bradley Isaiah Hardin, and He is survived by his beau- Aiden Handin; and her great great granddaughter. Trinity I Landin, and

> In addition to her hushand, she was preceded in death by a daughter, Connie Lou Tilarrillum.

Funeral services were held Saturday December 20, at 2:00 p.m., at Clark Funeral Home

officiating.

Palibearers were: Larry C. Hardin, I-rank Whitney, and her grundchildren. Honorary pallbearers were:

Ancel Patton, Dan Johnson, and Bobby Shepherd.

Expressions of sympathy may be made to the American Diabetes Association.

Condolences may be left at: www.clarkfimernichapels.com



Alvin Ratliff

Alvin Ratliff, age 69, of Indianapolis, Indiana, died Thursday, December 18, 2008, at Community Hospital North in Indianapolis.

Born May 10, 1939, in Willard, he was the son of the late Thomas Jefferson and



From: Your Family

Elva (Allen) Katliff. He graduated from Greenfield High School in 1957, and worked for Ford Motor Company for more than 48 years before retiring.

He was a member of the UAW Local No. 1111. He loved RC planes, automobiles, motorcycles, airplanes, and was an avid gun collector. He also enjoyed photography. (Psid observe) traveling, and spending time with his friends.

> Surviving him are his daughters: Maria Kay (Lance) Pickrell of Tenre Haute, Amy In (Drew Hutchison) Brown of Lawrence, Linda Darlene (Kob) Bamhart of Greenfield, and Rachael Elizabeth Ratliff of Noblesville; his sisters: Coretta (Gene) Giuinn of Cicorgia, and Verinda Ratliff of Nebraska; and his grandchildren: Eric, Aaron, Carrie, Jamie, Adam, Ciape, Olivia, and Jessica.

> In addition to his parents; he was preceded in death by a hrother, Lennington Ratliff.

> A celebration with family and friends was held from 5500 until 2:00 p.m., at Erlewein Montuary in Greenfield, on Monday, December 22.

A memorial service in honce

of Alvin was held at 7:00 p.m., or e-mail condolences to symat the mornaary, with Pastor Paul Dayart officiating.

Memorial contributions may be made to Riley Hospital for Children, 30 S. Meridian St., Suite 200, Indianapolis, Indiana, 46204. Priends may sign the online guesthook at www.erlewcinmortnary.com

In Loving Memory of **Randall Garrett** 4/3/52 - 9/25/08



Brother,

- When they called for us that night and said that you were sick.
- We hurried and we cushed to get there quick.
- When they said unconscients, I thought, a heart allack,
- A hospital stay, maybe even surgery, and you would hounce right hack.
- No time to say, I love you, No time to say goodbye,
- I just can't understand it, and I can't help hur ask Gid why?"
- You were such a stong man, with a stubborn will,
- How could we have known that you were so ill.
 - When we needed you, you were always there.
 - For God to take you from us, just doca't spem fair.
 - There are times , when it doesn't seem read,
- There are times when numbness is all I feel.
- I love you, Randall, you are uncerf a kind, bonor bra
- I keep hearing you laugh, and seeing you in my
- mand. The oldest of us six children,
- one of Dall and Irene's eane.
- Wallsout you here, dear brother, things will never her they extrain

pathy@erleweinmortsary.com (Palid obliganty)

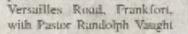


- families to be together, a tradition my family has denne far porara, Something you take for
- granied, until someone you love is no lunger here.
- We still get together, and still description rate traces,
- Rut it's just not the same, seeing the empty chair where our Daddy used to be.
- The things that second so impourtient Inchartes,
- Just area's that important GARLYTTONE.
- Our Daddy was a simple man, while he lived below, But if he level semething to
- scase has all bus seense the last some know.
- Too much pride, " I can still here him way.
- There has al give year a little smile, in his case mischevious way.
- Our hearts are still broken, because he had to go away. But standy we are reading, that he just center's stay.
- His body was fired, he need a Test.
- Is were time five hire remeated, for has been farmers good to the land.
- He doesn't live simple any-WELVES. More he lives in a manshim,
- with simeus of gold outside his dearer.
- Heaven has a brand new angel, to sing in that sweet angel band,
- And I know our Daddy is matiting first sev to juin him, becautiful Herrievaly

HIS love surrounds you always, EVERYWHERE!



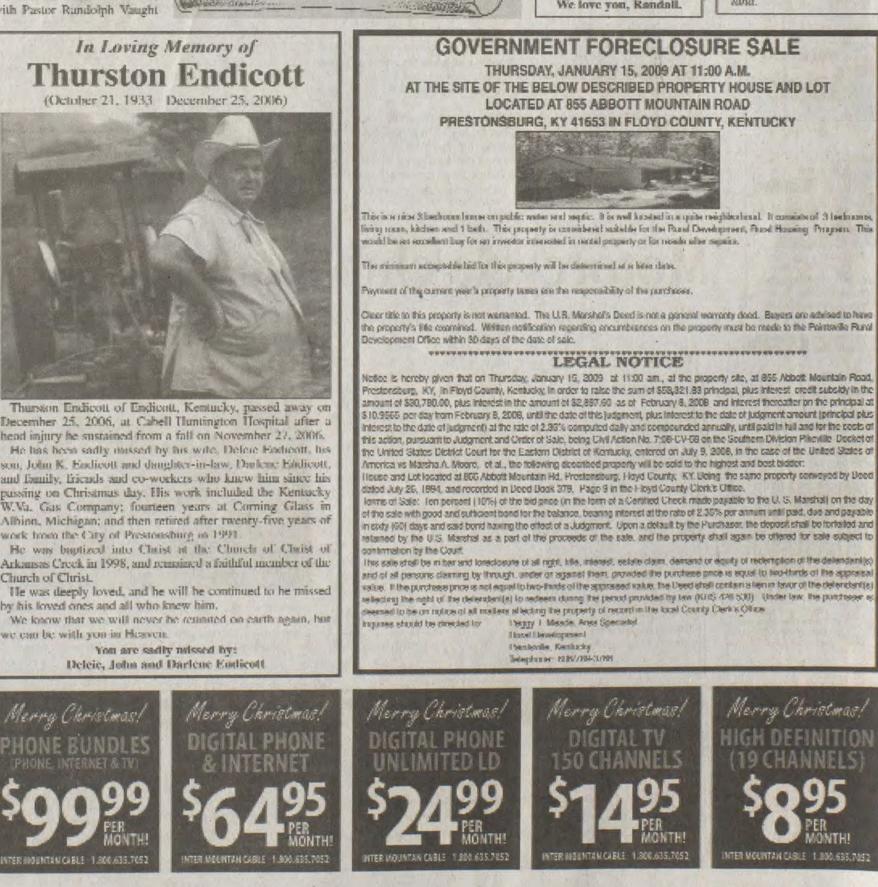
Merry Christmas!





We love you, Randall.

hand.



Thurston Endicott of Endicott, Kentucky, passed away on December 25, 2006, at Cabell Huntington Hospital after a head injury he sustained from a fall on November 27, 2006.

son, John K. Endicott and daughter-in-law, Darkene Endicott, and family, friends and co-workers who knew him since his passing on Christmas day. His work included the Kentucky W.Va. Gas Company; fourteen years at Corning Glass in Albion, Michigan; and then retired after twenty-five years of work from the City of Prestonsburg in 1991.

He was baptized into Claist at the Church of Claist of Arkansas Creek in 1998, and remained a faithful member of the Church of Christ.

He was deeply loved, and he will he continued to he missed by his loved ones and all who knew him.

We know that we will never he remarted on earth again, but we can be with you in Heaven.

Deleie, John and Darleue Endicott



receptions, anniversary parties, meetings. We have a good sound system. For more info, call 606-297-5666, ask for Paul or 606-226-0187, ask for Larry.

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1428.

10 a.m.-12.

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Coal Academy, Interactive Digital Center win national awards

From left to right, KCTCS Chancellor Keith Bird and Jamie Justice, **KCTCS Director** of Visualized Learning and Innovation, display awards won from the U.S. **Department** of Labor Mine, Safety and Health Administration.



VERSAILLES - The Kentucky Coal Academy (KCA) and the Kentucky Community and Technical College System Interactive Digital Center (IDC) recently

received awards from the U.S. Department of Labor Mine, Health Safety and Administration for their entry in the annual training materials competition.

They won in the following categories:

Mixed Media Public Grand Prize The KCA funded the development of the project through the KCTCS IDC, who developed the simulation based training application for the CSE SR-100 Self-Contained Self Rescuers. These devices are essential safety equipment

Calendar

Floyd County will meet on the fourth Thursday of each month, at 5:30 p.m., at the New Allen Baptist Church. All interested persons welcome to join UNITE's fight. against drugs.

"Living Free" - A support group sponsored by the Floyd County UNITE Coalition. Group will meet weekly at the old Allen Baptist Church, on US 23 N., between Allen and Banner, on Tuesdays, at 1:15 p.m.

Living Free is a faith-based 12-step support group open to all who are searching for recovery. There is no fee to attend. For more info., contact Shirley Combs at 874-3388 or 434-8400

'Earn While You Learn'

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

ment

GED classes are also available.

Floyd County Extension Homemaker Club Meetings

Allen: 1st Monday, 11 a.m., at Christ United Methodist Church Fellowship Hall.

Dixie: 3rd Thursday, 12:30 Dixie Community p.m., Room.

David: 1st Monday, 1 p.m., at St. Vincent's Mission.

Martin: 1st Tuesday, 6 p.m., Martin Church of Christ. Maytown: 3rd Thursday, 6 p.m., Maytown Learning Center.

Cliff: 3rd Tuesday, 12 p.m., Community Center. **Prestonsburg:** 2nd

10:30 Tuesday, a.m., Extension Office.

South Prestonsburg: 3rd Tuesday, 7 p.m., Home of members (call 886-2668 for info.)

Left Beaver: 2nd Tuesday, 10:30 a.m., Osborne Elem. School Library.

Special interes

Wednesday at 6:30 p.m., at the old Allen Baptist Church, located in Allen, just past red light. Call 889-9620 for more info.

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

•Community Weight Loss Support Group - Meets Thursday's at 6:30 p.m., at the Martin Community Center. For more info., call 377-6658. Those who have had gastric bypass surgery most especially welcome to attend. Meetings being offered as support to anyone needing extra support in dealing with weight loss.

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

•Disabled? - You may be

Continued from p3

KIDS NOW licensing standards program, and how you can earn an income by staying home with your own children while caring for the children of others. Find out more by calling Cheryl Endicott at 886-1280, or 888-872-7227 (toll free).

•East Kentucky S.T.A.R.S. Homeschoolers -Will hold monthly meetings at the Paintsville Recreation Center. For more information, call Trudy at 889-9333, or 297-5147. Everyone welcome. •Narcotics Anonymous (NA) - Each Wednesday, from 7-8 p.m., in the Atrium Conference Room, 2nd floor, Pikeville Tower, May Methodist Hospital. For more info., contact Chris Cook at

606-433-1119 or christopher-

cook@hotmail.com.

carried by underground miners and have been the major focus of new safety legislation requiring more training. The interactive application provides the user with a hands-on opportunity to visualize the parts of the rescuer unit, the daily inspection process, the 90 day inspection process, an interactive breathing demonstration and ultimately an innovative demonstration of the donning procedure of this unit. Kentucky The Coal

Academy received award

plaques and will share a traveling trophy, presented to the winning organization(s) for the best overall contest entry.

The competition is part of a TRAM/National three-day Mine Instructor Conference hosted by the National Mine Health and Safety Academy at their facility in Beaver, West Virginia. Businesses, coal mines, miners and others submit entries to showcase projects that have been developed in the past year for the coal industry.



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Merry Christmas

in Lawrence, call 638-4067.

Senior employment program

Are you a senior citizen on a fixed income struggling with soaring medical bills and living expenses? Could you use some extra spending money but don't know how to get back into the workforce?

If you are at least age 55, the Senior Community Service Employment Program (SCSEP) may be able to help. Earn extra money, learn new skills, and help your community at the same time! To find out more, call: 886-2929

External Diploma Program

Kentucky residents age 25 and older can earn a high school diploma by demonstrating skills learned on the job or in raising a family. Flexible scheduling is provided and confidentiality maintained. Classes are held at the Carl D. Perkins Rehabilitation Center, in Thelma, Mon. thru Fri., with evening classes on Thursday. EDP classes and also held at the Mullins Learning Center, in Pikeville, on Tuesdays, from 4:30-8:30 p.m. Contact Andy Jones at 606-788-7080, or 800-443-2187, ext. 186, or Linda Bell, at ext. 160 to make an appoint-

arly Times | Doral Cigarettes



Nimble Thimble Quilt Guild: 1st/3rd Wednesdays, 10 a.m. to 2 p.m., Extension Office.

Newbees Quilt Group: 4th Thursday, 6 p.m., Extension Office. (The Newbees do not meet during the months of January and February.)

Looking for a Support Group?

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

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

•Overeater's Anonymous held each Meetings

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

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

•PARENTS! - Contact the Big Sandy Area Community Action Program, Inc. to find out about child care services in your area, the STARS for

·Dependents and Students ·Self-Employed

·Small Businesses

·COBRA/Alternative

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Anthem.

MONTH!

Anthony Paul Osborne

Feb. 19, 1987 - Nov. 10, 2006

Christmas In Heaven

I see the countless Christmas trees, around the world below, With tiny lights like heaven's stars, reflecting in the snow.

The sight is so spectacular, please wipe away that tear, For I am spending CHRISTMAS WITH JESUS CHRIST this year.

I hear the many Christmas songs, that people hold so dear, But the sound of music can't compare, with the CHRISTMAS CHOIR up here.

I have no words to tell you, of the JOY their voices bring,

For it is beyond description, to HEAR THE ANGELS SING.

I know how much you miss me, I see the pain inside your heart, But, I am not so far away, we really aren't apart.

So, be happy for me dear ones, for you know I'm spending CHRISTMAS WITH JESUS THIS YEAR.

I send you each a special gift, from my heavenly home above: "MY UNDYING LOVE!"

I can't tell you of the SPLENDOR, or the PEACE here in this place, Can you just imagine CHRISTMAS WITH OUR SAVIOR, face to face?

I ask Him to lift your spirit, as I tell Him of your love. So then PRAY FOR ONE ANOTHER, as you lift your eyes above.

So, have a MERRY CHRISTMAS, and wipe away that tear, please let your hearts be joyful and let your spirit sing.

For I am spending CHRISTMAS IN HEAVEN, and I'm walking WITH THE KING.

> We Love You, and Miss You More Every Day, We Love You, Always!

Mom & Dad, and all the Family AND THE READ OF SECTION







+



WEDNESDAY, DECEMBER 24, 2008 • A5

Early Times

³**19**⁹⁹1/2-gal.

Local jobseekers get 'certified' for work

Program a success in Pike, expanding to Floyd and other counties

by SHAWN HOPKINS EKCEP INC.

Pike County JobSight officials had reason to celebrate recently as a new job-preparedness program got off to a solid start with a 100-percent pass rate for the first class.

So they threw a party, including cake, for the 13 graduates of the new Work Certified program.

"We're really proud of what you have done," Jim Stewart, the program's instructor, told the group as it gathered at the Big Sandy Community and Technical Center campus in Pikeville to enjoy, food and fellowship and receive cards acknowledging them as graduates of Work Certified.

Work Certified is a free jobpreparedness program recoghized by the United States Department of Labor. As implemented by the Pike County JobSight, Work Certified has an additional twist: those who are willing to work hard, attend classes and study to pass the exit exam at the end of the three-week program earn free vocational training.

Both Certified Nurse Aide (CNA) training and Commercial Driver's License (CDL) training were offered to graduates of this first class. Stewart said he thought this extra incentive helped motivate those who took part to succeed.

"They worked really hard, and it could not have gone any better," Stewart salid. "We started with 13 people in the job interview; and the basic class and all 13 finished and ' passed the test. Eight are going into CNA training, four are going into CDL training, and one other person is probably going back to college."

Stewart said the first class of the new Work Certified program was so successful that program is expanding to additional counties and adding additional training programs. A second Work Certified Class in Pike County is just finishing up and Work Certified is expanding into Floyd County with a class starting Jan. 20th, Stewart said. Those who complete this class will be eligible for CDL and CNA training and will also be eligible for free Emergency

INTER MOUNTAN CABLE - 1.800.635.7052

Medical Technician (EMT) certification training. The registration deadline for the class is Jan. 16 and those interested in applying should call the Floyd County JobSight at 606-886-2948.

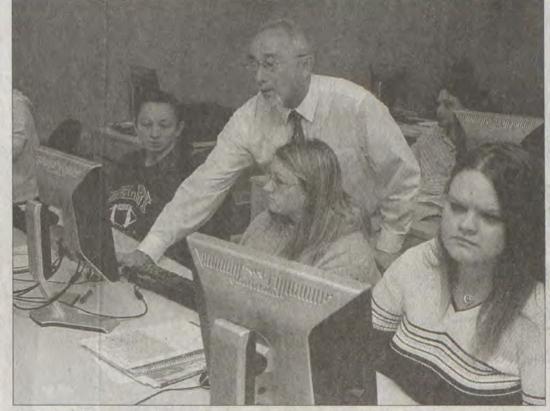
The Pike County and Floyd County JobSight locations, operated by Big Sandy Area Community Action Program (BSACAP), are part of the JobSight network of workforce centers administered in 23 eastern Kentucky counties Eastern Kentucky by Concentrated Employment Program, Inc. (EKCEP). JobSight "one-stop" workforce centers give job seekers and employers access to over a dozen state and federal employment and training programs and employer services through a single location.

Work Certified includes information on job skills, resume-writing instruction, practice job interviews conducted by volunteers from local companies' human resource departments, and many other activities that teach participants job search and "first day" job skills that will make them more attractive than other job seekers in a competitive job market.

By the time they receive their Work Certified card, Stewart said, participants have the advantage of knowing how to use resources like the Internet to search for jobs and + other information; how to properly prepare a resume; how to dress, prepare for and conduct themselves during a skills needed to get and keep a job, such as being on time, dressing properly and being respectful.

Unfortunately, these skills are not commonly found in many of today's job seekers, Stewart said.

"People nowadays are not



Work Certified instructor Jim Stewart, standing, worked closely with students in the new Work Certified program provided at the Pike County JobSight in Pikeville as they completed coursework, such as this computer research project Jeanne Normanm to Stewart's left, Rachel Blevins, center, and Misty Hall took part in. Work Certified is a job-preparedness program that mixes classroom instruction and hands-on activities to give participants the skills they need to succeed in the job market. As an incentive those who complete the class and an exit exam are eligible for additional free vocational training.

Work Certified class are basic literacy skills and an honest willingness to work and learn.

The first class was a bonding experience in which friendships were made as participants pulled together to help each other with projects and assignments, Stewart said. It was taken very seriously. Essentially, the Work Certified class was each student's "job" from 8:30 a.m. to 3:30 p.m. five days a week. Stewart acted as their boss and there were hard and fast rules, such as a limit on unexcused absences.

Chris Abshire, 28, said Work Certified sounded like a deal that was "too good to pass up" when he and his wife heard radio advertisements that explained how program participants 'could get free CDL training.

Abshire said he had worked in a steady, skilled job for several years at a United Parcel Service (UPS) facility in Louisville. However, he later moved home to Pike County for personal reasons.

Starting over has no

opens up a whole new world of career opportunities.' Abshire said.

Tina Justice was the sole person in the class who was not planning on going into either the CNA or the CDL classes after finishing. Still, she said she felt that Work Certified would help her in her plan to go back to college and change careers, possibly pursuing a degree involving writing or the creative arts with an eye toward going into a field



like advertising.

had helped.

Certified.

As she picked up her card

"I think it's a good pro-

gram. It is really confidence

building," Justice said, adding

she would encourage others to

look into getting Work

Work Certified, contact Jim

Stewart at 606-218-2106, or

For more information about

at the end of the program, she

said she believed the program

You can earn a



J&J Liquors

Doral Cigarettes

Carton 219+ tax

MARLEY & ME (PG). Mon.-Sat. 7:00-9:00; Sun. (1:30) 7:00-9:00. Cinema 2-Starts Thursday, Dec. 25 BEDTIME STORIES (PG). Mon.-Sat. 7:00-9:00; Sun. (1:30) 7:00-9:00. CLOSED CHRISTMAS EVE

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<u>Cinema 1—Held Over</u> THE DAY THE EARTH STOOD STILL (PG-13). Mon.-Sun. 7:05-9:25; Fri. (4:25) 7:05-9:25; Sat.-Sun. (2:05-4:25) 7:05-9:25 Cinema 2-Starts Thursday, Dec. 25 VALKYRIE (PG-13), Mon.-Sun. 6:55-9:15

Fri. (4:15) 6:55-9:15; Sat.-Sun. (1:55-4:15) 6:55-9:15. Cinema 3-Starts Thursday, Dec. 25 THE SPIRIT (PG-13), Mon.-Sun. 7:10 9:30; Fri. (4:30) 7:10-9:30; Sat.-Sun. (2:10-

4:30) 7:10-9:30. Cinema 4—Held Over FOUR CHRISTMASES (PG-13). Mon.-Sun. 7:15; Fri. (4:30) 7:15; Sat.-Sun. (4:30) 7:15.

TWILIGHT (PG-13). Mon.-Sun. 9:20; Sat. Sun. (2:00) 9:20

Cinema 5-Starts Thursday, Dec. 25 YES MAN (PG-13). Mon.-Sun. 7:05-9:25 Fri. (4:25) 7:05-9:25; Sat.-Sun. (2:05-4:25) 7:05-9:25.

Cinema 6-Starts Thursday, Dec. 25 THE CURIOUS CASE OF BENJAMIN BUTTON (PG-13). Mon.-Sun. 8:00; Fri. 5:00) 8:00; Sat.-Sun. (1:50-5:00) 8:00.

Cinema 7-Starts Thursday, Dec. 25 BEDTIME STORIES (PG-13). Mon.-Sun. 7:10-9:20; Fri. (4:20) 7:10-9:20; Sat.-Sun. (2:10-4:20) 7:10-9:20.

Cinema 8-Starts Thursday, Dec. 25 MARLEY & ME (PG). Mon.-Sun. 6:55 9:15; Fri. (4:15) 6:55-9:15; Sat.-Sun. (1:55-1:15) 6:55-9:15.

Cinema 9—Held Over TALE OF DESPEREAUX (G). Mon. Sun. 7:00; Fri. (4:15) 7:00; Sat.-Sun (2:00-4:15) 7:00, ROLE MODELS (R). Mon.-Sun. 9:15.

Cinema 10-Held Over SEVEN POUNDS (PG-13). Mon.-Sun 6:55-9:20; Fri. (4:20) 6:55-9:20; Sat. Sun. (1:55-4:20) 6:55-9:20.

CLOSED CHRISTMAS EVE OPEN ON CHRISTMAS DAY

prepared to go to work, said. Mastery of these basic skills means that the Work Certified employee will make a better first impression and be more productive and prepared than most, he added.

"They're going to be ready to go on the first day," he said. "They'll produce more quickly and be more successful.

Stewart said that all a person needs to succeed in the



Students recently gathered to celebrate the completion of the first class of a new Work Certified program at the Pike County JobSight in Pikeville. In the front row are (from left) Cheresa Cleaver, Jonathan Mullins, Rachel Blevins and Aleisha Bryant. In the back row are (from left) Quincy Wright, Jody Wolford, Jeanne Norman, Misty Hall, Brandi Howell and Work Certified Instructor Jim Stewart. Work Certified is a jobpreparedness program that mixes classroom instruction and hands-on activities to give participants the skills they need to succeed in the job market.

easy for him, he said. He and his wife are currently living with relatives and have struggled to make ends meet.

"It's very hard to find a job here," Abshire said. He added that without the gas cards Work Certified participants can get to help them get to the class if they need them, he probably would not have been able to afford to go.

The classes themselves were interesting, Abshire said, and were a good refresher course for knowledge he already had.

"It reminded me of what I am capable of," he said.

Stewart said he believes Abshire is capable of a lot. He applied himself and studied especially hard, and scored 98 percent on the Work Certified exit exam, Stewart said.

"He only missed one question," he said.

Abshire has already started CDL training and believes that obtaining the Work Certified Card will help him and his wife rebuild their lives. He said his wife plans to enroll in an upcoming Work Certified class and hopes to get a CDL license as well.

"Having a CDL license



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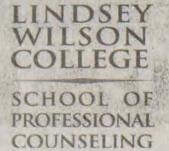
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A6 . WEDNESDAY, DECEMBER 24, 2008

THE FLOYD COUNTY TIMES

empoint

Worth Repeating ...

There is nothing worse than aggressive stupidity.

Johann Wolfgang von Goethe

Amendment I

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

'Yes, Virginia, there is a Santa Claus'

DEAR EDITOR: I am 8 years old.

Some of my little friends say there is no Santa Claus. Papa says, "If you see it in THE SUN it's so." Please tell me the truth; is there a Santa Claus? VIRGINIA O'HANLON. 115 WEST NINETY-FIFTH STREET.

VIRGINIA, your little friends are wrong. They have been affected by the skepticism of a skeptical age. They do not believe except [what] they see. They think that nothing can be which is not comprehensible by their little minds. All minds, Virginia, whether they be men's or children's, are little. In this great universe of ours man is a mere insect, an ant, in his intellect, as compared with the boundless world about him, as measured by the intelligence capable of grasping the whole of truth and knowledge.

Yes, VIRGINIA, there is a Santa Claus. He exists as certainly as love and generosity and devotion exist, and you know that they abound and give to your life its highest beauty and joy. Alas! how dreary would be the world if there were no Santa Claus. It would be as dreary as if there were no VIRGINIAS. There would be no childlike faith then, no poetry, no romance to make tolerable this existence. We should have no enjoyment, except in sense and sight. The eternal light with which childhood fills the world would be extinguished.

Not believe in Santa Claus! You might as well not believe in fairies! You might get your papa to hire men to watch in all the chimneys on Christmas Eve to catch Santa Claus, but even if they did not see Santa Claus coming down, what would that prove? Nobody sees Santa Claus, but that is no sign that there is no Santa Claus. The most real things in the world are those that neither children nor men can see. Did you ever see fairies dancing on the lawn? Of course not, but that's no proof that they are not there. Nobody can conceive or imagine all the wonders there are unseen and unseeable in the world. You may tear apart the baby's rattle and see what makes the noise inside, but there is a veil covering the unseen world which not the strongest man, nor even the united strength of all the strongest men that ever lived, could tear apart. Only faith, fancy, poetry, love, romance, can push aside that curtain and view and picture the supernal beauty and glory beyond. Is it all real? Ah, VIRGINIA, in all this world there is nothing else real and abiding.

Letters **Thank God** for your gifts

Isn't the imagination great? All of the power of books and movies and such that people come up with to feed the mind with great wonders and adventures to be had, of characters and places alien, foreign, and familiar to be played out. My particular interest is science fiction, fantasy, horror, and adventure, although I do depart into other realms of fiction from time to time.

This is just one more reason to appreciate and love the Lord God. It was his imagination that created the entire universe of stars, planets, and galaxies that goes on forever it absolutely boggles the mind. For stance, people who entertain us with books and movies taking place in outer space are playing in the fields of the lord through their minds. And look at our Earth and all of the intricate life forms and scenery that is available for us to enjoy, that as inheritors of this world we should be doing a better job in taking care of. A lot of us abuse those gifts from God in the way of destruction and dismissal. I myself have done such a thing with my imagination, having squandered it and obsessing myself

with fantasies about getting published and becoming a big name author to mostly relieve my financial insecurity. With nothing really done and those dreams not yet met, I become down hearted and get into a real mess. I forgot my imagination and writing is a gift from God and I should just be concerned with just doing it, if nothing else for therapy and fun. Never mind the monetary gain. It is what it is right now and that's good enough for

Deep Thanks.

NEXON RECEIGNS HE DEGES A TIME OF TRALING: FORD WILL TAKE OFFICE TODAY

Mark Felt 1913 - 2008

To not even try to approach my writing would be an insult to God in wasting this precious gift. I do have a few people to share it with as well and that too is good enough for me. I thank God for my gift now.

If you do have a gift, a talent, thank God for it and try at it.

nearly 200 years, or they will make things difficult for me down the road. They would not elaborate.

4

They offered a miser's amount for a right-of-way on the land, and in a return, I sign a document giving them complete freedom to do as they please on the right-of-way, and at times any of the land they deem necessary, for eternity. I could not get them to comment on safety issues, environmental issues or any issue. Sign the paper or they will force me to court and have the property condemned under the laws of eminent domain.

I contacted citizens in Knott County, where the land is located, for their input. I was told, "One always does what the gas and coal companies say to do. That is just the way it is."

I question the way it is, because it is dangerous for the landowner and

No Santa Claus! Thank God! he lives, and he lives forever. A thousand years from now, Virginia, nay, ten times ten thousand years from now, he will continue to make glad the heart of childhood.

> - The New York Sun Sept. 21, 1897

Thomas W. Elam Pikeville

Ask questions

Recently, a gas pipe company that builds gas lines through personal property contacted me. Quickly, I noticed discrepancies in their story. The telephone calls turned ugly and threatening. I will sign away a portion of land that has been in the family for

the earth we live on for these companies to have so much freedom, without any obligations. The way they do business, in my opinion, has kept generations of Kentuckians in poverty. The politicians, the Environmental Protection Agency, the actorney-general and every citizen needs to cast a magnifier on this subject for the good of the people and the planet.

> Carol Moore McLeansville, N.C.



Letter Guidelines

Letters to the Editor are welcomed by The Floyd County Times.

In accordance with our editorial page policy, all letters must include the signature, address and telephone number of the author.

The Times reserves the right to reject or edit any letter deemed slanderous, libelous or otherwise objectionable. Letters should be no longer than two type-written pages, and may be edited for length or clarity.

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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WEDNESDAY, DECEMBER 24, 2008 • A7

Enforcement efforts look to reduce holiday season fatalities

filled with joy in Kentucky as Hanukkah, Christmas, Kwanzaa and New Year's Eve are celebrated. Friends and family will gather for holiday. dinners, parties and other festivities.

Every year law enforcement officials make a plea to those who drink to stay off the roads. While drunk driving is a horrible crime any day of the year, statistics show that the holiday od for crashes involving alcohol.

KSP Commissioner Rodney Brewer indicated that twentyfive people died on Kentucky roadways between December 20th and December 31st last year.

"Life is too precious to be lost in a senseless tragedy that causes indescribable hardship," said Brewer. "KSP has a 'no-tolerance' policy. If you are

The month of December is season is by far the worst peri- caught driving under the influ- experiencing a decline this year ence, you will go to jail."

> Brewer advised that KSP will be boosting road patrols and operating safety checkpoints statewide during the holiday period. For maximum effectiveness, Troopers will coordinate enforcement activities with local police to target high-risk areas and use radar and laser equipment to assist their efforts.

Even though Kentucky is

in traffic fatalities, 778 individuals have already been killed in motor vehicle crashes. The state reports that 167 of those deaths were from alcohol-related crashes.

Much has been done over the years to reduce impaired driving in Kentucky and other states - and more can be done. Prevention starts with responsible hosts who do not allow guests to leave a party and then drive impaired. It continues with aggressive law enforcement strategies and courts that impose stern sentences authorized by the Legislature.

ple think, most fatal crashes involving alcohol do not involve repeat offenders. The ' Institute Insurance for Highway Safety says that in 2006, just seven percent of drivers in fatal crashes with high blood-alcohol levels (0.08 percent or higher) had, previous alcohol-impaired driving convictions on their records.

prosecutes Driving Under the Influence (DUI) cases in Madison county. He warns that even first-time offenders will incur hefty penalties.

"In my experience in Madison County, a DUI subject with an alcohol level of .08 but less than .18 can expect to incur service sanctions including fines, court costs and fees totaling approximately \$750.00 to \$1,050.00," said Fowles.

"Additionally, first-time offenders receive a license suspension of ninety days and mandatory Alcohol and Drug Education (ADE) training," added Fowles.

Club

Prestonsburg, Plummer was optimistic about the amount of donations the group could gather before Christmas, saying they hoped to match the numbers from last year's effort.

Those numbers were exceeded according to counts Monday. Some 260 items were bagged and dropped off at the school board's central office.

Franklin and other members would not ter started in Milton, W.Va.

finish their work Monday until late that afternoon with planned visits to area housing projects where another 100 to 150 treat bags would be handed out. Their holiday rounds would then be finished with visits to private families, according to Franklin.

The Brothers of the Wheel are an American Motorcycle Association chartered club founded in 1997. The first chap-

Continued from p1

The charity work for the members spanned Floyd, Pike, Johnson and Martin counties, with the final push being Monday's efforts.

"This is the final push for this season," Franklin said as the three members finished arranging the bags for storage and later shipment to county schools. "We'll be seeing a few more families and then we'll start looking forward to next year."

Suspect

allegedly stopped the vehicle after traveling three-quarters of a mile to the end of Adkins Branch in Galveston, and then exited the vehicle and ran around a residence.

According to the police report, the officer gave chase to Harvey and never lost sight of him during the foot pursuit. Harvey reportedly refused to stop after verbal commands were given and then climbed under the back porch of the residence and refused to come out.

The officer deployed the Taser for the first time in the altercation after Harvey's

The mission of the U.S.

Marine Corps Reserve Toys

for Tots program is to collect

new, unwrapped toys during

October, November and

December each year, and dis-

tribute those toys as Christmas

gifts to needy children in the

community in which the cam-

us to pull this off," Davis said.

"The kids really love it."

paign is conducted.

Toys

alleged refusal to come out from under the porch. After using the Taser, one of Harvey's hands remained under the porch after the officer asked him to show both bf his hands. The officer deployed the Taser for a second time, reporting that the "subject then showed me his hands and was arrested without further incident."

After searching Harvey's vehicle, the officer reportedly located open containers of beer and two marijuana joints. The ATV in the back of the truck was reported stolen in Indiana in April 2007.

Harvey was arrested and charged with operating a, motor vehicle under the influence, two counts of firstdegree fleeing or evading police, possession of an open alcoholic beverage container in a motor vehicle, menacing, resisting arrest, failure to noti-

Arrest

sons for his long-standing ability to avoid detection, deputies added.

A trend investigators and prosecutors across Eastern Kentucky have pointed to for the past several years has been that of theft charges cropping up in larger numbers.

Authorities have long considered many of these thefts to be the end result of individuals stealing to help supply their drug habit. In Robinette's case,

Continued from p1 investigators say their work confirms, at least in this instance, that this may have been evident with people apparently trading the stolen goods for drugs.

Robinette is being held at the Pike County Detention Center in Pikeville on drug trafficking charges, awaiting a court date where he may find additional charges pending against him, prosecutors have said.

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14", One Topping Special

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3 Med. 12" Pizzas, 1 Topping,

\$5.00 ea. w/3 or more

20", 4 Toppings, 2 Liter Pop,

Harvey's bond was set at \$10,000 cash and the case was referred to the grand jury on

fy change of address, and

receiving stolen property over

\$300.

Dec. 17.

Continued from p1

Contrary to what many peo-

Garrett Fowles, legal counsel for the City of Richmond,





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2-Plaque

Continued from p1

toys at 11 a.m. on Monday, and Davis said that no special time was scheduled for the event to end.

"We're going to go until the last gift is handed out," Davis said.

"It takes a lot of people for **Fire**

Continued from p1 The toys were handed out unintentional and no foul play

Pick-up

or Delivery



"This is a great program," said Thomas Rainey, director of the center. "Toys for Tots sees the need and they want to help children. That's the important thing."

Volunteers and students at the center started handing out

The Floyd County Animal Shelter

PET OF THE WEEK

The celebrity of the week is Dave Gearhart. He was in a popular rock band in Nashville before returning home to Floyd County. Now he is

a manager at Meade's Wholesale. The cat's name is Cleo, a domestic

The Floyd County Animal Shelter is located at

Sally Stephens Branch in West Prestonsburg Phone 886-3189

is suspected at this time.

Other agencies involved and offering assistance at the scene of the weekend blaze were members of the Martin County Sheriff's Department, Inez Fire Department, Turkey Fire Department and NetCare Ambulance Service.





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Merry Christmas!

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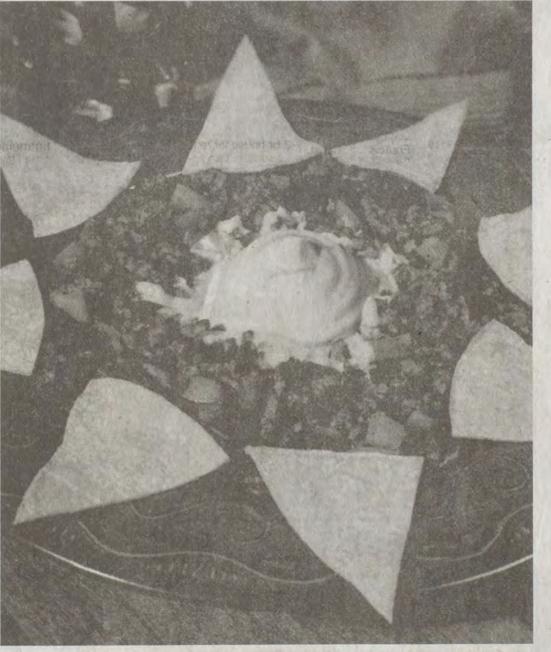
long-haired tabby kitten, 7 weeks old.



Shop smart! Live well! Look for the heart-check mark!

All products bearing the heart-check mark meet the American Heart Association's nutrition criteria per standard serving size to be:

Low in fat (3 grams or less)



FAMILY FEATURES

Man cannot live by meat alone.

Surveys of eating habits suggest that men eat more meat and far fewer fruits and vegetables than women do. Men usually reach for comfort foods that are warm, hearty and satisfying. Men should be eating better because a bigger waistline can hurt their heart health. Is it possible

American Heart Association

Products displaying the heart-check mark meet American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.

heartcheckmark.org

Balancing Act

is yes.

still get the satis-

faction of "man

food"? The answer

When it comes to making meat choices, there are two words to remember: moderation and lean.

Moderation: The American Heart Association recommends eating no more than six ounces of lean meat or fish each day. A three-ounce cooked portion of meat is about the size of a deck of cards. Here are some examples:

- 1/2 of a skinless chicken breast or a chicken leg with thigh
- 3/4 cup of flaked fish
- Two slices of lean roast beef

Lean: There are 29 cuts of meat that qualify as "lean." The American Heart Association has a list of extra-lean meat choices certified to be low in saturated fat and cholesterol. If you look for the American Heart Association's heart-check mark on food packages, you'll find a growing list of deli meats, beef, chicken, bison, turkey, pork, seafood and more.

What to Eat

- An overall heart-healthy eating plan is important. The American Heart Association has simple recommendations:
- Eat a variety of foods from all food groups and choose vegetables, fruits, whole-grain products and fat-free or low-fat dairy products most often.
- Eat less junk food, i.e., limit foods and drinks high in calories but low in nutrients, and limit saturated fat, trans fat, cholesterol and sodium.
- If you drink alcohol, do so in moderation. This means an average of one to two drinks per day for men.

- Low in saturated fat (1 gram or less)
- Limited in trans fat (less than .5 grams)
- Low in cholesterol (20 milligrams or less)
- Moderate in sodium, with 480 milligrams or less for individual foods
- Contain at least 10 percent of the Daily Value of one or more of these naturally occurring nutrients: protein, vitamin A, vitamin C, calcium, iron or dietary fiber.

Also:

 Seafood, game meat, meat and poultry, as well as whole-grain products, main dishes and meals must meet additional nutritional requirements.

Tex-Mex Chili Pie

Serves 4; 1 1/2 cups per serving

Perfect for wintry nights or while watching sporting events, this hearty chili is accented with crisp corn tortillas, fat-free cheddar cheese and dollops of fat-free sour cream. This recipe is worth repeating, so save time now by making a double batch and storing the leftover chili in an airtight container for up to 6 months in the freezer.

Chili

- pound extra-lean ground beef 15.5-ounce can no-salt-added black
- beans, rinsed and drained 14.5-ounce can no-salt-added diced
- tomatoes, undrained 8-ounce can no-salt-added tomato 1 sauce
- 1/2 cup water
- 1/2 cup chopped red onion
- 1/2 medium yellow bell pepper, chopped
- 1/2 medium green bell pepper, chopped

- 1 teaspoon chili powder 1 teaspoon salt-free all-purpose
- seasoning blend Tortillas

Cooking spray 4 6-inch corn tortillas

- Toppings 1/2 cup shredded fat-free cheddar cheese
 - 1/4 cup fat-free sour cream

In large nonstick skillet, cook beef over medium-high heat for 6 to 8 minutes, or until browned, stirring frequently to turn and break up. Using slotted spoon, transfer beef to 2to 3-quart slow cooker. Add remaining chili ingredients to slow cooker, stirring to combine. Cook on high for 3 to 4 hours or on low for 7 to 9 hours, or until onions and bell peppers are tender and flavors have blended. Meanwhile, preheat oven to 375°F. Lightly

spray a baking sheet with cooking spray. Using sharp knife, cut each tortilla into 8 triangles. Place in single layer on baking sheet. Lightly spray tops with cooking spray. Bake for 8 to 10 minutes, or until chips are golden brown and crisp. Transfer baking sheet to cooling rack. Let chips cool for 15 minutes.

When chili is ready, place 8 tortilla chips with pointed end up around inside of each rimmed soup bowl. Ladle chili into bowls. Sprinkle cheddar over chili. Top each serving with dollop of sour cream.

Nutrition Analysis (per serving): Calories 371, Total Fat 6.5 g, Saturated Fat 2.5 g, Trans Fat 0.0 g, Polyunsaturated Fat 1.0 g, Monounsaturated Fat 2.5 g, Cholesterol 67 mg, Sodium 317 mg, Carbohydrate 40 g, Fiber 8 g, Sugars 12 g, Protein 39 g

4 very lean meat

Recipe copyright © 2008 American Heart Association. For more information on heart-healthy grocery shop-ping, visit heartcheckmark.org.

Merry Christmas!

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IONTH

To find heart-healthy foods in the grocery store, start by making your grocery list online. Visit heartcheckmark.org to build your list from more than 800 products ranging from meat and dairy to vegetables and snacks, all certified by the American Heart Association to be low in saturated fat and cholesterol. Print your list for future use, or access it from your Web-enabled mobile phone or PDA at

mylist.heartcheckmark.org.

Men don't have to feel unsatisfied by eating healthy. Eating well can be satisfying and delicious, even for a guy. For more information on eating heart healthy visit americanheart.org.

Tips for Eating at Steakhouses

- Can you eat steak on a heart-healthy diet? You bet, as long as it's a reasonable portion of lean beef.
- Don't order king-sized cuts. About three ounces of a thinly sliced cut is perfect, or choose a six-ounce steak and enjoy non-meat entrees the rest of the day.
- Steakhouses generally prepare your food to order, so ask to have all visible fat trimmed before the meat is cooked.
- Many steakhouses do a superb job with seafood —
- look for fish on the menu and ask your server about the catch of the day. Research shows that eating oily fish containing omega-3 fatty acids (e.g., salmon, trout and herring) may help lower your risk of death from coronary artery disease.

Instead of	Try
Fatty cuts of meat, such as rib eye, porterhouse, T-bone	Leaner cuts, such as London broil, filet mignon, round or flank steak, sirloin tip, tenderloin
French fried, au gratin or scalloped potatoes	Baked potato or rice, easy on the butter
Caesar or marinated salad	Green salad with dressing on the side
Fried vegetables	Steamed vegetables
Pie and ice cream	Angel food cake, sherbet. or sorbet









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Dietary Exchanges: 2 starch, 2 vegetable,

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Town house apartment for rent. 2 br. bath, stove, fridge, w/d hook up, city limits at US 23 & Hwy 80. \$535 mth plus utilities

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available for extremely low-income people at Highland Heights Apts. in Goble-Roberts Addn., and Cliffside Apts. on Cliff Road, Prestonsburg. Computerized learning centers offer social/educational programs for children and adults. All utilities included at Highland Hgts., utility allowance at Cliffside. Call (606) 886-0608, 886-1927, or 886-1819. TDD: 1-800-648-6056. Highland Heights and Cliffside Apartments do not discriminate in admission or employment in subsidized housing on account of race, color, national origin, sex, age, disability, religion and familial O status.

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Located behind Wendy's and Pizza Hut in Pres tonsburg. All utilities are included and the rent is based upon gross monthly income. Several activities such as line dancing, crafts, bingo, movies, hair salon and church services. The apartments are furnished with a refrigerator, stove emergency alarm system and air conditioner. For more information, please call Highland Terrace at 606-886-1925, TDD: 1-800-648-6056 or 711, or come by the office for an application. Highland Terrace does not discriminate in admission or employment in subsi dized housing on account of race, color, creed, religion, sex, national origin, age, familial status or disability.

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Schools celebrate progress in education and cancer research

LOUISVILLE

Representatives from Floyd County Schools participated with other educators from across the state in the third annual Dataseam Technical Institute last week in Louisville. Three days of workshops and training classes highlighted at were Wednesday's lunch attended by over 100 superintendents, technicians and university leaders including University of Louisville President, Dr. James Ramsey.

Dr. John O. Trent, Director of Molecular Modeling at the University of Louisville's James Graham Brown Cancer Center thrilled the crowd as he described the results of research completed by using computers located in schools across the state. According to Dr. Trent 14 potential drug compounds were discovered

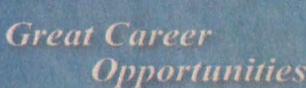
and the computers were supporting the work of 12 research teams at the Brown Cancer Center.

While Dr. Trent cautioned that the drug development process is a long and uncertain process, he pointed out that this program was potentially trimming years off the discovery phase of the process. The Brown Cancer Center at the University of Louisville now boasts one of the largest pipelines of potential new drugs of any cancer center.

University The of Louisville has been using the Dataseam Grid, which connects computers in 52 Kentucky school districts to help researchers accelerate important discoveries. Floyd County Schools participate in the program locally.

In addition to the research, Dataseam Executive Director, Brian Gupton, outlined the education and technical programs supported by the nearly 10,000 school computers. "New computers and associated programs help teachers prepare students for careers in Kentucky's 21st century economy," according to Gupton. "It is vital that we home-grow our next generation of scientists here in the state."

School Superintendents who attended the lunch earned their school district five new computers to support research and local education efforts in the classroom. They also learned about hundreds of additional computers now being distributed to schools along with information on a scholarship program specifically for schools participating in the Kentucky Dataseam Initiative.



Registered Dietician

Coordinate all phases of nutrition care including nutritional assessment, care planning, monitoring, education, and counseling of hospitalized patients and outpatients in a variety of settings.

Requires a Bachelor's Degree in nutrition/dietetics and ADA registry. Kentucky State Licensure is required.

CONSOL Energy donations help two Kentucky fire departments



The winner was chosen for a cow elk tag donated to two Kentucky fire departments by CONSOL Energy. On hand for the drawing at the Knott County Sportsplex were, from left, Curtis Smith, secretary-treasurer of the Ball Creek Fire Department; David K. Smith, chief engineer for CONSOL of Kentucky; James O. Childers, of CNX Land Resources, Inc.; and Carl Gibson, chief of the Jones Fork Fire Department.

Kentucky fire departments tag, good for use in the CONwere able to raise a combined total of \$2,270 for their pro- Management Area (WMA), nec grams thanks to a donation by sold The fire departments sold

PITTSBURGH — Two CONSOL Energy of a cow elk SOL of Kentucky Wildlife

Kentucky WMA opened in October and is a mixture of forested land and reclaimed coal mine property. The area is located near one of the original release sites for Kentucky's elk restoration project and supports a noticeable population of elk.

The new CONSOL of

tickets on the tag, which resulted in the Jones Fork Fire Department raising \$1,035 and Ball Creek

Department raising \$1,235. The winner of the drawing was Tony Pyatt, of Lizemores,

the

W.Va.

Fire

The WMA is open under statewide regulations for deer, turkey, elk and small game.



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TKEVILLE

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A STATISTICS

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face area is owned Little Mud Creek. by The Elk Horn Coal Company.

proposed The operation is approximately 0.75 mile southeast from KY State Route 2030's unction with Little Mud Creek Road. and located along the right side (ascending) of Morgan Fork

The bond now in release. The bond now in effect for Increment No. 1 is a surety in effect for Increment the amount of twen-No. 2 is a surety in ty three thousand the amount of nineand one hundred ty seven thousand llars and nine hundred (\$23,100.00).doll ars Approximately sixty (\$97,900.00).percent (60%) of Approximately sixty the original bond percent (60%) of amount of \$23,100 the original bond of is included in this amount of \$97,900

application

Invitation to Bid **Surplus Property Textbooks** FLOYD COUNTY SCHOOLS **106 North Front Avenue** Prestonsburg, Kentucky 41653

d o

The Floyd County Board of Education is now receiving sealed bids for textbooks that have been declared surplus property. The items are located at the Opportunities Unlimited, 11479 Main Street, Martin, KY 41649. To receive information on the textbooks declared surplus, contact Roy Johnson prior to the time, and date specified for bid opening, by phone at 606-886-2354 ext 5507, by e-mail at roy.johnson@floyd.kyschools.us or by mail at:

Floyd County Board of Education, 106 N Front Ave.

Prestonsburg, KY 41653

Bids must be mailed or delivered to Matt Wireman, Director of Finance, Floyd County Board of Education, 106 North Front Avenue, Prestonsburg, Kentucky 41653. All envelopes must be sealed and clearly be marked on the outside of the envelope, "Surplus Property-Textbooks." Bids will be accepted until 1:00 p.m., Eastern Standard Time, Thursday, January 15, 2009, and will be opened at 1:05 p.m., Eastern Standard Time, Thursday, January 15, 2009, at the Central Office, located at the contact address listed above. All bids must be received by the time designated in the invitation, and none will be considered thereafter. The Board of Education cannot assume the responsibility for any delay as a result of failure of the mails to deliver the bids on time. Bids will be opened and read at the time and location stated above. You are invited to be present at the bid opening. Items are to be awarded to the highest bidder(s) meeting all specifications and conditions, and subject to all other provisions of the invitation to bid, on a per item basis, on a group basis, or on a total basis, whichever is deemed to be in the best interest of The Board of Education. Bids are scheduled to be awarded at the board meeting held at 6:30 p.m., Eastern Standard Time, January 26, 2009, at May Valley Elementary School, 481 Stephens Branch Road, Martin, KY 41649

HOME

for is included in this application for release **Reclamation** work performed includes: backfilling, grading, seeding and mulching. It was completed in October 2008. Written comments, objections, and requests for a public hearing or informal conference must be filed with Director. the Division of Field Services. #2 Hollow, Hudson 127 U.S. South Frankfort, Kentucky 40601, by February 2, 2009.

A public hearing on the application has been scheduled for Tuesday, February 3, 2009, at 9:00 a.m., or as soon thereafter as

may be heard at the Department for Mine Reclamation and Enforcement's Préstonsburg Regional Office. 3140 South Lake Drive, Suite 6. Prestonsburg, Kentucky 41653. This hearing will be canceled if no request for a hearing or informal conference is received by February 2, 2009

NOTICE OF BOND RELEASE

In accordance with the provisions of KAR 350.093, notice is hereby given that AEP Kentucky Coal, L.L.C., 251B Tollage Creek, Pikeville, KY 41501, has applied for Phase II and III

release on Permit Number 877-5023. Increment #1, which was last issued on 12/4/01. The application covers an area of approximately 10.78 surface acres, of which 8.02 acres have been overlapped by Frasure Creek Mining, L.L.C. and 198.72 undisturbed underground acres. for a total of 209.50 acres. The operation' is located 2.6 miles south of David in Magoffin County. The permit area is approximately 1.0 mile southeast from State Route 7's junction with Brushy Fork County Road, and located 1.0 mile southeast of the confluence of Brush Fork and the Licking River. The operation is located on the

David U.S.G.S. 7

1/2 minute guadran-

WEDNESDAY, DECEMBER 24, 2008 • A11

gle map. The latitude is 37º33'33". The Longitude is 82º54'19" The bond now in

effect for 877-5023, Increment #1, is \$23,000. All the remaining bond amount is being requested for release

Reclamation work performed includes. grading and seeding, completed on July 15, 2004, and tree planting, completed on December 7,2005

Written comments, objections and requests for public hearing or informal conference must be filed with the Director, of Field Division Services. #2 Hollow, Hudson U.S. 127 South, Frankfort, Kentucky 40601, by February 9. 2009.

POOLS

1650

A public hearing 77, Ivel, Kentucky on the application 41642, telephone has been scheduled number 606-889-9:00 8441, proposes the for a.m., February 11, 2009, following blasting at the Department schedule The blasting site for Natural Resources Floyd consists of approximately

County Regional Office, 3140 South acres, located 3.0 Lake Drive, Suite 6, Prestonsburg, KY 41653 This is the final

advertisement of the application. The hearing will be cancelled if no request for a hearing or informal conference received is by February 9, 2009.

> NOTICE OF BLASTING SCHEDULE Permit No. 836-0332

In accordance with the provisions of 405 KAR 16:120. Section 3, FCDC Coal, Inc., P.O. Box

P

A

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miles southeast of Printer, in Floyd County, Kentucky. The area is located 3.0 miles southeast from State Bt 2030's junction with State Rt. 122, at latitude 37º30'40" and longitude 82º43'14" located . along Spurlock Creek and Stonecoal Branch. Detonations 01 explosives are proposed to occur from

428.67

sunrise to sunset, throughout the following year. In accordance with 805 KAR 4:125,

before each blast is detonated, audible warnings from a siren loud enough to be heard by all persons in the danger zone around the blast, and shall have a sound distinctive enough to be readily identified, within a range of one-half (1/2) mile from the point of the blast. Ten (10) minutes prior to detonation, access to the blast area will be controlled by compersonnel. pany (5) minutes Five prior to detonation, a one (1) minute series of long blasts of a siren will be given. One (1) minute prior to detonation, a series of short blasts from a siren will be given. unauthorized No personnel will be allowed in the blast area until it is thoroughly checked. If safe, an all-clear signal of a prolonged blast of a siren will be sounded. Events which could lead to blasting at times other scheduled than include, but are not limited to, rain, lightening, or other atmospheric conditions which involve personnel, operational or public safety. If condition occur that require blasting at times other than

www.holidaypools.info Invitation to Bid **Surplus Property** Textbooks FLOYD COUNTY SCHOOLS **106 North Front Avenue** Prestonsburg, Kentucky 41653

The Floyd County Board of Education is now receiving sealed bids for textbooks that have been declared surplus property. The items are located at the Opportunities Unlimited, 11479 Main Street, Martin, KY 41649. To receive information on the textbooks declared surplus, contact Roy Johnson prior to the time, and date specified for bid opening, by phone at 606-886-2354 ext 5507, by e-mail at roy.johnson@floyd.kyschools.us

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THE FLOYD COUNTY TIMES



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

America's Biggest Disaster Threat

4 Out Of 5 Americans Are Unaware That Home **Fires Are The Most Common Disaster Threat.**

22-20 BEDS **INGROUND POOLS IN STOCK** 2973 Piedmont Rd. • Huntington • 429 9:30-5:00 M-F • 9:30-2:00 Sat. or by mail at:



Kentucky families feel economic impact

LEXINGTON - A new University of Kentucky study found that Kentuckians, like other Americans, face economic uncertainty this holiday season. Nearly 70 percent reported a change in lifestyle due to the economy with over half of Kentucky's households having trouble buying things they want for themselves or their children during this holiday season.

The study, "The Impact of Current Economic Circumstances on Individuals and Families in Kentucky," was authored by professor

Some of the study's findings are detailed below:

The current economic situation is taking its toll on families. When asked how they were feeling about the effects of the economy on themselves and their family, 35 percent reported feeling "okay for now, but do not like it." Yet, 22 percent reported "feeling sad, blue, or worried" and 26 percent reported being "unhappy or concerned." Only 17 percent responded an optimistic "think about it, but know things are fine."

A large majority of

reducing the amount spent on clothing, entertainment, travel, hobbies and recreation. Furthermore, many people have reported eating out less often, with 54 percent eating less fast-food and almost 60 percent eating out less at a restaurant compared to this time last year.

Chef Designation

Michael Garahan, of Corps ACF Kentucky Chapter.

ACF operates the only United States and currently sionals worldwide. Candidates have a high level of work and educational experience, and A certified executive chef

Fifty-three percent of economy. Many families are cutting back, only purchasing Kentucky households with necessities instead of luxury children reported having trouitems. The most commonly ble buying things they want for themselves or their chilreported cutbacks include dren. With the holiday season approaching, about 10 percent indicated having trouble buying holiday gifts. However, items such as groceries, insurance, clothes, and a college education were cited frequently also.

National attention has focused on four primary factors affecting the economy, including high gasoline and diesel fuel prices, declining stock values, limited credit availability, and a failing mortgage loan market. To measure the extent to which these problems are being felt in Kentucky, respondents were asked if their families had personally experienced problems as a result of each of these issues. Over 70 percent responded they had experienced problems from high

gasoline or diesel fuel prices, followed by 48 percent experienced problems as a result of declining stock prices. However, mortgage loan and credit availability have had the least impact, where 11 percent and 14 percent experienced problems, respectively.

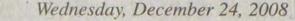
For more information about the study, contact Claudia Heath at (859) 257-7737 or Jennifer Hunter at (859) 576-2593.

ENTIRE INVENTORY - ENTIRE <u>INVEN</u>TORY - ENTIRE INVENTORY



Sports Editor: Steve LeMaster Floyd CountyTimes: Phone: (606) 886-8506 Fax: (606) 886-3603 www.floydcountytimes.com

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Betsy Layne announces foes

Bobcats to open season at home

by STEVE LeMASTER SPORTS EDITOR

BETSY LAYNE - Fresh off • of the first postseason appearance in school history, Betsy Layne is already eyeing the 2009 season. Betsy Layne has finalized its schedule for the 2009 season. The Bobcats are scheduled to open the season at home and end the

campaign with back-to-back road games. Betsy Layne finished the 2008 season 3-8.

The Betsy Layne football schedule for the 2009 season shapes up as follows: Week 0-Bishop Brossart; Week 1-Burch, W.Va.; Week 2-Open; Week 3-Jackson County; Week 4-at Magoffin County; Week 5-at Phelps; Week 6-South Floyd; Week 7-Paintsville; Week 8-Pikeville; Week 9-at Allen Central; Week 10-at Jenkins.

"Last year, we made the playoffs, the next goal now is to improve and work hard for a even better year," said Betsy Layne

Coach Jonathan Parsons. "With 90 percent of the offense coming back, we look to try to get into playoffs again this year. After the season ended, we took two weeks off and have been in the weightroom ever since. With players playing basketball we have 22 10th-12th graders out lifting. We have a great eighth grade group coming up with really good numbers. The coaches at the grade school have prepared them to play at the high school level."

FLOYD COUNTY

orts

Betsy Layne Elementary is the reigning Floyd County Conference champion.



Betsy Layne will open the 2009 season versus Bishop Brossart. The Bobcats earned a spot

Patterson named to Naismith Watch List TIMES STAFF REPORT

LEXINGTON - University of Kentucky sophomore Patrick Patterson has been named to the early watch list for the Naismith Trophy as announced by the Atlanta Tip-Off Club on Thursday.

Patterson is one of 51 players nationally and six players within the conference placed on the watch list. The watch list was compiled by the Atlanta Tipoff Club's Board of Selectors, which based its criteria on player performances from the previous year and expectations for the 2008-09 college basketball season. The watch list does not include incoming freshmen, although those student-athletes will be considered in the first vote in February, 2009. The Naismith Trophy presented by AT&T will be awarded at the 2009 NCAA Men's Final Four in Detroit, Mich.

Patterson, who was named the co-SEC Freshman of the Year last season, currently leads the Wildcats in rebounding (9.1). The 6-9 sophomore ranks

third nationally in field goal percentage (71.4) and 46th nationally rebounding while also averaging 17.6 points per game. In February, the Naismith Trophy voting academy, comprised of leading basketball journalists, coaches and administrators from around the country, will narrow its early season list to the Top 30 players in the nation. Those players, and others who distinguish themselves throughout the season, will be eligible for the final ballot in March.



EAST KENTUCKY MINERS: BRINGING THE ENERGY

WAYNE TURNER (5) AND JOE BUCK (32) are newcomers

in the 2008 Class A Playoffs.

Cobb tabbed for SEC All-Freshman Team TIMES STAFF REPORT

LEXINGTON - Rivals.com has selected its Southeastern Conference All-Freshman Team for the 2008 season and Kentucky's Randall Cobb was selected as the team's quarterback and punt returner.

In addition to QB and punt returns, Cobb also has seen action at wide receiver in 2008. His season statistics include:

Passing - 52 completions in 95 attempts, 542 yards, two touchdowns; Rushing - 79 attempts for 316 net yards, tied for the team lead with seven rushing TDs; Receiving - 21 catches for 197 yards and two touchdowns; Punt Returns - 11 for 92 yards, an 8.4-yard average.

This is the second post-season honor for Cobb, a true freshman from Alcoa, Tenn. He also was elected the quarterback on the Coaches' All-SEC Team.

Cobb played a key role in Kentucky's SEC victories over Arkansas and Mississippi State. Against the Razorbacks, he caught two touchdown passes in the final 4:15 of the game to give the Wildcats a dramatic 21-20 victory, tying the school record for the largest fourth-quarter comeback in UK history. At Mississippi State, he made his first collegiate start at quarterback and guided the Cats to a 14-13 win. It is the first time that a true freshman OB led Kentucky to an SEC road win since freshmen became eligible in the early. 1970s. Cobb holds another distinction in being the only player in the nation who is currently his team's starting quarterback and primary punt returner. It is uncertain, however, it Cobb will be able to perform those roles in the AutoZone Liberty Bowl. He had arthroscopic surgery to repair knee cartilage on Dec. 2. He is listed as doubtful to participate in the bowl game. Deep South Floyd team looking to contend by STEVE LeMASTER SPORTS EDITOR HI HAT - Betsy Layne is again the team to beat in the 58th District girls' basketball race. South Floyd Coach Tony Isaac, however, hopes his team will be able to continue to improve and emerge as a capable challenger to the Lady Cats. South Floyd was 1-3 prior to opening 58th District play Friday night versus Allen Central. 'The girls are really playing hard," said South Floyd Coach Tony Isaac. "I think it has, and is going to, take some time for them to get use to the 10 player rotation. Even though these girls have been on the same team, they have not played together in the rotations that we are using. I think that when we do work that out that we can compete with anyone." South Floyd defeated Jenkins 63-48 in its seasonopener. Shelby Valley, Hazard and Pikeville dealt the Lady Raiders losses after the seasonopener.



Floyd County native Landon Slone is a freshman for the Kentucky basketball team.

to the East Kentucky Miners professional basketball organization. MIKE CRAIN (11) is in his second season with the Miners. Turner is a former University of Kentucky Wildcat. He played in the NBA for the Boston Celtics.





HEAD COACH JACKIE DAY CRISP is in his second season at the helm of the Prestonsburg High School girls' basketball program.



PIKEVILLE COLLEGE LADY BEARS **UPCOMING SCHEDULE**

Dec. 29 at Wheeling Jesuit, 8 p.m. Dec. 30 at West Liberty State University, 6 p.m.

Jan. 10 Berea College, 4 p.m. Jan. 15 Campbellsville University, 8 p.m.

Jan. 17 Lindsey Wilson College, 5 p.m.

Jan. 22 at Georgetown College, 8 p.m. Jan. 24 St. Catharine College, 4 p.m.

Jan. 27 Temple Baptist College, 7 p.m. Jan. 31 WVU Tech, 4 p.m.

photo by Jamie Howell

B2 • WEDNESDAY, DECEMBER 24, 2008

THE FLOYD COUNTY TIMES

Kentucky set to face East Carolina in fifth AutoZone Liberty Bowl

SPECIAL TO THE TIMES

MEMPHIS The University of Kentucky will play East Carolina University in the AutoZone Liberty Bowl's Golden Anniversary game on Friday, January 2, 2009 at 4 p.m. (Central Time). The game will be televised by ESPN.

Kentucky (6-6) will be making its first appearance in the AutoZone Liberty Bowl. Memphis-area resident and starting defensive end Jeremy Jarmon leads the Wildcats' defensive unit. The bowl trip to Memphis marks a return trip to the AutoZone Liberty Bowl for Kentucky head coach Rich Brooks, who played in the game for Oregon State in 1962.

"It's great that we're playing in the 50th anniversary of a game that I actually played in when the game originated in Philadelphia," said Brooks. "I think it's an honor to play a conference champion, particularly one that was as hot to start the season as East Carolina was, and the way they finished the year will be a great test for our program."

"We're excited to have Kentucky in our game for the first time in the Bowl's 50year history," said AutoZone Liberty Bowl executive director 'Steve Ehrhart. "To have Jeremy Jarmon lead the Wildcats back to his home town and to have a legendary coach of Rich Brooks' stature return to the Bowl after more than 40 years is unique and special as we celebrate the Bowl's 50th anniversary."

East Carolina (9-4) will be making its third appearance in the AutoZone Liberty Bowl. The Pirates earned their spot in the game after winning the Conference USA championship. East Carolina played in the 1994 (vs. Illinois) and 1995 AutoZone Liberty Bowl games, defeating Stanford in the 1995 game 19-13.

"We are excited about the opportunity to represent Conference USA in the 50th-

MSU LB named to 11th Annual FCS **Athletics Directors** Association Academic All-Star Team

Anniversary of the AutoZone Liberty Bowl," East Carolina Head Coach Skip Holtz said. "It's going to be a phenomenal trip. This is what we've talked about beginning with the first day of practice - the road to Memphis and what we've got to do to get there. I can't tell you how excited we are as a team back home, that's a sure program and as a university to be there. It's a fitting reward for the team and the fans, because they put it out there on

the line too."

"East Carolina has great fans and their pumped up for the return trip to Memphis and the AutoZone Liberty Bowl after thirteen years," said Ehrhart. "Nearly four thousand Pirate fans waited an hour last night to welcome the sign their dedicated and ready to celebrate a championship season in Memphis."



photo by Thomas Hendrickson FLOYD COUNTY LATE MODEL DRI-**VER BRANDON KINZER** claimed a pair of feature wins during the 2008 season. Kinzer is a veteran driver. He races in Kentucky and numerous other states.

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PERSONALIZED RISTMAS

TIMES STAFF REPORT

CHATTANOOGA, Tenn. Morehead State University junior linebacker Wes McDermott has been named to the 11th Annual Football Championship Subdivision Athletics Directors Association Academic All-Star Team

McDermott, an All-Pioneer Football League selection who led the MSU and the league in total tackles in 2008, is a native of Louisville, and attended Holy Cross High School. He has a 3.46 grade point average (on a 4.0 scale) with a major in business administration/marketing.

Prestonsburg High School graduate John Gilliam is a member of the Morehead State University coaching staff. Gilliam is the MSU defensive coordinator. The PHS graduate briefly served as Pikeville College head coach before returning to Morehead State University where he was in place as defensive coordinator before being tabbed to guide the Bears.

The 43 members of the Academic All-Star Team were announced today (Dec. 19) at the Football Championship Subdivision championship in Chattanooga.

Football players from all FCS institutions are eligible for selection. Each of the nominees were required to have a minimum grade point average of 3.20 in undergraduate study and have been a starter of key player with legitimate athletics credentials. He must have reached his second year of athletics and academic standing at the nominating institution and have completed a minimum of one full academic year at that institution.

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WEDNESDAY, DECEMBER 24, 2008 · B3

Cup champ Johnson to race Rolex 24 at for the job. Carl is one of the Harvick Inc. in the knew this was one of the best

SPECIAL TO THE TIMES

DALLAS - Reigning three-time Sprint Cup champion Jimmie Johnson will return to GAINSCO/Bob Stallings Racing for the 2009 Rolex 24 at Daytona, reuniting this year's all-star lineup of Johnson and fellow champions Alex Gurney, Jon Fogarty and Jimmy Vasser, The season-opening Grand-Am Rolex Sports Car Series race takes place at Daytona International Speedway on Jan. 24-25.

GAINSCO's drivers finished second in the 2008 Rolex 24 and will return in 2009 with the same team and key crew personnel. The team is back with the No. 99 Pontiac Riley.

"To know the faces, the car, the equipment, the teammates, it makes those four days of the race weekend so much easier," Johnson said.

"In Grand-Am, the biggest race of the year is the first one, just like NASCAR, so the more refined you are and the more well-oiled the machine is, the better the experience. I think that might make this year my best experience ever and he was the best candidate

down there."

Johnson likely will test with GAINSCO on the final day of the annual Rolex 24 Test Days, Jan. 3-5, in preparation for the Rolex 24.

"When we left Daytona last year, Bob asked if I'd like to do it again," Johnson said. "I said, 'If you guys have a spot, count me in.' So, I am excited, happy and honored to be back for a second run with the team."

Johnson also finished second in the 2005 Rolex 24 in a Howard/Boss Motorsports Pontiac Crawford.

Stillman named crew chief for Roush Fenway's No.-60: Roush Fenway Racing has named Dan Stillman crew chief for Carl Edwards and the No. 60 Nationwide team.

"When the decision was made to move Drew (Blickensderfer) to the Cup shop, Dan Stilman's name came up pretty early in the process as a possible replacement," said Robbie Reiser, general manager for Roush Fenway.

"Dan's got the kind of experience we're looking for most talented drivers out there so between the two of them we look for a successful 2009 season with the No. 60 Roush Fenway Nationwide entry."

Blickensderfer took over crew chief duties on the No. 17 Sprint Cup team with Matt Kenseth earlier this week.

Stillman, a Wisconsin native, brings more than 25 years of racing experience to the position. He served last season as the crew chief on DEI's No. 01 Sprint Cup team, where he led Regan Smith to the Raybestos Rookie of the Year award in 2008.

"This is a championship caliber team and I know it's going to be a big challenge," Stillman said, "but it is also going to be a lot of fun as well and I'm really looking forward to it."

In addition, Stillman served as crew chief for Paul Menard on the No. 11 Nationwide team, where he helped guide Menard to his first career NASCAR victory at the Milwaukee (Wis.) Mile in 2006. Stillman also worked as crew chief at Kevin

Nationwide Series for two seasons.

The No. 60 team finished second in the Nationwide Series points last season.

Scotts Miracle-Gro named new sponsor of BMS spring Nationwide Series race: The Scotts Miracle-Gro Company is the new sponsor of the March 21, 2009 Nationwide Series race at Bristol Motor Speedway.

Scotts, the world's largest marketer of branded consumer lawn and garden products, has signed an agreement with BMS as sponsor of the Scotts Turf Builder 300, one of the most popular Nationwide Series races on the NASCAR circuit.

"The Scotts Company is excited to be partnering with Bristol Motor Speedway to welcome spring with lush green grass from Scotts Turf Builder products and the most thrilling racing in the series," said Jim Shertzer, Event Marketing and Sponsorship Manager for Scotts. "Ever since I attended my first Nationwide Series Race at Bristol Motor Speedway, I

tracks for a fan to experience the thrills and competition of NASCAR. The Scotts Company looks forward to continuing the racing excitement at Bristol with the Scotts Turf Builder 300!"

"Our partnership with Bristol Motor Speedway is a great match because our goals are the same - to offer consumers and fans the best product money can buy," continued Shertzer. "With the current economy, people are spending more time at home and using their backyards as extensions of their living rooms and Scotts Turf Builder products are making it easier and faster for them to have a great lawn to enjoy.'

Bristol Motor Speedway president Jeff Byrd feels that Scotts and BMS have the same philosophy where customers are concerned.

"We strive to be the very best as does Scotts," said Byrd. "We're a perfect fit because we're both in the business of giving our consumers the very best product possible. We couldn't be more excited to have Scotts as part

of the family

"We've been fortunate in that we've always had fantastic sponsors here at BMS and Scotts is now part of that wonderful group. In what is an economically challenging time, we certainly appreciate Scotts and their commitment to Bristol Motor Speedway."

The Scotts Turf Builder 300 takes the green flag Saturday, March 21 at 2:30 p.m. Tickets may be purchased at www.bristoltix.com or by calling the Bristol Motor Speedway ticket office at 423-989-6900.

LOCALLY

Prestonsburg is home to the Ranier Racing Museum, located inside the Prestonsburg Tourism office. The museum is home to various historic items, including Daytona 500 trophies.

Battle of the Bluegrass Series to honor drivers Jan. 23 during annual banquet

TIMES STAFF REPORT

LOUISVILLE - Battle of the Bluegrass CEO Tom McConnell, along with series officials, have announced the 2008 Championship Awards will be held on Friday, January 23, 2009 at the Ramada Conference Center in Lexington. The Lexington hotel was also the site of the 2007 awards banquet.

The January 23 Awards Championship Banquet will see the top 10 in points with both the Battle of the Bluegrass Modified Series and O'Reilly Battle of the Bluegrass DirtCar Series Super Late Models receive

their season-long awards, along with other special awards and other contingency awards in each division.

Letcher County driver Chris Combs finished eighth in the BoB Late Models division.

· Festivities for the championship celebration on Friday, Jan. 23 will begin at 6 p.m. with a cocktail hour (cash bar), followed by a buffet dinner, which will be served at 7 p.m. The main event of the evening will be the awards ceremony for both the Modified and Super Late Model division racers beginning at 8 p.m.

Tickets for the 2008 Championship Awards

Banquet will be \$32 per person. The dress for the event is semi-casual (no jeans). Tickets will need to be ordered in advance and ticket request and money can be sent to. Cornerstone Marketing, P.O. Box 91947, Louisville, Ky. 40291 and interested parties must RSVP by no later than January 20. For more information on the banquet, call 502-762-1606 or 502-931-5068.

For more information about the O'Reilly Battle of the Bluegrass DirtCar Series Super Late Models and Battle of the Bluegrass Modified Series, go online to www.battleofthebluegrass.com.



HELPING HAND: East Kentucky Miners Jermaine Blackburn (21) and Delvin Thomas (22) helped teammate Mike Crain (11) up from the floor during last Wednesday's game versus the Kentucky Bisons.

Knott County Sportsplex

Upcoming Events Schedule

January 2-4: BCI Boys & Girls Winter Shootout January 10-11: EKBA/YBOA Boyy and Girls Tournament January 17-18: EKBA/YBOA Boys State Preview Tournament January 30-February 1: BCI Boys and Girls State Qualifier February 7-8: EKYA/YBOA JV Freshman Boys 13th, 14th, 15th Region Tournament February 14-15: EKBA / YBOA Boys State Preview February 27-March 1: BCI Boys and Girls Hardwood Hoopfest March 7-8: EKBA/YBOA Boys State Tournament March 14-15: EKBA/YBOA Girls State Preview March 20-22: BCI Boys and Girls Mountain Preview April 4-5: EKBA/YBOA Girls State Tournament April 10-12: BCI Boys and Girls Tri-State Invitational April 17-19: BCI Boys and Girls Super Showcase April 25-26: EKBA/YBOA Tournament May 1-3: BCI Boys and Girls Appalachian Mountain Challenge May 9-10: EKBA/YBOA Tournament May 15-17: BCI Boys and Girls Northeast Super Regional May 30-31: EKBA/YBOA Tournament June 6-7: EKBA/YBOA High School Boys and Girls Preview June 13-14: EKBA/YBOA Girls High School State Tournament June 20-21: EKBA/YBOA Boys High School State Tournament



DARIUS MILLER TIME

photo by Matt McCarty/The Cats' Pause

Mason County High School graduate Darius Miller is in his first season with the University of Kentucky men's basketball program. Miller ranks as one of the top freshman players in the SEC. He is the reigning Kentucky Mr. Basketball.



PRESTONSBURG posted its first win of the season earlier in the month, defeating the Plarist School. Senior Linsey Fields (33) leads the Lady Blackcats.



Wednesday, Dec. 24, 2008

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-YESTERDAYS Items taken from The Floyd County Times,

20, 30, 40, 50, 60, 70 years ago. page B5

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INSIDESTUF

Crossword • page B5

Wedding • page B6

B4

THROUGH THE LENS Keeping the roads clear

by ERIC THOMAS

Salt, or sodium chloride, is a versatile mineral. It is an essential in our diets, used in the manufacturing process of countless products, and it tastes good on my french fries. But have you ever thought about how it is used in clearing our roads and walkways of snow and ice?

Last year, according to the Kentucky Transportation Cabinet



crews used more than 250,000 tons of salt to keep the state's roadways clear. This year the cabinet has over 320,000 tons of salt and 2 million gallons of liquid chloride

stockpiled for use should winter weather conditions require it. The KYTC uses three types of salts to keep Kentucky's roads clear; Sodium Chloride, Calcium Chloride, and Brine.

Water freezes at 32 degree Fahrenheit. Salt, or sodium chloride, works to melt ice by lowering the freezing point of water. As the salt dis-



A large crowd of senior citizens came to the Wilkinson-Stumbo Convention Center on Wednesday for Highlands Regional Medical Centér's Senior Advantage Christmas Celebration.

SENIOR ADVANTAGE

solves in water it breaks into individual atoms of sodium and chlorine. The sodium atom is positively charged and the chlorine atom is negatively charged. When atoms have an electrical charge they are call ions. These ions moving in and around the water molecules make it harder for them to combine to form ice crystals.

When salt is applied to ice, a brine solution forms and the freezing point of the melt water is lowered. A solution of 10 percent salt and 90 percent water lowers the freezing point of water to 20 degrees. Add enough salt to make a solution that is 20 percent salt and 80 percent water and the freezing point drops to 2 degrees. The freezing point of water can be lowered as far as -6 degrees with the addition of salt until the solution reaches 25 percent salt and 75 percent water. At this point though, the addition of any more salt will not lower the freezing point any further.

While sodium chloride salt is effective in melting snow and ice, in practical applications, the rate of melting slows considerably as the road temperature reaches around 15 degrees. Below this temperature a calcium chloride solution is used. As it absorbs moisture, calcium chloride releases heat which speeds up the melting process. Calcium chloride also dissolves into three ions, one of calcium and two of chloride. Because there are three ions, the melting rate is not only faster, but calcium chloride is able to lower the freezing point of water more than sodium chloride, melting ice and snow at colder temperatures down to -15 degrees.

The third salt product the KYTC uses is brine. Brine is sodium salt dissolved in water and is used to pre-treat the roadways when a winter storm is expected. If the roadways are dry, this salt water solution is applied prior to the arrival of a winter storm and appears as the light colored parallel lines you sometimes see on the roads. By pre-treating the roadway, snow and ice are kept from forming a bond with the pavement making removal easier.

The trucks used to apply these salts to the roads have also gone high tech. In talking with Sara George at the KYTC District 12 office in Pikeville, she informed me that the trucks now use on-board computers to control the rate that the salts are applied to the

by JARRID DEATON FEATURES WRITER

It was an informative Christmas celebration for well over 200 senior citizens on Wednesday thanks to Highlands Regional Medical Center's Senior Advantage program.

"Senior Advantage is a membership to the hospital for those 55 years and older," said Stephanie Damron, public relations director for Highlands. "We meet monthly on the second Tuesday of every month in meeting rooms A and B of the hospital at 9:30 a.m. We focus on education, health, and even entertainment."

Greg Reynolds, with the Social Security Administration, spoke to the crowd about Social Security benefits and updates on Social Security.

Also at the event, Donna Fraizer, who is retiring from her position as director of aging at the Big Sandy Area Development District, was honored for her years of service to the community.

"We want to express our sincere appreciation to the senior population of the community and hope that we were able to help them enjoy a wonderful holiday season," said Melissa Vance, director of community development for Highlands.

Augusta Vanhoose, 72, of Johnson County, was impressed with the size of the crowd and the information presented at the event.

"It seems like a great group to be a part of," Vahoose said. "I learned some things today about Social Security that I wasn't aware of. On top of

that, the musical entertainment was wonderful. I guess the easiest way to put it is that it's really like a community.'

The entertainment was provided by the father and son duo of Ron and Chris Castle, with Ron Castle serving as an Elvis impersonator. and Chris Castle playing steel guitar.

According to information provided by Highlands, the Senior Advantage program provides discounts on meals, health care services, and more, along with recreation and entertainment activities, and a chance to attend programs on topics including financial, lifestyle, health, and travel.

The event was held at the Wilkinson-Stumbo Convention Center in Prestonsburg from 11 a.m. until 1 p.m.

Watson completes doctorate in education

Patricia C. Watson has completed requirements for her Doctorate in Education at the University of Kentucky. Dr. Watson studied Educational Leadership gaining a perspective of the work of the superintendent, district instructional leaders, principal and of those who serve as part of a school's leadership team. Dr. Watson's dissertation involves a year-long concentrated study of the work of the public school principal and the on-going professional development needed to equip the principal for his/her work. Dr. Watson's research will contribute to the design of future district and university collaborative projects.

Dr. Watson attributes her interest in pursuing a doctorate from her role as one of Kentucky's Highly Skilled Educators along with her work in the Kentucky Leadership Academy. Both areas led to her interest in school improvement and the work of the school leadership.

Dr. Watson, a native of Floyd County, graduated from Clark Elementary School and from Prestonsburg High School. She has studied extensively throughout her career in education while working full time. Some of her educational study in pursuits include: Middlebury Vermont at the Breadloaf School of English;

National Endowment for Humanities Medieval Institute at Western Kentucky; National Writing Institute at Morehead State University. Dr. Watson has completed numerous education certifications, and she holds Masters' degrees in Administration, English, and in Adult Education. She received her Bachelor's Degree from Berea College.

Dr. Watson has served on various committees for the Kentucky Department of Education in her twenty-four years of public education. Some of these committees include: State Writing Advisory Committee, New Standards Project, and Language Arts Content Assessment Team where she helped design the state's assessment.

Dr. Watson is a Kentucky Colonel. Also, she is a member of Delta Kappa Gamma Society International for women educators.

Dr. Watson is employed in the Floyd County School District and serves as the lead for the current Curriculum, Instruction, and Assessment (CIA) team, as Gap Coach, as lead for district Writing programs, and as lead for children's Young programs that include: Program, Christmas Authors' Through the Eyes of a Child, and the local Spelling Bee.



Patricia C. Watson

(Items taken from

The Floyd County

Ten Years Ago (December 30, 1998)

Arlis Bates of Bevinsville received a New Year's Cash Kentucky Lottery Instant Ticket for Christmas from his daughter and son-in-law, Rita and Michael Caudill. He didn't scratch the ticket until the day after Christmas after watching a basketball game with family members. When he scratched it, he saw \$900 next to the matching symbol...Shirley Compton, 44, and Pearl Howell, 68, both of Island Creek, were pronounced dead at the scene, after their pickup crossed the centerline on the Mountain Parkway and collided with a children's hospital ambulance...The Floyd County Grand Jury will be in session on January 12, at 9 a.m., on the second floor of the Justice Center, according to Commonwealth's Attorney John Earl Hunt...There will be no Friday paper this week. So the staff of The Times takes this opportunity to wish everyone a happy 1999...As with Christmas, most federal, state and local government offices will be closed Friday to celebrate the coming of the New Year, as will banks and post offices. Garbage collection will however, continue in both town and county-weather permitting...Charges against Jimmy Wolford, 42, of Mouthcard, are to be changed from assault one, to capital murder following the death Sunday of Patricia Skeenes, 32, of Feds Creek. Skeens died from complicatins from injuries she sustained on Sept. 29, when Wolford allegedly threw a flammable liquid on her and then ignited it ... The Kentucky Transportation Cabinet has announced its priority routes for snow and ice removal when the inevitable occurs. Roads in the area with the highest traffic volume will be cleared first, before moving to the less-traveled state roadways...Herbert Ousley, a 77-year-old Maytown native, and owner of Ousley Feed Store, runs it much the same way he did when he stated it some 50 years ago. the old-fashioned way...At the end of each year, many people throw out those things from the past year that no longer have any value. The Floyd County Sheriff's Department yesterday disposed of confiscated drugs and files no longer needed for evidence...Taking pictures off the wall and packing books and private papers into brown boxes, the man who has been Floyd County's chief executive officer for three years declares he "can't believe how fast this month has gone! The tenure of Ben Hale as county judge-executive ends tomorrow at midnight...There died: Samuel "Sam" Hale, 83, of West Prestonsburg, Saturday, December 26, at Highlands Regional Medical Center; Levi Conn, 70, of Martin, Monday, December 28, at Highlands Regional Medical Center; Elder Brodey Amburgey, 76, of Prestonsburg, Tuesday, December 29, at Our Lady of the Way Hospital, Martin; Lucy Blackburn Burchett, 90, of Bowling Green, formerly of Prestonsburg, Friday, December 25, at her residence; Beulah Faye Robinette, 71, of Zebulon, Friday, December 25, at the Pikeville Methodist Hospital; Paul V. Daniels, 75, of Van Lear, December 22, at Highlands Regional Medical Center; Eva Anna Mitchell Furman, 88, of Betsy Layne, Saturday, December 28, at her residence; Velvia Justice Kidd, 76, of Harold, Saturday, December 28, at Rockcastle Hospital in Mt. Vernon; Randall Parsons, 64, of Lima, Ohio, Sunday, December 27, at St. Rita's Medical Center, in Lima; Joner Ousley, 63, of Claypool, Indiana, Sunday, December 27, at Kosciusko Community Hospital in Warsaw; Edna L. Madison McBurney, 83, of Prestonsburg, Sunday, December 27, at Highlands Regional Medical Center; Estie Webb Brown, 86, of Prestonsburg, Tuesday, December 22, at Highlands Regional Medical Center, Prestonsburg; Cledith Howard, 65, of Hueysville, Monday, December 28, at his residence; Joe M. Roberts, 61, of Prestonsburg, Saturday, December 26, at Highlands Regional Medical Center, Prestonsburg; Anna Mae Hall, 68, of Melvin, Saturday, December 26, at St. Joseph Hospital, Lexington; Ruth Fairchild, 79, of Prestonsburg, Saturday, December 26, at Highlands Regional Medical Center, Prestonsburg; Ruth Stanley Roberts, 95, of Lake Wales, Florida, formerly of Floyd County, Friday, December 25, in Lake Wales; Susie M. Parsons, 60, of Lima, Ohio, Saturday, Dec. 26, at St. Peter Medical Center, Lima; Hatler Kiser, 79, of Harrison Newsome Branch, Tuesday, December 22, at his residence.

high wall weathered and gave way ... Aiming for a smooth transition, Floyd County Judge-Executive Paul Hunt Thompson had his new staff in place before the beginning of the regular work day on Monday. Thompson convened a special meeting of the fiscal court at 7 a.m., just seven hours after he officially took office, to get the Floyd Fiscal Court's approval of his new staff and the continuing county government staff...Floyd Countians started the new year with two to three inches of snow that blanketed the ground and clung to the trees-with recurring dustings. The Weather Service in Jackson says to expect some time more light snow today with terpentine highs between 25 and 30 degrees...There died: Lucinda Combs, 100, of Ary, Thursday, December 31, at Hazard Appalachian Regional Hospital; Ruth Fairchild, 79, of Prestonsburg, formerly of Old Springs, Saturday, December 20, at Highlands Regional Hospital; Hassel Collins, 74, of Stanville, Saturday, January 2, at Pikeville Methodist Hospital; Malta Hill Culbertson, 80, of Georgetown, Saturday, January 2, at the Extenda Care at Georgetown; Cynthia Hale Dove, 86, of Martin, Friday, January 1, at Highlands Regional Medical Center; Clyde Bailey, 74, of Hueysville, December 29, at Knott County Nursing Home; Anna Lee Calhoun Baumgarten, 84, formerly of Ashland, Friday, January 1, at the Medical Central in Mansfield, Ohio; Sallie H. Goble, 95, of Prestonsburg, Monday, January 4, at Mountain Manor Nursing Home; Max Randell Music, 59, of Prestonsburg, at his residence; Jean Wilcox Greer, 73, of Betsy Layne, Thursday, December 31, at her residence; Luther Stephens, 68, of Endicott, Wednesday, December 30, at UK Medical Center, Lexington; Jim Bob Tackett, 81, of Hi Hat, Sunday, January 3, at Highlands Regional Medical Center; Silas "Tine" Patrick, 66, of Talcum, January 2, of Hindman, from injuries, received in an automobile accident; Betty Jo Martin Rucks, 62, of Reynoldsburg, Ohio, Sunday, January 3, at her residence; Amy Meade Martin, 99, of Galloway, Ohio, formerly of Drift, Saturday, January 2, at the Ohio State University Hospital in Columbus; Carl Thomas Watson, 76, of Prstonsburg, Friday, January 1, at his residence; Ernest Prater, 80, of Walbash, Indiana, January 1, at the Lutheran Hospital in Fort Wayne; Hugh Ervin Naylor, 40, of Harold, Friday, Jan. 1, at his residence.

Sammons of the state highway department says

nearly 2000 tons of rock fell when a natural

Twenty Years Ago (January 4, 1989)

Two returning and one new board member will face the prospect of asking the state to take over Floyd County's school finances at the board's first meeting of the year...The advisory to boil water has not been lifted, but the Wheelwright water situation "appears to be in pretty good shape," according to Audrey Yates of the Wheelwright, Utilities Commission...A Hazard man and a Booneville, Arkansas, man were killed in separate accidents in recent weeks...Kentucky State Police have filed charges of two counts of murder against John Jarrell, 21, of Banner, in the death of Roy Adams, 43, of Grethel...There died: Dora Moore, 66, of Wheelwright, December 28, in Indiana; Lucas Moore, 30, of Banner, December 30, at Our Lady of the Way Hospital; Raleigh Shepherd, 85, of Gunlock, December 21, at his residence; Carolyn Sue Hall Stephens, 47, of Banner, December 24, at her residence; Louis Jean Stepp, 52, of Price, December 27, at her residence; Laura Yates, 77, of Honaker, January 1, at Highlands Regional Medical Center.

of Martin, at Our Lady of the Way Hospital; Linville "Shin" Hagans, 77, of Langley, at McDowell Appalachian Regional Medical Center; George Goble, 76, of Auxier, at his residence; Maxine Martin Caldwell, 56, of Russell, formerly of Martin, at her residence; Annie Marshall, 82, of Hueysville, at her residence: Arthur Lee Blankenship, 69, of Town Branch, at Highlands Regional Medical Center; Bobby Henry Ward, 40, of Martin, at Pikeville Methodist Hospital; Frank Collins, 45, of Kite, at Our Lady of the Way Hospital; Eunice Stanley Morgan, 68, of Prestonsburg, at Mountain Manor Nursing Home; Jesse James May, 26, of Stanville, in an accident near Allen; Rhodina Newsome, 78, of Beaver, at the residence of her son; Martha McKinney Mullins, 47, of Price, at her residence; Hatler Strong, 55, of Weeksbury, en route to McDowell Hospital; Hattie Bentley, 46, of Wayland, at McDowell Appalachian Regional Hospital.

Forty Years Ago (January 2, 1969)

A move begun in November, 1967, by eight Prestonsburg churches to provide rent-subsidy housing in this vicinity was won last Friday, when the Federal Housing Administration (FHA) approved a loan of \$820,000 for the project...Fire of undetermined origin destroyed the grade school at Martin this morning (Thursday), a few hours before classes were scheduled to be resumed after the holiday vacation...The holidays, generally, were quiet in Floyd County, with relatively little in the way of lawbreaking or serious accidents... The shortage of vaccine to combat an expected Hong Kong flu epidemic in Kentucky is expected to be relieved, next week, with the arrival of a large shipment of vaccine to go to hospitals and private physicians...Born: to Mr. and Mrs. Ernway Short, of Mousie, a son, December 19, at the McDowell Appalachian Regional Hospital; to Mr. and Mrs. Charles Hackworth, a daughter, Jill Renee, Nov. 22, at the Prestonsburg General Hospital; to Mr. and Mrs. Martin Douglas May, of Lexington, a son, Andrew Martin, Oct. 23 at Lexington; to Mr. and Mrs. Palmer R. Hamilton, of Marshall, Mich., a daughter, Pamela Denise, Dec. 6:.. There died: Lack Hunter, 77, Sunday, at his home at Cow Creek; Mrs. Martha Harris, 86, of Prestonsburg, Saturday; Miss Arminda Slone, 65, of Langley, Dec. 26; Radford McKinley Barnett, 72, of Martin, last Thursday, at the Prestonsburg General Hospital; A.L. Brown, 81, of Lackey, Friday, at the Prestonsburg General Hospital; Mrs. Dolly H. Hyden, 89, last Thursday, at her home at West Prestonsburg; Mrs. Inas Stephens, 36, formerly of Dock, Monday, at the home of a brother at West Prestonsburg; Mrs. Nizie Castle, 77, of Prestonsburg, Dec. 26, at the Prestonsburg General Hospital; Mrs. Dulcinia Dudley, 75, of Langley, Dec. 22, at Our Lady of the Way Hospital, Martin; Mrs. Callie Blair Howell, 81, of Allen, Dec. 24, at the Prestonsburg General

YESTERDAYS Times, 10, 20, 30, 40, 50, 60, 70 years ago.) Hospital; Dennis Martin, 67, Dec. 22, at his

home at Honaker; Talmadge Paul Martin, 51, Dec. 22, at his home at Wayland; Mrs. Lottie Hall, 75, of Topmost, Dec. 24, at the McDowell Appalachian Regional Hospital; Levi Henson, 63, of Orkney, Dec. 22, at the McDowell Appalachian Regional Hospital; Willie Hall, 67, Dec. 23, at his home at Galveston; Elder James Conn, 80, Dec. 24, at his home at Osborn.

Fifty Years Ago

(No entries for the first week of January are listed due to holidays on that date.)

Sixty Years Ago (January 6, 1949) With the truck-mining industry at its lowest ebb since it boomed with wartime fuel demands, and many rail mine operations curtailed for lack of orders, the Kentucky State Employment Service office here is being swamped with applicants for jobs and unemployment compensation, Glen S. Anderson, office manager, said ... The bootlegging situation in this county, admitted by citizens and officials alike, to be bad, drew comment from two official sources this week, who called for stricter enforcement of the county's drylaw...Seventeen coal companies in this county, had, this week, not only the uncomforting prospect of a slack run, but also the disquieting word from the Department of Revenue, Frankfort, that their assessment for 1948 tax purposes had been increased to a figure barely shy of a million dollars...Last week, 31 years after his death, grateful Texans paid to Willliam Leonilas Mayo, who founded one of the state's great educational institutions, honor in the county of his birth. He was born near Allen. Nov. 3, 1861, the son of William J. Mayo and Rhoda Martin Mayo ... Born: to Mr. and Mrs. Otto Branham, Endicott, a daughter, on Jan. 1; to Jailer and Mrs. Everett W. Collins, Dec. 31, a daughter, Belva Jean; to Mr. and Mrs. G. A. Culbertson, a son, Glenn Arvil II, at Good Samaritan Hospital, Lexington...There died: Adis Pitts, 31, West Prestonsburg army veteran, at Manton; Mrs. Mary Francis Thomas, 73, at Prestonsburg General Hospital. She was the widow of Prof. W.R. Thomas; Minerva Jane Hamilton, 40, Jan. 3, at Teaberry.

Seventy Years Ago (January 5, 1939)

Aunt Julia Meade, Abbott Creek, who says she is 102 years old, crossed a mountain, and walked two miles to enjoy Christmas dinner with her granddaughter, Mrs. Press Meade, and other relatives...Circuit Judge John Caudill acknowledged complaints about county officers collecting more than they should from persons jailed for drunkeness, and asked grand jurors to

Ten Years Ago (January 6, 1999)

Frontier Night is Saturday at Jenny Wiley State Resort Park. You'll be buffaloed at the buffet from 4 to 8 p.m...Former Floyd Circuit Judge Hollie Conley has been honored by the Floyd County Bar Association with a room named for Hollie Conley. The courtroom in the courthouse bears the designation of the Hollie Conley Courtroom, by order of the outgoing Judge-Executive Ben Hale, who said the bar association requested the naming On New Year's Day, Hugh E. Naylor, 40, of Toler, lost his life in an early morning blaze that engulfed the trailer where he was reportedly spending the night...What the Floyd County Board of Education failed to do during its regularly scheduled meeting on Dec. 21, it accomplished during the special meeting on Dec. 28: naming. the state manager Woodrow Arnold Carter, as secretary of the board and after an executive session, going a step further and naming Carter as the interim superintendent...A rock slide on KY 1428 near Cow Creek has blocked traffic since New Year's Eve. J & M Construction Company is breaking the boulders up so they can be removed from the highway. Hugh

Thirty Years Ago (January 3, 1979)

Gov. Julian M. Carroll announced, last Friday, in a telephone conversation with State Representative James "Jitter" Allen, that he had named a task force to investigate the condition of Prestonsburg High School and all other schools in Kentucky with regard to the problem of asbestos...Although Floyd County was not listed by the President as one of the disaster area counties following the recent flooding which hit a wide section of Kentucky, state and. federal officials were here last week, seeking an appraisal of the damages suffered by county roads and bridges...The observance of "Old Christmas," which has become an annual event in the Prestonsburg area since its revival a number of years ago by folk music collector, Edith F. James, will be held Sunday at May Lodge, in Jenny Wiley State Park...A 17-year-old Van Lear youth was held Monday in Johnson County jail, charged with murder in connection with the shooting death of his brother-in-law, Saturday night...There died: Charles Vanderpool, 63, of Garrett, at Highlands Regional Medical Center; Elliott B. Skeans, 73,

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indict such officers more than anyone else Grand jurors began their session kneeling in prayer ... The new McDowell school will be ded-

(See YESTERDAYS, page six)

10

King Crossword

ACROSS 1 Slender 12 5 Clothing protector 15 8 Russian city 12 Helper 18 13 Rowing tool 14 Satyrlike creature 23 24 15 Pennsylvania, the -31 State Run away 36 17 18 The Bushes, to Henry Hager 45 46 19 Add carbon dioxide 51 21 Perch 54 22 "Let's Make a Deal" option 57 23 Bando of baseball lore 26 Fresh 52 Mor "Su 28 Unadorned Me 31 Support 54 Gar 33 Roulette bet time 35 "Whip It" 55 Dav group god 36 Capital of 56 Act Ghana Spe "The Price Is 38 57 Pro Right" guess 40 Archer's bow 58 Gre wood con 59 Pok 41 Money, slangily DOWN 43 Moment H.F 45 Some pse alcohols

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47 Reasons

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Campbellsville University awards 137 degrees in fall commencement

Dr. Bill Henard.

Henard is pastor of Porter Memorial Baptist Church in Lexington, and was the guest speaker at Campbellsville University's second December commencement.

The commencement for 137 graduates was Friday, Dec. 12 at 7 p.m. in the Ransdell Chapel.

Dr. Michael V. Carter, presiof Campbellsville dent University, said, "This is a very special day - it's a day you as graduates and your families will long remember."

Carter congratulated the students for their accomplishments and for the sacrifices they and their families have made to "reach this important milestone in your life and educational career."

He thanked and welcomed the faculty and staff, CU alumni and friends of the university who give of their time and resources to "keep the university moving forward."

He said, "The theme 'Find' Your Calling' is more than just a marketing theme - it expresses the very essence of what we do and who we are as a community of learners seeking to provide quality Christian higher education to women and men of all ages with an emphasis on servant leadership."

Dr. Wesley Roberts, professor of music, served as organist during the ceremony; Dr. David Morris, chair of the CU Board of Trustees, gave the invocation; Ying-Huei Ting, of Taiwan, and Eldia Carla Farias, of Brazil, the first two master of music in piano pedagogy recipients of CU, provided special music; Leah Noe Magers, president of

Lens

Continued from p4

road. Depending on the conditions, how much snow and ice are present, and the temperature, the computer determines how much rock salt or liquid calcium chloride is applied and this helps determine the speed of the truck.

With winter upon us, you will probably have several opportunities to observe the use of salt in keeping our roads clear. But remember while those snowplows and salt trucks are moving slower than we sometimes like, the Transportation Kentucky Cabinet road crews are out there when the roads are at their worst working hard to make them safe for you to travel.

"Tonight is about you," said the CU Alumni Association, installed the alumni; Dr. Jeanette Parker, assistant vice president for academic affairs and assistant professor of psychology, gave the benediction; and Clint Warf, a bachelor of music graduate from Greensburg, Ky., sang the alma mater.

Both graduate and undergraduate students received their degrees at the ceremony.

The graduates who received degrees are as follows: 48 bachelor of science; 33 master of arts in special education; 17 bachelor of science in business administration; nine master of business administration; eight bachelor of arts; eight bachelor of social work; three bachelor of music; three master of arts in music; two master of theology; two master of science in counseling; two master of music in piano pedagogy; one master of music in church music; and one associate of science.



Peter and Shawna Martin of Allen, Kentucky announce the engagement of their daughter, Misty Don Martin, to Coty Lee Williamson, Son of Mitch and Pamela Williamson of South Williamson, Kentucky. Misty is a paralegal employed at Kirk Law Firm in Pikeville, Kentucky. Coty is a student at Southern WV Community and Technical College and is serving in the West Virginia National Guard. A wedding is planned to pro-ceed after Coty's services in Iraq.

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- Thomson Reuters Top 100 Hospitals, four years in a row

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Richard Paulus, M.D.

Eric Thomas is the Director of East Kentucky Science Center, a part of Big Sandy Community and Technical College and is located on BSCTC's Prestonsburg Campus.

Yesterdays

Continued from p2

icated Friday...John Scott, 34, slain in Wheelwright, at end of New Year's party...1938's "biggest stories" in Floyd County: Marriage of 10-yearold Rosie Columbus to Fleming Tackett, 34; Abolishment of sub-district trustee elections by school board and subsequent litigation between Board and teachers recommended by trustees; Fiscal court's delay to making health dept. appropriation; Death of tot 5, when mother refuses to get doctor and pleads to the "Healin' Power"; Commonwealth's attorney O.C. Hall charges Floyd County is "bloodiest soil in Western Hemisphere"; John's Creek dam proposed; Left Beaver road started after many preceding stories concerning its condition; Litigation over proposed Martin school site; Lee Frasure, unassisted, builds orphans' home ... Born: to Mr. and Mrs. Carl Riffe, a daughter, Mary Carlene, on Dec. 30, at Paintsville Hospital...There died: Nick Salisbury, 36, of Drift, electrocuted when mast of truck contacted high-tension line; John Laszlo, 59, Wheelwright miner, native of Hungary; John Flannery, 48, C&O train dispatcher of West Prestonsburg; Jack Miller, 82, at home on May's Branch.

cardiologist

Karen Tüssey Cardiac Cath Lab

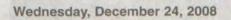
Laura Caniff **Kentucky Heart Institute**

> **Becky Wadkins Cardiac Testing**

Susan Slack Kentucky Heart Institute

KING'S DAUGHTERS MEDICAL CENTER

Taking Medicine Further^{su}



Section C

A HOLIDAY TRIBUTE TO OUR VETERANS

105

in some the second



In an effort to lift the spirits of the wounded • veterans who have served our country proud-⁺ ly, the businesses listed on these pages have partnered together to brighten the spirits of those who will be spending their Christmas at the Walter Reed Army Medical Center.

Through their efforts, we will be able to send DVDs, books, magazines, CDs, puzzle books, etc. to the veterans in time for Christmas. • We will also be sending copies of this paper to show the veterans the businesses that have donated.

TOTT?



THIS HOLIDAY GIVE THE GIFT OF RENO'S



Health & Rehab Center

At Riverview Health & Rehab Center, our residents are on the move. Daily activities keep them busymind, body and spirit.

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Honoring Our Community, One Resident At A Time

We pause to recognize and to say thanks to our veterans who have served, and to those who are now serving in the armed forces.

The staff and management of



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Pharmacists: David Chang and Jaime Adams Located at: Riverview Professional Building (just past Highlands Hospital, on the right) Hours: 9-8, Mon., Tues., Thurs., Fri.; 9-7 Wed.; 9-2, Sat.

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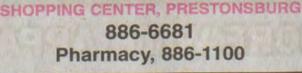
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Obituaries

Due to a printing error on page A2 of this edition, we are reprinting the page here.



Adrian Ghlen Gunnell

Adrian Ghlen Gunnell, 84, of Panama City, Florida, passed Friday, away December 19, 2008, with Anna, his devoted wife of 58 years, holding his hand, after a courageous effort to overcome multiple health conditions.

He was born December 2. 1924, in Martin, the son of James and Joda Gunnell, and was preceded in death by his seven brothers and two sisters.

He bravely served in WWII as a Machinist's Mate Third Class on the USS Stern in the US Navy. He was awarded the Victory Medal, American Area Campaign Medal, Asiatic Pacific Area Campaign Medal (2 stars), the Philippine Liberation Ribbon, and the European African Middle Eastern Campaign Medal.

The governor of Kentucky commissioned him as a Kentucky Colonel, and he was a member of the International Union of Bricklayers and Allied Craftworkers.

He built many beautiful homes and businesses in Kentucky, and then in Panama City, Florida, where he has resided since 1958. He loved to fish, watch baseball, and tinker in his workshop. He was an humble, hard-working man, with an unmatched sense of humor.

He is survived by his beautiful loving wife, Anna H. Gunnell; his loyal and dedicated son, Roger Gunnell and wife, Constance, of Panama City, Florida; two faithful daughters, Dianne Miller and husband, Rev. Hayward Miller, of Panama City; and Judy Bazzell and husband, Dr. Mark Bazzell, of Troy, Alabama; his grandchildren, Christopher Bazzell and wife, Rachel, of Auburn, Alabama; Joshua Miller and wife, Melissa, of Panama City, Florida; Nicholas Bazzell of Florence, South Carolina; Kristen Ellzey and husband, Chadwick, of Panama City, Florida; and Adrianne Bazzell of Auburn, Alabama; one great-grandchild, Christopher Mark Bazzell of Auburn, Alabama, and many relatives and friends, who were very dear to his heart.

Serving as pallbearers were officiating. Christopher Bazzell, Joshua Miller, Nicholas Bazzell, Chadwick Ellzey, Jack Bazzell, Adam Harris, and Steve Meeks.

Expressions of sympathy may be viewed or submitted online at: www.kentforestlawn.com. (Paid obituary)

000 **Della Shepherd** Hamilton

Della Shepherd Hamilton of Frankfort, went to Heaven on Thursday, December 18, 2008. She was the beloved and devoted mother to Robert Eugene Hamilton, Rita Ann Ray Michael Hardin. Hamilton, and Cindy Lynn Hamilton.

She was born November 6, 1926, in Floyd County, the daughter of the late Henry Shepherd and Dona Stephens Shepherd.

She is survived by two sisters, Peggy Patton and Susan Richardson; and two brothers, Rome Shepherd and Rueben Shepherd.

She was preceded in death by her husband, Howard Eugene Hamilton.

She was adored by her three grandsons: Larry Eugene Hardin, Michael Howard Hardin, and Jeffery Robert Hamilton; and two granddaughters, Pamela Ann Mosbey and Crystal Lynn Hamilton: her great-grandsons, Wade Vallbona, Joseph Michael Eugene Hardin, Robert Alexander Hamilton, and Cayden Christopher Hamilton; her great-granddaughters. Haley Anay Hardin, Caitlyn Reann Hardin, Ashley Hardin, Erin Hamilton, and Alayna Lynn Hamilton; her great-great-grandsons: Bradley Isaiah Hardin, and Aiden Hardin; and her greatgreat-granddaughter, Trinity Hardin. In addition to her husband, she was preceded in death by a daughter. Connie Lou

Hamilton. Funeral services were held Saturday December 20, at 2:00 p.m., at Clark Funeral Home-Versailles Road, Frankfort,

Pallbearers were: Larry C. Hardin, Frank Whitney, and her grandchildren.

Honorary pallbearers were: Ancel Patton, Don Johnson, and Bobby Shepherd.

Expressions of sympathy may be made to the American Diabetes Association.

Condolences may be left at: www.clarkfuneralchapels.com (Paid obituary)

000



Alvin Ratliff

Alvin Ratliff, age 69, of Indianapolis, Indiana, died Thursday, December 18, 2008, at Community Hospital North in Indianapolis.

Born May 10, 1939, in Willard, he was the son of the late Thomas Jefferson and



Elva (Allen) Ratliff. He graduated from Greenfield High School in 1957, and worked for Ford Motor Company for more than 48 years before retiring.

He was a member of the UAW Local No. 1111. He loved RC planes, automobiles, motorcycles, airplanes, and was an avid gun collector. He also enjoyed photography, traveling, and spending time with his friends.

Surviving him are his daughters: Marla Kay (Lance) Pickrell of Terre Haute, Amy Jo (Drew Hutchison) Brown of Lawrence, Linda Darlene (Rob) Barnhart of Greenfield, and Rachael Elizabeth Ratliff of Noblesville; his sisters: Coretta (Gene) Guinn of Georgia, and Verinda Ratliff of Nebraska; and his grandchildren: Eric, Aaron, Carrie, Jamie, Adam, Gage, Olivia, and Jessica.

In addition to his parents; he was preceded in death by a brother, Lennington Ratliff.

A celebration with family and friends was held from 5:00 until 7:00 p.m., at Erlewein Mortuary in Greenfield, on Monday, December 22.

A memorial service in honor

at the mortuary, with Pastor Paul Enyart officiating.

Memorial contributions may be made to Riley Hospital for Children, 30 S. Meridian St., Suite 200, Indianapolis, Indiana, 46204. Friends may sign the online guestbook at www.erleweinmortuary.com



- When they called for us that night and said that you were sick,
- We hurried and we rushed to get there quick.
- When they said unconscious, I thought, a heart attack,

A hospital stay, maybe even surgery, and you would bounce right back.

No time to say, I love you, No time to say goodbye, I just can't understand it, and

- I can't help but ask God why? You were such a stong man,
- with a stubborn will, How could we have known

that you were so ill. When we needed you, you were always there,

For God to take you from us, just doen't seem fair. There are times when it

- doesn't seem real, There are times when numb-
- ness is all I feel. I love you, Randall, you are
- one of a kind, keep hearing you laugh,
- and seeing you in my mind.
- The oldest of us six children, one of Dall and Irene's gang,
- Without you here, dear brother, things will never be the same.

of Alvin was held at 7:00 p.m., or e-mail condolences to sympathy@erleweinmortuary.com (Paid obituary)



Now he lives in a mansion,

Heaven has a brand new

angel, to sing in that sweet

And I know our Daddy is

waiting for us to join him,

in that beautiful Heavenly

his door.

angel band,

land.

with streets of gold outside

Funeral services to celebrate his life were held at 2:00 p.m., Monday, December 22, at the Kent-Forest Lawn Funeral Home Chapel, with Rev. Hayward Miller and Rev. Danny Kirchoff officiating. Interment was at Forest Lawn Memorial Cemetery.

The family received friends at the funeral home, from 1:00 p.m., until service time at 2:00 p.m.

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Thurston Endicott of Endicott, Kentucky, passed away on December 25, 2006, at Cabell-Huntington Hospital after a head injury he sustained from a fall on November 27, 2006.

He has been sadly missed by his wife, Delcie Endicott, his son, John K. Endicott and daughter-in-law, Darlene Endicott, and family, friends and co-workers who knew him since his passing on Christmas day. His work included the Kentucky W.Va. Gas Company; fourteen years at Corning Glass in Albion, Michigan; and then retired after twenty-five years of work from the City of Prestonsburg in 1991.

He was baptized into Christ at the Church of Christ of Arkansas Creek in 1998, and remained a faithful member of the Church of Christ.

He was deeply loved, and he will be continued to be missed by his loved ones and all who knew him.

We know that we will never be reunited on earth again, but we can be with you in Heaven.

> You are sadly missed by: Delcie, John and Darlene Endicott

GOVERNMENT FORECLOSURE SALE

We love you, Randall.

THURSDAY, JANUARY 15, 2009 AT 11:00 A.M. AT THE SITE OF THE BELOW DESCRIBED PROPERTY HOUSE AND LOT LOCATED AT 855 ABBOTT MOUNTAIN ROAD PRESTONSBURG, KY 41653 IN FLOYD COUNTY, KENTUCKY



This is a nice 3 bedroom home on public water and septic. It is well located in a quite neighborhood. It consists of 3 bedrooms, iving room, kitchen and 1 bath. This property is considered suitable for the Rural Development, Rural Housing Program. This would be an excellent buy for an investor interested in rental property or for resale after repairs.

The minimum acceptable bid for this property will be determined at a later date

Payment of the current year's property taxes are the responsibility of the purchaser.

Clear title to this property is not warranted. The U.S. Marshal's Deed is not a general warranty deed. Buyers are advised to have the property's title examined. Written notification regarding encumbrances on the property must be made to the Paintsville Rural Development Office within 30 days of the date of sale.

************** ****** LEGAL NOTICE

Notice is hereby given that on Thursday, January 15, 2009 at 11:00 am., at the property site, at 855 Abbott Mountain Road, Prestonsburg, KY, in Floyd County, Kentucky, in order to raise the sum of \$53,321.83 principal, plus interest credit subsidy in the amount of \$30,780.00, plus interest in the amount of \$2,897.60 as of February 8, 2008 and interest thereafter on the principal at \$10.9565 per day from February 8, 2008, until the date of this judgment, plus Interest to the date of judgment amount (principal plus nterest to the date of judgment) at the rate of 2.35% computed daily and compounded annually, until paid in full and for the costs of this action, pursuant to Judgment and Order of Sale, being Civil Action No. 7:08-CV-58 on the Southern Division Pikeville Docket of the United States District Court for the Eastern District of Kentucky, entered on July 9, 2008, in the case of the United States of America vs Marsha A. Moore, et al., the following described property will be sold to the highest and best bidder

House and Lot located at 855 Abbott Mountain Rd, Prestonsburg, Floyd County, KY. Being the same property conveyed by Deed dated July 26, 1994, and recorded in Deed Book 379, Page 9 in the Floyd County Clerk's Office

Terms of Sale: Ten percent (10%) of the bid price (in the form of a Certified Check made payable to the U.S. Marshal) on the day of the sale with good and sufficient bond for the balance, bearing interest at the rate of 2.35% per annum until paid, due and payable in sixty (60) days and said bond having the effect of a Judgment. Upon a default by the Purchaser, the deposit shall be forfeited and retained by the U.S. Marshal as a part of the proceeds of the sale, and the property shall again be offered for sale subject to confirmation by the Court.

This sale shall be in bar and foreclosure of all right, title, interest, estate claim, demand or equity of redemption of the defendant(s) and of all persons claiming by through, under or against them, provided the purchase price is equal to two-thirds of the appraisal value. If the purchase price is not equal to two-thirds of the appraised value, the Deed shall contain a lien in favor of the defendant(s) eflecting the right of the defendant(s) to redeem during the period provided by law (KRS 426.530). Under law, the purchaser is teemed to be on notice of all matters affecting the property of record in the local County Clerk's Office.

Peggy T. Meade, Area Specialist nquires should be directed to: **Rural Development** Paintsville, Kentucky Telephone: 606/789-3766



WEDNESDAY, DECEMBER 24, 2008 • D2"

FAMILY FEATURES

hen most people think of "the hungry," they tend to think of those in poor, third-world countries. Or the homeless. Or poor people that live "somewhere else."

In reality, millions of Americans are going hungry in every community in the country. Families are living one catastrophe - such as the loss of a job, a car repair or a family illness - away from hunger.

Marci is a single mom living in Iowa with a nine-year-old daughter. Marci had been a manager at McDonalds for 13 years before switching jobs to be a caterer at five John Deere cafeterias. She works long hours at her job, takes care of her daughter and volunteers as the president of a neighborhood association. You might not think she would have to deal with hunger.

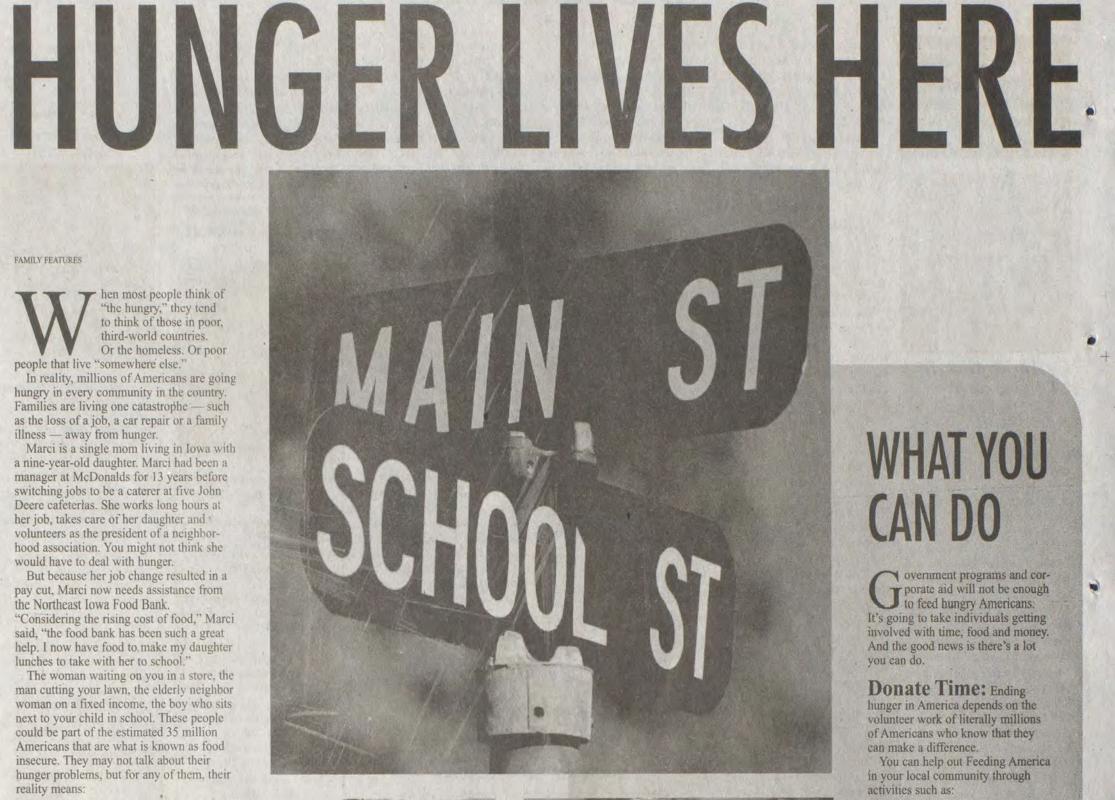
But because her job change resulted in a pay cut, Marci now needs assistance from the Northeast Iowa Food Bank. "Considering the rising cost of food," Marci said, "the food bank has been such a great

help. I now have food to make my daughter lunches to take with her to school." The woman waiting on you in a store, the

man cutting your lawn, the elderly neighbor woman on a fixed income, the boy who sits next to your child in school. These people could be part of the estimated 35 million Americans that are what is known as food insecure. They may not talk about their hunger problems, but for any of them, their reality means:

- Not knowing where or when their next meal will come from
- Only getting one meal a day because it's hard to make ends meet
- Not having anything to eat for a whole day, or several days at a time
- Feeding their children instead of themselves

Soaring food and gas prices, lost jobs and stagnant wages mean that the number of people needing food assistance is rising. Feeding America, formerly known as America's Second Harvest, is a national non-profit organization and the nation's largest food bank network. Vicki Escarra, president and CEO, says that demand in their food banks has risen 15 to 20 percent since 2007. "We're seeing more and more people visiting food banks for the first time," she said. "Many people are living paycheck to paycheck. In big sections of the





WHAT YOU CAN DO

overnment programs and corporate aid will not be enough to feed hungry Americans: It's going to take individuals getting involved with time, food and money. And the good news is there's a lot you can do.

C.)

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Donate Time: Ending hunger in America depends on the volunteer work of literally millions of Americans who know that they can make a difference.

You can help out Feeding America in your local community through activities such as:

- repackaging donated food for use at food pantries
- transporting food to charitable agencies
- doing clerical work

Volunteers are also needed across the country to support the Feeding America network's commitment to the survivors of disaster-affected communities. You can help out in your local community through activities such as sorting, boxing and repackaging donated food to be directed where it's needed most.

Donate Food: Each year the Feeding America national net-

country industries that had provided good wages are gone and there aren't enough good paying jobs left. So people need help."

Who Are the Hungry?

Children. More than 12 million children live in food insecure homes. Research has shown that children are particularly vulnerable to the effects of food insecurity because even mild undernutrition can have adverse impacts on behavior, school performance, and cognitive development. Food programs feed over 18 million children each year.

Seniors. Feeding America serves nearly three million seniors over age 65 each year.

Working families. The latest government data (for 2006) shows that 10.9 percent of households are food insecure.

An April 2008 Gallup poll found that for one in 10 Americans who make

between \$30,000 and \$74,999 a year, rising food prices were causing severe hardship that affected their ability to maintain their current standard of living. For those earning less than \$30,000 a year, that number jumps to 19 percent.

Food Banks

Local food banks have been a reliable helping hand for millions of people each year, but they are feeling the economic pinch as well. While donations are stable on the national scale, some areas are struggling a lot more than others.

In a recent survey, Feeding America found that more than 80 percent of its food banks reported they could not meet the increased demand without trimming operations or reducing the amount of food they provide.





Volunteer sorting food at a food bank

Donate Funds: Every dollar you donate to Feeding America helps provide 20 pounds of food and grocery products to men, women and children facing hunger in our country.

- You can make a tax-deductible donation to Feeding America's national office online at Feeding America.org, or by mailing donations to: Feeding America. 35 East Wacker, Suite 2000, Chicago, IL 60601.
- To find and donate to the Feeding America food bank that serves in your area, visit feedingamerica.org.

Hunger in America is real and it affects people right where you live. It is a tragedy, but it's one that you can help prevent.

About Feeding America

Formerly known as America's Second Harvest, Feeding America is a national non-profit organization dedicated to providing all Americans with access to food. It has an expansive network of food banks that serve all communities across all 50 states.

Feeding America:

- provides more than two billion pounds of food and grocery products each year to 25 million Americans at risk of hunger
 - FEEDING

has a network of 205 food banks that serve 63,000 food pantries, soup kitchens and other agencies

serves 9 million children and 3 million seniors each year Visit feedingamerica.org to find out how you can help today.

work of food banks and food-rescue organizations distributes two billion pounds of food and grocery products to hungry and needy Americans in communities across the country.

- Food drives are a fun and easy way to support your local food bank or food-rescue organization. By hosting a food drive, you help meet the needs of many people in your community.
- It's important to understand just who your local food bank is serving and what they need. One food bank may serve a large number of seniors who need low sodium foods while another food bank may serve more women with babies and small children who have different nutritional needs. A call to your local food bank or a visit to their Web site should tell you what kinds of shelf-stable foods and supplies they need the most.