

HRMC Auxiliary hosts Christmas reception

PRESTONSBURG — On Dec. 15, the Highlands Regional Medical Center Auxiliary's

Christmas with a reception held at the hospital. 2010 Officers were presented to the attendees. Doris Chandler,

president; Joyce Preston, vice president; Sandy Goble, secretary; and Elizabeth Ramey, treasurer, will serve in the respective positions for the next year.

A turkey dinner along with great fellowship were enjoyed by all.

"Highlands Regional Medical Center values our volunteers. We are grateful for the hours of dedication donated to our hospital to serve our patients," states Melissa Vance, Director of Community Development.

In 2008, the HRMC Auxiliary pledged to donate \$250,000 to the Emergency Department over the next 10 years.

If you would like more information about volunteering at Highlands Regional Medical Center, please call Melissa Vance at 606-886-7468 or e-mail mvance@hrmc.org.



Six deaths on Kentucky roadways last week

FRANKFORT — Preliminary statistics indicate that six people died in six separate crashes on Kentucky roadways from Monday, Dec. 14, through Sunday, Dec. 20.

Five of the crashes involved motor vehicles and one victim was not wearing a seat belt. Single-fatality crashes occurred in Barren, Fayette, Hardin, Henderson and Wayne counties. One pedestrian fatality occurred in Meade County. Through Dec. 20, preliminary statistics indicate that 757 people have lost their lives on Kentucky roadways during 2009. This is 39 fewer fatalities than reported for the same time period in 2008.

There were 616 motor vehicle fatalities and 342 of those victims were not wearing seat belts. Thirty-nine pedestrians and five bicyclists have been killed. Eighty fatalities involved a motorcycle, 16

fatalities involved an ATV and one involved a scooter. Seventy-two crashes involved a commercial motor vehicle. A total of 158 fatalities have resulted from crashes involving the suspected use of alcohol.

Citizens can contribute to highway safety by reporting erratic drivers to the Kentucky State Police toll-free at (800) 222-5555. Callers will remain anonymous and should give a description of the vehicle, location, direction of travel and license number if possible.

These statistics are still preliminary as KSP waits for all local law enforcement agencies throughout the state to report any crashes and fatalities that may have occurred in their areas. Crash data for this report is generated from the Kentucky Fatality Analysis Reporting System (FARS).



Officials from EQT recently presented a check to the Maytown Volunteer Fire Department for \$1,000. The money will be used by the fire department for its annual Christmas drive for children.

Remembering You at Christmas Time

Anthony Paul Osborne
Feb. 19, 1987 - Nov. 10, 2006

Christmas In Heaven
I see the countless Christmas trees, around the world below,
With tiny lights like heaven's stars, reflecting in the snow.
The sight is so spectacular, please wipe away that tear,
For I am spending CHRISTMAS WITH JESUS CHRIST this year.
I hear the many Christmas songs, that people hold so dear,
But the sound of music can't compare, with the CHRISTMAS CHOIR up here.
I have no words to tell you, of the JOY their voices bring,
For it is beyond description, to HEAR THE ANGELS SING.

I know how much you miss me, I see the pain inside your heart,
But, I am not so far away, we really aren't apart.
So, be happy for me dear ones, for you know I'm spending CHRISTMAS WITH JESUS THIS YEAR.
I send you each a special gift, from my heavenly home above:
"MY UNDYING LOVE!"
I can't tell you of the SPLENDOR, or the PEACE here in this place,
Can you just imagine CHRISTMAS WITH OUR SAVIOR, face to face.
I ask Him to lift your spirit, as I tell Him of your love,
So then PRAY FOR ONE ANOTHER, as you lift your eyes above.
So, have a MERRY CHRISTMAS, and wipe away that tear,
please let your hearts be joyful and let your spirit sing,
For I am spending CHRISTMAS IN HEAVEN, and I'm walking WITH THE KING.

We love you, and miss you more every day.
We love you, always!
Mom, Dad,
and all the family.

What is a hero?

This child, and thousands like her, have the hope of a better future and the power to make it happen. By taking part in afterschool programs, kids explore, learn, grow, and most importantly, find the hero inside themselves. Let us know you want afterschool programs in your area. Call 1-800-USA-LEARN.

Afterschool programs
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www.afterschoolliance.org

Apple iPhone 3G

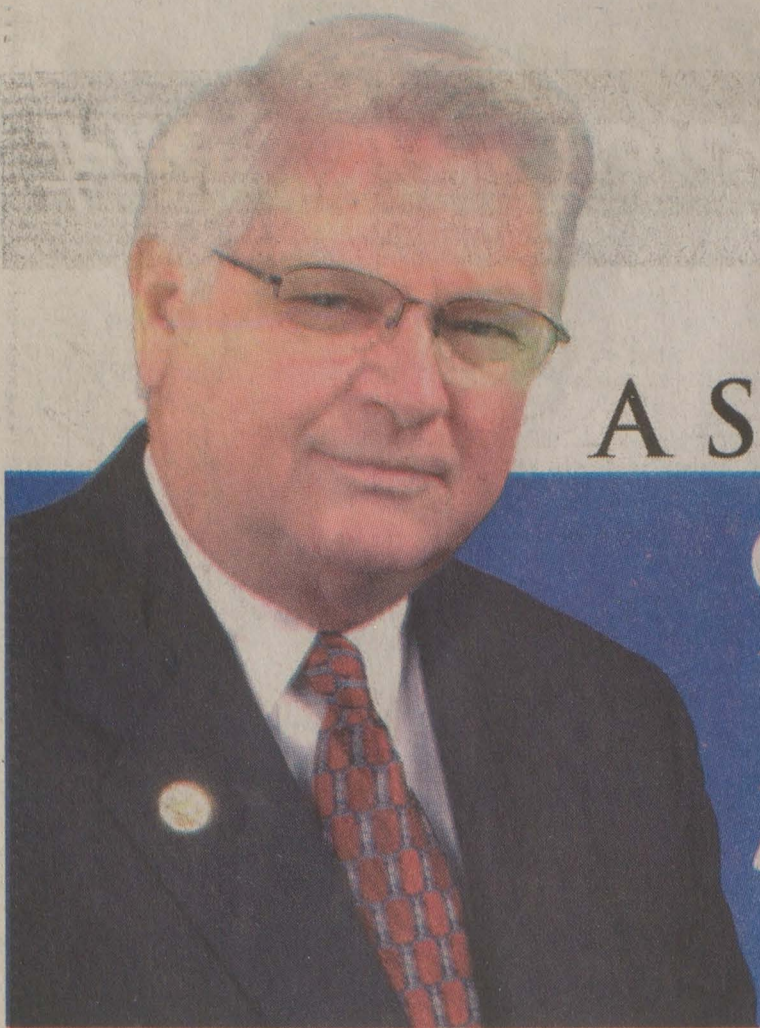
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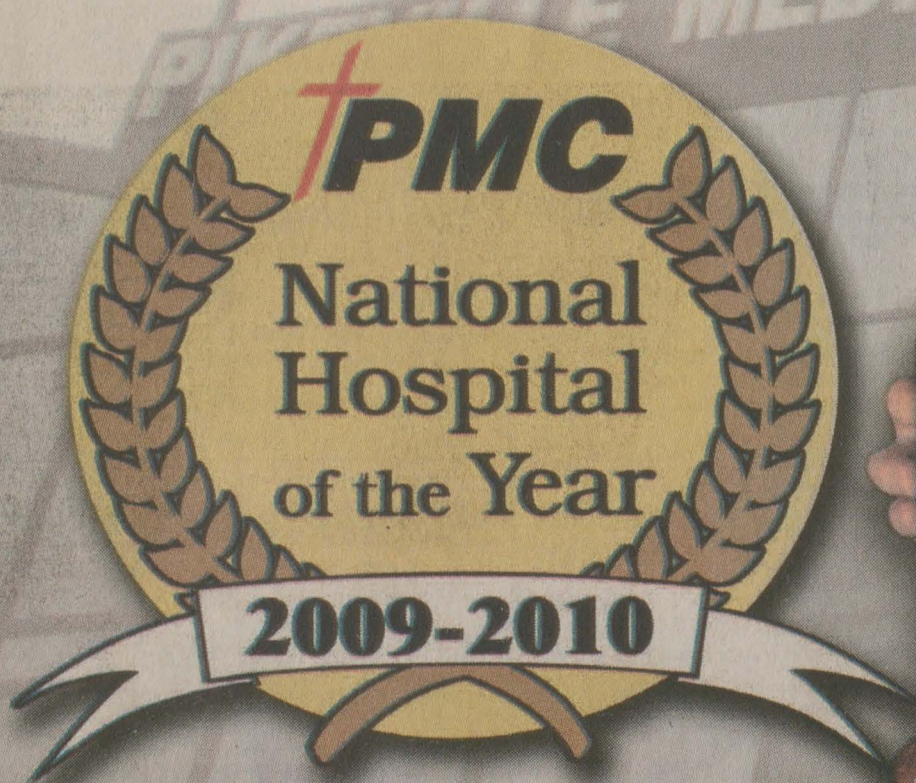
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A SPECIAL MESSAGE FROM CONGRESSMAN HAROLD "HAL" ROGERS

The holiday season is a time for sharing and joy. I want to share my congratulations to Pikeville Medical Center on being selected as the National Hospital of the Year. I'm proud of CEO Walter E. May, the Board of Directors, the doctors, nurses and more than 1,700 employees at Pikeville Medical Center for providing such outstanding service to the people of Eastern Kentucky, Virginia and West Virginia.

From my family to yours,
Merry Christmas and
Happy New Year!



MOVIES FROM THE BLACK LAGOON

'Drag Me to Hell'

by TOM DOTY
TIMES COLUMNIST

Sam Raimi, who directed the "Evil Dead" trilogy, returned to horror films after a brief hiatus (about a decade, during which he crafted the "Spiderman" trilogy) with this high-octane shock-fest that harkens back to the mix of chills and laughs that he

perfected with 1993's "Army of Darkness."

The story starts out with a prologue, circa 1964. A Mexican



Tom Doty
Times Columnist

family seeks out a magi, Dena, when a Gypsy's curse threatens their son. Dena wields some wicked mojo, but she ultimately fails to protect the child from the demonic forces which reach up out of the ground and pull him down into the titular hot spot. It's actually his fault, as he failed to disclose that he had an item of the Gypsy's in his possession. The lesson is pretty clear that one should never steal from gypsies (even Bernie Madoff stayed away from them).

Cut to present day California. Christine Brown is a fairly well off woman. She's got an understanding boyfriend, a cute kitten, and a shot at the assistant manager's position at the bank where she works. The only hurdle is proving to her boss that she's no pushover. She gets a chance to make her case when an old gypsy woman, Mrs. Ganush, begs her for help when the bank threatens to foreclose on her mortgage.

Christine decides to make her stand, but Ganush isn't having it. She retaliates by stalking Christine and eventually surprising her in a parking garage. The ensuing encounter turns into a brawl for the ages, as the pair duke it out while Christine tries to drive her vehicle. I don't know about you but I'm leery of drivers who talk on the phone, but they don't hold a candle to vehicle operators who wrestle old gypsy women.

The inevitable accident occurs and Mrs. Ganush uses the resulting confusion to rip a button from Christine's blouse. She promptly returns it but only after dumping an evil hex on it.

Christine quickly becomes a believer in voodoo as her life falls apart in short order. Bad dreams come first but they are nothing compared to the second wave of the curse, which finds bugs flying into her mouth while all manner of bodily fluids erupt from her.

She turns to a psychic for help, Rham Jas. He doesn't think much of her chances but he does fill her in on what's going on. Turns out she has been cursed by a Lamia. This demonic being will taunt her for days (it likes playing with its food) before erupting from a hole and dragging her to you-know-where.

The bad news only gets worse when a visit to Mrs. Ganush's house, to apologize very nicely, reveals that Ganush passed away after the garage struggle proved too much for her aching heart. Rham Jas lets her know that the Lamia might be happy with another sacrifice in her stead, which does not bode well for her kitty.

The whole thing leads to a séance presided over by Dena, but we all know how lousy her track record is when it comes to gypsy curses. That said, they do think to bring a goat. Apparently it's not hard to trap a Lamia in a goat, but that plan proves dis-



Science center has 'energetic' new exhibit

by JARRID DEATON
FEATURES WRITER

PRESTONSBURG — A timely new exhibit focusing on different forms of energy is set to go on display at the East Kentucky Science Center, and the exhibit is the first one to be designed and owned by the center.

The exhibit, titled Energie!, provides information on a variety of energy sources including coal, natural gas, solar and wind power.

"Visitors will learn energy concepts through a series of individual displays, interactive demonstrations and activities," said Dr. Thomas Vierheller, director of the East Kentucky Science Center. "The exhibit covers several topics and additional energy principles that will bring understanding and awareness to the topic."

According to Vierheller, Energie!'s interactive demonstrations give visitors an opportunity to have a hands-on experience with energy princi-

ples and to learn the science of those principles.

"One area of the exhibit has the visitor pump fluid that goes over a wheel that turns on a light bulb," Vierheller said. "The visitor uses a foot pump to pressurize a rocket that is fired up a tube. Another area has the visitor turn a crank that cools down coils to explain how a refrigerator works."

Energie! is a traveling exhibit that can be transported to other science centers and museums around the country.

Funding for the exhibit comes from the Appalachian Regional Commission, Floyd County Fiscal Court Coal Severance Funds, AEP Kentucky Power, Toyota, EQT and Chesapeake Energy.

The exhibit is scheduled to open to special guests for its worldwide debut on Jan. 7, and to the public later that month.

For more information on the East Kentucky Science Center, visit <http://www.bigsandy.kctcs.edu/EKSC.aspx>

Welcome to our new colleagues

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

Kentucky Heart Institute members are:

Cardiothoracic Surgeons of Kentucky
Medical Plaza B, 613 23rd St., Suite 210
(606) 326.9847

Robert Fried, M.D.
Juan MacHannaford, M.D.
Marcos Nores, M.D.

**Comprehensive Heart & Vascular
Associates**
2201 Lexington Ave., Suite G10
(606) 329.1997

Arshad Ali, M.D.
Ghassan Dalati, M.D.
Ahmad Elesber, M.D.
Roger Klein, M.D.
Bipin Nagra, M.D.
Hullukunte Shivaprasad, M.D.
Sriharsha Velury, M.D.

Kentucky Heart & Vascular Physicians
Medical Plaza B, 613 23rd St., Suite 230
(606) 324.4745

Richard Ansinelli, M.D.
David Bush, M.D.
Zane Darnell, M.D.
Chris Epling, D.O.
David Glassman, M.D.
Richard Paulus, M.D.
Vaughn Payne, M.D.
Arley Peter, M.D.
Lynn Preston, D.O.
Terence Ross, M.D.

Kentucky Heart Institute Locations

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



David Bush, M.D.

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



David Glassman, M.D.

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



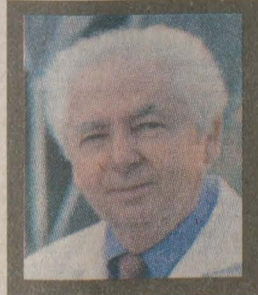
Bradley Keller, M.D.

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



Juan MacHannaford, M.D.

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



Robert Solinger, M.D.

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

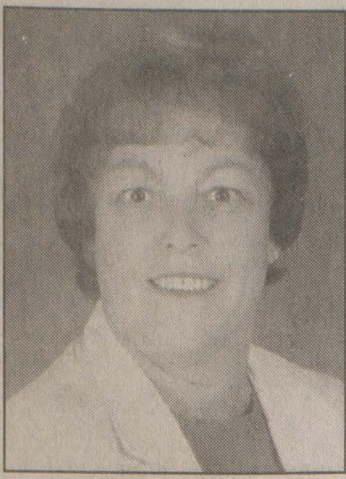
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Family Medicine
OHIO UNIVERSITY
College of Osteopathic Medicine

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



Reader's hives likely caused by allergic reaction

Q I broke out with a rash around my neck a few weeks ago. I figured it was from my necklace, but now I am getting hives on my arms, too. What can be causing these hives? What can I do to get rid of them?

A Hives, known clinically as "urticaria," are generally an acute allergic reaction to a substance, although sometimes the source of the rash can be hard to determine. While allergies most commonly appear during childhood, they

can develop at any age. Hives can last for a few minutes or up to several days. An individual hive usually only lasts for less than 24 hours, but hives can spread. Acute urticaria is defined as an episode lasting less than six weeks.

Although sometimes an illness like mono can cause hives, they usually form through allergic reactions to foods, medications or insect stings. The usual suspects include nuts, shellfish, fresh berries, chocolate and tomatoes, as well as penicillin-based

antibiotics, aspirin, high-blood-pressure medications, and painkillers such as codeine. These cases usually resolve quickly once you stop consuming the offending food or medication.

Chronic urticaria is defined as hives that last more than six weeks. Their cause can be difficult to identify. Up to 50 percent of the time, the cause is never understood, and these are called chronic idiopathic urticaria.

Regardless of the cause, hives occur when your body releases a chemical called histamine, and in response, blood platelets leak out of small blood vessels. Hives appear as swollen red or white bumps on the skin. They usually itch, but they can also burn and sting. Scratching will make the itching and swelling worse,

as can exercise, sweating and emotional stress.

Identifying the cause of a single episode of hives is probably not worth the time. However, when hives appear frequently, you should have testing done to determine the cause. Your family physician can often diagnose an allergy based on a medical history. It's important to note what foods and/or medications you consumed before each hive outbreak.

If the cause is known, treatment for urticaria is aimed at prevention and avoidance. If the cause is not known, short-term steroid pills and creams and/or oral antihistamines may be prescribed by your physician to stop the itching.

You can find over-the-counter oral antihistamines to treat hives as well as topical creams such as Benadryl.

You may also be able to gain some relief through colloidal oatmeal treatments or simply by applying cold compresses or damp, cool cloths to the affected area. I would also suggest wearing light, loose-fitting cloths.

Lastly, and most importantly, if your hives are ever accompanied by difficulty breathing, tightness in the chest, dizziness or swelling in the face, seek emergency medical care.

□□□

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.



Santa Claus came to First Commonwealth Bank and brought with him the North Pole snow. Santa visited First Commonwealth Bank for its annual Customer Appreciation Day on Dec. 18 at the Main Office in Prestonsburg. Guests took pictures with Santa, enjoyed refreshments, decorated cookies, made ornaments and sang carols with Munroe. The event concluded with the drawing for two giant stockings. "First Commonwealth Bank's Customer Appreciation Day is a long-standing tradition that our employees look forward to every year. We enjoy the opportunity to thank our customers for allowing First Commonwealth Bank to serve their financial needs," said Nikki Shepherd, First Commonwealth Bank Sales/Marketing Director.

Lagoon

Continued from p1

astrous.

The final reel offers up a morality play as Ms. Brown finds that she can simply make a gift of her cursed object to someone else, but does she hate anyone enough to do that? Stay tuned and you'll be amply rewarded with a double shock ending that doesn't pull any punches.

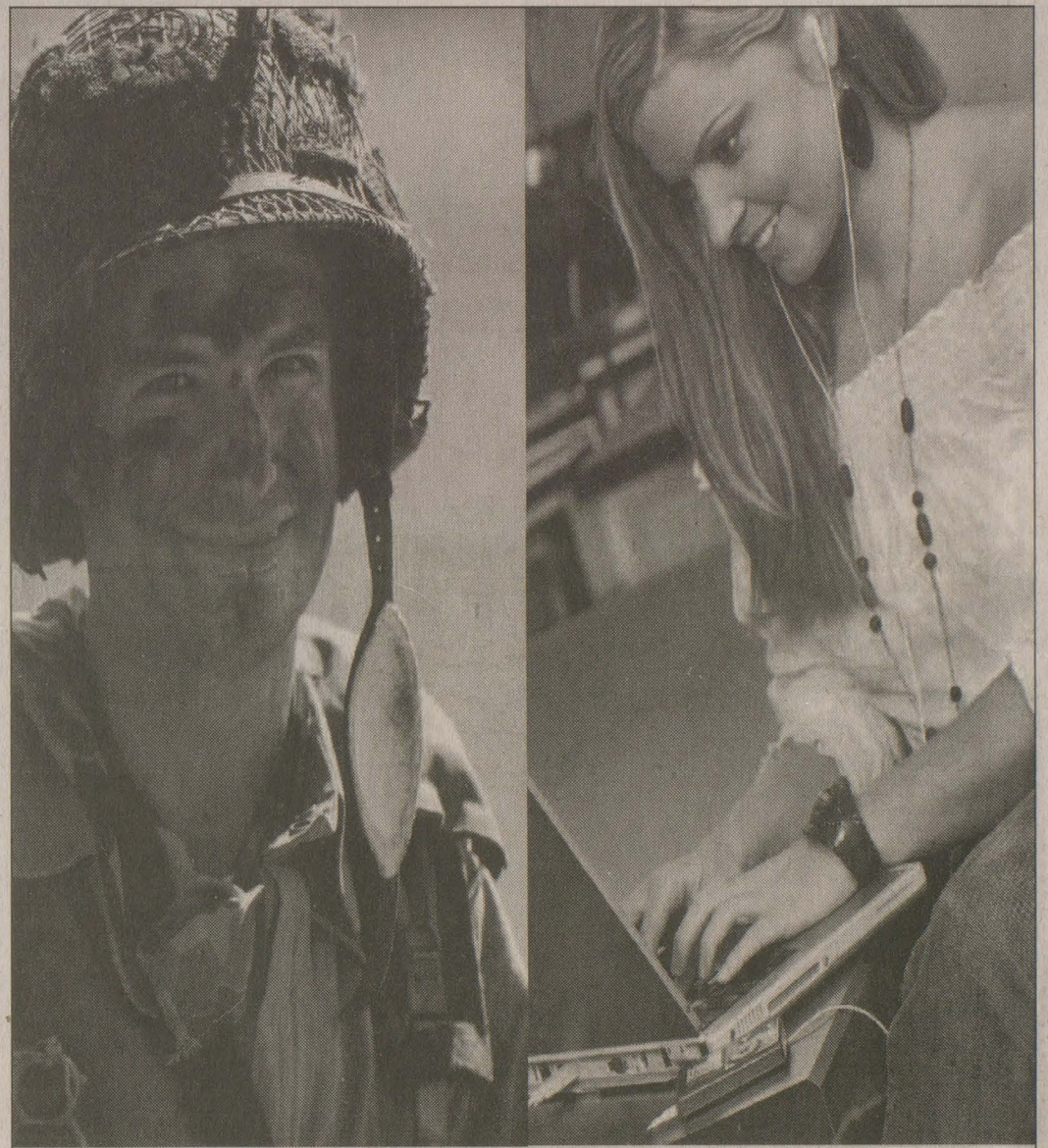
Raimi delivers an excellent horror film here and he combines his taste for terror with a love of slapstick comedy that will have you in stitches after every jolt.

Allison Lohman does fine as Christine, but the film belongs to the character actress playing Mrs. Ganush, Lorna Raver. Her Mrs.

Ganush is meaner than a snake but she also invests her with a dash of pathos and some physical humor that rivals the antics from Raimi's "Evil Dead" trilogy.

Best line: "I don't want your cat, you dirty pork queen."

2009, rated PG-13.



Overseas? At school?

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Rental Central

by TOM DOTY
TIMES COLUMNIST

Renters who waited until Christmas week to check out the new releases found a fair amount of coal for their efforts this week.

■ "All About Steve" — Sandra Bullock is making some sort of comeback. Her talent was certainly missed, but this weak comedy reminds us why she petered out in the first place. She made too many romantic comedies that ended up like this flat effort. She's fun to watch but this is a dreadful story that follows Bullock's reawakening after locking herself up in her home for years to publish crossword puzzles. You'd do better to drop \$2.99 on a puzzle book at the "Food City" check-out rack.

■ "Beyond a Reasonable

Doubt" — Michael Douglas stars as a prosecutor who's bound for the governor's office, until a dogged reporter begins looking in to his shady backroom dealings. This one will feel familiar to movie fans who enjoyed the 1956 version that was directed by "film noir" maestro Fritz Lang. Rent that one instead.

■ "(500) Days of Summer" — A failed architect gets a job writing greeting cards and is ready to give up on happiness when he falls for a coworker named — get this — Summer. Turns out that the title is the only clever thing here, though the film deserves credit for a bittersweet, and realistic, take on romance.

■ "District 9" — Finally a film worth watching. Many people missed this effort when it hit theaters last summer and

now is the perfect time to catch up with it. Peter Jackson ("Lord of the Rings") produced this wild take on alien movies that realistically portrays what happens when a space ship is rescued from distress in Africa. The aliens (or "Prawns," who are so named for their resemblance to the sea creatures) find themselves struggling to survive in a backwater slum. A multi-national corporation wins a bid to take care of the situation after it taxes the government's limited budget, but we all know how much we can trust business people. Sharp material here that is devoid of lasers and a huge budget, but chock full of suspense and good special effects.

Next week look for the low budget "Paranormal Activity" and check out "Jennifer's Body."

Salome's Stars Weekly Horoscope

ARIES (March 21 to April 19) The New Year brings challenges that can change many things in your life. You need to be prepared not only to confront them, but also to deal with what happens afterward.

TAURUS (April 20 to May 20) You have what it takes to set your goals quite a bit higher this year. Learn what you need to know and put what you learn into your efforts. A partner offers loving support.

GEMINI (May 21 to June 20) In true Gemini Twin fashion, you're conflicted about a decision you know you'll have to make in this New Year. Best advice: Get the facts before you make any commitment.

CANCER (June 21 to July 22) A friend offers you an exciting opportunity for this New Year. Although your positive aspects are strong in most respects, caution is advised. Investigate before you invest.

LEO (July 23 to August 22) You can make this New Year a roaring success. Start by readjusting your goals to reflect the changes in the economy and loving support.

VIRGO (August 23 to September 22) The New Year brings new opportunities for change. But you need to be ready to move from the comfortable status quo to the challenging unknown. It's up to you.

LIBRA (September 23 to October 22) Your most important New Year's resolution should be

to work out problems with a family member in order to avoid continuing misunderstandings. Do it soon, for both of your sakes.

SCORPIO (October 23 to November 21) The New Year has much to offer the intensely determined Scorpion, who isn't afraid to take on challenges and stay with them until they surrender their rewards.

SAGITTARIUS (November 22 to December 21) You'll have many fine opportunities in this New Year. But be warned: Reject offers of "help." You work best when you're free to be your own creative self.

CAPRICORN (December 22 to January 19) The New Year offers changes that you might feel you're not quite ready for. Best advice: Deal with them one step at a time, until you've built up your self-confidence.

AQUARIUS (January 20 to February 18) Travel is a dominant aspect of the New Year. This could mean relocating to another city (or even another country) in connection with your education or your career.

PISCES (February 19 to March 20) This year brings news about a change you've been anticipating. You might have a problem persuading a loved one about your new plans, but he or she will soon go along with them.

BORN THIS WEEK: You have a gift for making people feel safe and protected. You would make an excellent youth counselor.

Dear Santa ...

I am 4 years old. My name is Breezy Slone. I want a dancing dora and a strawberry shortcake house and a doll house and a Rock and Ride pony and a Tinker Bell movie and for my daddy to get better. He is real sick and I want my daddy better and bring my baby bit bite a toy too, cause him love toys and I want lots of snow to make a mommy and a daddy and a baby snowman. And I want more toys for me to play with. Thank you, Santa. I will put you some cookies and milk out. Do you like chocolate.

Love,
Breezy A. Slone
Bevinsville

I am Landen Castle. This year I would really like a remote controlled General Lee car like the one that Bo and Luke drive on the Dukes of Hazard.

P.S. I will leave some milk and cookies for you under my tree.

Thanks
Your friend,
Landen Castle
Merry Christmas Santa Claus!

Prestonsburg Elementary Mrs. Walker's 1st Grade

Who works at the North Pole? When did you get on your sled? My behavior has been good. No lie.

I want a baseball and I want a basketball. Then I want a soccer and Merry Christmas.

Sincerely,
Owen Greene

Are the reindeer ready?
Are all the toys ready?
I have had good behavior.

I want a Jenos Brothers DS game, a Wii, and a black bear phone.

Sincerely,
Shelby Hatfield

How do you make your reindeer fly?

When did you go to people's houses?

I've been a little good.
I want a puppy.

I want a bean bag,
I want a ipodtouch,
I want a rabbit.

Sincerely,
Kennedy Page Rose

Who is helping you?
Where are you going?
I've been bad, but I still want some presents

1. Bend-A-Roos
2. DS games
3. Play Station 3
I hope I see you flying by!
Sincerely,
Haley Hackworth
PES
Mrs. Walker's 1st grade

Who helps you make toys?
Where do the reindeers stay?
I've been good.

I want a paddock.
I want a puppy.
I want a TV.

Merry Christmas,
Lauren Kate Poe

How does dasher fly?
Why do you fly?
Will you bring me a Xdox 360.
That's all I want.
Sincerely
Gage Brewer

How can they fly?
How do all the reindeer fly?
I want a Glow Doodle.

Please get me some gifts.
I have been very good.
I want a nutcracker, too.
Some more too.
Sincerely,
Emma Stewart

How do you make reindeer fly?
How do you make toys?
I want a pink pony, a kitten, a rpod, a puppy please.
Sincerely,
M. Shepherd

How much more days till Christmas?
Is Rudolph coming this year?
I've been good this year. I want Night at the Museum double DD, x box 260 elite and a PSP. I want Ben 10 Alien, Swarm Blu-Ray dvd.

Sincerely
Samson Allen

What are you doing? How are the reindeer? I have been good this year. This what I want for Christmas: All of the Call of Duty video games for Xdox260, Xdox 360 and Halo, flat screen TV.

Sincerely,

Karsten Poe

How do your reindeer fly?
Who is your favorite reindeer?
The first thing I want is a moon rock.

I want an ipod touch and two boxes of marzian. I have been a good girl.

Sincerely,
Chloe May

Has Miss Claus been helping?
Has your elves messed up?
I have been a good girl this year.

Here's what I want for Chistmas: A long pink dress and a live pony and a kitten, and a baby that swims.

Halie Blackburn

How do you go all around the world in one night?
How do you make your reindeer fly?
I want call Dot 2 for ds and I been good.

I want a dog.
I want everything that is Call Duty stuff.
Luke Hyden

Dear Santa,
Do you use dust for your reindeer?
Does Mrs. Claus help you?
My behavior is good.
I want Lego bat man wii, wii, new Super Mario Brothers.
Sincerely,
Cory Jefferson

Dear Santa,
How do you get down the chimney?

I've been good.
1. I want an elf hat.
2. I want a real monkey.
3. I want a cell phone.

Sincerely,
Will Gullett

Dear Santa,
Are the reindeer ready?
Is Mrs. Claus helping you?
I have been a little bad.
But I still want some toys.
I want a idog.
I want a horse too.
I want a Jones Brothers game and a DSI.

Sincerely,
Serena Collins

Let The Holiday Spirit Ring!

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SEASON'S GREETINGS

During this holiday season and every day of the year, we wish you all the best.

Rob Shepherd
Financial Advisor
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MERRY CHRISTMAS

With warm wishes for a happy holiday season, along with heartfelt thanks for your friendship and goodwill.

From Tami Maynard and staff
at

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AND A
HAPPY NEW YEAR!

HAPPY HOLIDAYS!

from

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With Thoughts of You at Christmas

As the holiday season approaches, our hearts are warmed by thoughts of the many good people we've had the opportunity to serve this year. You've certainly brightened our year! Thank you for your support and loyalty. We look forward to seeing you in the new year.

Lad N' Lassie
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Riverview Health & Rehab Center

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79 Sparrow Lane
Prestonsburg, KY 41653

**HONORING OUR COMMUNITY,
ONE RESIDENT AT A TIME**



Avonelle and Bev Crider enjoying National Nursing Home Week activities.



Residents enjoy a day out at Shoney's in Paintsville.



Residents Bill Mitchell, Gary Howell and Roxie Bentley celebrated New Year's Day.



Residents Gary Howell and Johnny Wright and Plant Ops Director Donnie Cole, boating at Jenny Wiley.



Resident Goldie Collins and Nurse Myra Howard at Natural Bridge State Park.



Richard Moore enjoying a big catch at Paintsville Lake.



Johnny Wright fishing at Paintsville Lake.



Resident Vernon Wells and Act. Asst. Jeri Coleman enjoy a day on Jenny Wiley Lake.



Resident Gary Howell enjoyed a day at the Shriner's Circus.



Amanda Music and Janice Akers enjoy some good eating at Shoney's.



Dora McConnell enjoying a meal while out on the town.



Avonelle Crider and Dora McConnell playing Wii.



Residents Janice Akers and Amanda Collins enjoy a day at the spa.



Residents Jessie Artrip and Roxie Bentley with Admin. Missy Allen enjoy the sights at Paintsville Lake.



Resident Novie Clark and Nurse Myra Howard enjoy a day at Applebee's Park watching the Lexington Legends.



Maria Skeens and Earl Younce fishing at Paintsville Lake.

For the Record

Marriage Licenses

Ronny Michelle McCoy, 31, of Harold, to Samuel Stacy, 27, of Pilgrim.

Lakita F. Lykins, 22, of Auburn, Ala. to Kevin Larce Newsom, 23, of Auburn, Ala.

Manda Ann King, 18, of Martin, to Lonnie William Collins, 76, of Pikeville.

Roberta H. Caudill, 62, of Nicholasville, to Manford K. Williams, 65, of Hippo.

Patricia Ann Patrick, 45, of Daniels Creek, to Joey Patrick, 46, of Daniels Creek.

Jessica Nicole Akers, 23, of Langley, to Sammy Wade Hall, 33, of Hi Hat.

Civil Suits Filed

State Farm Mutual Automobile Insurance Company vs. Shane Blackburn; complaint.

Vivian Blevins vs. Mark Vance; order.

Kristopher Hall vs. Lisa Jarrell; petition for child support and healthcare insurance.

Belinda Howard vs. Johnnie Howard; petition for child support and healthcare insurance.

Kentucky Foster Care vs. Marquita Collett; petition for child support and healthcare insurance.

Thomas Lafferty vs. Amber Whitaker; complaint.

Vivian Bowser vs. Fred S. Bowser; petition for child support and healthcare insurance.

Danny Hall vs. Casey's Food Inc.; complaint.

Tommy Green vs. Mary Patton; complaint.

Branch Banking and Trust vs. Christopher S. Cole; complaint.

L.A. Energy LLC vs. Goose Creek Energy Inc.; complaint.

Charges Filed

Frankie Lynn George, 33, Prestonsburg; public intoxication, possession of a controlled substance, prescription not in original container.

Kevin Hall, 25, Weeksbury; fleeing or evading police, operating a motor vehicle under the influence of alcohol or drugs, driving DUI on a suspended license, failure to wear seat belts, resisting arrest, disorderly conduct, no or expired registration, failure to register transfer of motor vehicle, no insurance.

David Anthony Twiss, 30, Langley; public intoxication.

Bill David Barnett, 31, Langley; theft by unlawful taking.

Brandon Newsome, 19, Grethel; fourth-degree assault.

Michael S. Manns, 21, Martin; fourth-degree assault.

Mary A. Ratcliff, 52, Thelma; alcohol intoxication.

Stephen Boyd, 60, Prestonsburg; fourth-degree assault.

Sarah C. Boyd, 56, Prestonsburg; fourth-degree assault.

Inspections

Prestonsburg Senior Citizens, Prestonsburg, 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 storage. Score: 97.

Prestonsburg Health Care,

Prestonsburg, regular inspection. No violations noted. Score: 100.

Dinosaur Playland, Prestonsburg, regular inspection. Violations noted: food contact surface of equipment and utensils not clean, toilet room doors not self-closing, lighting not provided as required. Score: 95.

Property Transfers

Peggy Case to Heather Risner and Jason Risner, property not listed.

Rodney Case to Heather Risner and Jason Risner, property not listed.

Edna Click to Claude J. Webb, Jr. and Janet Webb, property located at Henry's Branch.

Cheryl Fannin to Robert Oxford, Larry J. Rich, and Steven Shute, property not listed.

Paul Fannin to Robert Oxford, Larry J. Rich, and Steven Shute, property not listed.

Stephanie Brandi Flanery to Claude Little and Jewell Little, property located at Weeksbury.

Irene Hamilton to Mary Ann Hall, property not listed.

Ruth Reed to Pilgrim Energy Inc., property located at Johns Creek.

Shirley M. Stumbo to Joan S. Flanery, property located at Left Beaver Creek.

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2008 CHRYSLER SEBRING Power, Locks, Windows, Tilt, Cruise, 17k Miles, CD, Black #P4346 **\$9,995**

2008 DODGE SRT CREW CAB 4x4, Automatic, 4-Door, V8, Loaded, 55k Miles, White #P4345 **\$17,899**

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2006 FORD EXPEDITION E.L. 4x4, Moonroof, Loaded, Red #P4369 **\$25,995**

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When it comes to your heart, you can be your own best friend ... but you have to listen.

- **Chest Pain**

This is the major sign of a heart attack for men. The pain is often described as crushing, burning, tightness or pressure. It often starts in the center of the chest and radiates outward. Seek care immediately.

- **Shortness of Breath**

An inability to breathe, or the feeling that you're just not getting enough air, is another important sign. Seek immediate medical attention.

- **Upper Body Discomfort**

Men who've had heart attacks also report feeling pain or discomfort in the arms, back, neck, jaw or stomach. You may have one or more of these symptoms. Or none.

- **Other signs**

A feeling of anxiousness, unexplained dizziness, persistent nausea and cold sweats are all signs that can occur before or during a heart attack.

Whether you're a man or a woman, if you have **one or more** symptoms of a heart attack, **call 9-1-1 right away**. When it comes to your heart, time is muscle. The quicker you act, the better your chances of a complete recovery.

The heart experts at King's Daughters stand ready 24/7. Our accredited Chest Pain Center averages a **door-to-balloon time of just 52 minutes**. That's significantly better than the national standard of 90 minutes. And we do every major heart procedure – and more of them than anyone in the region.

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- Use descriptive words to identify your items
- State your price or terms
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 ADDRESS: _____
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 per line)

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400 Financial	Autos	Houses For Rent
500 Education	Hicks Auto Sale David Road 1998 S-10 . 4 cylinder, 5 speed. \$2,000. 1999 Ford Taurus. 70,000 miles. \$3,495. 2003 Olds Alero - 80,000 miles. \$3,995 2005 Mits Galant. \$7,495 1996 Chevy Suburban. \$2,495 2000 Ford Windstar. \$2,895 2000 Geo Tracker \$3,495 2002 Chevy Malibu. \$3,495 1995 Hightop customized van \$2,700 1994 Toyota pick-up, 5 speed, 4 cyc. 140,000 miles. \$3,200.	House for rent : Two story, 4 br with 2 bath. Located at 101 Herald St Prestonsburg, Ky. Call 859-234-6997
600 Animals		3 br, house for rent at David, Ky. (6 miles from the Mac) at Prestonsburg. \$425. per month plus deposit. Call 606-478-3520 or 606-253-2659.
700 Agriculture		4000 Manufactured Housing
900 Merchandise	3000 Real Estate Sales	Rentals
Miscellaneous	Houses For Sale	3 br , extra nice mobile home for rent. Refrigerator, stove, washer/dryer. \$550 per month plus utilities and security deposit. Must have references. HUD accepted. No dogs. Call 874-2802.
Start an Avon business. Earn extra money or more money than you though possible. Work from home or sell online. Call Jency 606-886-2092.	3 br house for sale. 2 1/2 bath with full basement, new vinyl siding, gutters and windows. Located at Wilson Creek at Langley. Call 285-4723 or 791-3165.	Mobile home for rent. Located in North Prestonsburg. Deposit and references required. Call 889-0363.
Need a DJ for Christmas, New Years or private parties. Will provide all music & equipment. Will do for \$400. Call 606-377-7798 or 859-421-5449.	3 br, 2 bath house for sale. Located on creekside of Abbott. Price very reasonable. Call 226-1437.	2 Br, 2 bath mobile home for rent. Located 2 miles North of Prestonsburg on Rt 321. Call 367-7431.
For sale: 2008 250 Recon. Like new! \$3,000. Call 226-1028 or 874-0752.	House for sale. Needs some work. 1,100 sq ft on 60x90 lot. \$18,000 firm. Serious inquiries only. Call 339-7692. Ask for Loretta.	14x70 mobile home for rent. 2 br with appliances, included. 5 miles on Rt 114. Really nice fenced in lot. \$500 month plus deposit. Call 886-6665.
For sale: 2005 Honda 500 S Foreman. \$3,800. 1000 miles. Call 226-1028 or 874-0752.	3500 Real Estate Rentals	Sm furnished mobile home for rent. Just off the Mtn Parkway on old 114. Call 886-8724.
For sale: 5x10 tilt trailer. \$400. Call 874-0752.	Apartments/Townhouses	5000 Resort Property
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Yard Sale	1 Br apartment for rent. Located at lvel. All utilities included. \$400 month plus \$400 deposit. Call 478-8900.	PUBLIC NOTICE
The Bargin Basement is now open. Will be open everyday at 9am-? Beauty shop dryer & chair, pedicure cart and lots of new and used misc items. Down Cliff Rd on 2nd steet turn left on Hibiscus Court 5th house on the left. Call 886-2080 for any questions.		Prestonsburg Housing Authority does not discriminate in admission or access to, or treatment of, or employment in subsidized housing on account of race, color, religion, national origin, sex, age, disability or familial status. Telephone 606-886-2717 or 800-648-6056 (for hearing impaired) Prestonsburg Housing Authority has decent, affordable rental housing located in the Prestonsburg area for all qualified applicants. Rent is based on income. For more information, please call 606-886-2717 or 606-886-6423 or stop by the offices located in the complexes at Green Acres, North Lake Drive, and Dixie in the Goble-Roberts Addition, in Prestonsburg, KY. We do business in accordance with the Federal Fair Housing Law.



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The applicant should have a minimum of three years of underground surveying experience.

Please send resumé to:
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 Prestonsburg, KY 41653

or by email to:
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Applicant must have a minimum of B.S. in business or accounting with 5 or more years of Finance and Accounting management experience. MBA and CPA preferred. Applicant will also need strong computer skills. The ideal candidate would combine both strong management experience, with hands-on database, spreadsheet and presentation skills. Good pay, benefits and bonuses. Mail resumé to: P.O. Box 964, Prestonsburg, Kentucky 41653.
 (Qualified applicants only, please.)

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Prestonsburg Housing Authority does not discriminate in admission or access to, or treatment of, or employment in subsidized housing on account of race, color, religion, national origin, sex, age, disability or familial status.
 Telephone 606-886-2717 or 800-648-6056 (for hearing impaired)
 Prestonsburg Housing Authority has decent, affordable rental housing located in the Prestonsburg area for all qualified applicants. Rent is based on income. For more information, please call 606-886-2717 or 606-886-6423 or stop by the offices located in the complexes at Green Acres, North Lake Drive, and Dixie in the Goble-Roberts Addition, in Prestonsburg, KY. We do business in accordance with the Federal Fair Housing Law.

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PUBLIC NOTICE

Prestonsburg Housing Authority would like to remind anyone who may be making excavations near or on the Housing Authority property, that it is necessary to report to the Housing Authority BEFORE doing any work and to report any incidence of gas odor in the Housing Authority community. Phone numbers to contact: (Daytime 8:30 - 4:30) 606-226-2353 or 606-226-2363 (After Hours)

Help Wanted - General

Community Connections is hiring for a Direct Care Provider. All shifts available for DCP's. A criminal background check is required for position. Apply in person at Community Connections 4663 US 23 South Ivel, Ky 41602. Phone Number 606-874-1900. Community connections is an equal opportunity employer.

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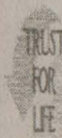
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Kentucky Coast Care Clinic Association
Organ And Tissue Donation Program

*** JOB ANNOUNCEMENT ***

Mobile Outreach Worker
Temporary Full-Time Position

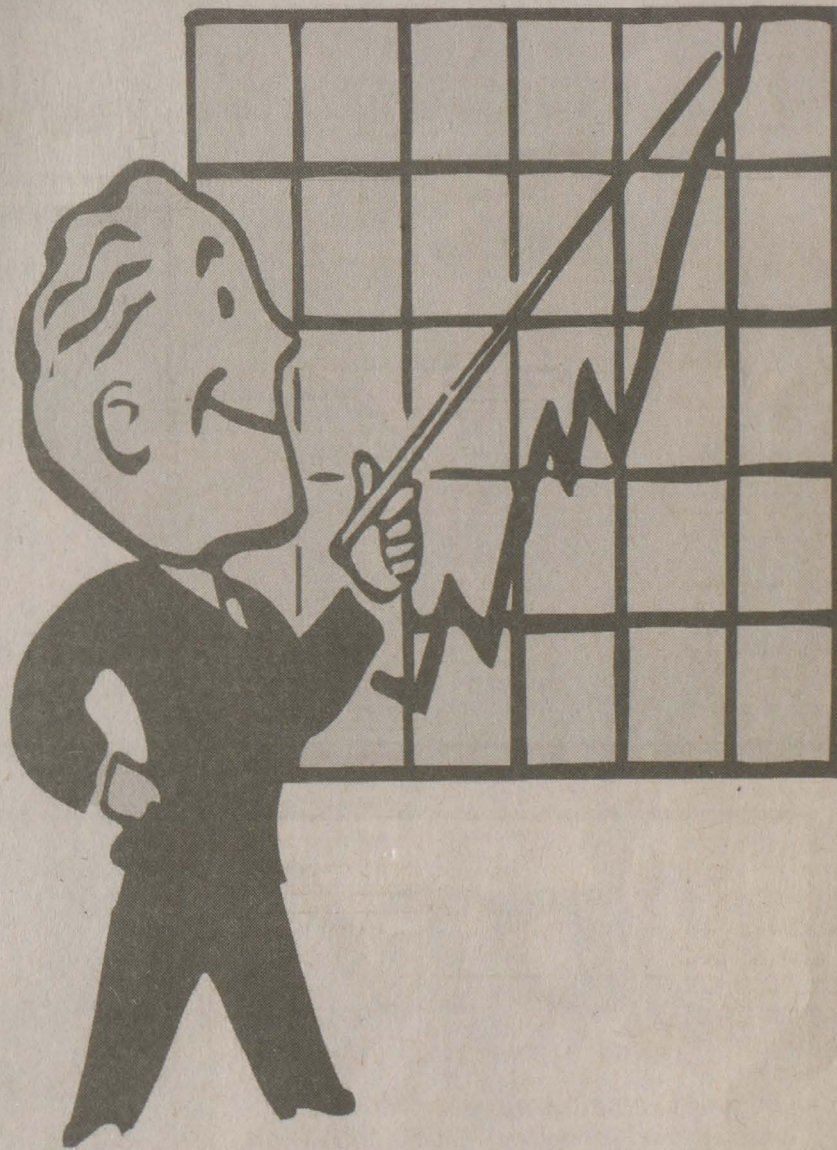
Big Sandy Area Community Action Program is seeking a Mobile Outreach Worker for the Floyd County services area. This position is funded through the Community Services Block Grant (CSBG) Program/American Recovery and Reinvestment Act (ARRA). Duties would include, but not limited to: providing outreach, intake, referral, and direct services in various off-site locations in an effort to expand services and increase outreach efforts to low income residents.

Associates Degree in human services or compatible field is required. Professional experience working in the non-profit sector or social services is a plus.

The successful candidate must possess outstanding interpersonal, community relations skills, and excellent organizational skills. Must have the ability to apply program rules and objectives, and maintain good working relationships with program staff. Candidate must have a valid driver's license and access to an automobile. This is a temporary full-time position.

Qualified applicants may submit a résumé and letter of application to Big Sandy Area Community Action Program, Inc., ATTN: Human Resources Manager, 230 Court Street, Paintsville, KY 41240. Closing date for applications is Thursday, December 31, 2009, at 4:30 p.m.

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