

# The Times

FLOYD COUNTY

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**briefs**  
**Fed inmates indicted for assault**

Times Staff Report

**DEBORD** — Two inmates at the United States Penitentiary at Big Sandy in Martin County are now facing additional charges of simple assault, a misdemeanor offense by federal standards, following an alleged incident taking place last year.

According to separate indictments against inmate Jameel Aleem and Toriano Phelps, on Nov. 29, 2009, the two men assaulted an officer identified only as "A.R." at the federal prison. The indictment did not specify what duties the officer was taking care of at the time of the alleged incident.

If found guilty of the separate counts, both men could serve an additional year in prison, and both have already entered plea agreements. They are set for sentencing on Sept. 16 in U.S. District Court in Ashland.

## 3 inmates charged in jailhouse beating

by **SHELDON COMPTON**  
STAFF WRITER

**PRESTONSBURG** — Three inmates at the Floyd County Detention Center are each now facing additional charges of second-degree assault following an alleged attack on another inmate last week. The charges were filed by

Parker Derossett, assistant jailer at the facility, on behalf of inmate Kevin Ray against inmates Zack Blair, Kenneth Hayden and Brent Combs, court records said.

Ray's brother, Donnie, said their father had spoken to his brother this past Wednesday by phone from the jail.

"About 10 p.m. Wednesday

night he called my dad and said he'd been threatened and that he'd told the employees," Donnie Ray said. "He got the hell beat out of him, got sent to St. Mary's [Hospital in Huntington, W.Va.] and that's where he's laying today."

Ray said his brother had been hospitalized first at Highlands

Regional Medical Center around 9 a.m. Thursday morning with severe injuries to his head and face that had caused major swelling, including broken ribs and a broken jawbone. However, the exact extent of Ray's injuries could not be fully ascertained due to patient confi-

(See **BEATING**, page 5)

### REMEMBERING LAKYN



Faculty and students at Prestonsburg High School released pink balloons from the school's football field after classes Friday in memory of former student Lakyn Pennington. Pennington died in a car accident on Aug. 9, a day after her 18th birthday and two days before the start of school, near Goble-Roberts.

photo by Sheldon Compton

## Shooting case heads to grand jury

by **JARRID DEATON**  
FEATURES WRITER

**PRESTONSBURG** — Michael Nolan Slone, the man accused of shooting his ex-girlfriend and her new boyfriend on Aug. 7, was in court Monday for a preliminary hearing, but Slone waived his right to the hearing, and now the case will go directly to the grand jury.

Slone, 24, is facing two counts of attempted murder and one count of burglary.

At the court appearance, Slone's attorney requested that his client be

(See **SHOOTING**, page 5)

## Court extends line of credit

by **SHELDON COMPTON**  
STAFF WRITER

**PRESTONSBURG** — With a deadline of tomorrow looming on a \$500,000 line of credit, the Floyd County Fiscal Court saw enough votes Friday afternoon to renew the credit for another six months.

The move essentially means the county will take the line of credit again, pay the current interest that has accumulated, and then take the \$500,000 out again.

"This FEMA money, don't count on it," said Judge-Executive R.D. "Doc" Marshall.

"That's all I can say."

The court voted in May of this year to use the \$500,000, taken out from Community Trust Bank, to pay for work done by contractors during the Mother's Day Flood of last year. At that time, county officials were still waiting on some \$3 million in FEMA funding and had not, at that time, received any money from FEMA for four months.

"FEMA is not a very good household word in this court, to say the least," Marshall said at that time.

It was again a pressing need, according to court members, to

pay contractors who were still awaiting payments.

"You can't run from it," said District 4 Magistrate Ronnie Akers, who made the motion to accept an amended resolution to take another six-month extension on the credit. "I think we need to use it to pay some bills today."

With District 3 Magistrate Donny Daniels absent from the meeting, Akers' vote was seconded by District 1 Magistrate John A. Goble and a voted against by District 2 Magistrate Hattie Owens to see the resolution move through by a 2-to-1 vote.

## Postal workers indicted in separate cases

by **SHELDON COMPTON**  
STAFF WRITER

**PIKEVILLE** — Postal workers are continuing to find themselves facing indictments in federal court on various charges.

The most recent indictments, one against Knott County postal employee Lena Sue Nickles and another handed down against Floyd County employee Letisha Raye Jarrell, both involve allegations of misuse of money orders.

Jarrell is facing one count of misap-

(See **INDICTED**, page 5)

## Fleeing suspect shot after trying to run over cops

by **JARRID DEATON**  
FEATURES WRITER

**PIKEVILLE** — Two officers with the Pikeville Police Department were involved in a shooting over the weekend after a man allegedly attempted to run over them with his vehicle.

According to Kentucky State Police Tpr. Shaun Little, Pikeville City Police Officers Addison Baisden and Chad Branham responded to a call that a man was trying to forcibly enter a residence. When the officers arrived at the scene, the man, identified as Charles Hocker, drove away in a vehicle without turning the headlights on. When the officers pursued Hocker on Hurricane Creek

Road, he allegedly pulled into a gravel drive and stopped before putting the vehicle in reverse and driving toward the officers. Both officers opened fire on Hocker and then performed CPR on him until paramedics arrived.

In accordance with standard police procedure, both officers have been placed on administrative leave during the investigation of the incident. The number of shots fired by the officers and how many times Hocker was hit by the bullets has not been released. The incident is currently under investigation by the Kentucky State Police.

According to Little, Hocker, 33, of Louisville, is currently listed in stable condition at St. Mary's Hospital in Huntington, W.Va.

### EMERGENCY RESPONSE



Police and paramedics responded to a single-vehicle accident in Prestonsburg on Friday that involved the use of a hydraulic rescue tool to remove the occupants of the vehicle.

photo by Jarrid Deaton

**3DAY FORECAST**

**Today**  
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High: 88 • Low: 65

**Tomorrow**  
Chance of storms  
High: 85 • Low: 65

**Friday**  
Chance of storms  
High: 88 • Low: 65

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**inside**

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Obituaries

Continued from p2

(Elkhorn Park Road, Stone Coal), in Garrett.

Visitation was after 6 p.m., Thursday, August 12, at the funeral home.

Nelson-Frazier Funeral Home, in Martin, is in charge of arrangements.

(Paid obituary)

**Patsy Jean Rose**

Patsy Jean Rose, 62, of Garrett, died Saturday, August 14, 2010, at the Pikeville Medical Center.

Born August 27, 1947, in Hite, she was the daughter of Sarah Katherine Osborne Hall of Martin and the late Wiley Martin Hall. She was a homemaker.

She is survived by her husband, Roger Rose.

Other survivors include a daughter, Teresa Lynn Rose of Garrett; her brothers: Tommy (Debbie) Hall and Bill Hall, both of Martin, Larry Hall of Morehead, Gary (Sue) Hall of West Van Lear, David (Diana) Hall and Cainer (Gwin) Hall, all of Prestonsburg; her grandchildren: Delbert Wayne Conn, Scotty Conn (Amanda Howard), Kayla Nicole Conn; her great-

grandchildren: Braxton Wayne Conn; s stepgranddaughter, Katrina Harris and several nieces, nephews, great-nieces and nephews.

In addition to her father, she was preceded in death by two brothers: Donald Ray Hall and Martin Edward Hall and two sisters: Georgia Faye Hall Conn (RB Conn), Anita Marie Hall; a great-grandson, Dennis Gabriel Conn.

Funeral services were held Tuesday, August 17, at 1 p.m., at the Nelson-Frazier Funeral Home, in Martin, with Bob Wireman officiating.

Burial was in the Adkins Crum Cemetery, Arkansas Creek, in Martin.

Funeral services were held Tuesday, August 17, at 1 p.m., at the Nelson-Frazier Funeral Home, in Martin.

Nelson-Frazier Funeral Home, in Martin, was in charge of arrangements.

(Paid obituary)

**Joseph M. Stanley**

Joseph M. Stanley, 58, of Bevinville, died Thursday, August 12, 2010, at the Pikeville Medical Center.

Born September 16, 1951, in Floyd County, he was the son of Dorthula Hall Stanley Spangler of Bevinville and the late Robert Stanley. He was a disabled coal miner.

He was preceded in death by his wife, Roselee Compton Stanley.

Survivors include one son, Michael Joe, (wife, Stacy) Stanley of Bevinville; two daughters: Dorothy Rebecca Stanley of Bevinville, Mary Dawn Weddington of Pikeville; a brother, Robert, (wife, Vickie) Stanley of Bevinville; a sister, Janet; and husband, (Daniel) Crawford of Hi Hat; his grandchildren: Skylar, Micah, Haley, Elijah, Nathan, and Baylon.

In addition to his wife, he was preceded in death by

three sisters: Cora Lou Stanley, Loretta Lucas and Ulavene Conley.

Funeral services were held Sunday, August 15, at 11 a.m., at the Little Nancy Old Regular Baptist Church,

in Hi Hat, with ministers of the Old Regular Baptist Church officiating.

Burial was in the Buckingham Cemetery, in Bevinville.

Visitation was after 6

p.m., on Friday, at the church.

Nelson-Frazier Funeral Home, in Martin, was in charge of arrangements.

(Paid obituary)

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Recilla Shepherd of Langley and Clyde and Dana Caudill of Prestonsburg proudly announce the engagement and marriage of their children: Britta Deneene Fraley and Jason Brent Caudill, Saturday August 21, 2010, at half past 5 o'clock pm. The ceremony will be held at the Fitzpatrick First Baptist Church on the Big Branch of Abbott in Prestonsburg, Kentucky.

Britta is a graduate of Allen Central High School and will graduate from Morehead State University this coming May. She is currently employed by Mountain Comprehensive Care Center of Prestonsburg Kentucky.

Jason is a graduate of Millard High School and the Department of Criminal Justice Training. He is currently employed by the Prestonsburg City Police Department.

After a short honeymoon the couple will reside in Prestonsburg, Kentucky.

Britta is the daughter of the Late Fred Shepherd of Langley Kentucky.

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# Viewpoint

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— William Jennings Bryan

## Guest View

### Paul misguided on drug problem

Since the beginning of 2010, more than 100 people have lost their lives to suspected drug overdoses in the 5th Congressional District. That isn't a figure that we pulled out of the air, but one that U.S. Rep. Hal Rogers cited during a recent visit to Hazard as he noted the need to further the fight against drug abuse in Eastern Kentucky.

That's over 100 people who will never wake up again, leaving families behind to wonder what went wrong. If there was ever a pressing issue for any politician wishing to represent Kentucky's interests in the United States Senate, the epidemic of drug abuse in Eastern Kentucky is one.

But to one candidate, a doctor no less, the Kentucky drug problem isn't one about which he seems to be concerned, and one he would love to de-fund by dismantling Operation UNITE, a federally funded agency tasked solely with combating drug trafficking and abuse.

This approach is not only misguided, but illustrates just how out of touch Dr. Rand Paul is with the eastern part of the Commonwealth. It's not surprising to us, to be honest, considering his complete ignorance about the history of Harlan County as noted in a recent nationally circulated magazine.

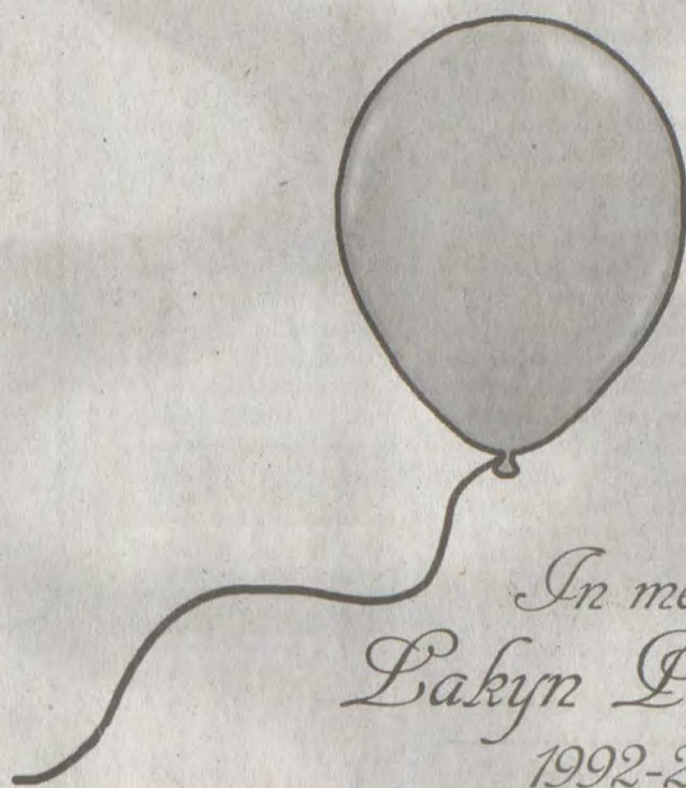
Dr. Paul's brushing of the shoulder in regard to our regional drug problem is distoncerting, but his position that the responsibility of combating drug abuse should be left up to local and state law enforcement, devoid of most federal help, is, for lack of a better term, stupid. We appreciate Dr. Paul's smaller government platform, but points of contention like these are inexcusable.

Drug abuse in Eastern Kentucky is indeed a pressing issue, Dr. Paul, and one that should have been on your radar, which of late has been exclusively trained on the financial crisis. Considering this dangerous position on the drug issue, we're inclined to believe that radar should have been scanning a wider scope of issues.

Perhaps if Dr. Paul could climb off his high tea party horse for a moment and take a break from leading the Obama-bashing brigade, he could see that there are other issues that need addressing in Kentucky other than deregulating federal authority, which in itself brings about a whole boatload of new issues.

But then again, we don't expect that day to come any time soon.

— The Hazard Herald



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Floyd County Times

## Guest Column

### A legislative perspective

by REP. GREG STUMBO  
SPEAKER OF THE HOUSE

Earlier this year, I proudly sponsored Amanda's Law in an effort to provide greater peace of mind to victims of domestic violence who have reason to fear for their safety. Named in honor of Amanda Ross, a family friend who was murdered last September, the legislation that took effect last month gives a powerful tool to judges determined to enforce domestic violence orders that have been violated. These offenders can now be required to be electronically monitored, at their own cost, while victims can be quickly notified if the order's protective distance is breached.

This approach has proven highly effective in the more than a dozen states that have similar laws. To my knowledge, not one victim has been murdered in those cases where electronic monitoring has been used.

Understandably, this focus on domestic-violence prevention has generated the most discussion in recent months when it comes to Amanda's Law. But, importantly, the law also calls for expanding electronic monitoring in other areas, with the goal of saving a significant amount of taxpayer dollars while actually increasing public safety.

The technology has proven itself repeatedly in the field, and is getting better every day. As Fayette County's system has shown, it can even pinpoint whether the person being monitored is speeding. That system also gives law enforcement a quick opportunity to rule out a list of potential suspects when a crime occurs, and in domestic-violence cases, it can set both stationary and moving boundaries that ensure the offender never gets close to the victim without law enforcement knowing about it.

The General Assembly would like to see the judicial system, the Department of Corrections and our counties take greater advantage of this in cases involving non-violent and non-sexual crimes. It could be used, for example, in pretrial diversion - which gives those

facing a felony charge a chance to keep a clean record if they stay out of further trouble - and for those on probation or parole or who are scheduled for early release from prison.

Electronic monitoring could help the state reduce its fast-growing prison population by using it on many of those behind bars because of technical violations to their probation or parole and not for a new felony offense. This particular group costs the state more than \$100 million a year.

Likewise, electronic monitoring could also help counties, which spend \$140 million annually on their jails, some of which take up as much as 40 percent of their county's budget. If judges could rely more on this option rather than have those charged sit for months in jail awaiting trial, counties could reap the benefits, since the daily monitoring rate is far cheaper than providing three meals a day, shelter and medical care. Monthly savings for each inmate could easily reach into the hundreds of dollars.

When I served as Attorney General, I saw how beneficial electronic monitoring and other such alternative-sentencing

options as drug court could be. Their effectiveness was undeniable, both for the defendant and government's bottom line, and it cleared space in our jails and prisons for those who truly deserve to be there. My office was an early advocate for this smart-on-crime approach that is currently getting a much closer look both here and across the country.

Now that I am House Speaker, I am getting the opportunity to put that experience to use. Amanda's Law is a strong step in the right direction, but educating the public about its potential is just as vital. At the bill's signing, Amanda's mother, Diana Ross, urged the judicial system to not let this tool sit idle. "Please give this law a chance to save lives," she said.

In the months ahead, I will do what I can to make that a reality by seeking to convince our judges, our prosecutors and our county officials that electronic monitoring can make their communities safer while saving them money, often with little to no upfront cost.

The sooner we can achieve this goal, to emulate what Fayette County already has, the better off we all will be.

J. Millen  
2010

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Floyd County Times

## The Times

FLOYD COUNTY

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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.

# Speaker, wife receive award from KDVA

by JARRID DEATON  
FEATURES WRITER

**FRANKFORT** — Prestonsburg native and Kentucky House Speaker Greg Stumbo, along with his wife, Mary Karen Stumbo, have been selected as two of nine recipients of the 2010 Kentucky Domestic Violence Association's "Committed to Peace in Kentucky Homes" award.

According to Connie Little, director of the Sandy Valley Abuse Center, Stumbo is being honored for introducing and supporting domestic violence legislation during the last session of the General Assembly, including his sponsorship of House Bill 1, a bill that allows GPS monitoring of respondents who have violated domestic violence protective orders.

Additional amendments to the bill included adding language to automatically extend un-served emergency protective orders for six months and a strengthened prohibition against trespassing on domestic violence

shelter property.

Mary Karen Stumbo was also involved in the passage of the legislation and served as an advocate for the bill.

"As the director of the Sandy Valley Abuse Center and a vice president of the KDVA, it is my honor to present the Peace in Kentucky Homes Award to House Speaker Greg Stumbo and his wife, Mary Karen," Little said. "We thank you both for your commitment, perseverance, time and energy involved in passing Amanda's Law and we want to recognize your work in helping to end violence against women throughout the commonwealth."

The awards are presented as part of the Kentucky Domestic Violence Association's "Committed to Peace" campaign that stresses the importance of individual and community commitment to ending domestic violence.

Both Greg and Mary Stumbo received the award on Tuesday in the Speaker's Capitol Annex Office.



House Speaker Greg Stumbo and his wife, Mary Karen, second from right, received awards in his Capitol office on Tuesday from the Kentucky Domestic Violence Association, with Connie Little, at left, and Darlene Thomas presenting. The "Committed to Peace in Kentucky Homes" Awards are being given by KDVA in each of its districts; Speaker Stumbo and Mary Karen were chosen for their strong advocacy on behalf of domestic violence victims and for leading the way in passing Amanda's Law, new legislation that gives judges authority to closely monitor those who violate Domestic Violence Orders. Connie Little serves as director of the Sandy Valley Abuse Center, while Darlene Thomas is director of the Bluegrass Domestic Violence Program.

## Beating

dentiality laws.

Ray was jailed about a month ago, his brother said. "I know he was caught doing something on the railroad, scrapping for metal, and the railroad detective arrested him on charges."

Donnie Ray said he had called the Floyd County Detention Center and received some information about his brother, but it was limited. He then called the Department of Corrections, which must be notified within 24 hours of any assaults at facilities throughout the state under recently changed state laws.

Ray said he left messages in Frankfort but had not heard back from anyone, adding that, in the end, the real concern was for the immediate safety of his brother.

"The only thing we're

concerned about is the health and safety of my brother," he said.

Floyd Jailor Roger Webb said he only knew of the alleged assault through his deputies, who told him the basic circumstances surrounding that evening.

"They said he (Ray) yelled for help and they went and discovered that there had been an altercation," Webb said. "They got him out and checked him and searched all of them to make sure there were no weapons, which they weren't."

According to Webb, the time that evening leading up to the incident did include Ray telling deputy jailers that he was having trouble with some fellow inmates, but that the alleged assault took place after his deputies had moved Ray.

"He was in a population cell and when medicine was being given out he told them he was going to have trouble back there, that some of them was going to jump him," Webb said. "So, they moved him up front to the holding cell to try to keep him out of harm's way and then there was an altercation up there."

Webb said that a policy at the facility is to give inmates moved to the holding cell a rundown of other inmates who are currently in that cell and to ask them if they thought there would be any trouble if they were placed there.

"He never mentioned he had any problems with anybody in the holding cell," Webb said. "You just never know in this jail. You just never know from one minute to the next."

## Indicted

propriation of postal funds, alleging that from March 20 to June 3 this year she misappropriated money orders totaling \$11,366, while Nickles is facing 18 counts of fraudulent issuance of money orders, all of these counts allegedly taking place between the dates of July 6, 2009, and Oct. 24, 2009.

During this time period, it is alleged that Nickles, beginning on that first date, wrote a money order for herself in the amount of \$30, then again on the fol-

lowing day for \$20. Two days later, there is an additional charge for another money order written for \$23, according to the indictment.

Many of the remaining charges, all of similar circumstance, fall mostly within this amount. However, on Aug. 20, Nickles allegedly wrote herself a money order for \$379.08 and then again for the same amount on Sept. 3. On Sept. 26, the indictment charges that she wrote herself another money order

for \$100.

In total, over the 18 counts in the indictment, Nickles is charged with writing money orders for \$1,724.08 over the course of the three-month period of time.

## Pike man charged with defrauding VA

by SHELDON COMPTON  
STAFF WRITER

**PIKEVILLE** — A Pike County man now faces federal charges alleging he defrauded the U.S. Department of Veteran's Affairs out of more than \$30,000 in disability benefits for which he was not eligible.

Ronnie E. Hogston was indicted in U.S. District Court in Pikeville Aug. 5 on one felony count of conceal-

ing and retaining with intent to convert to own use and gain money of the United States Department of Veteran's Affairs.

The charge could result in Hogston spending up to 10 years in federal prison and fines of up to \$250,000 if convicted.

The indictment alleges that from November 2006 until late June 2009, Hogston received disability

(See VA, page 6)

## Shooting

Continued from p1

moved from the Floyd County Detention Center to the Leslie County Detention Center.

Slonge, an Army veteran, was arrested last week by officers with the Kentucky State Police after eluding capture for almost five days. Officers located Slone about two miles from where the shooting took place in the Hippo community near Route 850.

According to police, Slone allegedly shot Jessica Nelson and Lee Sammons on Saturday, Aug. 7, at a home in Middle Creek.

Nelson was shot once in the leg and Sammons was shot in the leg, abdomen and groin. Nelson was treated and released from the hospital and Sammons remains in stable condition.

Slone is currently being held at the Floyd County Detention Center on a \$1 million cash bond.

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8/20/10 - 8/25/10

Cinema 1—Held Over  
EAT PRAY LOVE (PG-13), Mon.-Fri. (4:45) 7:45; Sat.-Sun. (1:50-4:45) 7:45.

Cinema 2—Starts Wed., Aug. 18  
VAMPIRES SUCK (PG-13), Mon.-Fri. (4:30) 7:15-9:30; Sat.-Sun. (2:15-4:30) 7:15-9:30.

Cinema 3—Starts Friday, Aug. 20  
LOTTERY TICKET (PG-13), Mon.-Fri. (4:20) 7:00-9:20; Sat.-Sun. (2:00-4:20) 7:00-9:20.

Cinema 4—Held Over  
THE OTHER GUYS (PG-13), Mon.-Fri. (4:30) 7:15-9:30; Sat.-Sun. (2:15-4:30) 7:15-9:20.

Cinema 5—Held Over  
DESPICABLE ME 3D (PG), Mon.-Fri. (4:15); Sat.-Sun. (2:05-4:15).

CHARLIE ST. CLOUD (PG-13), Mon.-Fri. 7:05-9:15.

Cinema 6—Starts Friday, Aug. 20  
NANNY MCPHEE RETURNS (PG), Mon.-Fri. (4:20) 7:00-9:20; Sat.-Sun. (2:00-4:20) 7:00-9:20.

Cinema 7—Starts Friday, Aug. 20  
PIRANHA 3D (R), Mon.-Fri. (4:30) 7:15-9:30; Sat.-Sun. (2:15-4:30) 7:15-9:20.

Cinema 8—Held Over  
THE EXPENDABLES (R), Mon.-Fri. (4:25) 7:05-9:25; Sat.-Sun. (2:10-4:25) 7:05-9:25.

Cinema 9—Starts Friday, Aug. 20  
THE SWITCH (PG-13), Mon.-Fri. (4:30) 7:15-9:30; Sat.-Sun. (2:15-4:30) 7:15-9:20.

Cinema 10—Held Over  
SCOTT PILGRAM VS THE WORLD (PG-13), Mon.-Fri. (4:25) 7:05-9:25; Sat.-Sun. (2:10-4:25) 7:05-9:25.

SALT (PG-13)—OPEN CAPTION WEDNESDAY (8/18), at 6:55 p.m.

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# Drawing sets order for November ballot

by **SHELDON COMPTON**  
STAFF WRITER

**PRESTOSNBURG** — Floyd County Clerk Chris Waugh oversaw the drawings to see where on the November ballot candidates would appear this past week.

The last two weeks leading up to the deadline saw nearly 40 city and school candidates file, with perhaps the most crowded race being that for a seat on the Prestonsburg City Council. This race alone will have 15 names on the ballot, while, on the other end of that extreme, the race for

Wayland mayor will not be a race at all, as candidate Jerry A. Fultz saw no challenger file before the Aug. 10 deadline.

Including Hattie Owens, wife of former fiscal court member Jackie Edford Owens, as a write-in candidate in her husband's seat on the that court there will be a total of 58 local candidates vying for offices.

Two magistrates on the Democratic ticket face Republican opponents — District 1 Magistrate John A. Goble will face Floyd Skeans and District 4 Magistrate Ronnie Akers

will take on Martin "MJ" Meade for that county office.

The order of those on the ballot received from the county clerk's office following the drawing is as follows:

**Soil and Water Conservation District Supervisor**

Dougie Hopkins  
Bert Layne  
Daniel Branson  
Floyd B. Allen

**Prestonsburg City Council**

Roy D. Roberts  
Timothy C. Cooley

James K. Allen  
Freddie "Munroe" Goble  
Don Willis  
Danny H. Hamilton  
Carolyn W. Ford  
Donna Blackburn Wells  
David Gearheart  
Gorman Collins Jr.  
B.D. Nunnery  
Ben Ferguson  
Bob Carpenter  
Sheila Bryant  
Harry A. Adams

**Mayor of Prestonsburg**

Jerry Fannin  
Philip "Doc" Simpson

**Wheelwright City Commission**

Don "Booty" Hall  
Joe Stewart  
Vernon Smallwood  
Lucille Gayheart Tackett  
Lonzie Tackett Jr.

**Mayor of Wheelwright**

Andy Wayne Akers  
David Marlee Sammons

**Wayland City Commission**

Mary Murphy  
Tim Stephens  
Kathy Mills  
Tom Murphy  
Thomas Robinson  
Terri Dalton Howell  
Linda Castle Spurlock

**Mayor of Wayland**

Jerry A. Fultz

**Martin City Council**

Deborah L. Bentley  
Judith K. Stumbo  
Eulene H. Ratliff  
Bobby Dingus

Mahendra R. Varia  
April L. Gayheart

**Allen City Commission**

Cindy Bentley Parsons  
Pauline T. Bentley  
Kevin R. Robbins  
Deborah Porter  
Lumpkins  
Clyde Woods  
Jessica Woods Crumpler

**Mayor of Allen**

Sharon Woods  
Ernestine "Tina" Burchett Hall

**School Board District 5**

James Blackburn  
Sherry Sue Dingus  
Robinson

**School Board District 2**

Chandra Varia

**School Board District 1**

Linda C. Gearheart

## State to receive \$1 million to help crack down on unreasonable health insurance premium hikes

HHS Secretary Kathleen Sebelius announced Monday the award of \$1 million to Kentucky to help crack down on health insurance premium increases. Kentucky will use this Affordable Care Act funding to help improve the oversight of proposed health insurance premium increases, take action against insurers seeking unreasonable rate hikes, and ensure Kentuckians receive value for their premium dollars.

"The Affordable Care Act puts in place critical market reforms to improve quality and reduce the cost of health care for employers and individuals. Increased competition, lower insurance overhead, and better risk pooling in health insurance Exchanges in 2014 are expected to reduce premiums in the individual market by anywhere from 14-20 percent according to the Congressional Budget

Office," said HHS Secretary Kathleen Sebelius. "Between now and then, we will continue to work with States to ensure consumers are receiving value for their premium dollars and to avoid the kind of double digit premium increases seen recently. The State proposals approved today demonstrate the need and desire for new resources and tools to help them protect against unjustifiable premium increases."

The Affordable Care Act provides States with \$250 million in Health Insurance Premium Review Grants over five years to help create a more level playing field by improving how States review proposed health insurance premium increases and holding insurance companies accountable for unjustified premium increases. Applications for the first round of Health Insurance Premium Review

Grants were made available on June 7.

The grants build on the Obama Administration's work with States to implement the Affordable Care Act. Earlier this year, Secretary Sebelius called on certain insurance companies to justify large premium increases and encouraged State and local officials to obtain stronger health insurance premium review authorities under State laws. This increased scrutiny by the Administration and by several States has led to the withdrawal or reduction of several proposed health insurance premium increases that in some cases turned out to be based on faulty assumptions and data.

This grant will be used for the purposes detailed in the approved application. The following is a general summary of how Kentucky intends to use its funding:

- Pursue Additional

Legislative Authority: Kentucky will propose legislation to expand the health insurance premium review process to the large group market. In addition, actuarial consultants will evaluate whether revision or extension of laws are needed to enhance the review process.

- Expand the Scope of the Review Process: Currently large groups (more than 50 members) are only required to file their health insurance premium methodologies with the State. Kentucky will increase the number of categories required to file and will expand its review of large group health insurance premium filings to include analysis of rate factors.

(See GRANT, page 7)

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### VA.

payments from the department for which he was not entitled. The total money over the course of those years was just over \$30,000.

On Aug. 12, Hogston

appeared for arraignment in Pikeville, where he waived formal arraignment, waived a formal reading of his indictment and pleaded not guilty to the single count.

He is next scheduled to appear on court for a hearing of the charge against him on Sept. 14 with a tentative trial date set for Oct. 18.

Continued from p5

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# No Saturday mail could hurt rural residents

LEXINGTON — With the U.S. Postal Service poised to discontinue Saturday mail delivery late this year, Al Cross of the University of Kentucky's Institute for Rural Journalism and Community Issues urged the Postal Regulatory Commission last week to remember the country's rural residents.

"Reducing the quality of postal service will reduce the quality of life in rural America, making it a less attractive place to live," Cross told the commission in written testimony on behalf of the National Newspaper Association, the main lobbying group for weekly papers. "The resulting out-migration, and suppression of in-migration, will contribute to population loss and stagnation in rural counties and add to suburban sprawl that drains other public resources."

The rise of the Internet and the recession have both led to a decline in the use of regular mail, and accompanying revenue losses for the U.S. Postal Service totaled \$3.8 billion in fiscal year

2009. The service says it can save \$3 billion a year by discontinuing Saturday delivery, the lowest-volume mail day of the week.

This change, however, is contingent upon Congress not enacting legislation to prevent the move. The Postal Regulatory Commission is scheduled to hear oral testimony next month and issue a non-binding advisory opinion in October.

Cross said newspapers are more important to rural areas, which have fewer communication media and less access to them. Internet use by rural residents, meanwhile, is not as high as it is for urban residents, he wrote. He cited a lack of access to high-speed broadband service - 47 percent for rural residents, compared to 61 percent for urban residents - as one reason rural Americans don't use or get as much from the Internet.

"The community newspaper is a much more important part of the civic infrastructure in a rural community, because there's just less civic infrastructure there,"

Cross said in an interview. "It's been said that when a community loses its newspaper, it loses its beating heart or its lungs."

The Postal Service reports that mail volume declined in 2009 by 25.6 billion pieces - nearly 13 percent of total mail, but rural newspapers are using the Postal Service more, as some small daily papers have switched to the mail delivery on which weekly papers have long depended.

Cross said the Postal Service has other options, such as restructuring its pension system, to cut costs without cutting Saturday delivery. "They did a survey and found that people said they were more willing to have no Saturday mail than a significant postal cost increase. You give people a choice like that, it's not surprising they would choose the cheaper alternative," he said. "That ignores the fact that you have a lot of people that depend on Saturday delivery, and their interests should be respected. You shouldn't have a tyranny of the majority."

Small communities with daily papers or weeklies that publish on Saturdays will be hit hard by the change in part because of the centrality of high school sports in rural towns, Cross said. With no story about the big game in the next morning's edition, the local newspaper loses a rallying point in the community.

"People might dismiss the importance of high school football games, but in a lot of towns they are really important community convenings," said Cross. "People identify with the local football team, or in some cases basketball team. Friday nights are really important. It's important for the newspaper to be able to stay current with such major activity."

Cross said the change would also affect papers that publish on Friday, because subscribers in outlying counties might not get their paper until Monday. He said in the interview, "A significant percentage of weeklies' circulation goes to expatriates, people who used to live there or have family there, have property there, maybe even still vote there," he said. "The Postal Service has gotten increasingly bad about timely delivery of these newspapers in the last 10 years."

Next, Cross will respond to written cross-examination by the Postal Service, and may have to testify in person before the Postal Regulatory Commission.

## \$200 Reward

For the recovery of two stolen truck tires (Simomato 425-25-22.5)

Any info that leads to the whereabouts of these new tires stolen this past week, near Center Point Construction Site.

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Prestonsburg Police Department

Any info greatly appreciated.

## The Floyd County Animal Shelter PET OF THE WEEK



This week's celebrity is BRETT DAVIS, who is the new Executive Director of LINKS, a local NON-PROFIT AGENCY that assists low income individuals with housing needs. Brett is pictured assisting WILHEMMA, a friendly but nervous, five-month-old female terrier, who also needs a home.

The Floyd County Animal Shelter is located at Sally Stephens Branch in West Prestonsburg Phone 886-3189

## Grant

■ Improve the Review Process: Kentucky can currently collect and report on only a small portion of the health insurance premium filings. The State will increase the amount of data to be provided in filings and will modify the review process to include consideration of plan years, underwriting issues and policy forms.

■ Increase Transparency and Accessibility:

Currently, information about health insurance premiums is not readily available to the public. Kentucky will develop a publication to explain the review process, including the information submitted by insurers and reviewed by the Department of Insurance. The Department will make information available to the public, in plain language, to give notice of specific

health insurance premiums increases and decreases. In addition, the State will conduct surveys and hold open meetings for consumers in order to determine what information would be useful for them to make well-informed health insurance decisions.

■ Develop and Upgrade Technology: Kentucky will collect and analyze data to help with the rate review process.

Continued from p6

Are you (or someone you know) receiving Social Security disability benefits and interested in exploring your work options?

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# Workshop to be held on gluten disorders, celiac disease

The Eastern Kentucky Celiac & Gluten Free Support Group is hosting an informational workshop on celiac disease and other gluten disorders.

The workshop will feature guest speaker dietician Fran Bevins, who specializes in celiac disease. The event will be held on Monday, Aug. 30, at 6 p.m., at the Pikeville Public Library. Everyone is welcome to attend.

Celiac disease is a lifelong autoimmune disorder that causes the ingestion of gluten to attack the gastrointestinal system, causing symptoms such as diarrhea, fatigue, bloating, acid reflux, bone or joint pain, and a host of other symptoms. Some patients do not even experience the gastrointestinal symptoms but still have the disease. Celiac disease is hereditary. Gluten is found in over 200 ingredients found in foods.

"It is amazing that we were able to get Ms. Bevins to come and speak," said support group founder Laura Ford Hall. "Her specialty in celiac disease and her experience enables her to give wonderful presentations and any person who has gastro-intestinal problems or has family that could possibly be afflicted with this autoimmune disorder or a wheat allergy should definitely make plans to attend."

Hall continued to note that Bevins was secured for the speaking engagement because her grandfather, Dr. Hiram Clinton Bevins, who was a doctor in Eastern Kentucky many years ago, is being honored by the Pikeville College School of Osteopathic Medicine the next day at 1 p.m.

Bevins graduated with distinction with a degree in dietetics from the University of Kentucky and then com-

pleted a dietetic internship at the University of Arizona Health Sciences Center in Tucson. She is registered by the Commission on Dietetics and is certified by the American Dietetic Association.

Bevins serves on the Medical Advisory Board of the Gluten Free Society of Lexington. She has developed a nutritional educational curriculum for celiac disease patients, and is a member of Dieticians in Gluten Intolerance Disease Group (DIGID); a group which provides support to persons with gluten intolerances, including celiac disease, dermatitis herpetiformis, and other gluten sensitivities, in order to live healthy lives. She served as the assistant director of dietetic services at the Metropolitan Nashville General Hospital and currently works for the Nutrition Department of Central Baptist Hospital in Lexington.

The workshop will also include a gluten-free meal sponsored by Food City of Cassidy Blvd., Pikeville, as well as dinner entertainment by members of the Big Sandy Singers. Food City representative Tim Collins as well as Food City dietician Lori Hamilton will be present to talk about their offerings for gluten free patients.

Hall will also be leading a discussion of possible restaurants that could offer gluten-free menu items and will discuss how to order a gluten-free meal in a restaurant.

Door prizes will also be given. A \$5 fee is required to attend the workshop, and it is open to anyone.

"We welcome current gluten-free patients or people who are having general gastro-intestinal issues. Most peo-

ple with gluten disorders go misdiagnosed for an average of seven years. Yet, 1-in-133 people have the disease. But, 97 percent of people who have the disease do not know that they have it, leaving only 3 percent who know and are able to alter their diet to change their life, their health, and their lifespan," Hall said. "If you or a family member has been diagnosed with irritable bowel syndrome, fibromyalgia, chronic fatigue syndrome, or lactose intolerance, it would be a good idea to come to the meeting just to see if celiac disease fits your symptoms, as celiac patients are often misdiagnosed."

A detailed list of symptoms of celiac disease can be found at [www.celiac.org](http://www.celiac.org).

In addition, many autistic patients are being put on a gluten-free diet to improve symptoms of autism.

Any person wishing to know more about the Celiac and Gluten Free Support Group can email Hall at [eastkyceciacs@gmail.com](mailto:eastkyceciacs@gmail.com) or search Facebook for "East Kentucky Celiac" and become a "fan" of the page. Those who send an email will receive the bi-monthly e-newsletter with gluten-free tips and updates on the status of new gluten-free products at Food City and new restaurant menu items offered in Eastern Kentucky.

"I am excited about the workshop and hope we not only have patients, but friend and family supporters, members of the general community, as well as members of our local medical community," Hall concluded. "Everyone in the Eastern Kentucky community is invited to attend."



Laura Ford Hall

## Hall's work honored at statewide conference

A total of 50 faculty and staff from the Kentucky Community and Technical College System were recognized for their leadership and significant achievements at the New Horizons Conference in Louisville, Kentucky recently.

Statewide honors went to three individuals who not only supported their colleges, but also the entire Kentucky Community and Technical College System.

Laura Ford Hall, Assistant Professor and Director of the Music and Drama Programs at Big Sandy Community and Technical College (BSCTC), was honored as the Faculty Award of Excellence Recipient.

Hall joined the College in 2005 as the founding director of the elite singing group the Big Sandy Singers. Students from the five counties served by the College (Floyd, Pike, Johnson, Martin, and Magoffin) have the opportunity to pursue their post-secondary education while performing with the Big Sandy Singers. She also works with her colleagues as a director of the Big Sandy Idol program. In addition, she directs four other community-based singing groups, ranging in ages 7 through senior citizen. Hall also serves as an assistant professor in teaching courses for BSCTC.

The choice of Hall as the recipient of the award was greatly due to her tireless work with The Big Sandy Singers, an elite singing ensemble, which has helped market Big Sandy Community and Technical College throughout the college's service area and across the state.

Locally, over 10,000 secondary students annually get to experience a Big

Sandy Idol show featuring The Big Sandy Singers who bring a "go to college message." Principals have commented that their highest attendance is often recorded on days the Singers visit their Schools. Additionally, the most exciting thing Hall has witnessed is the interest in bringing music back into secondary schools. Some local schools are establishing choirs and

reintroducing music programming into classrooms.

Hall was chosen for the statewide honor by a committee of her peers. She received \$1,000.00 to be used for a professional development experience of her choosing.

"We are extremely proud of Laura and her accomplishments to the College," said Dr. George Edwards, president of BSCTC. "The music and drama

programs have grown under her leadership and have enriched the lives of the students associated with the programs."

Proof of her work both on and off campus is evident through campus surveys and statistics. According to the 2009 BSCTC Freshman Entrance Survey, 83 percent of students responding said they saw a Big Sandy Idol show at their high school and it influenced their decision to attend Big Sandy Community and Technical College. Since the inception of The Big Sandy Singers, 80 percent of the ensemble has graduated and three are currently working as Music Education teachers in eastern Kentucky.

Hall's work with the schools throughout the region has complemented the recruitment efforts of BSCTC and has led to greater interest by students in college attendance.

## Stumbo among three honored by YPEK



Mandy Stumbo

PAINTSVILLE — Young Professionals of East Kentucky (YPEK) hosted their first annual YPEK awards dinner on Saturday, August 14, at the Ramada Conference Center in Paintsville. The awards dinner was an event to honor the outstanding young professionals across the region as well as to celebrate YPEK's first year successes.

Young Professionals of East Kentucky (YPEK) offers young leaders an outlet to channel their energy into something they are passionate about — their careers and their communi-

ties. YPEK brings together young leaders and creates opportunities for them to grow individually, socially and professionally while developing forward-thinking, innovative approaches to improve the communities of East Kentucky.

Among the recipients of the awards presented was Floyd County Chamber Of Commerce Director, Mandy Stumbo. Stumbo was named Young Professional of the Year. Stumbo has been director of the Floyd County Chamber Of Commerce since July 2004.

Other recipients included Dennis Prater who was

named Young Civic Leader of the Year. Prater serves as District Judge for Knott and Magoffin counties. Sarah Burton, owner of ido Signature Events from Monticello, was named Young Entrepreneur of the Year.

Neil Middleton, News Director for WYMT, served as guest speaker and emcee for the event. Musical entertainment was provided by Kayla Beth Smith of Breathitt County. For more information about Young Professionals of East Kentucky visit their website at [www.ypek.org](http://www.ypek.org)

## Paintsville SBDC to offer eBay workshop August 26

PAINTSVILLE — A workshop, titled "Using eBay to Start or Expand a Business," will be offered by Morehead State University's East Kentucky Small Business Development Center

(SBDC) and Kentucky Cabinet for Economic Development in Paintsville on Thursday, Aug. 26, from 4-7:30 p.m.

This workshop will teach the basic concepts of setting up a business on eBay, strategies and tips on how to successfully sell products on eBay. Participants will be walked through the process of listing, selling and receiving payment for items sold on eBay and much more. The event will be held at

the Kentucky Highlands Entrepreneur Center in Paintsville, 120 Scott Perry Drive, Teays Branch Road in Paintsville.

The workshop is free for all participants; however, seating is limited and advance registration is recommended.

Training programs, sponsored or co-sponsored by SBDC, are available to all individuals without regard to race, color, sex, creed or national origin. Special

arrangements will be made for those with disabilities if requested in advance.

For a list of upcoming events, you may visit the MSU SBDC Web site at [www.moreheadstate.edu/sbdc](http://www.moreheadstate.edu/sbdc).

Additional information and preregistration are available by calling the Paintsville Small Business Development Center at (606) 788-6008 or register online at [www.moreheadstate.edu/sbdc](http://www.moreheadstate.edu/sbdc).

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# Free health screenings, family services information available at state fair

FRANKFORT — Visitors to the Kentucky State Fair in Louisville this month can get information to help their families' well-being and health through free screenings and educational activities at the Kentucky Cabinet for Health and Family Services (CHFS) exhibit.

The interactive display, which will be located in the Kentucky Fair and Exposition Center's South Wing B, features health educators and family services information and encourages guests to make good lifestyle choices.

CHFS Secretary Janie Miller said her staff sees the fair as a chance to be in touch with the public.

"Fair visitors will have the chance to learn more about how our services might help improve their health or self-sufficiency," she said.

Visitors can learn about programs like the Kentucky Children's Health Insurance Program, child-care subsidies and services from referrals at public schools by family resource and youth services centers.

"These are the programs that can help when families are facing barriers to better health and success," Miller said. "Our expert staff will be able to answer families' questions to encourage them to take steps toward a positive lifestyle change."

The fair runs Thursday, Aug. 19, through Sunday, Aug. 29, with rotating exhibits at the CHFS display where visitors can learn something new every day.

Miller said many state programs offer support to people trying to stop using tobacco, be more active and make healthier food choices.

"Healthy choices like these are the root of preventing chronic diseases like diabetes, cardiovascular disease and cancer, which are so prevalent in our state," Miller said. "When families, especially

those with children, make these choices together, we have healthier homes and communities across the state."

Staff will offer free daily blood pressure screenings, and body fat analysis will be available the first six days.

Bone density screenings for women will be offered from 10:30 a.m. to 4:30 p.m. on Sunday, Aug. 29.

For three days, the exhibit will feature an 8 feet by 20 feet walk-through replica of a colon. This educational model depicts what normal tissue, polyps and diseased, cancerous tissue look like. Program staff will offer tips for colon cancer prevention.

Tobacco users who want to learn more about quitting can visit the fair on Saturday, Aug. 28, when staff from the tobacco cessation program can provide coun-

seling. On Aug. 23, staff from the chronic disease program will provide free lung health screenings.

Smoking is the No. 1 cause of chronic obstructive pulmonary disease (COPD), which includes chronic bronchitis and emphysema. Secondhand smoke is one of the primary triggers for asthma.

Health screenings are not a replacement for regular doctor visits, but, paired with counseling, they may indicate a concern to discuss in greater detail with a health care professional.

The exhibit will feature information on recognizing and preventing abuse, finding quality child care and preventing prescription drug abuse. Programs such as diabetes education, childhood lead poisoning prevention, AmeriCorps service opportunities and the Special Needs Adoption Program will be highlighted as

well.

Elder Kentuckians will be in the spotlight on Senior Day, Tuesday, Aug. 24, when staff from the Department for Aging and Independent Living, the Long-Term Care Ombudsman's Office and the Department for Community Based Services' Adult Safety Branch will answer questions. Also on Senior Day, staff from Cardinal Hill Rehabilitation Hospital will offer blood pressure, glucose and cholesterol testing from 10 a.m. to 3 p.m.

In the South Wing, the cabinet's Nutrition Services Branch staff will assist visitors with the Rock and Relax room, sponsored by Louisville Metro Public Health and Wellness and Baptist East Hospital. Parents can stop by to privately and comfortably nurse, feed or change their infants and

learn about breastfeeding and baby safety.

Cabinet staff from Jefferson County's Department for Community Based Services will assist with the Wednesday's Child booth, located in the South Wing, to recruit adoptive families.

Listed below is a calendar of daily and featured programs.

Exhibit buildings at the Kentucky Fair and Exposition Center are open daily from 9 a.m. to 10 p.m.

Advance discount tickets, purchased at Kroger, are \$6 for adults and \$2 for seniors 55 and older and children ages 3 to 12. Beginning Aug. 19, tickets are \$8 for adults and \$4 for children and seniors. Children 2 and younger get in free. Parking is \$8 per vehicle.

For more information, visit [kystatefair.org](http://kystatefair.org).

## Kentucky Cabinet for Health and Family Services 2010 State Fair Schedule

<p><b>Daily Activities</b></p> <ul style="list-style-type: none"> <li>■ Blood Pressure Counseling</li> <li>■ Abuse Prevention and Reporting</li> </ul> <p><b>Thursday, Aug. 19</b></p> <ul style="list-style-type: none"> <li>■ Nutrition</li> <li>■ Lab Safety and Foodborne Illnesses</li> <li>■ Choosing Quality Child Care and STARS for KIDS NOW</li> <li>■ Free Body Fat Analysis Screening</li> </ul> <p><b>Friday, Aug. 20</b></p> <ul style="list-style-type: none"> <li>■ Kentucky Children's Health Insurance Program (KCHIP)</li> <li>■ Nutrition</li> <li>■ Women's Health</li> <li>■ Choosing Quality Child Care and STARS for KIDS NOW</li> <li>■ Free Body Fat Analysis Screening</li> </ul> <p><b>Saturday, Aug. 21</b></p> <ul style="list-style-type: none"> <li>■ Kentucky Children's Health Insurance Program (KCHIP)</li> </ul>	<ul style="list-style-type: none"> <li>■ Special Needs Adoption Program (SNAP) and Foster Care Recruitment</li> <li>■ Women's Health</li> <li>■ Colon Cancer Prevention featuring the educational colon</li> <li>■ Free Body Fat Analysis Screening</li> </ul> <p><b>Sunday, Aug. 22</b></p> <ul style="list-style-type: none"> <li>■ Kentucky Children's Health Insurance Program (KCHIP)</li> <li>■ Family Resource Centers and AmeriCorps Service Programs</li> <li>■ Colon Cancer Prevention featuring the educational colon</li> <li>■ Free Body Fat Analysis Screening</li> </ul> <p><b>Monday, Aug. 23</b></p> <ul style="list-style-type: none"> <li>■ Diabetes Education</li> <li>■ Free Body Fat Analysis Screening</li> </ul> <p><b>Tuesday, Aug. 24 (Senior Day)</b></p> <ul style="list-style-type: none"> <li>■ Colon Cancer Prevention</li> </ul>	<ul style="list-style-type: none"> <li>■ Aging and Independent Living</li> <li>■ Long-Term Care Ombudsman Information</li> <li>■ Adult Protective Services and Adult Safety</li> <li>■ Free Body Fat Analysis Screening</li> <li>■ Free Blood Sugar, Cholesterol and Blood Pressure Screenings - Cardinal Hill Rehabilitation Hospital staff</li> </ul> <p><b>Wednesday, Aug. 25</b></p> <ul style="list-style-type: none"> <li>■ Heart Disease and Stroke Prevention Program</li> <li>■ Children's Mental Health</li> </ul> <p><b>Thursday, Aug. 26</b></p> <ul style="list-style-type: none"> <li>■ Public Health Preparedness</li> <li>■ Prescription Drug Abuse Prevention</li> </ul> <p><b>Friday, Aug. 27</b></p> <ul style="list-style-type: none"> <li>■ Environmental Lead and Childhood Lead Poisoning</li> </ul>	<p>Prevention Programs</p> <ul style="list-style-type: none"> <li>■ Consumer Product Safety</li> </ul> <p><b>Saturday, Aug. 28</b></p> <ul style="list-style-type: none"> <li>■ Free Lung Health Screening for visitors 18 and older, Chronic Obstructive Pulmonary Disease (COPD) and Tobacco Cessation Information</li> <li>■ Special Needs Adoption Program (SNAP) and Foster Care Recruitment</li> <li>■ Physical Activity</li> <li>■ Kentucky Children's Health Insurance Program (KCHIP)</li> </ul> <p><b>Sunday, Aug. 29</b></p> <ul style="list-style-type: none"> <li>■ Kentucky Children's Health Insurance Program (KCHIP)</li> <li>■ Family Resource Centers and AmeriCorps Service Programs</li> <li>■ Free Osteoporosis Information and Bone Density Screening (for women 18 and older only)</li> </ul>
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## Youth Hunt/Campout scheduled for weekend

11th annual event being dedicated in memory of Paul Robinson

by STEVE LeMASTER  
SPORTS EDITOR

PRESTONSBURG – The 11th Annual Youth Hunt Squirrel Hunt Campout sponsored by the Floyd County Hunter Education Organization, Dewey Lake Fish and Game Club, Kentucky Department of

Fish and Wildlife and the Kentucky Hunter Education Association, will be held Friday-Saturday at the German Bridge Campground. Age groups are 4-6; 7-9, 10-12 and 13-15. The event is free. Each youth must be accompanied by at least one parent or guardian. All campers must bring their own hunting, fishing and camping equipment. This year's campout is dedicated to the memory of longtime Floyd County Hunter Education Instructor Paul Robinson.

Youth over age 12 need a hunting

license. Door prizes will be given away to all age groups and shotguns for youth only (7 years and older). Each youth will receive a gift and a hat.

The youth hunt/campout will include a BB gun shoot, canoeing, a turkey calling contest and archery.

Pre-registration is required as spaces are limited. For more information, call Tom Bormes, 606/285-5061; Joe R. Bolton, 606/884-8683; Tim Goble, 606-874-2490 or Gerald Jones, 606/886-8656.



CASEY ADKINS picked up yardage for Betsy Layne on Friday night during a scrimmage versus Boyd County.

## 15th Region Volleyball Standings

Team	Record
Allen Central	10-0
Betsy Layne	8-1
Prestonsburg	5-2
Paintsville	5-4
Pikeville	4-3
South Floyd	3-2
Belfry	3-2
Pike Central	3-4
East Ridge	2-5
Johnson Central	1-0
Phelps	1-1
Shelby Valley	1-2
Sheldon Clark	0-1
Magoffin County	0-2
Piarist	0-2
Lawrence County	0-4

### Girls' Basketball

## Allen sweeps Adams

by STEVE LeMASTER  
SPORTS EDITOR

PRESTONSBURG – New Allen Elementary School girls' basketball head coach Rick Hancock placed the Lady Eagles in the win column Monday evening. Allen swept Adams, defeating the Lady Blackcats in A-, B- and C-Team games.

A-Team – Allen 36, Adams 19: Tiffany Meadows poured in a game-high 15 points and Allison Hall added nine as Allen pulled away from Adams. Jana Jarvis netted six points, Haley Wright scored four and Shantel Collins tossed in two for the Lady Eagles.

PJ. Slone paced Adams with eight points. Morgan Marshall followed with four points as Adams suffered the season-opening setback.

B-Team – Allen 22, Adams 18: Tiffany Meadows pushed in a game-high 11 points to lead Allen past Adams in the B-Team game. Jana Jarvis and Allison Hall rounded out the Allen B-Team scoring with six and five points, respectively.

C-Team – Allen 23, Adams 12: Jana Jarvis outscored Adams herself, netting 13 points as Allen pushed past the Lady Blackcats in the C-Team game.

Allison Hall scored eight points and Haley Wright netted two for the Lady Eagles.

Kirstin Rains and Sylvia Justice led Adams with four points apiece.



Allen Central captured the Food City Summer Slam volleyball tournament title over the weekend. The Rebels improved to 10-0 on Monday night following a 10-0 victory over 14th Region member Hazard.

## Allen Central wins Summer Slam

by STEVE LeMASTER  
SPORTS EDITOR

PRESTONSBURG – Allen Central won the Food City Summer Slam volleyball tournament over the weekend. The Rebels' trek to the championship included wins over three of the 15th Region's top-four teams. Allen Central currently occupies the top spot in the 15th Region standings.

The Rebels opened play in the Summer Slam on a strong note Friday evening, blanking Paintsville 2-0 (21-11, 21-9) and third-ranked Belfry 2-0 (21-12, 21-16).

On Saturday morning, Allen Central defeated Perry County Central 2-0 (21-6, 21-18). The Rebels then bested Greenup County in two sets (21-10, 21-5) to win their pool.

Allen Central was placed in the Gold Division and met up with South Floyd, winning handily, 2-0 (25-19, 25-20) before facing the 16th Region's No. 1 ranked-team, Ashland Blaze. Allen Central also blanked Ashland, prevailing 2-0 (25-13, 29-27).

Allen Central, following the win over Ashland, moved on to face the 15th Region's second-ranked team, 58th District rival, Betsy Layne in the championship match. In what shaped up as a rematch of the 2009 15th Regional Tournament title match, Allen Central managed to outlast the Lady Cats. The Rebels defeated Betsy Layne 2-1, dropping the first set 19-25 before winning the second game 25-17 and claiming the third and deci-

sive set 25 – 20.

Allen Central exited the Summer Slam 9-0.

## Rebels move to 10-0

HAZARD – The Allen Central Rebels improved to 10-0 in the 2010 volleyball season on Monday night after defeating host Hazard in a road match. Allen Central won the Food City Summer Slam title over the weekend. The Rebels were ranked 25th in the state in the pre-season KVCA poll – a first for any Eastern Kentucky and 15th Region high school volleyball team. Allen Central is currently ranked first in the 15th Region. During the first week of the season, Allen Central defeated the second, third and fourth ranked teams in the 15th Region. The Rebels also defeated the No. 1-ranked team in the 16th Region.

A rundown of Allen Central leaders follows.

– Senior Leigh Williams, a setter, has 105 assists with a 97 percent setting percentage and a 32 percent assist percentage.

– Brook Risner, a sophomore, has 63 assists while setting at 65 percent. Risner has an assist percentage of 27 percent.

– Senior Leigh Williams also leads the team with 27 aces while serving at 96 percent.

– Senior Rebekah Potter (DS/L) has 13 aces and is serving at 99 percent.

– Sophomore hitter Courtney Hodge is serving at 95 percent and has recorded 18 aces.

– On the hitting side, Courtney Hodge (OH) leads the Rebels with 64 kills. Hodge is hitting at an 88 percent clip.

– Seventh grader Katie Kendrick has pounded in 46 kills and is hitting at 81 percent.

– Senior Samantha Rice (OH) has earned 35 kills while hitting at 85 percent.

– Senior Tiffany Burdzilaskas (RS\_) has 30 kills on 82 percent hitting.

– Defensively, Potter has 80 digs in 87 attempts; Hodge has 44 digs in 45 attempts; and junior Julie Halbert (DS) has 40 digs in 42 attempts.

At the net, Kendrick has 11 solo blocks, one assist and 18 partial blocks/deflections in 30 attempts.

– Sophomore Laken Tackett (MH) has five solo blocks, four block assists, and 24 partial blocks/deflections in 33 attempts.

Performance-wise, Hodge leads with a 711 rating. Williams follows with a 624 rating. Potter then comes in with a 531 rating.

Allen Central was back in action on Tuesday, hoisting 15th Region rival Pikeville at J.E. Campbell Arena. Results from the Allen Central-Pikeville match were unavailable at press time.

## Betsy Layne blanks Piarist School

by STEVE LeMASTER  
SPORTS EDITOR

BETSY LAYNE – Betsy Layne moved to 8-1 on Tuesday evening following a convincing 2-0 victory over visiting Piarist School in a 58th District volleyball match at the Dome. The Ladycats won 25-15, 25-8, prevailing in back-to-back games.

Betsy Layne, fresh off of a runner-up finish in the Summer Slam volleyball tournament in Prestonsburg, secured an early lead and pulled away from Piarist in the decisive second set.

Taylor Watkins tallied five of 10 kills for the Lady Cats. Allie Meade added two kills for Betsy Layne in the district match.

Keleigh Wagner landed 11 service aces while Watkins dropped 10 for the Ladycats.

Other key contributors for Betsy Layne in the district match were Savannah Meade, Paige Watkins, Cecilia Ray, Audri Ray and Amanda Newsome.

Betsy Layne was back in action on Tuesday in road match against 15th Region rival Pike County Central. The Betsy Layne-Pike County Central match ended too late to make this edition.

## Tyndall among national leaders in APR improvement

TIMES STAFF REPORT

MOREHEAD – Morehead State University men's basketball coach Donnie Tyndall's Academic Progress Rate (APR) has improved 139 points, the seventh best jump in the nation according to a survey conducted by FOXSports.com.

The APR is the method the NCAA uses to rate all Division I teams in regards to academic process. In an effort to improve transparency, the NCAA recently released individual coaches' APR, determined by a program's score while that coach was employed there.

Only six coaches ranked higher in improvement than Tyndall, and he was the only Ohio Valley Conference coach to rank in the top 25 in improvement.



Betsy Layne finished runner-up to Allen Central in this year's Food City Summer Slam volleyball tournament.

## Ladycats reel off seven straight wins, improves to 8-1

Betsy Layne nets six victories in P'burg tourney

by STEVE LeMASTER  
SPORTS EDITOR

BETSY LAYNE – The Betsy Layne Ladycats compiled seven straight wins last week before dipping into the loss column for the first time in 2010. Betsy Layne beat

Phelps in a season-opener on Thursday then beat Pike County Central, East Ridge, Powell County, South Laurel, Belfry and Southwestern in the Food City Summer Slam at Prestonsburg. The Ladycats finished runner-up to Allen Central in the Summer Slam following a loss in the championship match.

On Monday, Betsy Layne defeated district rival Piarist School for its eighth win of the season.

The Ladycats finished the preseason 6-4, notching wins

over Sheldon Clark, Magoffin County, Lexington Christian Academy and Scott County. Apollo, Dunbar, Daviess, and Whitfield Academy dealt Betsy Layne losses during the preseason.

Team leaders for Betsy Layne are seniors Taylor Watkins, Audri Ray, Keleigh Wagner and Allie Meade. The experienced Betsy Layne roster also features junior Savannah Meade, sophomore Paige Watkins and freshman Cecilia Ray.



**JUNIOR OLYMPIC GAMES:** Students from American Tumbling and Trampoline Academy (ATTA) of Allen competed in the 2010 Junior Olympic Games held in Virginia Beach, Va. Four athletes from ATTA reached the finals in each event and brought home a total of 12 medals. Pictured from left to right: Coach Henry Young, Mercedes Winfree, Olivia Justice, Lyndsay Cook and Marshall Maynard.



**PRESTONSBURG CHEERLEADING**

The Prestonsburg High School varsity cheerleaders attended the UCA (Universal Cheerleading Association) camp held at Myrtle Beach, S.C., earlier in the month.

Left: PHS cheerleader Courtney Foley was named a UCA All-Star during the camp.



**PRESTONSBURG** faced Montgomery County on Friday night in a preseason scrimmage. The Blackcats will battle Belfry this Friday in a season-opener.



**PRESTONSBURG** hosted the Food City Summer Slam volleyball tournament over the weekend. Matches were held at Prestonsburg High School, Adams Middle School, Prestonsburg Elementary School and Allen Elementary School. Prestonsburg compiled a 4-2 record in the tournament, posting 2-0 wins over Hazard, George Rogers Clark, Pikeville and Middlesboro.

**Bass mortality at small tourneys concerns anglers, biologists**

by **LEE McCLELLAN**  
KENTUCKY AFIELD

The dog days of August make fishing during the day miserable. After warming the air all summer, the late summer sun seems the hottest from now until the first weeks of September.

The heat forces bass tournaments into the dark hours at this time of year, but the stresses on the bass caught in those tournaments do not diminish just because its night time. Late summer into early fall presents considerable stresses to black bass just trying to survive.

"The fish are stressed before they get caught from the high water temperatures, especially with the hot summer we've had," said Chris Hickey, black bass biologist for the Kentucky Department of Fish and Wildlife Resources. "The ordeal of catching the fish, fighting it, placing it in a livewell for hours, weighing it in and releasing the fish by the marina or ramp into water warmer than where they were is really hard on a bass. They try to make it back home and may not have enough stamina left. Sometimes, they don't ever recover."

Anglers recently voiced concerns to Kentucky Fish and Wildlife after they found several 4 to 7-pound bass floating dead following a recent bass tournament at Ken Lake Marina on Kentucky Lake.

"Those tournament anglers could legally take six large-mouth, smallmouth or spotted (Kentucky) bass in aggregate daily," said Gerry Buynak, assistant director of fisheries for Kentucky Fish and Wildlife. "By releasing these fish, a good number likely survived."

Larger bass are at greater risk of dying from the stresses of tournament fishing.

"Their oxygen requirements are much higher" Hickey said. "The big ones stay out of the water longest for photos, showing off and such. Those 6-pound fish are more likely to die from stress than a 16-inch. When people see several large bass floating near a ramp or marina after a tournament, they get really upset."

The larger tournament trails do a great job of employing strategies such as placing the fish in salted, oxygenated tanks while waiting for their fish to be weighed. They also use release boats to distribute bass all over the lake and not stockpile them at the weigh-in site. They limit the time bass are out of the water.

Smaller bass tournaments such as those put on by clubs

or by your workplace don't have the resources that large tournament organizations possess. However, some simple strategies will keep more bass alive and limit mortality.

"There are some simple things small tournament organizers can do to reduce mortality," Buynak said.

Buynak explained that tournament organizers can shorten the length of tournaments held in summer into early fall. For example, shorten the time frame from 8 hours to 4 hours. They can adopt a paper tournament format such as musky anglers do by calling an observer to validate the catch and take digital photo for further proof. They can also stage multiple weigh-ins, one halfway through and one at the end of the tournament, to reduce the time bass slosh around in a livewell.

Anglers fishing the tournament can also employ some simple tactics to reduce stress on the bass.

- Play the bass quickly after it's hooked. Don't use underpowered rods and line for tournament fishing, forcing you to play the fish for a long time before landing it.

- Wet your hands before handling the fish as this helps protect the vital slime coat on a bass. The slime coat is the bass' protection from infection, parasites and disease.

- Also, don't let the bass flop around on the boat deck. The hot boat deck makes bass flop around after contact. The deck's carpet removes the vital slime coat of a bass. Fight the fish and remove the hooks quickly; don't let it flop around on the boat's deck. Get the bass in the boat's livewell as quickly as possible.

- Cooling the water in your livewell is one of the most important things to do when surface water temperatures rise above 75 degrees. Some area lakes have water temperatures pushing 90 degrees right now. Cooler water holds more dissolved oxygen than warmer water. Cool the water no more than 10 degrees.

- Adding 1/3 cup of non-iodized or rock salt for every 5 gallons of water in the livewell also aides in reducing stress on the bass. Non-iodized salt works as an anesthetic for bass and makes them more comfortable.

- Salt also helps bass regenerate their protective coating slime that protects them from infection and disease. Commercial livewell additives such as Please Release Me provide about the same benefits as salt.

- Run the livewell aerator continuously in hot weather and whenever more than five pounds of bass are in it. This reduces stress on the bass by

keeping the livewell water brimming with dissolved oxygen that fish need to breathe.

- Exchange one-half the water in the livewell every 2 to 3 hours. Add the proper amount of salt and cool the water again.

Late summer and early fall bass fishing usually means fishing deep. If you catch a bass from a depth of 20 feet or more, you may have to "fizz" the bass. Bass possess an expandable bladder in their abdomens that allows them greater buoyancy when needed. When an angler pulls a bass from deep water, the fish often have this bladder extended. They float belly up in the livewell and strain desperately to right themselves.

You'll have to deflate the bladder with a hypodermic needle with the plunger removed. Draw a line from the split between the dorsal fins along the bass' back to its anal vent. Insert the needle at a 45-degree angle toward the fish's head about four rows of scales below where this line meets the lateral line. Listen for a hissing sound and submerge the fish and needle. Wait until the bubbles stop and release the bass. Do not squeeze it. If you remove too much air, the bass will sink to the bottom like a rock.

"Just because it swims away after you release it doesn't mean it is fine," said Gerry Buynak, assistant director of fisheries for Kentucky Fish and Wildlife. "Bass may die the next day or a few days later from the stress. But, fizzing and the other precautions will increase chances for survival."

Tournament angling is popular in Kentucky during the summer. The money spent by tournament anglers helps drive the economy near our major and minor lakes. The excise taxes paid by tournament anglers purchasing motorboat fuel and fishing equipment fund the construction of new boat ramps as well as fisheries management. Their purchase of annual fishing licenses helps provide the money needed to operate Kentucky Fish and Wildlife.

Bass tournament anglers are an important group. Following these precautions will help ensure healthy fish after your bass tournament.

Author Lee McClellan is an award-winning associate editor for Kentucky Afield magazine, the official publication of the Kentucky Department of Fish and Wildlife Resources. He is a lifelong hunter and angler, with a passion for smallmouth bass fishing.

**Tug Valley Bass Anglers holds club tourney on Ohio River**

**Salyer prevails in tourney at Ashland**

**TIMES STAFF REPORT**

**ASHLAND** - On August 8, the Tug Valley Bass Anglers fishing club held its sixth tournament of the 2010 season on the Ohio River's Greenup pool in Ashland. Twenty-one anglers competed in the event.

Weather for the tournament was good, with clear skies and light winds. The air temperature was in the low 90s but with the light wind it wasn't unbearable.

The river was at normal pool with stained water conditions in most areas. The fishing for whatever reason was a little tough, it was probably the heat.

The fishing was pretty much typical river fishing for this time of year. The fish were mostly on the main river and

were from 3 to 8 feet deep. One of the main keys to success was the fishermen. The bites were few and far between and anglers had to stay alert, fish hard all day and be ready when one did bite.

The main pattern for this tournament was to fish top water baits in the morning

lbs.; 4th—MO (3 fish), 2.78 lbs.; 5th—Keith Pacific (2 fish), 2.75 lbs.; 6th—Kevin Runyon (2 fish), 2.26 lbs.; 7th—Gary Varney (2 fish), 2.03 lbs.; 8th—Don Taylor (1 fish), 2.02 lbs.; 9th—Greg Maynard (2 fish), 1.94 lbs.; 10th—Brad May (1 fish), .87 lbs.



before the sun got out bright, then switch to soft plastic crawfish imitations and plastic worms worked along the grass beds and on any piece of cover you could find. The top finishers were as follows:

1st —Michael Salyer (3 fish), 6.57 lbs.; 2nd—Shawn Smith (3 fish), 4.47 lbs.; 3rd—Mitch Salmons (3 fish), 3.83

The Tug Valley Bass Anglers fishing club boasts the following sponsors: Gander Mountain, TMK Security and Personnel, Borders Sporting Goods, Elliott Supply & Glass, Quality Metals, Perry Distributors, Pigeon Creek Log Company, Muncie's Auto Recycling, Pro Auto Body, Little John's Carquest, City Insurance, Nanack Mini Warehouse & Storage, Bank Of Mingo, Yamaha Of Pikeville, Martin's Peterbilt, Nova Pharmacy, Thomas Body Shop, Bill Lewis Rattle Traps, Don's Street Machine, Extreme Sounds and Thoroughbred Steakhouse.

# Wildcats conduct first scrimmage

## Offense, Defense each make good plays

TIMES STAFF REPORT

LEXINGTON — The University of Kentucky football team held its first major scrimmage of preseason practice Saturday afternoon at Commonwealth Stadium.

UK Coach Joker Phillips' team warmed up for 30 minutes, then scrimmaged for one hour and 40 minutes. The scrimmage began with special teams work before moving into offense vs. defense. One point of emphasis was the ongoing competition at quarterback with senior Mike Hartline, sophomore Morgan Newton and redshirt freshman Ryan Mossakowski.

"They all were productive; they had a couple of blunders by all three of the quarterbacks," Phillips said. "The thing we're trying to eliminate is that blunder. You can't have a blunder at the quarterback position."

"In the first week (of preseason practice), the things you're looking at are where are their eyes, are they talking, what are they seeing when they're out there, how are they talking to you when they come back. All three of them know what's going on out there. A lot of that has to do with getting your timing together in a week. Hopefully that will come next week. We weren't as productive as we'd like because of the timing. We'll take a look at the film and see how it shakes out."

Phillips noted that the team had more emphasis on the passing game than the running game during the scrimmage.

"I thought the defense played really well except for a couple of big plays in the passing game," the coach continued. "One of the quarterbacks pulled one down and made a big play with his legs, which is what he has to do. It's hard to say the run game is ahead of the pass"

game at this point because of what we tried to do today.

"I think we have to give this competition another week because there wasn't any huge separation amongst them. We'll give it another week and try to decide on Sunday of next week whether we're ready to make a decision."

The coach indicated that he saw good things out of some of the Wildcat freshmen.

"I really liked a couple of the freshmen," Phillips said. "Ninety-nine (defensive tackle Donte Rumph) continues to show up. He's a load. He's what we play against every Saturday. We have to get him in shape. Hopefully, we'll get him to play a long series. I really liked Priester (freshman cornerback Jerrell Priester), he showed up. (Freshman defensive end) Nerman Delic is slowly making a case for not only getting on the bus, but getting some playing time. Two of the young backs, (Raymond) Sanders and (Brandon) Gainer, showed up a lot."

"We need a couple of those tight ends to step up. Those three young tight ends, we need one of those guys to step up and find out if any of those three guys can help us."

Phillips also was asked about the ongoing battle at middle linebacker.

"Qua Huzzie showed up all over the field," Phillips said. "I like his energy. I'm not sure if he separated himself enough to move up, we'll see watching on the film, but he continues to show up. Your middle linebacker is the one you're trying to keep the down guys off of, he better make plays and Qua Huzzie is starting to show up and make plays."

Phillips noted that junior wide receiver Gene McCaskill incurred a knee injury and freshman running back Miles Simpson sustained an ankle injury during the practice. The coach said that there would be a better indication of the extent of the injuries on Sunday.

The Wildcats reviewed the scrimmage video Saturday night and resumed practice Sunday.



BETSY LAYNE fared well in the Food City Summer Slam volleyball tournament over the weekend, finishing runner-up behind defending 15th Region Champion Allen Central. photo by Jamie Howell

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# Porter begins practice with Wildcats

TIMES STAFF REPORT

LEXINGTON — Elliott Porter, a defensive tackle from Waggaman, La., who earned All-America honors at Archbishop Shaw High School, has joined the University of Kentucky football team and began practicing with the Wildcats Monday afternoon.

Porter originally signed with LSU in February, but the Tigers had too many signees qualify and released him from his scholarship. After a couple of whirlwind weeks that featured scholarship offers from numerous schools, including visits to UK, Oregon and Texas

A&M, Porter cast his lot with the Cats.

"I'm excited about getting a player of this quality at this time of year, especially a defensive lineman in August," Coach Joker Phillips said. "Elliott is a big, strong physical guy who plays hard and takes control of his position. He's a great kid, really smart and has great character. I'm excited to have him join our football family."

"Kentucky has a really good coaching staff," said Porter, when asked of his decision. "I loved the school and the players (when I visited). There's a family atmosphere here."



THE BETSY LAYNE DEFENSIVE UNIT will look to limit both the run and the pass during the 2010 season. Betsy Layne hosted Boyd County in a scrimmage Friday evening.

Unfortunately, some parents skip important step number three: Booster seats. Because their children have outgrown toddler seats, they mistakenly assume a safety belt is the next step. However, safety belts alone can be dangerous for kids who are under 4'9". Because safety belts don't fit these children properly, they can cause serious injuries to their face, neck and abdomen during a crash or sudden stop. In fact, kids 2-5 who wear

*the four safety-belt steps are not magical  
...they're critical.*

safety belts alone are 4 times more likely to suffer head injuries than kids in car seats and booster seats. In addition, children 4-7 who use booster seats are a whopping 59% less likely to be injured in a crash than those only restrained by a safety belt. Booster seats raise your child up so that a safety belt (designed for adults) will fit and protect them properly. Remember, 4'9" is the magic number. Until then, kids really need to be in a booster seat. Booster seats work like...well, you know.

**1** infant seat

**2** toddler seat

**3** booster seat

**4** safety belt

[www.boosterseat.gov](http://www.boosterseat.gov)

# MAKING Munchies MATTER

## Better-for-you snacks kids will love

FAMILY FEATURES

**K**ids love to snack. But left to their own devices, most kids don't always make the healthiest snack choices. A new study of long-term eating patterns in children, from researchers at the University of North Carolina, shows that kids today are getting nearly one-third of their daily calories from unhealthy snacks such as chips, crackers and candy.

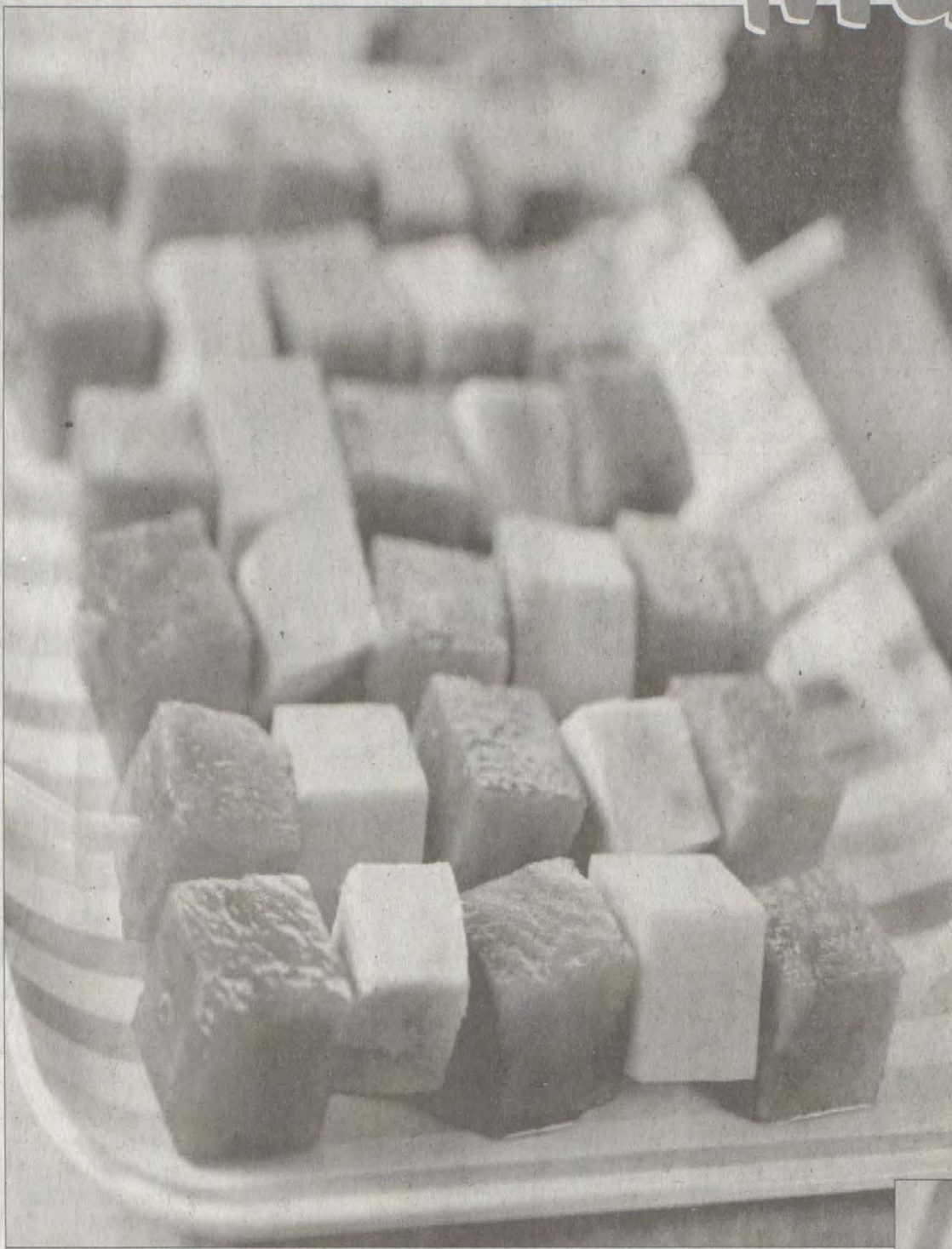
Nutritious and delicious snacks are as close as your produce aisle. Watermelon is practically a multivitamin unto itself — and its natural sweetness is something kids love.

### Did You Know?

- A 2-cup serving of watermelon is an excellent source of Vitamins A, B6 and C.
- Vitamin A found in watermelon is important for optimal eye health.
- Vitamin B6 found in watermelon is used by the body to manufacture brain chemicals (neurotransmitters), such as serotonin, melatonin and dopamine, which preliminary research shows may help the body cope with anxiety and panic.
- Vitamin C in watermelons can help to bolster your immune system's defenses against infections and viruses, and is known to stimulate the immune system and protect against free radical damage.
- A 2-cup serving of watermelon is also a source of potassium, a mineral necessary for water balance and found inside of every cell. People with low potassium levels can experience muscle cramps. A 2-cup serving has less than 10 percent of the daily reference value for potassium.

Try these fun recipes as after-school and post-activity snacks. For more kid-friendly recipes and healthy eating tips, visit [www.watermelon.org](http://www.watermelon.org).

Send some healthy lunch munchies to school — watermelon chunks are an easy way to brighten up a sack lunch and give kids a tasty nutritional boost in the middle of the day.



Watermelon Kebabs

### Watermelon Kebabs

1-inch cubes of seedless watermelon  
Smoked turkey breast  
Cheddar cheese  
Coffee stirrers or beverage straws

Cut watermelon, turkey and cheese in cubes and skewer on stirrers or straws.

### Watermelon Nachos

Serves 6 to 8

12 to 16 1/2-inch thick watermelon triangles with 3-inch sides  
2 cups Greek vanilla yogurt  
1/2 teaspoon vanilla extract  
A few drops almond extract  
1 cup Craisins  
1 cup white chocolate chips  
1/2 cup toasted sliced almonds  
1/2 teaspoon ground cinnamon

Arrange the watermelon triangles on a serving platter or glass cake stand. Mix yogurt with extracts and spoon yogurt over the watermelon in the fashion of nacho cheese sauce. Sprinkle craisins, white chocolate chips, and almonds over the yogurt and dust with cinnamon.

### Watermelon Dippers

8 ounces sour cream  
4 tablespoons sugar  
1 teaspoon vanilla extract  
Watermelon sticks or small wedges

Blend together the sour cream, sugar and vanilla in a small serving bowl. Use as a dip for the watermelon.

### Watermelon Cut Outs

Seedless watermelon, cut into 1/2- to 3/4-inch-thick slices  
Yogurt  
Granola or similar cereal

Using your favorite cookie cutters, cut shapes out of watermelon slices. Frost with vanilla or other flavored yogurt. Sprinkle with granola.

### Watermelon Berry Slush

Makes 6 servings

4 cups cubed, seeded watermelon  
1 10-ounce package frozen raspberries  
1 12-ounce bottle sparkling mineral water

Place watermelon in a single layer in shallow pan; freeze until firm. Remove from freezer and let stand 5 minutes. Drop watermelon through food chute of a food processor or blender with the motor running. Add frozen raspberries alternately with mineral water, processing until smooth.

### Watermelon Jelly Logs

Makes 6 servings

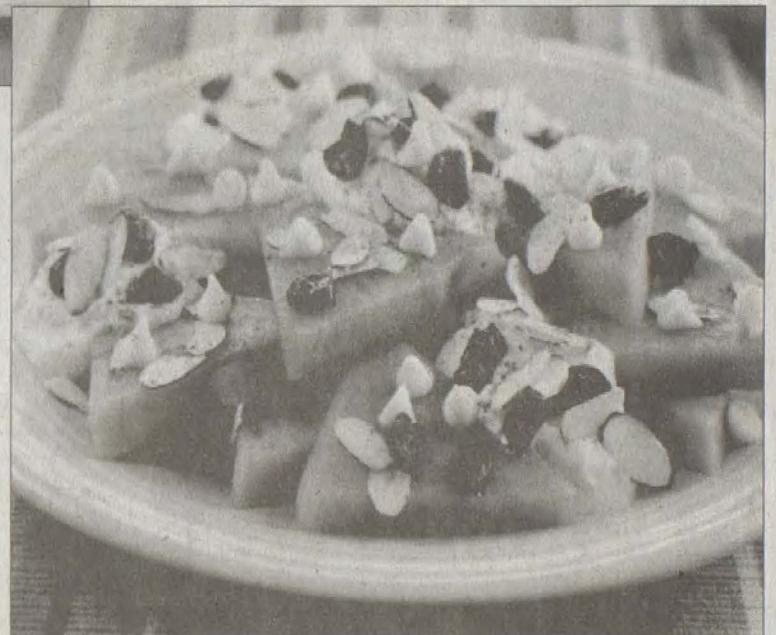
6 3-inch x 2-inch x 5-inch watermelon rectangles  
3 flavors all fruit or low sugar preserves  
6 ginger, molasses or peanut butter cookies

Using a melon baller, cut 3 divots into a long side of each watermelon rectangle. Fill each divot with a different all-fruit or low-sugar preserve. Serve each rectangle with a cookie.

### Healthy Eating Tips

Healthy eating habits start at home. One of the best things you can do for your kids is to be a role model for smart food choices. Here are some simple things you can do to help your kids develop healthy lifelong habits.

- Shop for food together and take time to examine, discuss and select fruit and vegetables that catch your child's eye. Allow your child to help you to prepare these healthful foods. For example, let your child use a melon baller to create melon balls from watermelon, cantaloupe and honeydew to create a festive, nutritious and visually appealing dessert.
- Make healthy snacks available at all times for your children by keeping the fridge filled with flavorful, nutrient-rich treats such as grapes, cherries, carrots and watermelon cubes.
- Simple changes are easier for your child to get used to. Try switching from full fat milk to non-fat milk, serving sherbet, sorbet, ice milk or fruit juice bars, or adding fresh fruit to his or her cereal in the morning.
- Serve your children colorful, deeply pigmented plant food. These foods tend to offer tremendous nutritional value. For example, red peppers, carrots, broccoli, oranges and watermelon are all packed with minerals, vitamins and antioxidants.
- Start each day with breakfast, preferably fruit with low-fat yogurt or granola. Make a fruit smoothie by blending watermelon cubes and a banana with crushed ice.



Watermelon Nachos



Watermelon Cut Outs



Watermelon Berry Slush



Watermelon Dippers



Watermelon Jelly Logs











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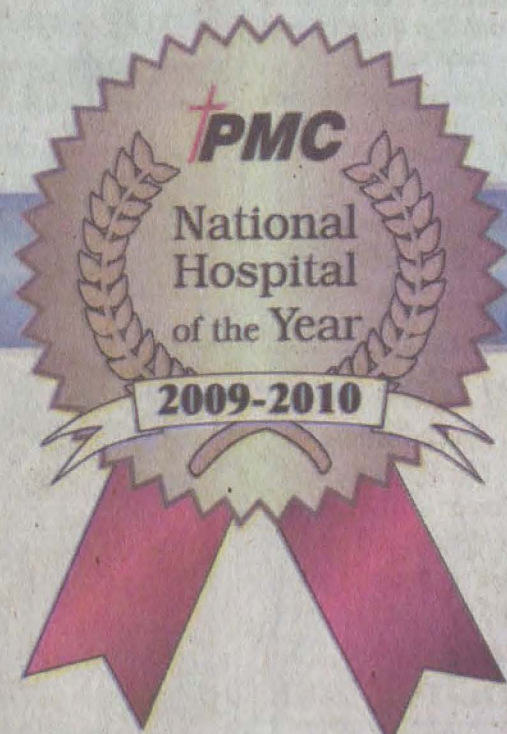
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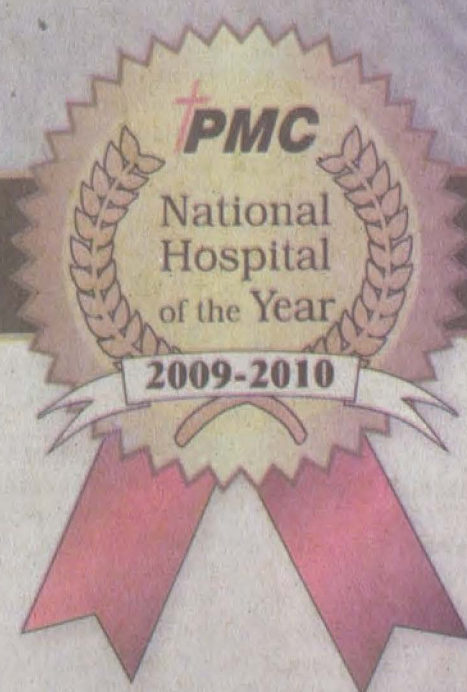
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