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HIGH BAS
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PRIDE grant boosts city cleanup

by SHELDON COMPTON
STAFF WRITER

PRESTONSBURG — Some times are slim for grants and other times, grants seem to come from all directions, says Prestonsburg's Director of Economic Development Brent Graden.

This has been the case for the city in the past year, Graden said last week, shortly before announcing that another \$2,200 PRIDE grant was on its way.

The city's annual spring cleanup was given boost this week, and the money will pay for tipping fees associated with the collection of trash.

"Every spring and fall, we take it upon ourselves to make our community a better place to live by cleaning up illegal dumps and roadside trash and by offering hard trash pickups," Graden said. "One of the biggest obstacles we face is finding the funding necessary to pay for the tipping fees to place the trash in proper landfills. This grant just made that a lot easier."

Prestonsburg's PRIDE program was started about

(See GRANT, page two)

2 DAY FORECAST

Today



High: 53 • Low: 33

Tomorrow



High: 38 • Low: 30

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

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This carport collapsed in the wake of 70 mile an hour winds during Wednesday's storm.



This carport collapsed in the wake of 70 mile an hour winds during Wednesday's storm.



photo by Sheldon Compton

Most of Nell Conley's back porch lay across her car Thursday morning at Mendota Village just past the Floyd County line. Severe winds tore the porch from her house Wednesday evening and carried it over the house and into her front driveway.

NO MERCY

Mother Nature piles on, slams East Ky. one more time

by SHELDON COMPTON
STAFF WRITER

Just over two weeks into cleanup efforts after the worst ice storm in the state's history swept through the region, a comparative burst of high winds and pounding rains rolled through the area early Wednesday evening.

The results were widespread wind damage to many locations, with Floyd, Johnson, Pike, Martin and Magoffin counties taking hard

hits. According to the National Weather Service in Jackson, the area measuring the strongest gusts of wind across the state was recorded at Big Sandy Regional Airport in nearby Martin County. There, wind gusts peaked at 71 miles an hour at just after 5 p.m.

It was around this time when most residents said they first took notice of the storm.

Retired dentist and Prestonsburg resident Garland Godsey said he

heard noise from the storm at about 5 p.m. and went into his back yard to inspect.

"When I got out here, I first saw our patio furniture moving all over the place," Godsey said, pointing to a debris riddled section of patio just to the left of the swimming pool in his back yard on South Arnold Avenue. "The glass top from the table had come loose and went into the pool, so I got in there and got it

(See STORM, page two)



The condition of Nell Conley's home at Mendota Village Thursday morning after winds ripped away what was once a back porch.



The storm destroyed one storage building in Nell Conley's back yard, while leaving another standing only feet away.

Wellness plan up for board consideration

by SHELDON COMPTON
STAFF WRITER

PRESTONSBURG — Administrators with the Floyd County Board of Education are preparing to present a recommendation to the school board later this month that would better organize the district's goal of making students more healthy.

The recommendation will be for guidelines in developing the Nutrition, Health and Physical Activity Plan for the upcoming 2009-10 school year.

The school system's committee on health, nutrition and physical activity met several times during the last school year and came away with the establishment of a physical fitness assessment tool for grades K-12, according to Pete Grigsby Jr., assistant superintendent.

The committee was first formed some seven years ago under the guidance of then-superintendent Dr. Paul Fanning, something that enabled the school district to "get ahead of the game," Grigsby said.

"We started looking at this years before Senate Bill 172," Grigsby said yesterday.

Senate Bill 172 requires that schools develop plans by which students receive education instruction in regard to nutrition, are provided adequate physical activity opportunities and by which vending machine programs are restructured.

Local hospitals, health departments and extension offices have worked closely with school personnel and administrators since passage of Senate Bill 172 in 2006, Grigsby said.

Part of the process for Floyd County schools, and other districts around the state, is to gather data from individual schools to be assessed for upcoming activities.

For the upcoming year, one model plan that was used by a few county schools this past year, could now be required for all schools.

The physical education and classroom teachers developed and established baselines for all students to measure growth in physical fitness and health. Also, the Presidential Physical Fitness Test, the model by which a few schools used last year, will be recommended to the school board as the guideline for all schools in the county, Grigsby said. Teachers who had used this model in past years will train those in schools which could soon be using the same guideline.

In a recent wellness report, statistics showed that some 167 students at Prestonsburg High School participated in the 2008 fall assessment. The assessment saw students walking and running, while also engaging in push-ups and curl-ups, all of which was recorded and stoted for study.

Some improvement Grigsby reports for the 2008-09 school year under the wellness plan were that vending machine snacks that did not meet federal and state guidelines were removed and that healthy snacks are now offered to students in most of the schools, all part of the nutrition-related efforts of the wellness plan.

Grigsby said yesterday that what area is given attention annually is based on study of the reports and determining where the greatest needs are for students.

"If the board approves the recommendation, then this will give more meaning to the data and assist in more comprehensive testing of physical attributes," Grigsby said. "Everybody agreed that we needed a standard."

(See WELLNESS, page two)

Clarification

In Wednesday's story about getting back to school, it was reported that the Floyd County Board of Education is considering altering or canceling spring break. The days scheduled for spring break in Floyd County have already been utilized according to the board's calendar.



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Division of Water provides guidance on emergency water disinfection

FRANKFORT — As power outages and low water pressure problems persist in some areas of the commonwealth as a result of the ice storm, Kentucky officials are urging residents to properly disinfect water for in-home use, including drinking, cooking, making prepared drinks and brushing teeth.

The easiest alternative is to use bottled water if it is available.

"We are concerned about the health, safety and welfare of Kentuckians as we all cope with the effects of this disaster," said Gen. John L. Heltzel, director of the Kentucky Division of Emergency Management. "All of our commonwealth partners are active in providing help and information."

The Kentucky Division of Water has specific information on how to disinfect water. In the absence of safe bottled water, tap water should be boiled to kill most types of disease-causing organisms that may be present. If the water is cloudy, filter it through clean cloths or coffee filters or allow it to settle. Afterwards, draw off the clear water and boil for one minute. The cooled water may be stored in clean containers with covers.

If you are unable to boil water, you can disinfect it using household bleach that contains 5.25 percent sodium hypochlorite. Chlorine bleach will

kill some, but not all, types of disease-causing organisms that may be in the water. Do not use scented bleaches, color-safe bleaches or bleaches with added cleaners.

If the water is cloudy, again, filter it and use the clear water for disinfection. Add one-eighth teaspoon (or eight drops) of regular, unscented, liquid household chlorine bleach for each gallon of water (one teaspoon of bleach disinfects five gallons of water). Stir it well and let it stand for 30 minutes before use. Store the disinfected water in clean containers with covers.

Since liquid chlorine bleach loses strength over time, only fresh bleach should be used for water disinfection. For bleach that is one to two years old, the dosage should be doubled.

Another method of disinfection is to use common household iodine from the medicine chest or first-aid kit. Add five drops of 2 percent U.S. tincture of iodine to each quart of clear water. For cloudy water, add 10 drops and let the solution stand for at least 30 minutes.

Additional tips:
 ■ To improve the taste of boiled or bleach-treated water, allow it to stand for several hours or aerate it by pouring from one clean container to another several times. A pinch of salt added per quart will also improve the flat

taste.
 ■ Do not consume iodine-treated water if you are pregnant, iodine-sensitive or have a history of thyroid disease.

■ Use bottled or boiled water for preparing powdered or concentrated infant formulas.

■ Boil all tap water used for washing raw vegetables and fruit.

■ Wash dishes in a sink full of tap water to which one tablespoon of household bleach has been added. Air-dry the dishes before use.

■ Use treated water for teeth brushing since swallowing could occur.

■ Bathe or shower in untreated water but avoid contact with the mouth and eyes. Infants and toddlers

should be sponge-bathed. No special soaps are necessary.

■ See your family physician or healthcare provider if you become sick.

■ Continue to treat water until health officials remove the boil water advisory.

For more information about water safety, go to www.water.ky.gov.

Pikeville College announces Guaranteed Scholarship Program

PIKEVILLE — Pikeville College is offering a new scholarship program for the fall semester that puts emphasis on academics and financial need.

The Pikeville College Guarantee Program is open to students in the college's primary service area, which encompasses 20 counties in Kentucky. The scholarship program will serve academically prepared, but financially challenged students and offers full tuition for applicants who meet the eligibility requirements.

To meet the criteria, applicants

must be accepted to the college by April 1, 2009, file a Free Application for Student Aid (FAFSA) by March 1, have earned a minimum high school GPA of 3.5 and a composite ACT score of 23. To keep the Pikeville College Guarantee scholarship for four years recipients must maintain a 2.5 GPA by the end of their freshman year, have earned a 3.0 GPA their sophomore year, complete 30 credit hours each year and file for the FAFSA annually by March 1.

"We at Pikeville College want to

encourage students from our area to stay here and attend our college. This new scholarship program is intended to do just that," said President Michael Looney. "We encourage you to take advantage of this great opportunity to attend close to home and receive a fantastic college education."

For more information about the Pikeville College Guarantee Program, contact the Office of Admissions at (606) 218-5251 or toll free at 1-866-BEARS-00.

Obituaries

Rickert "Rick" Fred Hale

Rickert "Rick" Fred Hale, 59, of Prestonsburg, died Friday, February 6, 2009, at King's Daughters Medical Center, Ashland.



Born on February 28, 1949, in Pikeville, he was the son of Delphia Sturgill Hale of Harold, and the late Fred Hale. He was a bus driver for the Floyd County Board of Education Transportation Department. He was a member of the Pleasant Home Baptist Church, and a U.S. Air Force Vietnam veteran.

He is survived by his wife, Ruth Carol Hunt Hale.

In addition to his wife and mother, survivors include a son, Matthew Hale of Prestonsburg; and a sister, Janet H. Cline of Harold.

He was preceded in death by a brother, Ross Hale.

Funeral services were held Tuesday, February 10, at 11 a.m., at the Carter Funeral Home Chapel, with Pastor Mark Tackett officiating.

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

Margeline Lambert Mitchell

Margeline Lambert Mitchell, age 76, of McDowell, wife of Earnest Mitchell, passed away Wednesday, February 11, 2009, in Highlands Regional Medical Center, Prestonsburg.

She was born September 16,

1932, in McDowell, the daughter of the late Frank Lambert and Lillie Jones Lambert. She was a member of the Little Rosa Regular Baptist Church of the Indian Bottom Association, at McDowell.

Survivors include three sons: Garry, and his wife, Lena Mitchell, of Inez, Larry, and his wife, Debra Mitchell, of Harold, and Tim, and his wife, Jackie Mitchell, of Prestonsburg; three daughters: Janice, and her husband, Jeff Hall, of Pikeville, Rita, and her husband, Ben Sellards, and Joan S. and her husband, Malcom Stone, both of Prestonsburg; three brothers: Kent and Randy, both of Ashabula, Ohio, and Tony Lambert of Florida; three sisters: Margaret Bentley of Eastern, and Jean Keaton and Joann Johnson, both of Ashabula, Ohio; 12 grandchildren, and eight great-grandchildren.

She was preceded in death by three brothers: Kilmer, Junior, and Nicky Lambert; and a sister, Corinne Slater.

Funeral service for Margeline Lambert Mitchell will be conducted Sunday, February 15, at 1:00 p.m., in the Little Rosa Regular Baptist Church of the Indian Bottom Association, in McDowell, with Regular Baptist ministers officiating.

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

Visitation is after 2:00 p.m., Friday, at the church. (Paid obituary)

Storm

out." Godsey's wife, Wonnell, inspected a line of fallen trees just behind the swimming pool that once provided privacy for the couple.

"It just took these trees out by the roots," she said, standing beside one of the downed trees.

The Godseys have lived in the house for the past four decades, and agree that it could have been worse.

Winds and rain combined to lay flat billboards at the junction of Route 1428 and Cliff Road, blew over pop machines and damaged a barn roof at Emma in Floyd County. At Miller's Creek in Johnson County, ripping winds blew the roof from a house, according to reports filed by the Jackson Weather Service, and tore apart an area just past the Floyd County line.

Wellness

We had a lot of data and wanted to make it more useful."

Grigsby will present the recommendation to the school board during its next regular meeting to be held on Feb. 23. Prior to that meeting, sched-

Less than half a mile past the Floyd County line, in the Mendota Village area of Johnson County, residents stood in groups outside battered homes yesterday. Nell Conley, wrapped inside her coat that morning, circled her home with her son, Brian.

The storm pulled her back porch off the side of her two-story house, tossing it over the home and onto a car parked in her front driveway.

"It was just this loud roar," Conley said. "I had just turned on my television to watch the news when it started."

Conley said she noticed from a back window of the house that the posts holding up the back porch were loose and "flopping back and forth." She then repositioned herself in the front living room.

"I know you're supposed to take certain cover when this

happens, but I couldn't think about anything then," she said. "When I looked out the front window, I saw the porch sitting on top of my car."

Conley's next door neighbor, Steve Hall, knocked on her door a short time later.

"He said he thought the worst of it was over and that I should come over to their house," Conley said.

Conley waited out the rest of the storm with Hall and his wife, Wilda.

In Pike County, there were reports of numerous trees that had fallen and blocked areas of Greasy Creek and Shelbiana, while winds tore the siding from the Coal Run Fire Department in that section of the county.

A familiar result of the high winds was power outages

Continued from p1

caused by trees falling across power lines during the early evening storm. Many who had just seen power restored to their homes in the wake of the ice storm late last month were again without electricity Wednesday evening.

Kentucky Power reported Thursday that roughly 37,000 of their customers were without power during the severe storm, adding that the storm had caused "excessive damage" to the company's electrical facilities, ranging from the downed power lines to broken utility poles.

Many residents saw power restored in the early morning hours yesterday, while workers continued to deal with the remaining outages throughout the day.

REWARD OFFERED

Black purse lost at Walmart Friday, Feb. 6, 2009.

Please call 606-886-2973 with any information.

Grant

three years ago. In that time, the group has collected over 265 tons of illegal trash, including the Big Sandy River Cleanup in late 2006.

According to Graden, the two most often discarded items of trash in the city continue to be cigarette butts and plastic bottles, with fast food containers coming in third.

"If we picked up these items we would pretty much eliminate 80 percent of all discarded trash in the city," said Graden. "Truly, our environment is the front door of our

community. Whether it is fair or not, people make up their minds about a community from what they see, so we need to show them each and every day that we have an exceptional community."

The Roadside Spring Cleanup is set for Saturday, April 18, from 8 a.m. until 12 p.m. Bags, gloves, bottled water, t-shirts and pizza will be available to all volunteers until supplies run out, Graden said.

For information, contact Graden at (606) 886-2335.

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Card of Thanks

The family of Kenneth (Buster) Spurlock would like to thank family and friends who sent food, flowers, or perhaps said a kind word during our loss. We wish to thank Prestonsburg Health Care for the care given to our dad during his stay there. A very special thank-you to the Old Regular Baptist Church members and preachers for their presence and comforting words; Nelson-Frazier Funeral Home for their kind and professional service; the Garrett DAV for their military service; and the Floyd County Sheriff's Department for their assistance with traffic control. All acts of kindness were greatly appreciated, and will never be forgotten. Dad would have been pleased. Thank you, and God bless.

THE FAMILY OF KENNETH (BUSTER) SPURLOCK

Card of Thanks

The family of Stanley Johnson would like to express our appreciation to all who sent food, flowers, or helped to comfort us during our loss. We especially want to thank Brother Bill Campbell and Brother Tom Biddle for their words of comfort; Allen Baptist Church and Brother Arnold Turner; Ron and Mary Wright; The Floyd County Sheriff's Department; and the staff of Nelson-Frazier Funeral Home.

THE FAMILY OF STANLEY JOHNSON

Sponsored by Prestonsburg Park and Recreations, and Floyd County CADA.

Rules of Sweetheart Skate

- The ticket pays for entrance into the rink. If you don't skate, the price is still the same.
- Sweetheart Dance will be every 15 minutes, with a slow song.
- There will be someone working at the door selling tickets, and someone working the counter.
- Tickets can be bought in advance at the Archer Park office and at the skating rink, to reserve skate size and ensure availability.
- Rules will be posted at the rink. If an individual breaks the rules, they will be asked to leave the premises.
- The use of alcohol or tobacco products is strictly prohibited.

For the Record

Marriage Licenses

Jessica Dawn Bates, 28, of Martin, to Steve Joe Collins, 28, of Martin.
Paula Spencer, 42, of Prestonsburg, to Darrell Jervis, 42, of Prestonsburg.
Savannah Ryan Boyd, 18, of Blue River, to Jacob Douglas Johnson, 19, of Blue River.

Civil Suits Filed

Brian Bowling vs. Jennifer Bowling; divorce.
Staci Hall vs. Anthony Martin; petition for child support and healthcare insurance.
Department for Income Support vs. Jenell L. Smith; petition for child support and healthcare insurance.
Brittany Rose vs. William Robinette; petition for child support and healthcare insurance.
Betty Harkness vs. James Harkness; petition for healthcare insurance.
Ronald Anderson vs. David Maggard; complaint.
Townsel Combs vs. Todd Keys; complaint.
Savannah Bartley vs. Howard Hylton; complaint.
Midland Funding LLC vs. Tracy Wright; complaint.
Textron Financial Corporation vs. Michael S. Clark; complaint.

Small Claims Filings

Michael Mullins vs. Kenneth Prater; debt collection.
Fitzpatrick Properties vs. Bob Cramer; debt collection.
David Slone vs. Ritchie Auto Sales; debt collection.
Housing Authority of Martin vs. Ashley N. Frasure; debt collection.
Dexter D. Reffett vs. Charles Brown; debt collection.

Charges Filed

Clyde Boyd, 52, Banner; disorderly conduct.
David Morris Allen, 40, Prestonsburg; alcohol intoxication, no insurance, failure to register transfer of motor vehicle, disorderly conduct.
Gary Lee Scarberry, 29, Martin; public intoxication.

Jason D. Tackett, 23, Teaberry; public intoxication.
Kevin Ray Hutchinson, 40, Teaberry; receiving stolen property.
Brandon Inmon, 18, Martin; disregarding a stop sign, no registration plates, no registration, failure to wear seatbelt, no insurance, inadequate silencer, excessive windshield or window tinting.
Brian K. Spears, 36, Prestonsburg; fourth-degree assault.
Margaret Ann Hall, 41, Hi Hat; harassment, terroristic threatening.
Jamie Adkins, 18, Harold; fourth-degree assault.
Kelly J. Newsome, 31, Beaver; fourth-degree assault.
Clayton Avery Williams, 28, Langley; fourth-degree assault.
Jeffrey Turner, 46, Martin; alcohol intoxication.
Kevin A.E. Davis, 36, Prestonsburg; nonsupport.
Candice L. Akers, 23, Teaberry; possession of a controlled substance, prescription in an improper container, public intoxication.

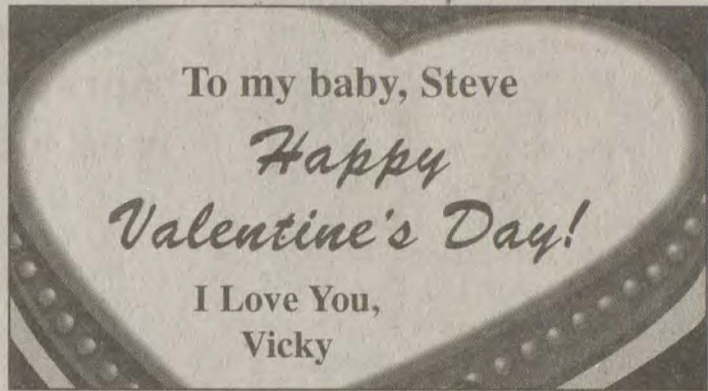
Inspections

Roger's Self Service, Eastern, regular inspection. Violations noted: cloths used for food and non food contact surfaces not stored and rinsed frequently in water sanitizing solution, cloths used for wiping non food contact surfaces being used for other purposes, food contact surface of equipment and utensils not clean, toilet room doors not self closing. Retail: lack of numerically scaled thermometers for checking cooking and holding temperature of potentially hazardous food, lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods, cloths used for food and non food contact surfaces not stored and rinsed frequently in water sanitizing solution, cloths used for wiping non food contact surfaces being used for other purposes, food contact surface of equipment and utensils not clean, toilet room doors not self closing.

lighting not provided as required. Score: Food: 95, Retail: 93.
Country Kitchen, Grethel, regular inspection. Violations noted: lack of numerically scaled thermometers for checking cooking and holding temperature of potentially hazardous food, lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods, food not protected during service, food not protected during preparation, food not protected during storage, cloths used for food and non food contact surfaces not stored and rinsed frequently in water sanitizing solution, food contact surface of equipment and utensils not clean, improper storage of clean equipment and utensils, improper handling of clean equipment and utensils, floors not in good repair, cleaning and maintenance equipment not properly stored. Score: 91.
B & M Services, Grethel, regular inspection. Violations noted: food not protected during storage, food not protected during preparation, in use food dispensing utensil not properly stored, lack of effective hair restraints, food contact surface of equipment and utensils not clean, sanitary towel or hand drying device not provided at lavatory or handwashing sink, floors not constructed properly, floors not properly covered. Retail: food not protected during storage, food not protected during preparation, sanitary towel or hand drying device not provided at lavatory or handwashing sink. Score: Food: 91, Retail: 96.
D S Grocery, Teaberry, regular inspection. Violations noted: lack of numerically scaled thermometers for checking cooking and holding temperature of potentially hazardous food, lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods, food not protected during storage, food not protected during preparation, food not protected during service, non food contact surfaces not properly maintained, non food contact

surfaces not properly constructed, non food contact surface of equipment and utensils not clean, lighting not provided as required. Retail: food not protected during storage, food not protected during preparation, food not protected during service, non food contact surfaces not properly maintained, non food contact surfaces not properly constructed, non food contact surface of equipment and utensils not clean. Score: Food: 94, Retail: 96.
Spears Mobile Home Park, Betsy Layne, regular inspection. Violations noted: lots not numbered correctly, not meeting the 15 feet setback requirement. Score: 96.
Justice Mobile Home Park, Harold, regular inspection. Violations noted: found some debris littered around lots, lighting around lots not as required. Score: 96.
Velocity Market, Betsy Layne, regular inspection. Violations noted: lack of numerically scaled thermometer for checking cooking and holding temperature of potentially hazardous food, lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods, food not protected during service, food not protected during storage, food contact surfaces not properly constructed, food contact surfaces not properly maintained, non food contact surfaces not properly constructed, non food contact surfaces not properly maintained, floors not in good repair, floors not clean, walls, ceiling, attached equipment not in good repair, light fixtures not shielded as required, lighting not provided as required. Score: 91.

Property Transfers
Imogene Caldwell to Bill F. Caldwell, David Kenneth Caldwell, Jim Caldwell, and Judy Curnutte, property located at Cow Creek.
Bertha S. Clifton Estate to James Stephens, property located at Middle Creek.
Greta Combs to Kenneth Combs and Vernice Combs, property located at Little Paint.
Thomas Combs to Kenneth Combs and Vernice Combs, property located at Little Paint.
Jeri Lynn Copley to Kinhag Development Company, LLC, property located at Abbott Creek.
Raymond Morris Copley to Kinhag Development Company, LLC, property located at Abbott Creek.
John Flannery to Pilgrim Energy, Inc., property located at Right Beaver Creek.
Chad Fleenor to Joseph A. Mollett and Shelly A. Mollett, property located at Little Mud Creek.
Jennifer Fleenor to Joseph A. Mollett and Shelly A. Mollett, property located at Little Mud Creek.
Jarrod Kidd to Barbara Kidd and Russell Kidd, property not listed.
Barbara Lykens to Terry Smith and Vanita Smith, property located at Betsy Layne.
Janice Setser Mcaninch to Larry Randall Petry and Tina Petry, property not listed.
Robert Mcaninch to Larry Randall Petry and Tina Petry, property not listed.



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2/13/09 - 2/19/09
Cinema 1—Held Over
PAUL BLART: MALL COP (PG), Mon.-Sat. 7:00; Sun. (1:30) 7:00.
GRAN TORINO (R), Mon.-Sun. 9:00 ONLY.

Cinema 2—Starts Friday, Feb. 13
THE UNINVITED (PG-13), Mon.-Sat. 7:00-9:00; Sun. (1:30) 7:00-9:00.
Sunday Matinee—Open 1:00; start 1:30

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2/13/09 - 2/19/09
Cinema 1—Held Over
PUSH (PG-13), Mon.-Sun. 7:05-9:20; Fri. (4:20) 7:05-9:20; Sat.-Sun. (2:05-4:20) 7:05-9:20.
Cinema 2—Held Over
PAUL BLART: MALL COP (PG), Mon.-Sun. 7:00-9:15; Fri. (4:15) 7:00-9:15; Sat.-Sun. (2:00-4:15) 7:00-9:15.
Cinema 3—Held Over
CORALINE (PG), Mon.-Sun. 7:00-9:15; Fri. (4:15) 7:00-9:15; Sat.-Sun. (2:00-4:15) 7:00-9:15.
Cinema 4—Held Over
TAKEN (PG-13), Mon.-Sun. 7:10-9:25; Fri. (4:25) 7:10-9:25; Sat.-Sun. (2:10-4:25) 7:10-9:25.
Cinema 5—Held Over
PINK PANTHER 2 (PG), Mon.-Sun. 7:05-9:20; Fri. (4:20) 7:05-9:20; Sat.-Sun. (2:05-4:20) 7:05-9:20.
Cinema 6—Starts Friday, Feb. 13
INTERNATIONAL (R), Mon.-Sun. 6:55-9:25; Fri. (4:25) 6:55-9:25; Sat.-Sun. (1:55-4:25) 6:55-9:25.
Cinema 7—Starts Friday, Feb. 13
CONFESSIONS OF A SHOPAHOLIC (PG), Mon.-Sun. 7:15-9:30; Fri. (4:30) 7:15-9:30; Sat.-Sun. (2:15-4:30) 7:15-9:30.
Cinema 8—Starts Friday, Feb. 13
FRIDAY THE 13TH (R), Mon.-Sun. 7:15-9:30; Fri. (4:30) 7:15-9:30; Sat.-Sun. (2:15-4:30) 7:15-9:30.
Cinema 9—Held Over
HE'S JUST NOT THAT INTO YOU (PG), Mon.-Sun. 6:45-9:15; Fri. (4:15) 6:45-9:15; Sat.-Sun. (1:45-4:15) 6:45-9:15.
Cinema 10—Held Over
THE UNINVITED (PG-13), Mon.-Sun. 7:10-9:25.
HOTEL FOR DOGS (PG), Fri. (4:25); Sat.-Sun. (2:10-4:25).
SPECIAL SHOW OF FRIDAY THE 13th on Thursday Night 2/12/09 at 12 a.m.

American Heart Association
Fighting Heart Disease and Stroke
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Jones aims to toughen child predator law

FRANKFORT - Senator Ray S. Jones II, D-Pikeville, continues his fight against child predators with a bill that broadens Kentucky's sex offender laws, increases penalties for abusers, and establishes a classification system for offenders.
The legislation will amend current laws to include predatory activity involving the Internet, identification of electronic identities by sex offender registrants, and the use of GPS monitoring. The law also establishes a three-tiered classification for sex offenders that follows the federal Adam Walsh Act that assigns to each registrant a color based on the offense.
"The three-tiered classification will allow parents to discern immediately if an offender is also a child predator," said Senator Jones, who serves on the Senate Judiciary Committee.
Senate Bill 57 amends or further defines current legislation as follows:
■ Amends the unlawful use of electronic means to induce a minor to engage in sexual or other prohibited activities by allowing prosecution for the sending of unlawful communications to any individual the person believes is a minor.
■ Defines stalking to include electronic activity.
■ Amends pornography laws to include live images transmitted over the Internet.
■ Amends the sex offender registration law to include whether a person is subject to

GPS-based monitoring.
■ Amends the sex offender registration law to require a new photo whenever there is a substantial change in appearance.
■ Requires the Justice and Public Safety Cabinet to verify electronic identity or online membership information at least once every 90 days.
■ Provides a searchable database that lists electronic identity of offenders. In addition, offenders will be listed in a three-tiered classification system that will alert the public to the type of offense committed.
■ Adds "cyber harassment" to the current harassment and harassing communications statute.
■ Requires courts and the parole board to order mandatory GPS monitoring of lifetime registrants for the duration of that person's probation, shock probation or other form of conditional release or parole. The registrant would be responsible for the cost. Tampering with the equipment would be a Class D felony.

■ Requires forfeiture of personal property used in connection with or acquired as a result of a violation of listed offenses.
■ Requires the study of the implementation of the federal Adam Walsh Child Protection and Safety Act of 2006 in Kentucky.
"As a parent, I am concerned about the child predator that lives next door or down the block, but I am also concerned about the predator that is using the Internet to lure children," said Senator Jones. "More children are communicating via the Internet, and websites such as myspace.com make it easy for predators to become any identity they want to assume to earn the trust of innocent children."
During the 2007 session, the senator sponsored legislation, which made Kentucky's sex offender laws among the toughest in the nation. With the passage of Senate Bill 65, Kentucky became one of the first states to require convicted sex offenders to register their online identities.

If increasing Kentucky's cigarette tax saved just one child, it would be worth it.

The fact is, higher cigarette taxes are proven to reduce youth smoking. A 70-cent increase in our tax would keep thousands of kids from smoking and raise millions for critical programs - including tobacco prevention, health care and education.

Anything less short-changes our kids and the state budget.

Call Rep. Stumbo at 1-800-372-7181 and tell him to support a 70-cent cigarette tax increase.

Cigarette taxes - our kids are worth every penny.



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Viewpoint

Worth Repeating ...

The male is a domestic animal which, if treated with firmness, can be trained to do most things.

— Jilly Cooper

Amendment 1

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

Guest View

A sport's Faustian bargain

The American pastime has taken another devastating blow with the revelation of steroid use by New York Yankees slugger Alex Rodriguez, the supposedly clean hitting machine who was counted on to reclaim the sport's revered career home run record from surly alleged cheater Barry Bonds.

Rodriguez at least admits to past transgressions, skipping the evasions of such highly suspected fellow superstars as Bonds, Roger Clemens, Mark McGwire, Sammy Sosa and Rafael Palmeiro. But this may not reflect strength of character so much as the awareness that he probably would be forced by Congress to repeat his denials under oath and risk facing perjury inquiries like Bonds and Clemens.

However, it's time that someone besides players faced tough questions under oath. Our list starts with Baseball Commissioner Bud Selig. The fact is, the cheaters are only a symptom of baseball's core problem: the refusal of Selig, team owners and the players union to do anything to stop the steroid invasion, which began in the mid-1990s.

Instead, they all welcomed the fan-pleasing, money-generating home run barrage by players mysteriously fortified with 25 pounds of new muscle. After the 1994 season was canceled at its midpoint due to labor strife, the sport was reeling. Then it was steroids to the rescue. Baseball only fully recovered in 1998, during McGwire's and Sosa's epic battle to set a new single-season home run record.

Selig led the cheering. Three years later, when Bonds broke McGwire's mark, the commissioner was nowhere to be found. Bonds' feats were simply too extraordinary — and his physical transformation too extreme — for the commissioner to pretend everything was on the up and up.

Still, Selig did nothing. It was not until Congress shamed baseball into action in 2005 that the sport finally took steroids seriously.

So while we encourage fans to feel outraged and betrayed as still more stars are revealed as cheats in coming weeks and months, they should keep things in perspective. By looking the other way when steroids took over his sport, Selig effectively gave players a huge financial incentive to cheat.

And they did. Boy, they did.

— San Diego Union-Tribune



Letters

Lakeview appreciates road workers

Recently, our neighborhood incurred the wrath of the ice storm. After two weeks, normalcy is about to appear again.

Now, we have to extend much appreciation, gratitude and thanks to a

group of very special people that we will never forget in the time of our need. We are forever indebted to the Floyd County road maintenance crew. They came the very first night and have come every day since, working through ice, wind and 12-degree weather. Never would we have imagined being assisted in our time of need with such consistency.

Also, special thanks to Magistrate John Goble and Judge R.D. "Doc" Marshall, for also being with us.

We will never forget the response of the hard-working, dedicated Floyd County road crew and officials.

Kitty Holbrook
Jim Stewart
Paul and Claire Day
Bill and Melissa Forsyth
Tom and JoAnn Moak
Julie Wilson
and many other Lakeview Village residents

Guest Column

The bicentennial of the other anti-slavery hero

by JOHN G. SHIBER, PhD

Feb. 12 marks the bicentennial anniversary of the birth of two great men who were instrumental in eradicating slavery. One, of course, is Abraham Lincoln. The other: Charles Darwin.

Charles Darwin? Yes. Through his studies on evolution, Darwin made a great scientific contribution toward equalizing the playing field between blacks and whites. He abhorred slavery, and while slave owners of his day contended that blacks and whites were completely different races, with whites being superior, he believed they belonged to the same human family. Slavery was a 'sin' in his mind, and abolishing it became his 'sacred cause', as science historians Desmond & Moore point out in a recent Darwin biography.

So, Darwin's desire to prove the wrong-headedness of slavery proponents moved him toward the study of evolutionism. He was certain that with meticulous, lengthy research and by extending the idea throughout the animal kingdom, he could find the evidence for his theory that all races share a common ancestry.

Charles Darwin was one of six children born to wealthy English physician, Robert Darwin, and his wife, Susannah Wedgwood. At sixteen, he was sent to study medicine at the University of Edinburgh, but after the first year his interest wandered from medicine to natural history. He started learning about marine invertebrates and how to classify plants when his disapproving father sent him to Christ's College, hoping he would become an Anglican parson. Again,

Darwin gravitated toward natural history and developed an ardent interest in entomology (insect study) and botany (plant study) but he also got his degree in Divinity.

In the summer of his 22nd year, Darwin was invited, at the recommendation of his botanist mentor John Henslow, to travel as 'gentleman naturalist' on the HMS Beagle, a British ship commissioned to map coastal South America. He accepted the invitation with his father's reluctant blessing and set sail on a 5-year exploratory tour of the Galapagos Islands, off Ecuador's Pacific coast.

It took Darwin 23 years after that famous journey to finally arrive at and publish his evolution theory. Within that period, he wrote in minute detail about the geology of the Galapagos and his observations of the diverse plants and animals he'd seen there, comprehensively studied and documented the behavior of 'earthworms and their importance to soil, and completed a 4-volume treatise on the behavior of barnacles, a work of some 20 years. The treatise alone gained him immense respect within the scientific community and an honorary membership in London's prestigious Royal Academy of Sciences ...all without formal scientific training. The expansive understanding he gained about these organisms became the basis for ideas he developed into his theory of evolution by natural selection.

Darwin's seminal publication, *On the Origin of Species by Means of Natural Selection and the Preservation of Favoured Races in the Struggle for Life*, published 150 years ago, revealed his entire theory. Although met with scorn and outrage from the Clergy, scientists welcomed it, for many had already been working along similar lines for decades. Indeed, the ideas of Malthus ("Struggle for Existence"), Herbert Spencer ("Survival of the Fittest"), Alfred

Wallace (coined "Natural Selection"), and, especially, Charles Lyell, whose "Principles of Geology" proved, through fossil and geologic records, that Earth was much older than previously thought, all gave Darwin the needed courage to publish his theoretical conclusions.

In his 73 years, through intense scientific observation and documentation, Charles Darwin brought together concepts about Nature that had been hitherto elusive. Following *On the Origin of Species*, he crammed into his remaining 23 years no less than eleven major natural history studies on an amazingly wide range of topics: insect fertilization of orchids, variation of plants & animals under domestication, emotional expression of man & animals, movement & habit of climbing plants, cross- and self-fertilization in plants, and the formation of vegetable mold through the action of worms. In all, he left the world with over 27 published works of mammoth proportion and two autobiographies.

The work that will ever be best associated with this great naturalist, however, is his extensive research into evolution by natural selection. As controversial as it still is, it remains the most referred to study in science by virtue of its technical fastidiousness and the wealth of evidence it presents in favor of his theory.

Charles Darwin died on April 19, 1882 and was buried in London's Westminster Abbey. (See <http://www.uc.edu/darwin/> for Darwin2009 Bicentennial Celebrations in Kentucky and Ohio, and <http://www.nature.com/news/specials/darwin/index.html> for those in Great Britain.)

Dr. John Shiber is a Professor of Biology in the Big Sandy District of the Kentucky Community & Technical College System and is author of over 100 published technical papers and popular articles.



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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 objection-

able. 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.

HERE WE GO AGAIN

Many of our elected Representatives in Frankfort can't manage our tax funds and now want more... It's time to tell them enough is enough on alcohol taxes. Do you realize

YOU ARE ALREADY PAYING AN 11% TAX

rate on beer in this state? This is not including local and federal taxes that are added on to your cost. No other consumer product has a higher tax rate, most everything else in Kentucky is taxed at 6%. Now misaligned politicians want to put at least an

ADDITIONAL 6%

on your cost. Kentuckian's alcohol taxes are already the 7th highest in the nation. This increase will put us at the top of the list.

Every time the state needs funds they attack an industry and it's consumers that are paying above and beyond a reasonable amount.

YOU the consumer are the victims. This proposal will add well over \$1.50 more cost to you on a case of beer.

The fact is simple, over 45% of the cost of beer is tax. Think about that a minute. Some politicians now want to call it a user fee. Call it what you want, it is not fair and if funds go to support Government programs it is a tax.

**Call your legislator now toll free at
(800) 372-7181
Tell them NO TO ANY INCREASES
in alcohol taxes.**

Contact the following: House Speaker Greg Stumbo, Rep. Hubert Collins, Rep. Leslie Combs, Rep. John Will Stacy, Rep. Richard Henson, Rep. Rick Nelson, State Senator Ray Jones II, Sen. Johnny Ray Turner, Sen. Tom Jensen, Sen. Robert Stivers, Senate President David Williams, Sen. Brandon Smith

FLOYD COUNTY Sports

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East Kentucky Miners preparing for offseason

TIMES STAFF REPORT

PIKEVILLE — The Executive Committee of the Continental Basketball Association (CBA) met Saturday in Albany, NY to discuss plans for the 2009-10 CBA season. Ownership groups from the Albany Patroons, East Kentucky Miners, Lawton-Fort Sill Cavalry and Minot Skyrockets attended. Among the topics discussed were future league expansion, franchise acquisitions, league marketing and scheduling. The East

Kentucky Miners, a CBA franchise that recently completed its second season, is busy preparing for the offseason. Several offseason activities, including basketball camps, community events and speaking engagements, are already in the works for Miners Coach Kevin Keathley and other members of the East Kentucky professional basketball team's front office.

In addition to the offseason activities, Keathley is already looking at talent for the 2009-10 season.

"The owner's meetings

went really well from what I understand and the potential changes are good ones in my view," said Keathley. "We are hitting the off-season running. We are finalizing locations for the upcoming youth basketball camps. We have had a great run out at all of them and we want to make these camps even better than last year's camps."

Keathley started looking at players for next season at the conclusion of the 2008-09 campaign.

"The process of looking at players never stops," said

Keathley. "This year's senior class is pretty strong and I'm beginning the process of looking at potential draft picks for next year's CBA draft."

The Miners coach promises

continued success for the East Kentucky pro basketball organization.

"We are working extremely hard to make sure next season will be better than the previous two seasons," Keathley commented.

The league meetings showed plenty of promise as the existing CBA teams prepare for the 2009-10 season.

"The meetings were very productive," said CBA Commissioner Dennis Truax. "All of the member teams are looking forward to the 2009-10 season. The meetings were

beneficial and the teams have put into place action plans to bring back the CBA stronger than ever. During the next few months, the teams will be working vigorously to bring the best possible product for the CBA, its fans and loyal sponsors. I look forward to working with our teams and staff to make the 2009-10 season the best ever."

Lawton-Fort Sill claimed its second straight CBA title over the weekend, defeating Albany in the championship game of a best-of-three series.

Another Howard takes Pikeville reigns

by RICK BENTLEY
TIMES COLUMNIST

The first time I remember seeing Ben Howard was during the 1989 state football playoffs. He was eight years old and served as water boy for his dad's Pikeville Panthers, wearing an oversized maroon jersey while lugging around an (for him) oversized carrier of water bottles.



Rick Bentley

This tells you two things: First, I'm getting really, really old.

And second, Ben Howard has been around Pikeville High School football a long, long time.

Ben was introduced as the head coach of the Panthers on Wednesday. Kevin Garris, the talented athletics director at Pikeville, said he will be the 24th head coach at PHS. But in reality, only one of his predecessors really matters.

With apologies to many of the others who predate Ben, the only name on that list that's important to this conversation is Hillard Howard.

There will be untold pressure on Ben Howard, and it's all because of his father. He set the standard, and it's because of his legend and success that so many names have come and gone — including, for a brief while, his own — since he stepped down after winning the third of his back-to-back state championships in 1989.

I want to weigh in on that pressure for a moment. I have a friendly message to Pikeville High School parents and fans and alum-

(See HOWARD, page two)

Tickets remain for final three UK home games

TIMES STAFF REPORT

LEXINGTON — A limited number of single-game tickets remain for the University of Kentucky's final three opponents in Rupp Arena. Fans can order tickets by calling the UK Ticket Office (1.800.928.2287), the Rupp Arena Box Office (859.233.3535) or by going to UKathletics.com or Ticketmaster.com.

Tickets remain for games against Tennessee (Feb. 21), LSU (Feb. 28) and Georgia (March 4). Tickets for these events can also be ordered at the UK Ticket Office located at the Joe Craft Center in person or over the phone during regular business hours of 9 a.m.-4 p.m. Monday-Friday.



IN YOUR FACE DEFENSE: Micah Harlow denied an inbounds pass for Allen Central during the recent 58th District game versus longtime rival South Floyd.

Lorenzen signs with Horsemen

TIMES STAFF REPORT

LEXINGTON — Former University of Kentucky standout Jared Lorenzen and former Peoria Pirates signal-caller Justin Rascati have joined the Kentucky Horsemen, General Manager and President of Football Operations Bryan Boehm announced Tuesday.

The duo will compete for the starting quarterback spot for the Horsemen, who begin their second year as a member of arenafootball2 under the direction of head coach Mike Harmon.

Lorenzen, a native of Ft. Thomas, is best known to Lexington residents for his notable accomplishments as a quarterback for the Wildcats from 2000-03. Lorenzen holds Kentucky's career records in pass completions (862), pass attempts (1,514) and net passing yards (10,354), and is sec-

ond for most touchdown passes thrown in a career (78).

Named Kentucky's Mr. Football his senior year of high school, Lorenzen, 6-foot-4, helped lead the University of Kentucky to a 7-5 record in 2002. Lorenzen was a member of the NFL's New York Giants from 2005-07 and was a back-up quarterback on the team's 2007 Super Bowl Champion squad.

Rascati, a former University of Louisville back-up quarterback who later led James Madison to the finals of the NCAA Division I-AA

Championship, spent the 2008 campaign as the prima-

Rascati, a Gainesville, Fla., native, started at quarterback for James Madison in each of his last three seasons and, in 2006, set team records for season (20) and career (51) touchdown passes. He was a finalist for the Walter Payton Award that has been presented by The Sports Network to the Division I-AA offensive player of the year, a first-team All-Division I honoree, and a second-team All-Atlantic-10 Conference choice. As a collegian, he completed 487-of-728 passes for 5,912 yards with 51 scoring strikes.

Kentucky will open its 2009 season on March 28, when it travels to Tulsa, Okla., to take on the Tulsa Talons. The team's first home game is slated for April 11 when the Horsemen play host to Wilkes-Barre/Scranton at 7 p.m. in Rupp Arena.



JARED LORENZEN

ry quarterback for the Peoria Pirates, also of af2. In his year with the Pirates, Rascati completed 219-of-363 passes for 2,354 yards with 37 touchdown strikes. The versatile Rascati, 6-foot-4, also ranked fifth in the league in rushing with 21.4 yards per game as part of the af2's top rushing offense in 2008.

Clevenger, Cox among McDonald's All-American nominees

by STEVE LeMASTER
SPORTS EDITOR

The 2009 Kentucky McDonald's All-American Nominees have been announced. This year's list includes Pikeville guard Matt Clevenger and June Buchanan guard Garrison Collins. Clevenger is the lone McDonald's All-American Nominee from the 15th Region. Collins was the only 14th Region player to be named a McDonald's All-American in Kentucky this season.

The McDonald's All-Star team will be announced Feb. 18. The

all-star game will be played April 1 in Miami.

Last season, Paintsville standout and Floyd County native Landon Slone was a McDonald's All-American Nominee. Slone has since moved on to the University of Kentucky. He is a freshman guard for the Wildcats.

A breakdown of the latest Kentucky McDonald's All-American Nominees follows. Darren Ballou, Adair County; OJ Bell, Louisville Male; Cameron Clemmons, Louisville Doss; Matt Clevenger, Pikeville; Garrison Collins, June Buchanan; Chase Cox, Taylor County; Wesley

Cox, Louisville Ballard; Josh Crawford, Corbin; Courtney Dalcourt, Franklin-Simpson; Andrew Donovan, Franklin County; Eric Dunlap, Oldham County; Ethan Faulkner, Elliot County; Evan Faulkner, Elliot County; Jonathan Ferguson, Elliot County; Nick Fudge, Adair County; Phillip Hayes, Allen County-Scottsville; Jon Hood, Madisonville-North Hopkins; Nick Hudson, Lexington Dunbar; Jacob Jenkins, Louisville Manual; Chuck Jones, Hopkins County Central; Jonathan King, Trigg County; Leonard Macon,

Taylor County; Steven McFarland, Boone County; Barrett Meyer, Franklin County; Russ Middleton, Mason County; Montrell Morones, Bryan Station; CJ Penny, Anderson County; Richie Phares, Scott County; Jordan Reves, Jeffersonton; Vee Sanford, Lexington Catholic; Mike Satterwhite, Western Hills; Dayvon Sloan, Louisville Wagner; Ethan Spurlin, Lincoln County; James David Strange, Pineville; Aaron Wilson, Fulton Independent; Ridge Wilson, Louisville Central; Bryon Wright, Paducah Tilghman.

Blackcats drop home game to Knott Central

Tackett scores 20 in loss

by STEVE LeMASTER
SPORTS EDITOR

PRESTONSBURG — Prestonsburg hosted Knott County Central Tuesday night at the Fieldhouse in a late-regular-season boys' high school basketball matchup between two teams with winning records. The Blackcats remained within striking distance of Knott County Central throughout the game but couldn't get past the Patriots. Stuart Stamper and Tate Cox tossed in 21 points apiece as Knott County Central defeated Prestonsburg 68-56.

Knott County Central established an early lead, outscoring Prestonsburg 17-11 in the first quarter. The Patriots kept a lead at the end of each quarter, venturing into halftime ahead 38-30.

Zack Davis dumped in seven points for Knott County Central. Jarrod Amburgey, Richard Caudill and Logan Bartrum each had six points for the Patriots.

Knott County Central stretched its lead over the Blackcats in the third quarter. The Patriots led 52-38 at the conclusion of the third period.

Jody Tackett paced Prestonsburg offensively, scoring a team-best 20 points. Tackett was one of two Blackcats to reach double figures in the scoring column. Junior guard Michael Burchett netted 14 points for Prestonsburg in the setback. Austin Gearheart, a senior forward, added 13 points for the Blackcats.

Alex Stumbo scored three points while Steven Patrick, Seth Setser and Cameron Tincher tossed in two apiece for the Blackcats.

Knott County Central moved to 19-6 after claiming the win over Prestonsburg.

The Blackcats dropped to 12-10 after absorbing the loss.

Results from other area boys' high school basketball games Tuesday night included Pike County Central 80, Johnson Central 77; Hazard 76, Letcher County Central 69; Phelps 65, South Floyd 58; Shelby Valley 77, Lawrence County 56; Belfry 68, Williamson (W.Va.) 52.

KNOTT CO. CENTRAL 68, PRESTONSBURG 56
Knott Co. Central (19-6) — Stamper 21, Cox 21, Amburgey 6, Caudill 6, Bartrum 6, Davis 7, Slone 1.
Prestonsburg (12-10) — Stumbo 3, Patrick 2, Burchett 14, Tackett 20, Setser 2, Tincher 2, Gearheart 13.

KCC.....17 21 14 16-68
P'burg.....11 19 8 18-56

Raiders fall to Phelps; Balanced scoring effort leads Hornets to victory

by STEVE LeMASTER
SPORTS EDITOR

HI HAT — Following a big district win on the road over 58th District rival Allen Central on Friday, South Floyd returned to Raider Arena Tuesday night for a boys' basketball bout against Phelps. After owning one of the 15th Region's best records in the first half of the

2008-09 regular-season, Phelps was looking to halt a four-game losing skid. The Hornets were able to do just that. In a strong finish, Phelps outscored South Floyd 26-22 in the fourth quarter. Phelps claimed the win, defeating South Floyd 65-58.

The Hornets, under the direction of head coach Clay Campbell, sealed the win late with clutching shooting.

Four Phelps scorers reached double figures. Trent Maynard led Phelps with 19 points. Dillon Stiltner netted 17 points, Ryan Hager had 14 and Jordan Smith contributed 10 for the Hornets as more than one Phelps player was able to make an impact on the offensive end during the late-regular-season matchup.

South Floyd enjoyed an early advantage at the first

rest stop, leading 14-12 when the first quarter concluded. Both teams swapped various leads in the opening quarter. Phelps, however, regained the lead in the second quarter. The Hornets led 30-26 at the half.

Tommy Joe Hall paced South Floyd with a game-high 20 points. Hall was one of three South Floyd players to reach double figures in

scoring department.

Shannon Turner scored 11 points and Brandon Marson had 10 for the Raiders. Dakota Hall had six points and Tyler Mitchell tossed in five for host South Floyd. Matt Tackett and Raymond Jones completed the South Floyd scoring with three points apiece.

Phelps improved to 11-7 and South Floyd fell to 5-17.

PHELPS 65, SOUTH FLOYD 58
Phelps (11-7) — Hobbs 3, Stiltner 17, Gannon 4, Hager 14, Smith 10, Maynard 19.
South Floyd (5-17) — T. Hall 20, D. Hall 6, Tackett 3, Mitchell 5, Marson 10, Turner 11, Jones 3.
Phelps.....12 18 -9 26-65
SF.....14 12 10 22-58

Four spirit rules changes stress risk minimization

TIMES STAFF REPORT

INDIANAPOLIS — Four rules changes that address minimizing risk to participants were approved by the National Federation of State High School Associations (NFHS) Spirit Rules Committee at its January 11-12 meeting in Indianapolis. These revisions were subsequently approved by the NFHS Board of Directors.

Heading the list of changes is a new restriction on the "double twist to a cradle" stunt. Beginning with the 2009-10 season, a twist to a cradle that involves more than one rotation will be permitted only on appropriate mats or grass, as well as rubberized and soft-yielding surfaces. This is the same restriction that was placed on basket tosses three years ago.

"As with basket tosses, the double twist to a cradle, commonly known as the 'double down,' cannot be done on a basketball court, unless the stunt is done on an appropriate mat," said Susan Loomis, NFHS spirit rules liaison. "We would encourage participants to perform non-twisting or single-twist cradles, which are still permitted on any appropriate surface."

Loomis said that this change reflects the skill level in high school cheerleading and is consistent with the NFHS' focus on risk minimization.

A change in Rule 2-10-5 clarifies the intent of last year's rule change permitting a forward suspended roll from the performing surface. The revised rule will state that

toe/leg pitches to a jump or tumbling skill are illegal.

"There has been confusion between a toss and a pitch," Loomis said. "The committee believes that the change in language will help clarify this rule for coaches."

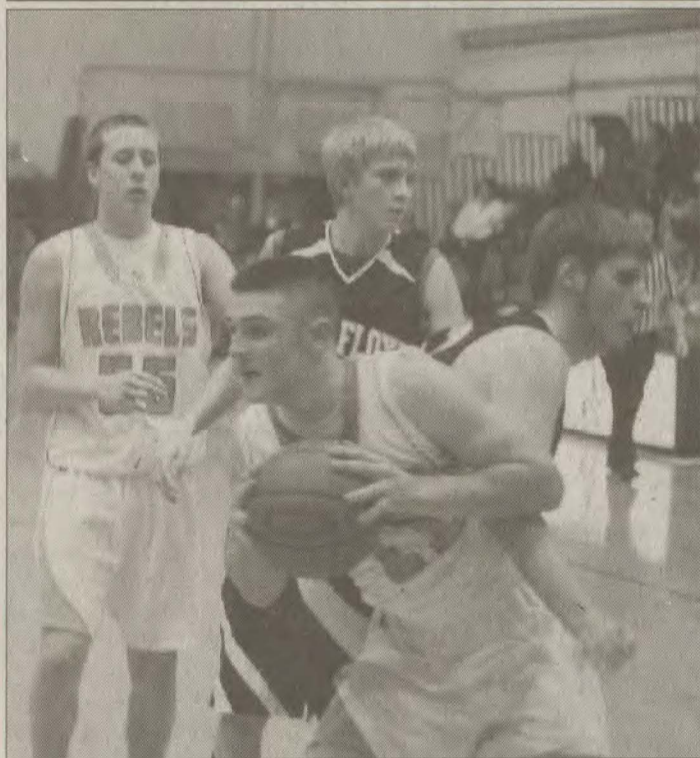
A "triple-base Swedish fall" was added to the list of exceptions in Rule 2-4-7, which requires a spotter for stunts in which the supporting arm(s) of the base(s) is (are) fully extended above the head. A "triple-base Swedish fall" will not require a spotter as long as all three bases face the flyer.

"When all three bases face the flyer, the front base is in a better position of safety to protect the flyer if assistance is needed," Loomis said.

The final revision made by the Spirit Rules Committee is an addition to Rule 2-6-2 regarding cradle dismounts. The revised 2-6-2b will state: "For all cradle dismounts, the flyer must not hold props (signs, etc.) that are made of solid material, and have corners or sharp edges."

In addition to the four rules changes, the committee adopted four points of emphasis for the upcoming season. The topics for next year are a) rules committee's responsibility, b) event security, c) coaches' responsibility and d) spring floors.

According to the 2007-08 High School Athletics Participation Survey conducted by the NFHS, a total of 111,307 girls participated in competitive spirit in 4,510 high schools. Another 2,673 boys were involved in competitive spirit in 560 high schools.



DISTRICT RIVALS Allen Central and South Floyd will each look to pull off an upset during the upcoming 58th District Tournament. Chris Stumbo is pictured with the basketball for Allen Central.

Howard

ni, and I can sum it up in two words: Please, for the love of God, back off.

Ben could have gone without saying the expectations at Pikeville should always be to win a state title. I appreciate that and understand his message, but his fan base needs to be a little more patient.

If you're expecting Ben to pick up right where Dad left off in 1989, you're in for a rude awakening. I'm going to be as honest as I can when I say this, but first, let me say something else: I mean absolutely no disrespect to any of the current Panthers when I make the following statement.

Now, let me be clear when I type the following sentence: This isn't Ben's father's, Pikeville Panthers.

There will be no Hackney or Deramus or even Brother Jason on the field when the

Pike County Bowl rolls around. I was there for that run and I know of which I speak.

This isn't to say there isn't talent at Pikeville. There is. There are some talented young men, and Ben will get the focus back on football at Pikeville High.

But the runs — the long, deep runs — into the postseason may be a little ways off.

Then again, he could surprise me and have them in Bowling Green next December. After all, with six classes and not four, half the competition is trying to make the Double-A finals.

Ben knows football. He was great when he played it at Pikeville High School, then was part of a national champion at (gulp) Georgetown College.

But perhaps his most famous — certainly his most

infamous — day of football came in a rare appearance as a Pikeville College Bear.

Ben came to Pikeville College to coach, not play. He wanted to play baseball, and did, and did very well. But by the midpoint of the football season, the Bears were down to one quarterback, so the staff convinced him to become a player-coach, activating him in case of emergency.

During the next week, at Lambuth, the Bears fell behind 35-7 midway through the fourth quarter. The staff decided it wouldn't be a bad idea to put Ben in for a few plays to shake the rust off in case he would be needed down the road.

And on the last play of that game — with no time on the clock — Ben Howard took a snap on a two-point conversion that would have tied the game

Continued from p1

at 35 and sent it to overtime. Let me say this: Much of that was because of some questionable coaching on the other sideline. All they had to do was run the ball and eat up some clock, but they didn't and Ben made them pay for it. He was nothing shy of brilliant, turning in the most impressive six-and-a-half-minutes of quarterbacking I've ever seen.

Ben Howard will be successful at Pikeville High School. Will he be as good as Dad? Time will tell. But those expecting him to begin posting state titles should keep something in mind.

Hillard Howard began coaching at Pikeville in 1972, if memory serves. His first state title came 15 years later.

I hope Ben Howard is still coaching his alma mater 15 years from now.

Louisville football program completes 2009 staff

TIMES STAFF REPORT

LOUISVILLE — University of Louisville head football coach Steve Kragthorpe has announced the completion of his staff for the 2009 season.

Kragthorpe hired Jeff Lewis to coach the wide receivers, while Matt Wells will tutor the quarterbacks and coordinate the passing game. Jay Johnson, who was hired last month will coach the tight ends. Brent Myers will continue to coach the offensive line and be the running game coordinator, while Greg Nord will move to coach the running backs.

Defensively, Brent Guy will serve as the defensive coordinator and coach the linebackers. Ken Delgado will begin his second season as the defensive line coach and Antonio Goss will be the special teams coordinator and coach the safeties. Larry Slade will be the secondary coach and coach the cornerbacks. Former offensive coordinator and quarterbacks coach Jeff Brohm has accepted another job in the collegiate ranks. Brohm coached for the Cardinals from 2003-08,

serving as the quarterbacks coach from 2003-2007, before being elevated to offensive coordinator for the 2008 season.

Lewis was an administrative assistant with the Cardinals last season. He played five seasons in the National Football League with Denver Broncos and Carolina Panthers from 1996-2000.

Lewis has a long-standing relationship with Kragthorpe after spending three years together at Northern Arizona, where Lewis starred as a quarterback from 1992-95. A first-ever three-year captain at NAU, Lewis was a second team All-American as a junior after throwing for 3,355 yards and 26 touchdown passes, which still rank fourth all-time in school history.

As a senior, Lewis was a third-team All-American. He was nominated for the Johnny Unitas Golden Arm Award as a senior and a finalist for the Walter Payton Award, given to the top college player in Division I-AA. He finished his career with 9,639 yards and 67 touchdown passes, which all rank fourth in the school annals.

Following his senior season, Lewis played in the Senior Bowl before he was a fourth-round selection and the 100th overall pick of the Denver Broncos. He was the back-up to John Elway and was a part of two Super Bowl teams in 1998 and 1999.

Wells tutored a pair of first team all-MWC receivers in 2007, Travis Brown and Marcus Smith. Smith led the MWC in receiving, setting a school record with 91 catches, for 1,125 yards and four touchdowns. Brown totaled 76 grabs for 1,031 yards and six touchdowns. It was the first time in school history that two receivers have reached 1,000 yards in the same season. Smith was a 4th-round draft pick of the Baltimore Ravens in 2008.

Wells and Kragthorpe have a long history together after spending five seasons at Tulsa from 2002-06 as tight ends coach and recruiting coordinator, while Kragthorpe was the head coach. Tulsa tight ends were instrumental in the team's recent offensive success. Wells coached 2005 All-American Garrett Mills, who established

an NCAA single-season record for receiving yards by a tight end with 1,235 yards.

Tulsa's tight ends caught the most passes in the nation in 2003 with 89 receptions for 855 yards and 12 touchdowns. They combined for 83 catches and 919 yards in 2004. The Golden Hurricane's 2004 recruiting class was rated as the top-ranked unit in the Western Athletic Conference by PrepStar magazine and Rivals.com, while the 2005 class earned best in Conference USA by Rivals.com.

Wells came to Tulsa after spending five seasons (1997-01) as an assistant coach at the U.S. Naval Academy.

A three-year letterman at Utah State, Wells played quarterback for four years (1993-96), and was the starter as a sophomore. He played free safety as a senior. A three-time All-Big West academic selection, Wells was a member of Big West Conference championship teams in 1993 and 1996. Wells received his bachelor's degree in business marketing from Utah State in 1996.

CONTACT THE TIMES SPORTS DEPARTMENT
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ATHLETES OF THE WEEK

Tommy Joe Hall, South Floyd

Taylor Hott, Betsy Layne

EKU baseball team picked to finish eighth in OVC preseason poll

TIMES STAFF REPORT

BRENTWOOD, Tenn. — The Eastern Kentucky University baseball team has been picked to finish eighth in the OVC in 2009. ECU received 20 points in the poll, conducted by OVC head coaches, while Jacksonville State emerged as the preseason conference favorite with 61 points.

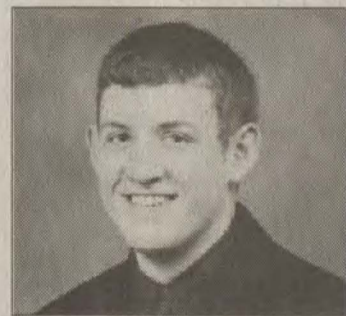
ECU first-year head coach Jason Stein is the lone new face in the OVC coaching ranks this season. Stein, who played for the Colonels in the mid-90's, takes over a program that won 12 conference games in 2008 but missed the OVC tournament...by one game. The Colonels will have to replace the loss of 2008 OVC Pitcher of the Year Christian Friedrich, who was taken in the first round of last year's MLB Draft.

The Colonels return six of eight position players, including their five top hitters, from a team that went 26-27-1 last year and finished seventh in the OVC. While offensively experienced, ECU returns only five pitchers from last year's squad and only two of whom recorded a win in 2008. Of the five returning pitchers, none recorded more than 30 innings of work last year.

Jacksonville State earned five first-place votes and narrowly edged out Eastern Illinois (four first-place votes, 60 points) for first place. Austin Peay (48 points), Southeast Missouri (42), Tennessee Tech (38), Murray State (23), Morehead State

(22), Eastern Kentucky (20) and UT Martin (10) rounded out the poll.

Teams were awarded eight points for a first place vote, seven for second, etc. Coaches were not allowed to vote for



MATT FYFFE

their own team.

First baseman Anthony Otrando, the Colonels' leading hitter from a year ago, returns for his junior season. The Ocala, Fla. native batted .354 last season with a team-leading 47 RBI. He'll be joined at the opposite corner by 2008 Freshman All-American Jayson Langfels. Langfels batted .304 during his rookie campaign with a team-best .511 slugging percentage and eight triples. His eight triples were the most in the OVC and second-most in the country.

Senior Tyler Rehmel and freshman Richie Rodriguez will more than likely form ECU's middle infield to begin the year. Rehmel was the only Colonel to play in all 54 games last season, batting .306 with a team-best five home runs. A durable utility player, Rehmel will most likely find a permanent home at second base in

2009. Rodriguez, out of Miami, Fla., will be looked upon to replace last year's shortstop Tyler Barnett, who was drafted in the 22nd round of the 2008 MLB Draft.

ECU's outfield will be just as experienced as its infield. Speedy seniors Matt Davis and Aaron Barrows will patrol center and left field, respectively. Davis hit .302 last year with a team-leading 49 runs scored and five triples. Barrows hit .339 in 2008 and played his best ball against conference opponents, batting .379 and pounding 10 doubles versus OVC competition.

Sophomore Ryan Faidley, an OVC All-Freshman team selection in 2008, will start in right field. Faidley batted .248 last year with 21 runs scored and 27 RBI.

Junior college transfer Joey Stevens will more than likely replace graduated three-year starter Joe Oliver behind the plate.

Juniors Jim Clancy and Chris Hord and sophomores Paul Duncan and Matt Fyffe will begin the season as the Colonels' starting rotation. Clancy, who worked most of last season as a closer, led ECU with 22 appearances in 2008. Hord, meanwhile, is the only one of the four to pitch more than 23 innings last year. Fyffe, a right-hander, pitched well as a freshman. The sophomore from Johnson Central High School made his first career starts against Thomas More College and Kentucky State on April 16 and April 23, earning wins in both contests

Regional wrestling tourneys scheduled


TIMES STAFF REPORT

FRANKFORT — Regional wrestling tournaments are scheduled for this week in preparation for next week's State Wrestling Championship, slated for Feb. 19-21 at the Frankfort Convention Center. The top four wrestlers from each of the eight regions in all 14 weight classes advance to

the State Championships.

State basketball tournament tickets: Tickets to the 2009 National City/KHSAA Boys' and Houchens Industries/KHSAA Girls' State Basketball Tournaments are on sale through the KHSAA office and online at khsaa.org. At this time, only full tournament sets of tickets (one ticket to each of the eight sessions) are avail-


able. Lower arena seats are priced at \$116 each and upper arena seats are priced at \$66 each. Tickets will be on sale through the KHSAA until Feb. 27. Beginning March 2, tickets will only be available through the Rupp Arena (boys) and Diddle Arena (girls) box offices and/or the venue's respective online ticketing agent.



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INSIDESTUFF

- Birthday, wedding, anniversary • page B4
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FAMILY MEDICINE

Post-polio syndrome can strike years after original infection — page B4

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DINNER DIVA

Make sauce

Did you know you can make a simple sauce in the skillet? Honest, this is easy stuff! Just follow these easy steps...



Leanne Ely

Let's pretend for a moment, you've just sautéed some chicken and veggies. The chicken is nicely cooked as are your veggies. Pull

the chicken and veggies from the pan and place on a warm plate and keep warm (I turn my oven on to the lowest temp and then put a very loose foil tent "hat" on top of what I just sautéed. I don't tuck the sides of the foil in; just let it rest on top to preserve the heat. If you tuck it all in, it will steam and lose its sautéed appeal). On the bottom of your pan, you're going to see all kinds of browned up stuff from the chicken and veggies or what I refer to quite often as "browned goodie bobs". This is concentrated flavor that will make for an exquisite sauce.

To make sauce, you will need liquid. I like to add chicken broth (adds more flavor and body than just plain water). I also might add a little wine, depending on what I've just cooked. The deal is you're going to use the liquid to pull the stuff up off the bottom and incorporate into the liquid using your trusty wire whisk. We talked about whisks way back when in Chapter Two when we were discussing kitchen tools.

Anyway, you're going to crank the heat up somewhat (not too high or the liquid will all evaporate too fast) and whisk the bottom of the pan like your life depended on it. Your liquid will start to turn a little brown (from incorporating the goodie bobs) and next thing you know, you'll have something that starts to look like a sauce emerging. Now we're cooking! Isn't this the coolest?? When I made my first sauce like this, I felt like I could do anything in the kitchen. It's really that empowering, really!

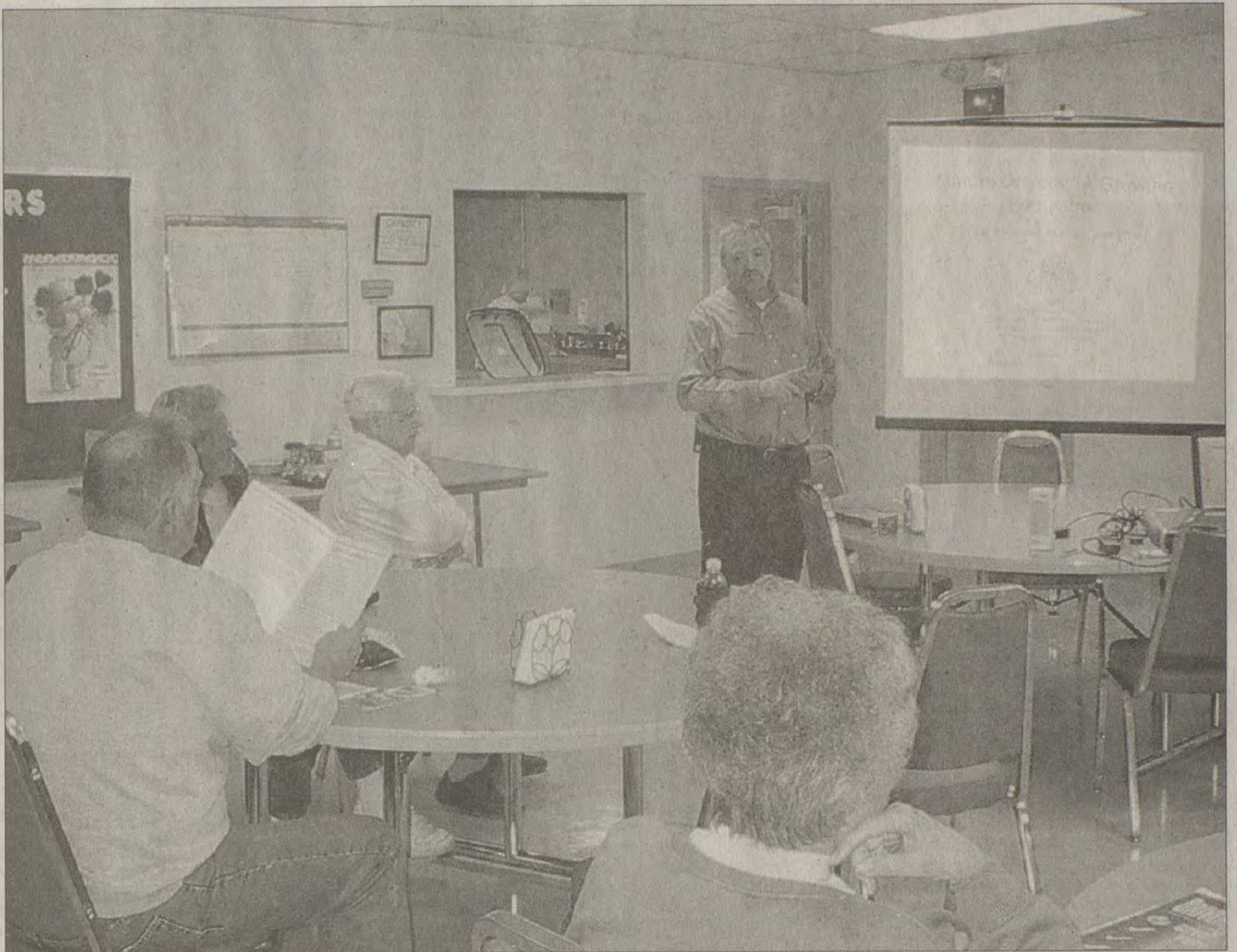
At this point, you may have enough liquid, too much liquid or not enough. The remedies are simple—if it's just right, pull it from the heat, arrange your chicken and veggies on a serving plate and pour a portion of the sauce over the top. If you have too much liquid, then you will bring your sauce down to a simmer (see below for a detailed explanation of a what simmer should look like) and let the sauce reduce via evaporation. Now if you let it reduce a lot, you'll make your sauce instead into a reduction (see below for more of a detailed explanation), which is just really a concentrated sauce and for our purposes right now, you don't need to go there. If you don't have enough liquid, then add just a little more chicken broth (or your liquid of choice) and whisk away till you get the desired consistency.

Whew! There you have it, Saute 101, complete with a lovely sauce. How's that for an explanation? Are you feeling good about your skillet now? I hope so! Have FUN!

□□□

For more help putting dinner on your table check out Leanne's website www.SavingDinner.com or her *Saving Dinner Book series (Ballantine)* and her *New York Times Best Selling book Body Clutter (Fireside)*. Copyright 2008 Leanne Ely. Used by permission in this publication.

BACK TO SCHOOL



photos by Jarrid Deaton

Jeff Sizemore, with the Big Sandy Area Development District, spoke to seniors about driving at the McDowell Senior Citizens Center on Thursday.

BRUSHING UP

Class helps older drivers keep up to date

by JARRID DEATON
FEATURES WRITER

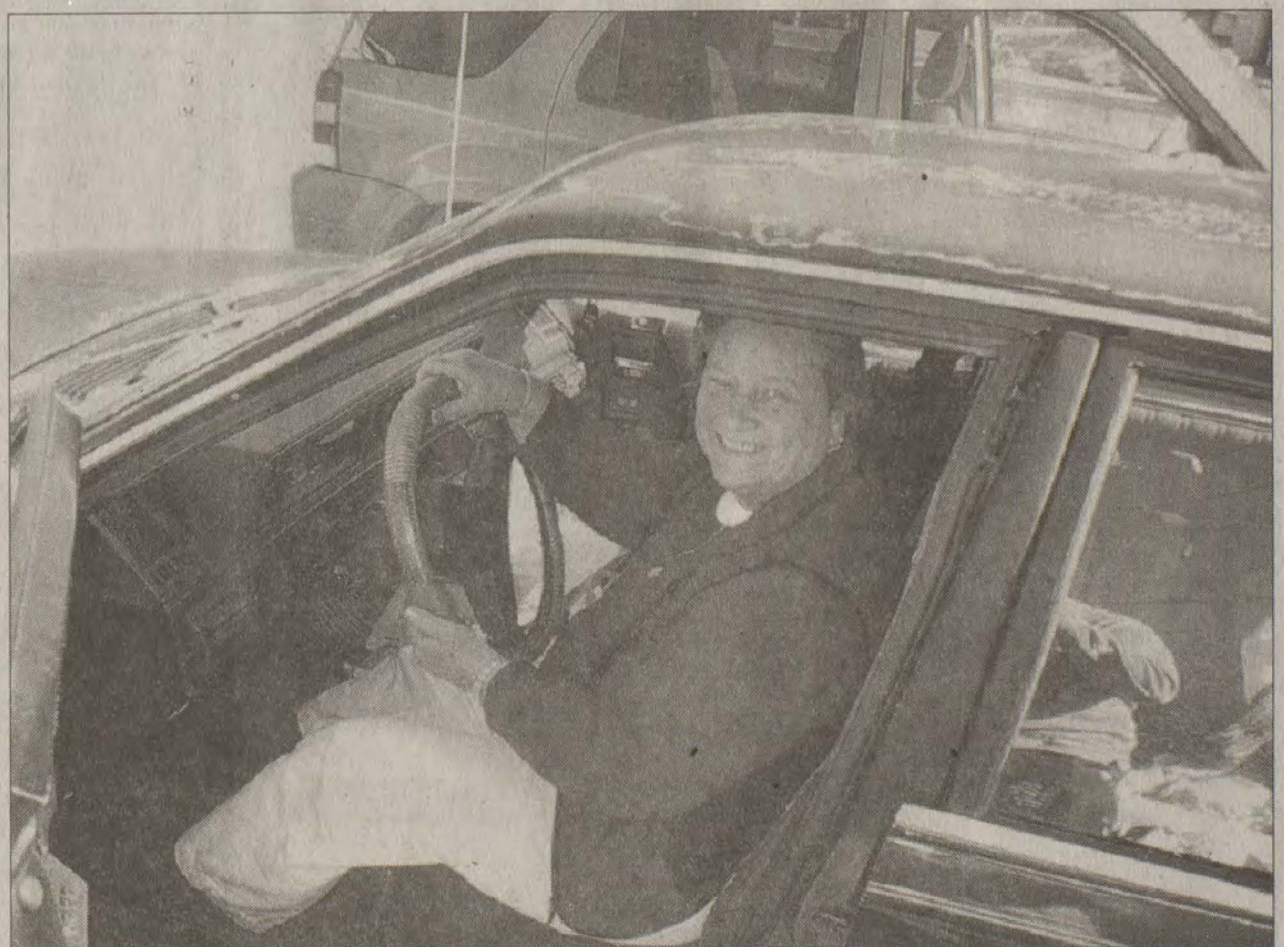
MCDOWELL — "The roads aren't the same as they were 15 years ago," Jeff Sizemore, highway safety planner with the Big Sandy Area Development District, told a crowd of seniors gathered at the McDowell Senior Citizens Center on Thursday.

Sizemore spoke to the seniors as part of a mature driver presentation aimed at educating drivers 55 and older. The event was organized by the Kentucky Transportation Cabinet Office of Highway Safety and the Big Sandy ADD.

"We want to help the drivers brush up on their driving skills and make them aware of all the distractions, like cell phones, that other drivers have now," Sizemore said. "We hope to make them better defensive drivers and encourage them not to take chances or put themselves in dangerous situations."

According to a release from the Kentucky Transportation Cabinet, the purpose of the presentation was to "educate maturing drivers about safety issues affecting them. Older drivers have fewer collisions because they drive less and at less dangerous times, however, when they're in a crash it can be very serious. According to the AAA Foundation for Traffic Safety, in a two-car fatal collision where one driver is 65 or older, the older driver is 3.5 times more likely to be killed."

Loretta Bolin, who turns 70 next week, is one of the many seniors who drive themselves to the McDowell Senior Citizens Center on a regular basis.



Loretta Bolin, 70, enjoys the freedom that driving provides to her. Bolin attended the mature driver presentation at the McDowell Senior Citizens Center on Thursday.

"I love the freedom of being able to drive where I want to," Bolin said. "I'm 70-years-old and proud of it."

As part of the presentation, Sizemore showed a video and handed out brochures to the seniors in attendance, with some of the handouts asking them to evaluate their own driving skills.

"The United States has a growing population of older drivers," Sizemore said. "Eventually, they're going to outnumber the other drivers, and we want them to be as safe as possible out on the road."

Along with doing presentations on driving for senior citizens, other similar programs deal with drivers in var-

ious age groups.

"We have a range of programs aimed at inexperienced teenage drivers all the way up to the mature drivers," Sizemore said. "We try to hit as many different age groups as we can."

Sizemore will head to Magoffin County to do the same presentation to that area's senior citizens on Friday.



Family Medicine

OHIO UNIVERSITY
College of Osteopathic Medicine

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

Post-polio syndrome can strike years after original infection

Your original polio infection caused problems with motor neurons, a type of nerve cell that carries electrical impulses between your brain and your muscles. Some of these motor neurons were damaged by the polio. During recovery, surviving motor neurons in the affected area are often able to sprout new nerve terminals to "orphaned" muscle fibers. Over time, this can result in various degrees of recovery of whatever movement was lost.

According to some experts, PPS involves degeneration of individual nerve terminals in the motor neurons that survived the original polio attack. Since these surviving motor neurons have to do more work to compensate for the lost neurons, they eventually begin to "wear out" and produce new weakness in the affected area. This weakness may be temporary or permanent. This is one of several hypotheses around the cause

of PPS, but to be frank, no one is completely sure why PPS develops.

The symptoms of PPS include new onset of weakness in the limbs, especially those that were affected by the original polio infection, fatigue, muscle and joint pain, breathing problems, swallowing problems, sleep disorders and cold intolerance. You may also experience exhaustion from minimal activity. These symptoms come and go, with symptom-free periods between times when symptoms are exacerbated. The symptoms tend to get worse with time, but their course is unpredictable.

Some risk factors for developing PPS relate to the severity of your original polio infection and your age at the time you were infected. Unfortunately, people who had a strong recovery from the most severe cases of polio are likely to have the greatest loss of function and more

fatigue with PPS. However, in cases where the original polio produced fairly minimal symptoms, PPS usually produces only minor symptoms.

To determine if you are suffering from PPS, your doctor may do nerve conduction and muscle conduction studies, CT scanning and MRI imaging. He or she may need to rule out other conditions like Lou Gehrig's disease. The treatment is aimed at relieving symptoms and includes physical and occupational therapy as well as energy conservation measures.

□ □ □

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

Q I am 82 years young and have begun having some weakness in my legs. I am blessed with robust health, no diabetes, high blood pressure, etc. I did have polio as a child, and a friend was telling me that polio could cause problems when people get older. Is that true? If so, what types of problems are we talking about?

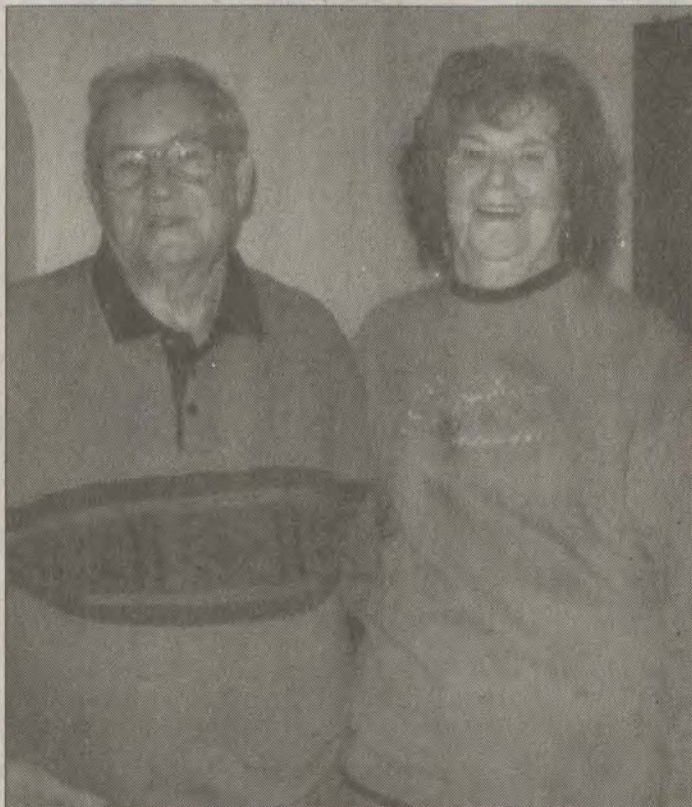
A Your friend is talking about post-polio syndrome (PPS). Some people who had polio at a young age develop effects from the disease many years later. No one knows why this happens, but it is

believed that up to 50 percent of polio survivors are affected by PPS. Research is ongoing.

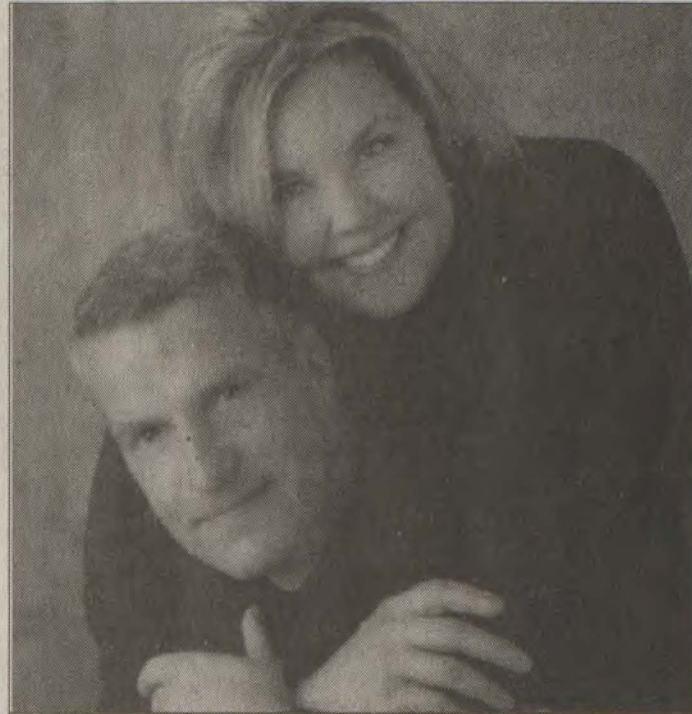
The number of people who are at risk for PPS has been estimated to be more than 440,000 by the National Center for Health Statistics. This isn't surprising since during the height of the polio epidemic in the 1940s and 1950s, nearly 20-thousand Americans contracted the disease each year. The introduction of the Salk vaccine in 1955 stopped this deadly killer in its tracks. Fortunately PPS, while aggravating, is rarely life-threatening like polio itself.



Spencer Ava Maria Hall, the daughter of Madonna and Jeffrey Hall, celebrated her first birthday on Dec. 27 at her home in Lexington with her brother, Laine Hall, and family and friends. Her maternal grandparents are Janice Howell Megill and Tom Megill, of Treasure Island, Fla., and Luther Hall, of Paintsville. Her paternal grandparents are Joyce and Malcolm Hall, of Grethel.



Earles and Goldie Hunter, of Wellington, OH, celebrated their 51st wedding anniversary on Nov. 9, during Thanksgiving at the home of their oldest daughter, Barb Hunter, of Honkaer, along with their other daughter, Doris Thomas, of Atlanta, GA, and son, Jeff Hunter, of Fort Mills, SC. Also attending were the grandchildren and great-grandchildren of the couple.



Mr. and Mrs. Francis Grimm, of Paintsville, would like to announce the engagement of their daughter, Tara Nichole, to William Anthony Spiegelberg, of Huntington, W.Va. The bride elect is a graduate of Sullivan University with bachelor's degree in business administration and is currently working at the Social Security Administration in Prestonsburg as a claims representative. The groom is a graduate of Virginia Tech with a bachelor's degree in finance and a MBA from Wake Forest University. He is currently the Community President for Huntington National Bank. The couple will have a private wedding ceremony in Maui, Hawaii, in May.

Rental Central

by TOM DOTY
TIMES COLUMNIST

There were a few laughs this week and one film bound for cult classic status.

■ "W" — Oliver Stone's take on the George W. Bush presidency was a little premature (the man had a few months left on the job when it was released) but it neatly avoids being preachy and paints a layered picture of "The Decider." Josh Brolin does a decent job as the big guy, but Richard Dreyfuss steals it as Dick Cheney. All in all it's a bit long but a fascinating portrait of a man I never regarded as too complex in the first place.

■ "Blindness" — Jose Saramago's 1994 novel about a city coping with an epidemic of blindness makes for a rich film here that mines the situation for a portrait of how people treat that which they fear. Good performances by Julianna Moore and Mark Ruffalo help sell this heavy tale that will not put a smile on your face or make you optimistic about human nature for that matter.

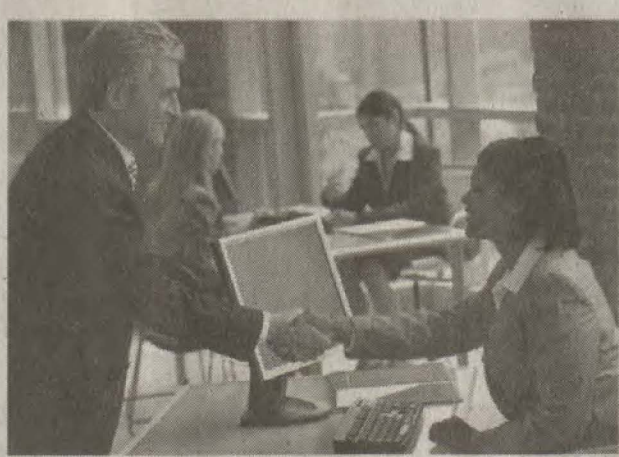
■ "Soul Men" — Sadly we've all seen this story, about a reunion between estranged musicians, told better. It's doubly sad here as the film wastes the talents of Samuel L. Jackson and Bernie Mac (in one of his last roles). The

jokes are sophomoric though I did chuckle at a protracted bit involving one character experiencing a harsh rectal exam.

■ "My Name Is Bruce" — The ultimate Bruce Campbell movie arrives straight on DVD with this effort which pays back fans of "Army of Darkness" by casting Campbell as himself. He's an egotistical actor who accepts a gig at a small Oregon community but soon learns that the

people actually think he can beat the snot out of demons as he did in the "Evil Dead" trilogy. Lots of nudges here and winks at the audience by Campbell (who wrote and directed).

Next week look for Leonardo DiCaprio and Russell Crowe in "Body of Lies," and watch zombies take over an apartment complex in "Quarantine."



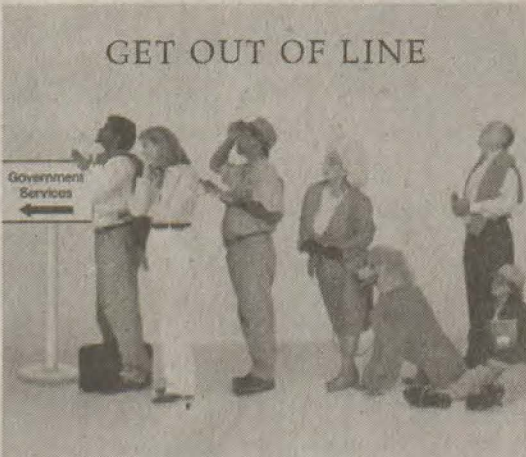
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U.S. General Services Administration

Floyd County has been awarded federal funds under the emergency food and shelter national board program.

Floyd County has been chosen to receive \$25,996.00 to supplement emergency food and shelter programs in the county for use during 2009.

The selection was made by a National Board that is chaired by the Department of Homeland Security's Federal Emergency Management Agency and consists of representatives from American Red Cross; Catholic Charities, USA; National Council of Churches of Christ in the U.S.A.; The Salvation Army; United Jewish Communities, and United Way of America. The Local Board was charged to distribute funds appropriated by Congress to help expand the capacity of food and shelter programs in high-need areas around the country.

A Local Board made up of the County Judge/Executive or his designee, local representatives of national social service agencies, and interested citizens, will determine how the funds awarded to Floyd County are to be distributed among the emergency food and shelter program run by local service agencies in the area. The local Board is responsible for recommending agencies to receive these funds and any additional funds available under this phase of the program.

Under the terms of the grant from the National Board, local agencies chosen to receive funds must: 1) be private voluntary non-profits or units of government, 2) have an accounting system, 3) practice nondiscrimination, 4) have demonstrated the capability to deliver emergency food and/or shelter programs, and 5) if they are a private voluntary organization, they must have a voluntary board. Qualifying agencies are urged to apply.

Floyd County Emergency and Shelter Board has distributed Emergency Food and shelter funds previously with Floyd Co./Prestonsburg Ministerial Assoc., St. James Fishes & Loaves, Middle Creek Com. Dev. Club, Mud Creek Com. Health Corp., Town Branch Church Feed My Sheep, Christian Service Ministry, Bread of Life, Jacobs Ladder, Auxier Food Pantry, Martin Church of Christ Food Pantry, Heaven's Harvest Food Pantry, Garrett Church of God, and St. Vincent Mission. These agencies were responsible for providing (number) meals and (number) nights of lodging.

Public or private voluntary agencies interested in applying for Emergency Food and Shelter Program funds must contact Local Board Chair, Renee Thornsberry for an application. Telephone 285-9335 or email at reneedthornsberry@hotmail.com. Application packets may be picked up at Martin City Hall, between 9 a.m.-3 p.m. on 2/13/09, through 2/19/09. The deadline for applications to be received is on February 20, at 10 a.m.

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Experienced ONLY. Tower Climber needed for local work. Job also includes two way radios and car kit installs. Must have valid driver's license and pass drug screening. Must have references! Excellent benefits Package available. Please send resume to PO Box 873, Prestonsburg, Ky 41653. Call 886-3181.

German Bridge Camp Grounds needs someone to oversee maintenance and operations of camp grounds. Send resume and references to PO Box 522 Prestonsburg, Ky 41653. Call for more information 606-886-3314 or 606-226-2468.

Appalachian Transportation in Martin Ky is hiring full and part time drivers positions. Driving history, back ground check and drug test required. Call 285-3140 or toll free 1-866-366-3140.

Abbott Engineering, Inc. is currently seeking qualified applicants for the position of surveying crew chief. The applicant should have experience in surface or underground sur-

veying. Please send resume' to A b b o t t Engineering, Inc. 3073 Ky Route 321, Prestonsburg, Ky 41653 or by email to thoward@abbott-engineering.com 01/14 2wks

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Miller Bros. Coal, LLC is seeking qualified applicants for the position of Surface Mine Planning Engineer. Mining Engineering degree and experience required. Competitive salary and benefits package. Interested applicants should send their resume in confidence to 1801 Watergap Rd Prestonsburg Ky 41653. Phone inquiries not accepted.

Services

If you need wills, deeds, power of attorney or other legal documents drawn up or need a notary. Call 791-1202.

Misc.

NEED A TUTOR FOR YOUR CHILD? I have ten years experience teaching children aged 2-18, have successfully tutored children with both emotional and learning disabilities and have assisted a child with autistic spectrum disorder. I believe in finding each child's unique learning style and helping them to reach their greatest potential. If you would be interested in seeking my

assistance for your child, please feel free to call Tonya at 606-230-0235 or email me at tonya1@hotmail.com.

FOUND!!

Black, male, Terrier. Found on Mtn Parkway close to Prestonsburg. Call 886-8108.

AUCTION

Sale by D&G. Sat Feb 21, 10am. Court order liquidation sale! From Prestonsburg, take Rt 114 West, go 5 miles to Mill Branch Rd. Signs will be posted. Sell snap on tools, harley davidson 95th anniversary box, 730 ingersoll ram air compressor, welders and much more tools hand and power. Equipment - Bobcat 443A, John Deer 2030 A, Massy Ferguson sickle bar mover, McCormick hay

baler, gravelly tractors and attachments. 14 ft Pace American trailer, EZ dump Cart and much more! To much to list. For pictures and more info to to auctionzip.com. Call 606-483-2232 or 606-673-1164. David Branham, Auctioneer. #P 2769.

Nanny needed for two young girls to live in home near Pikeville. Must have a valid drivers license, clean MVR, good references and be caring. Room and board provided plus weekly wages. Previous nanny experience preferred. Please call 606-479-6355.

For sale: Eight pair of American Eagle jeans & 3 pair of Levis Jeans. All jeans worn approximately 2-3 times only. They

were purchased a few months ago. Size 34 x 30. \$10 each or all of them for \$100. If interested call 226-5345. Leave message if no answer.

REAL ESTATE

Houses

House for sale or lease. Located at Stone Crest. 3 +/- acres. Serious inquiries only. For more information. Call 606-434-1281 or 606-454-3646.

4 Br, 3 ba home for sale. Newly renovated, located within walking distance of new Prestonsburg elementary school. \$165,000. Call 886-3437 for appointment.

3 Br, 2 bath double wide for sale, Swimming pool,

sun deck, and out building. Located 1/2 mile up Abbott. Close to town. Asking \$130,000. Call 874-8051 or 226-0528.

Sale or lease

Office space for rent. 3,000 sq ft, 2 bath. 10 individual rooms suitable for professional office. Call 794-6204 for more information. Located on 1320 North Lake Drive, Prestonsburg, Ky. Downtown from Jerrys.

Large older home and lot for sale (approx. 1 acre). Great location (3227 South Lake Dr) close to entrance to Jenny Wiley State Park, 4 bedroom, 2 bath. 1st floor hardwood / 2nd carpet with new roof. cAn be residential or commercial. Call 886-

6749 or 226-4215.

RENTALS

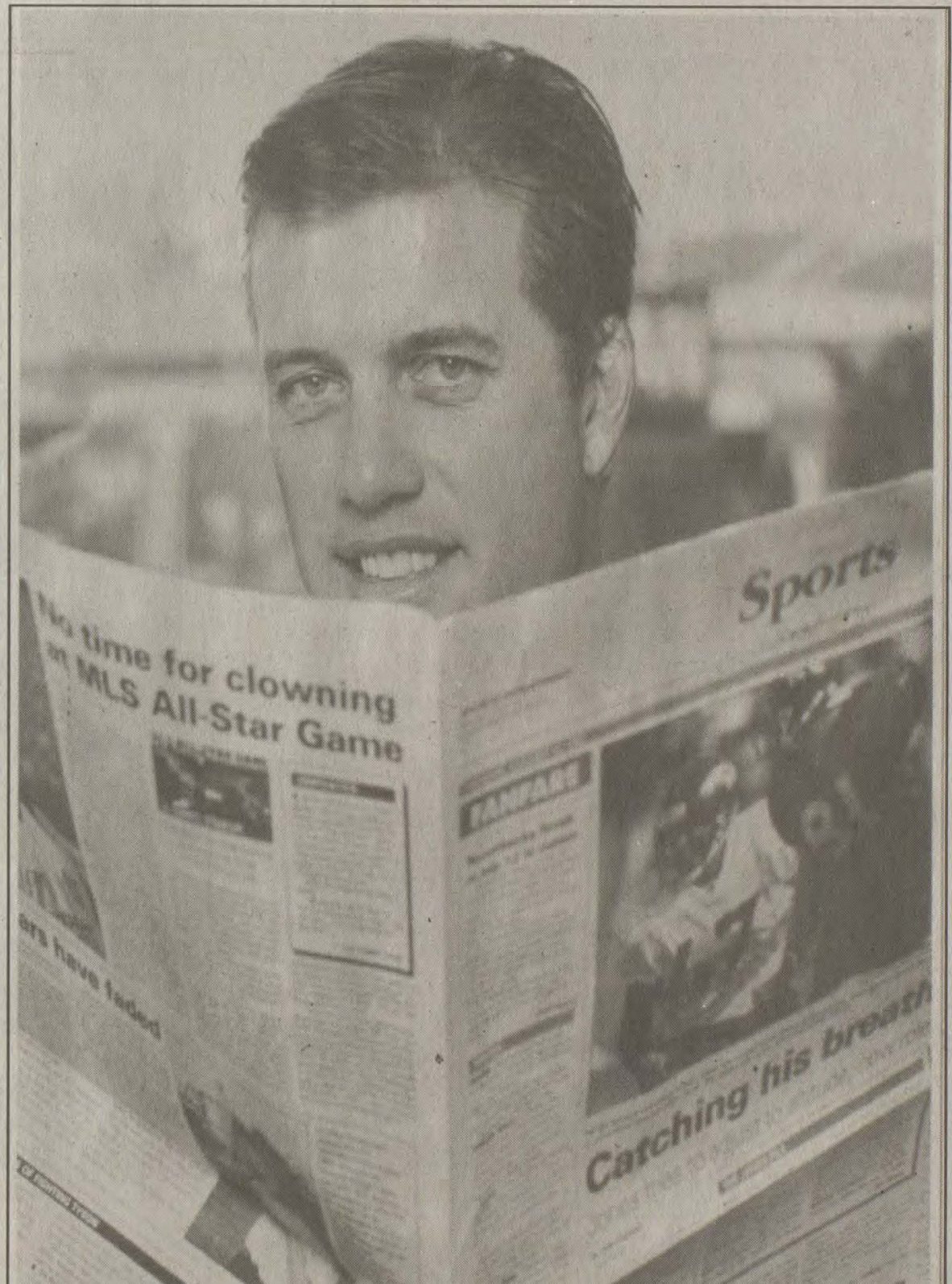
APARTMENT

1 Br apartment for rent. 4 miles west of Prestonsburg on Rt 114. \$500 month includes utilities. Call 886-6061.

APT FOR RENT Branham height Apt Wheelright KY, is now accepting applications for one bedroom Handicap accessible Apt. rent is based on income. Contact Ashely. 452-4777

Houses

2 br House located in town near college for rent. \$525 month plus \$200 deposit. Call 606-889-0208. Leave message.



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-John Elway, Quarterback

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9430 US HWY 23 S
Pikeville, KY 41501
FAX: (606) 639-4482

(Office located South of Pikeville on US 23 on Caney Highway beside the Double Kwik)

2 br house for rent. Located 1 mile from Martin. Washer and dryer hook up and city water. \$450 month plus utilities. \$200 deposit required. HUD accepted. Call 285-3103.

New federal lending program for landowners. No down payment & low monthly payments. Complete improvement packages available. Will also remove existing homes. Call 866-597-2083.

land or use family land. We own the bank your approved. Call 606-474-6380.

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appliances included. Cedar siding & dimensional shingles. Located on private lot in Little Paint, East Point, Ky. Asking \$89,000. Call for info 606-889-9072. AFTER 5:00 PM

mining and reclamation operation located 1.7 miles northeast of Hippo, Kentucky in Floyd County. The proposed operation will disturb 373.34 surface acres and will underlie 4.92 acres, and the total area within the permit boundary will be 378.31 acres. The proposed operation is approximately 0.8 miles south from KY 1210 junction with Alum Lick Road and located 0.2 miles southwest of Caney Creek. The proposed operation is located on the Martin USGS 7 1/2 minute quadrangle map. The operation will use the mountaintop removal and auger methods of surface mining. The surface area to be disturbed is owned by George Thornsby, et. al, Evie Thornsby, et. al, Shade and Patricia K. Pitts, Lou Ellen Pitts, et. al., Big Branch Holding Company, LLC, Chris Darron, Danny Ousley, Rosie Reffitt, Craig

Ousley, et. al, Betty Litsey, Charles Litsey, Gordon Ousley, Donald and Brenda Ousley, Adrian Bradley, James and Rose Marie Bradley, Ronald and Jackie Bradley, Sally R. Kessie, Charles E. Bradley, Amy Bradley, Abby Bradley, Adam Bradley, Johanna L. Silveus, Kenneth Silveus, Earl and Peggy Stephens and Sianna Risner, Mont Ousley Heirs, Edward L. and Sadie Shepherd, J.T. and Anna Lea Thornsby, Phyllis Reffett, Glen Hurd Estate, Curt and Anna Howard and Harrison D. Reffett. The operation will underlie land owned by Shade and Patricia K. Pitts, Lou Ellen Pitts, et. al., Big Branch Holding Company, LLC and Mont Ousley Heirs. The application has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg

Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, KY 41653. Written comments, objections, or requests for a permit conference must be filed with the Director of the Division of Permits, #2 Hudson Hollow Complex, U.S. 127 South, Frankfort, Kentucky 40601.

This is the final advertisement of the application. All comments, objections, or requests for a permit conference must be received within 30 days of today's date.

NOTICE OF BOND RELEASE Pursuant to Permit No. 836-0265

(1) In accordance with KRS 350.093, notice is hereby given that Locust Grove, Inc., P.O. Box 958, Hazard, Kentucky 41702, has applied for a Phase 3 bond release on permit number 836-0265,

which was last issued on July 11, 2000. A Phase 3 release is being requested for Increment 1. The application covers an area of approximately 112.28 surface acres, located 4.00 miles southwest of Martin, in Floyd County.

(2) The permit area is approximately 1.20 mile east from Big Branch-Honaker Road's junction with KY 2030, and at the head of Gunstock Branch of Spurlock Creek. The latitude is 37°30'50". The longitude is 82°42'20".

(3) The bond now in effect for Increment 1 is \$60,700. Phase 3 will release approximately 15% of the original bond amount.

(4) Reclamation work performed for a Phase 3 release includes: Establishment of the post mine land use of Pastureland, and meeting the reclamation liability period.

(5) Written comments, objections, and requests for a public hearing or informal conference must be filed with the Director, Division of Field Services, 2 Hudson Hollow, Frankfort, Kentucky 40601, March 25, 2009.

(6) A public hearing on the application has been scheduled for 9:00 a.m., on March 26, 2009, at the Department for Natural Resources' Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, Kentucky 41653. The hearing will be canceled if no request for a hearing or informal conference is received by March 25, 2009. This is the final advertisement of the application. All comments, objections, or requests for a permit conference must be received within 30 days of today's date.

Legals

NOTICE OF INTENTION TO MINE Pursuant to Application Number 836-0342 NW

In accordance with KRS 350.055, notice is hereby given that Frasure Creek Mining, LLC, 4978 Teays Valley Road, Scott Depot, WV 25560, (304) 204-1455 has applied for a permit for a surface coal

2 1/2 story cedar A-frame home on 5 acres of land. Located 2 1/2 miles out of Prestonsburg city limits on Spurlock creek. City water, 3br, w/d, dish washer, 2 full baths, hardwood floors, full underground basement, security system, 16x36 carport and outside storage. No pets. \$850 month. Shown by appointment only. Call 606-785-0770. Leave message.

For rent: Mobile home lot. Located on Left Fork BullCreek. \$125. per month. References required. Call 866-6749 or 226-4215.

Invest your tax return wisely. Call and get pre-approved to buy your new home today!! 1-859-498-7725.

Social Security / Disability family income of over \$1500.00 month? We can get you into a new home. Call 859-498-7725 to pre-qualify.

For sale: 2006 Norris 24X48 Manufactured home on lot. 3br, 2 ba. All

Special FHA Finance Program \$0 Down if you own

Mobile Homes

FLOYD COUNTY, KENTUCKY ORDINANCE # 08-002 Amendment #2

An ORDINANCE relating to the annual budget and amendment thereof, the first reading to be done at the Regular Meeting of the Floyd County Fiscal Court on February 20th, 2009, at 10:00 a.m., in the County Courtroom located on the Second Floor of the old Floyd County Courthouse, 149 South Central Avenue, Prestonsburg, Kentucky:

An EMERGENCY exists whereas the County of Floyd has sold East KY Utilities and received realized unbudgeted receipts of \$700,000.00 (set up a savings account #5001699193 @ CTB). Furthermore, the liabilities (Bonds & Loans) of East KY Utilities must be satisfied.

Notice is now given that this is an Emergency so no second reading will be necessary.

Be it ordained by the Fiscal Court of the County of Floyd, Commonwealth of Kentucky:

SECTION ONE: The Budget for the fiscal year 2008-2009 is amended to:

Create a new account and increase the receipts of the Construction Fund by \$700,000.00, to include unbudgeted receipts

Account Code	Description	Amount
77-4710	KY Frontier East KY Utilities	700,000.00

Increase the expenditure accounts:

77-9200-999	Construction Fund	700,000.00
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SECTION TWO: The amounts added to the revenue and expenditure accounts in Section One are for a Contingence Fund.

Approved by the Fiscal Court of Floyd County, Kentucky, this the 20th day of February, 2009.

Motion by: _____ Seconded by: _____

Robert D. Marshall
Floyd County Judge/Executive

CHRIS WAUGH, FLOYD COUNTY CLERK

BY: _____

Approved as to Form and Classification, this the 20th day of February, 2009.

State Local Finance Officer

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SOLD!

Beautiful 1980 Corvette T-Tops
Air conditioning.
\$5,995.00
Open Road Auto 886-9220

SOLD!

2001 Toyota Tundra Extended Cab
Rino bedliner, power windows and steering.
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Open Road Auto 886-9220

SOLD!

2004 Ford Mustang
\$10,800.00.
40th Anniversary Edition.
V6, Gas Saver!! Glossy Red.
Call AB Motors 606-886-1922 606-434-5551

SOLD!

2005 Dodge Ram 4x4 SLT
\$17,900.00. NADA price \$19,300. Local, 1-owner, 4-door, 4-WD, auto. Looks brand new, inside & out, charcoal in color.
Call AB Motors 606-886-1922 606-434-5551

SOLD!

2002 Toyota Sienna
\$9,999.00. NADA price \$12,000. Local, 1-owner, Carfax certified, champagne in color. Heated leather seats with sunroof, V6, Gas Saver!!
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 - Replace smoke alarm batteries at least once a year
 - Purchase and learn how to use fire extinguishers safely

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