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— page B1

briefs

Contraband charges filed

by **SHELDON COMPTON**
STAFF WRITER

INEZ — Two people are the focus of criminal complaints filed in U.S. District Court in Pikeville on charges they provided a federal inmate with marijuana and tobacco.

The complaint, filed Monday, list individual counts of conspiring to provide an inmate with contraband items against Chymes Sharina Simmons, Gary Sengell McLeod and Johnny Lee Witherspoon.

A centerpiece to the complaint is an affidavit from FBI Special Agent Randolph McCoy sealed and attached along with the complaint.

In his statements, McCoy says that Simmons and McLeod worked together to provide Witherspoon, an inmate at the United States Penitentiary at Big Sandy, with marijuana and tobacco on Sunday, Feb. 22, one day before the complaint was filed in Pikeville.

The day following the complaint, arrest warrants were returned for both Simmons and McLeod and later orders setting conditions of their release.

The United States is represented in the case by Asst. U.S. Attorney Thomas Lee Gentry as the lead attorney and Robert M. Duncan Jr. assisting.

2 DAY FORECAST

Today

Showers
and wind

High: 54 • Low: 33

Tomorrow

Showers

High: 42 • Low: 25

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

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Sex offender charged with violation

by **SHELDON COMPTON**
STAFF WRITER

WHEELWRIGHT — A convicted sex offender was taken into custody again after failing to comply with the sex offender registry and has since seen his case waived to a Floyd County grand jury.

Roger Darrell Henderson, 60, of Hi Hat, was recently arrested at Wheelwright in an apartment he had

been living in above the city's old city hall building, an area police said was near to where his former victim lived.

The arrest warrant was served by officers with the Floyd County Sheriff's Department on behalf of the Probation and Parole Office in Prestonsburg.

The arrest citation said Henderson was living in the apartment with a woman not fully identified beyond a reference to her as "a Gilliam lady."

Henderson was charged with failure to comply with sex offender registration, a felony. The case was officially waived to the grand jury during a preliminary hearing last week and Henderson's bail amount was amended to a \$10,000 partially secured bond. The bond amount was first set at \$5,000 cash.

In 1998, Henderson was charged with first-degree sodomy, a count later amended to first-degree sexual abuse

of a 10-year-old girl. He was sentenced to five years in prison on that count. Later, a second charge of first-degree sexual abuse was handed down in a separate case which saw another two years added to his sentence to run concurrent to the previous case.

According to the Kentucky State Police Sex Offender Registry Henderson's listed address was Hi Hat and he is categorized as a lifetime registration type.

McGLOTHLIN FINALIST



Mary Slone was recognized by the Floyd County Board of Education on Monday for her selection as a finalist for the 2009 McGlothlin Award for Teaching Excellence. Slone teaches English at South Floyd High School.

photo by Jarrid Deaton

South Floyd High teacher a finalist for prestigious award

by **JARRID DEATON**
FEATURES WRITER

HI HAT — Mary Slone, an English teacher at South Floyd High School, has been selected by a group of judges to be one of six finalists for the 2009 McGlothlin Award for Teaching Excellence.

Slone, an educator in Floyd County for 13 years, teaches three English courses at South Floyd, with 120 students in her classroom each day. Slone serves as chair of the South Floyd High School English department.

"There's not enough wonderful words to describe Mary Slone," said Debbie Hall, secretary at South Floyd High School. "Her animation

and her love and devotion would help any child learn. She can capture the attention of any student."

The finalists for the award were selected from 19 semifinalists, with judging based on a lesson plan with a 20-minute video of the instructor teaching the lesson in their classrooms. The judges will visit the six finalists at their schools to evaluate their classroom instruction, classroom management, interaction with students and the use of instructional technology.

Two winners from the six finalists will be awarded \$25,000 each. The two winning teachers, one from grades K-5 and one from grades 6-12, must use \$10,000 of the \$25,000 award for international

travel. The winners will be announced on April 6.

"Personally, I benefit from being around her daily, as her enthusiasm, energy and high expectations are refreshing, especially on those particularly tough days," said South Floyd High School principal Joe Marson. "I also feel quite confident that I am not the only person who goes to Mary to get a little pick me up, or just to go on with a smile. She is an asset to South Floyd High School."

Blue Ridge PBS administers the McGlothlin Awards, now in its 10th year. The awards, which are among

(See **TEACHER**, page five)

Bluegrass concert to benefit storm victims

by **JARRID DEATON**
FEATURES WRITER

PRESTONSBURG — The upcoming Don Rigby show at the Mountain Arts Center is now officially a benefit concert for those who were hit hard by the recent storms in the region.

A few years ago, Goodtime Productions President Ken Carriere and his family lost their home and belongings to a flood, and many people from the bluegrass music community, including Rigby, participated in a benefit concert to financially assist those who were in need due to the devastation brought by the flooding.

"We, along with many others, have remained appreciative of the thoughtfulness and concern of the bluegrass and other people of the community for their compassionate service at this difficult time," said Ken Carriere. "The region has once again been hit hard with severe weather that has left many people in a very difficult situation, thus presenting another opportunity for the bluegrass community to come forward to assist others."

Carriere and Rigby have determined that all profits from the Don Rigby Homecoming Concert will be donated to families that have suffered uninsured losses to their homes or other property and are in dire circumstances.

"On Saturday, March 7, you will be able to enjoy Don Rigby and his band, Midnight Call, along with special guests, Longview, while providing necessary funds to struggling friends and neighbors in the region," Carriere said.

An account for the storm disaster funds has been recently established with the Community Trust Bank in Prestonsburg. The storm disaster fund has been also been registered federally with the Internal Revenue Service.

The Don Rigby concert is scheduled to begin at 7:30 p.m. at the Mountain Arts Center on March 7.

For more information of how to donate, and on the benefit concert, contact Goodtime Productions at (760) 886-9391, or visit <http://www.goodtime.com>.

Pike CVE officer honored

by **SHELDON COMPTON**
STAFF WRITER

FRANKFORT — An officer with the Kentucky State Police's Commercial Vehicle Enforcement (CVE) was honored along with seven other state police officers during a ceremony in Frankfort Tuesday.

Officer Anthony Bersaglia, a four-year veteran from the Pikeville CVE Region, received the Excellence in Highway Safety Award for the highest number of commercial motor vehicle citations in the past year.

During 2008, Bersaglia issued a total of 1,904 citations.

Capt. Brian Howard said Bersaglia's "work ethic, enthusiasm and dedication are unmatched."

"Anthony has the reputation among his colleagues as the officer who sets the standard by which all others are measured," Howard said.

The Kentucky State Police CVE division awards were based on the number of safety inspections administered, percentage of commercial motor vehicles deemed out of service as a result of inspections and the total number of CMV citations issued during the year.

The ceremony pays tribute to those who

(See **OFFICER**, page five)



Other officers recognized by Kentucky State Police include, back row, Sgt. Dennis Hedger, Sgt. Steve Walker, Trooper First Class Walt Meachum and Trooper Chris Steward; front row, Officer Glenn Perry, Officer Travis Rogers and Inspector Marty Young.

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"The King of Comfort"

Beshear releases plan for stimulus dollars in Kentucky

LOUISVILLE — Gov. Steve Beshear unveiled Wednesday the "Kentucky at Work" initiative — the details of an estimated \$3 billion in stimulus funding from the federal government that will be invested in Kentucky over the next 28 months.

"Kentucky At Work," the commonwealth's plan to implement American Recovery and Reinvestment Act dollars signed into law last week by President Barack Obama, will provide a much-needed, one-time infusion of dollars for two primary purposes: to maintain jobs and quality of life through investments in education, health care and public safety; and to make strategic investments now to position Kentucky for the future.

"Both of these principles recognize that we cannot retreat in our commitment to vital areas like education, health care, economic development and public safety," Gov. Beshear said. "The bipartisan, mid-year budget initiative that the General Assembly passed and I just signed into law preserves these priorities."

At the same time, building roads, bridges and water and sewer lines, as well as new

KENTUCKY AT WORK

energy programs and health initiatives, not only create jobs but also enhance the infrastructure that makes expanded development possible. The "Kentucky at Work" initiative helps to stimulate the economy in both the short and long term.

Beshear, who recently returned from a weekend conference of the National Governors Association (NGA) in Washington, D.C. where he met with President Obama, Federal Reserve Chairman Ben Bernanke and U.S. Treasury Secretary Timothy Geithner, said the President's recovery plan recognizes that states are hurting.

The NGA estimates that between 2009 and 2011, states will face shortfalls totaling \$250 billion. Kentucky cut spending over the last year by \$432 million and just reached agreement on a bipartisan plan to address an additional \$456

million hole in this fiscal year. At a briefing Wednesday in Louisville with Mayor Jerry Abramson, Gov. Beshear presented a breakdown of major areas of funding under the "Kentucky at Work" plan:

■ **Medicaid:** Kentucky's Medicaid program will receive about \$990 million over the next two years. The program currently faces a \$232 million deficit this year, while demand for services is increasing by about 3,000 people a month due to the economy.

■ **Health and welfare:** Kentucky will receive about \$272 million for areas like public housing, weatherization, child care, child support enforcement and homelessness prevention.

■ **Education:** Kentucky will receive about \$924 million in stimulus money. Approximately \$535 million will be used to preserve existing commitments to K-12 and higher education, as well as to continue efforts to hold down the cost of tuition. The remaining \$389 million, administered through the Kentucky Department of Education, will go to Title I, Head Start, technology and school lunch programs and other programs that help families in crisis.

■ **General Fund:** Kentucky will receive nearly \$120 million to help address critical shortfalls in priority areas and mitigate against even deeper cuts over the next two fiscal years.

■ **Job training and public safety:** The commonwealth will receive \$66 million in job training and workforce development dollars. In the area of public safety, Kentucky will receive about \$30 million to combat violence against women and to support criminal justice efforts at both the state and local levels.

■ **Roads and Bridges:** Kentucky will receive \$421 million for highways and bridges. Gov. Beshear and legislative leaders have been working together on a road plan that contains projects that meet the federal government's requirement that 50 percent of those funds be obligated within 120 days. Projects must be shovel-ready.

■ **Transit:** About \$50 million will be allocated for transit.

■ **Water and Sewer lines:** Kentucky will receive about \$71 million for water and sewer infrastructure.

■ **Community Development:** The state will

be allocated some \$12 million for local community development block grants.

■ **Energy Projects:** About \$63 million will be allocated to Kentucky for energy initiatives.

The governor has put together an interagency work group — led by Cabinet Secretary Larry Hayes — to help guide planning for the Kentucky at Work initiative.

Two areas not accounted for in this \$3 billion of investment include opportunities for states to compete for several billion in grants in the areas of health technology, education, public safety, transportation, energy research and the expansion of broad-band networks, among others.

Kentuckians will also bene-

fit from various tax cuts, tax credits and other incentives included in the President's plan. These include those for low-income families, first-time homebuyers, incentives for the purchase of new vehicles and tuition assistance for college.

As investments are made, Gov. Beshear stressed the need for openness and accountability of the "Kentucky at Work" plan.

"The federal government has created a Web site to track the dollars and how they are spent, and we will have something similar available here in Kentucky," Gov. Beshear said. "These are tax dollars and public deserves to know how their money is being spent."

Woodmen of the World reminds members of disaster benefit

OMAHA, Neb. — Member and associate volunteers from Woodmen of the World, a fraternal benefit organization with over 72,000 members living in Kentucky and Arkansas, are currently providing emergency disaster assistance to those recovering from recent ice storms.

The volunteers are operating shelters at Woodmen of the World youth camps, operating mass feeding operations for victims and relief workers, and collecting and distributing cleaning supplies, blankets, and other emergency supplies in areas hardest hit.

Anyone who would like to make a donation for disaster relief can send a tax-deductible donation to Woodmen Foundation, P.O. Box 2107, Omaha, NE 68103-2107. Recipients do not need to be members of

Woodmen of the World to receive assistance.

Woodmen of the World reminds its members who sustained significant ice storm damage to their primary residence that they may qualify for a special disaster benefit. Members can visit www.woodmen.org or contact their Woodmen of the World representative to learn more.

Woodmen of the World was founded in 1890 as a fraternal benefit organization. Today, Woodmen of the World offers insurance, annuities, mutual funds*, and 529 college savings plans*. More than 750,000 Woodmen of the World members across the country share a commitment to family, community and country. To learn more about Woodmen of the World, visit www.woodmen.org.

Obituaries

Lydia Jane Dingus

Lydia Jane Dingus, age 68, of McDowell, passed away Tuesday, February 24, 2009, at Mt. Carmel West Hospital.

Born September 19, 1940, in Floyd County, she was the daughter of the late Joe and Elizabeth Jones Bentley. She was a homemaker.

She was preceded in death by her husband, Z.C. Dingus.

Survivors include two sons: Henry McKinney Jr. (Harriette Castle) of McDowell, and Eugene McKinney (Kimberly) of Honaker; two daughters: Elizabeth (Gary) Blankenship and Cheryl (Randall) Evans, both of McDowell; two brothers: William McKinney of Wayland, and Randy McKinney of Bypro; two sisters: Teresa Webster of Raven, and Dorothy Delong of Ohio; nine grandchildren; and 11 great-grandchildren.

In addition to her husband and parents, she was preceded in death by one brother, Roger Bentley; and two sisters: Judy Collins and Christine Hall.

Funeral services will be conducted Saturday, February 28, at 1 p.m., at Nelson-Frazier Funeral Home, in Martin, with Off Regular Baptist ministers officiating.

Burial will be in the Justice Cemetery at Harold.

Visitation is at the funeral home. (Paid obituary)

James Blaine Hopkins

James Blaine Hopkins, age 79, of Prestonsburg, passed away Tuesday, February 17, 2009, at Highlands Regional Medical Center, in Prestonsburg.

He was born March 13, 1929, in McDowell, the son of the late Fayette Hopkins and Virgie Hall Hopkins. He was a maintenance worker for the Floyd County Board of Education, and a Kentucky Colonel.

Survivors include two sons: Jimmie D. (Rosemary) Hopkins of Wayland, and Gary (Sue) Hopkins of Ivel; two daughters: Sharon K. (Steve) Mullins of Morehead, and Melinda G. (Jesse) Osborne of Prestonsburg; seven grandchildren: Jason, Leslie, Sharea, Anna, Doug, Jennifer, and Jesse; and four great-grandchildren: Ethan, Connor, Grant and Garrison.

In addition to his parents, he was preceded in death by three brothers: Guy Hopkins, Ross Hopkins, and Roy Hopkins; and five sisters: Ruth Akers, Ethel Stumbo, Wilma Jones, Thelma Hall, and Edna Stumbo.

Funeral services for James Blaine Hopkins will be conducted Saturday, February 21, at noon, at the Hall Funeral Home Chapel, in Martin, with Clergyman Glenn Hayes offi-

ciating. Burial will follow in the Hopkins Family Cemetery, in McDowell, with the Hall Funeral Home, caring for those arrangements.

Visitation is at the funeral home.

Pallbearers: Jesse F. Osborne, Jason Lance, Doug Hopkins, Dan Ballman, Steve Mullins, Terry Thompson, and Jessie B. Osborne.

(Paid obituary)

Timmy Kidd

Timmy Kidd, age 53, of Honaker, passed away Monday, February 23, 2009, at the Pikeville Medical Center.

He was born March 18, 1955, in Floyd County, he was the son of the late Millard and Bertha Case Kidd. He was a heavy equipment operator.

He is survived by his wife, Sharon Thomas Kidd. Other survivors include two sons: Timmy D. (Hot Rod) Kidd and Ronnie L. Kidd, both of Honaker; a daughter, Tracy Young of Honaker; one brother, Tony Kidd of Wellington; one sister, Sheila Smith of Honaker; and six grandchildren: Joshua, Jessica, Madison, Kennedy, Jaylen, and Mayson.

In addition to his parents, he was preceded in death by his brothers and sisters: Johnny Kidd, Jimmy Kidd, Carolyn Kidd, Jennie Kidd, and Betty Kidd.

No services were held.

Visitation was at the Nelson-Frazier Funeral Home in Martin.

(Paid obituary)

Jake McCoy

Jake McCoy, age 55, of Prestonsburg, passed away Monday, February 23, 2009, at his residence.

Born August 1, 1953, in Floyd County, he was the son of the late Lucian and Angeline Miller McCoy. He was a retired coal miner.

He is survived by his fiancée, Helen Leslie.

Other survivors include one son, Jake McCoy of Printer; one daughter, Sabrina Blair of Prestonsburg; two brothers: Danny and Bob McCoy, both of Printer; two sisters: Billy Sue Wright of Martin, and Ethel Carroll of Printer; five grandchildren: Emery, Courtney, Alyssa, Anna, and Shavanna.

(Paid obituary)

In addition to his parents, he was preceded in death by two brothers: Benny Gene McCoy and Vick McCoy; and one sister, Betty Lee McCoy.

Funeral services were conducted Thursday, February 26, at noon, at the Nelson-Frazier Funeral Home, Martin, with Ellis Stephens officiating.

Burial was in the Martin Cemetery in Martin.

Visitation was at the funeral home. (Paid obituary)

Jeremy Todd Sexton

Jeremy Todd Sexton, age 31, of Litt Carr, passed away February 18, 2009, in Teaberry.

He was born in Hindman, on June 12, 1977.

He is survived by his father, Lonnie Sexton; his mother, Debra Sexton; his fiancée, Jenna Hamilton; his maternal grandmother, Edice Ann Amburgey; his sister, Angela Dawn Renfro; his brother-in-law, Joseph Lee Renfro; and numerous aunts, uncles, cousins, and friends.

He was preceded in death by his maternal grandfather, Thelen Amburgey; his paternal grandparents, Mary and Ernest Sexton.

Funeral services were held at the Hindman Funeral Services Chapel, Sunday, February 22, at 2:00 p.m., with Bobby Amburgey, Frank Newsome, and others, officiating.

Burial followed at the Amanda Jo Cemetery at Brinkley.

www.hindmanfuneralservices.com

(Paid obituary)

Donald "Duck" Ray Shannon

Donald "Duck" Ray Shannon, age 64, of Drift, husband of Carlotta Humble Shannon, passed away Monday, February 23, 2009, at his residence.

He was born April 30, 1944, in Cincinnati, Ohio, the son of the late Earl Denver Shannon and Zada Artrip Shannon. He was a residential advisor for the Carl D. Perkins Job Corps, and a member of the Church of Jesus Christ of Latter Day Saints, in Martin.

Survivors include his wife, Carlotta; four sons, Denver (Vanessa) Shannon of Salt Lake City, Utah, Scott (Stacy) Shannon and Jimmy (Dante) Shannon, both of Drift, and

Jason (Amanda) Shannon of Virgie; a brother, Vadus Melton of Austin, Indiana; a sister, Sallie Shannon Miller of Drift; seven grandchildren, Alton Shannon, Kaitlin Shannon, Ian Shannon, Evan Shannon, Kamryn Shannon, Addison Shannon, and Ashley Newsome Shannon.

Funeral services for Mr. Shannon will be conducted Friday, February 27, at 1:00 p.m., at the Church of Jesus Christ of Latter Day Saints, in Martin, with an elder of the Church officiating.

Burial will follow in the Drift Cemetery, under the professional care of the Hall Funeral Home, in Martin.

Visitation is at the funeral home, with nightly services at 7:00 p.m. (Paid obituary)

James Scott Stanley

James Scott Stanley, age 65, of Blue River, passed away Sunday, February 22, 2009, at the UK Medical Center.

Born January 29, 1944, in Floyd County, he was the son of the late Otto Stanley, and Ann and William Hall. He was a retired coal miner.

He was preceded in death by his wife, Eester Marie Stanley.

Survivors include six sons: Jeffrey Lee (Charity) and Mark Christopher Stanley, both of Blue River; James Henry (Vicky) Stanley of Paintsville; Tony Douglas and William David Stanley, both of Lexington; and Steven Dwayne (Jennifer) Stanley of Knoxville, Indiana; 15 grandchildren: Tiffany B., Tiffany S., Jessie, Steven, Betty Alice, Jeremy, Summer, Ginger, Brandon, Nicole, Jamie, Kathy, Andy, Christopher, and Josh; six great-grandchildren: Katie, MaKayla, Madison, Kayden, Pantera, and Christopher Logan.

In addition to his wife and parents, he was preceded in death by one son, Keith Scott Stanley; one daughter, Linda Sue Stanley; one brother, Frank Hall; and one sister, JoAnn Hall.

Funeral services were conducted Thursday, February 26, at 1 p.m., at Nelson-Frazier Funeral Home in Martin.

Visitation was at the funeral home.

Burial was in the Henry Stone Cemetery at Buckeye.

(Paid obituary)



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REWARD

Family seeking the recovery or information about the whereabouts of a gun lost during an automobile accident on Dec. 24, at Buckingham. The gun is a .40 caliber Smith and Wesson model number 410S, serial number VJH8907.

Contact Gary Tackett at
(606) 377-7723

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For the Record

Marriage Licenses

Tiffany Natasha Adams, 15, of Beaver, to Jerry Dwayne Shields, 19, of Virgie.
Shani Lea Simpkins, 23, of East Point, to Brandon B. Hall, 26, of East Point.
Raliza Vladimirova Pashova, 23, of Weeksbury, to Joseph Carl Hagerman, 30, of Weeksbury.
Christina Robinette, 20, of Harold, to Stephen Wade Hunter, 31, of Harold.

Civil Suits Filed

Rita Little vs. State Farm Insurance; complaint.
Gwendolyn Baldridge vs. John Baldridge; divorce.
Brian Tackett vs. Bernice Tackett; separation agreement.
Deutsche Bank National Trust Company vs. Timothy M. Senter; complaint.
William Rose vs. Sabrina Renee Rose; divorce.
Gene Hinton vs. Gregory Crace; complaint.
Vickie Carrier vs. Timothy Bottom; divorce.
Roland E. Gray vs. Barbara Porter; complaint.
Mary Lou Marcum vs. Ronald Marcum; divorce.
Asset Acceptance LLC vs. James R. Flannery; complaint.

Small Claims Filings

Shirley Collins vs. Tracey Owens; debt collection.
Gopal Majumdar vs. Martin Webb; debt collection.
Gopal Majumdar vs. Jayne Joseph; debt collection.
Gopal Majumdar vs. Heather Bailey; debt collection.

Charges Filed

Roger D. Henderson, 60, Hi Hat; failure to comply with sex offender registration.
Frank Dean Reffitt, 30, Martin; operating a motor vehicle while under the influence of alcohol or drugs.
Diana Mac Howell, 30, Tram; public intoxication, possession of marijuana, three counts of possession of a controlled substance, prescription in an improper container.
Claude Donald Isaac, 30, Teaberry; leaving the scene of an accident failure to render aid or assistance, first-degree wanton endangerment.
Claude Donald Isaac, 30, Teaberry; theft by unlawful taking.
Marilana Campbell, age unlisted, Pikeville; receiving stolen property.
Charles S. Bailey, 75, Langley; alcohol intoxication.
Janet J. Fraley, 54, Martin; harassment.
Janet J. Fraley, 54, Martin; harassment.
Joshua R. Heason, 24, Beaver; alcohol intoxication, disorderly conduct, criminal mischief, terrorist threatening.
Obdulio Diaz, 26, Ivel, fourth-degree assault.
Laura Beth Hall, 26, Beaver; alcohol intoxication, possession of an open alcoholic beverage container in a motor vehicle.
Brendon C. Little, 21, Weeksbury; alcohol intoxication, drinking an alcoholic beverage in a public place, unlawful transaction with a minor, criminal littering.
Johnny Lee King, 35,

Banner; unlawful transaction with a minor.

Edmund Shawn Yates, 30, Banner; unlawful transaction with a minor.

Andy Mark Lowe, 26, Prestonsburg; operating a motor vehicle on suspended or revoked license, endangering the welfare of a minor, operating a motor vehicle under the influence of alcohol or drugs, improper parking.

Michael D. Johnson, 18, Melvin; operating a motor vehicle while under the influence of alcohol or drugs, fleeing or evading police, reckless driving, drinking an alcoholic beverage in a public place, operating an all-terrain vehicle on roadway, operating an all-terrain vehicle without headgear, possession of open alcoholic beverage container in motor vehicle, no operator/moped license, person under age of 18 possessing/purchasing/attempting to purchase or have someone purchase alcohol.

Inspections

Dollar General Store, Allen, regular inspection. Violations noted: toilet facility not in good repair, floors not in good repair. Score: 97.

S&V Mobile Home Park, Drift, regular inspection. Violations noted: all lots not numbered correctly, some areas for parking not paved. Score: 96.

Hall's Mobile Home Park, Martin, regular inspection. Violations noted: lots not numbered correctly, driveways and parking areas in need of repair. Score: 96.

Lone Oak Mobile Home Park, Tram, regular inspection. Violations noted: lots not numbered correctly, driveways, parking area found with pot-holes and area in need of paving, setbacks not met, debris found around some lots and homes. Score: 92.

Cardinal Mart, Stanville, regular inspection. Violations noted: non-food contact surfaces not properly maintained, lighting not provided as required. Score: 98.

Tlaquepaque Mexican, Prestonsburg, regular inspection. Violations noted: cloths used for food and non-food contact surfaces not stored and rinsed frequently in water sanitizing solution, toilet room doors not self-closing, floors not in good repair, light fixtures not shielded as required. Score: 95.

Yates Mobile Home Park, Prestonsburg, regular inspection. Violations noted: lots not numbered correctly, lots not meeting the required 15 foot setback, some debris found around homes. Score: 94.

Jenny Brook Trailer Court, Martin, regular inspection. Violations noted: lots not numbered correctly, not meeting the 15 foot setbacks as required. Score: 96.

Down to Earth, Prestonsburg, regular inspection. Violations noted: food not protected during storage, food not protected during preparation, food not protected during service, cloths used for food and non-food contact surfaces not stored and rinsed frequently in water sanitizing solution, food contact surface of equipment and utensils not clean, floors not constructed properly, floors not in good repair. Score: 94.

Triangle Market, Martin, regular inspection. Violations noted: potentially hazardous food not maintained at 45 degrees or below at all times except during necessary periods of preparation and service, food not protected during storage, food contact surfaces not properly constructed, food contact surfaces not properly installed, non-food contact surfaces not properly maintained, non-food contact surfaces not properly constructed, toilet room doors not self-closing, sanitary toilet or hand drying device not provided at lavatory or handwashing sink. Score: 88.

Fat Boys Pizza and Grill, Martin, regular inspection. Violations noted: lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods, lack of numerically scaled thermometers for checking cooking and holding temperatures of potentially hazardous foods, food not protected during service, food not protected during preparation, lack of effective hand restraints. Score: 96.

Pizza Hut, Prestonsburg, regular inspection. Violations noted: lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods, lack of numerically scaled thermometers for checking cooking and holding temperatures of potentially hazardous foods, food not protected during service, food not protected during service, dishwashing facility not properly maintained, dishwashing facility not properly operated, floors not drained properly. Score: 94.

Property Transfers

Fanny Baldridge to Merlene Lindsey, property not listed.

Adrian Bentley to Adrian E. Bentley, Jr., property not listed.

Polly Lou Allen Bentley to Adrian E. Bentley, Jr., property not listed.

Colonel Lewis Bolen to Dave Prater and Dwight Prater, property not listed.

Anthony Castle to James L. Robinson and Ruth T. Robinson, property located at Martin.

Maria Castle to James L. Robinson and Ruth T. Robinson, property located at

Martin.

Vicki Childers to Terry Childers, property located at Valley View Estate.

Melissa R. Combs to Rose Anne Gibson, property located at Parsons Branch.

Shawn W. Combs to Rose Anne Gibson, property located at Parsons Branch.

Joy Martin Elliott to Paul E. Mullins, property located at Right Beaver Creek.

Angela Fitzer to Christine King and Vernon King, Jr., property located at Copperas Lick Branch.

Terrence W. Fitzer to Christine King and Vernon King, Jr., property located at Copperas Lick Branch.

David Hall to Susan Carol Soell, property located at Ike

Fitzpatrick Subdivision. Mary Hall to Susan Carol Soell, property located at Ike Fitzpatrick Subdivision.

Melissa Hall to Kentucky Power Company, property not listed.

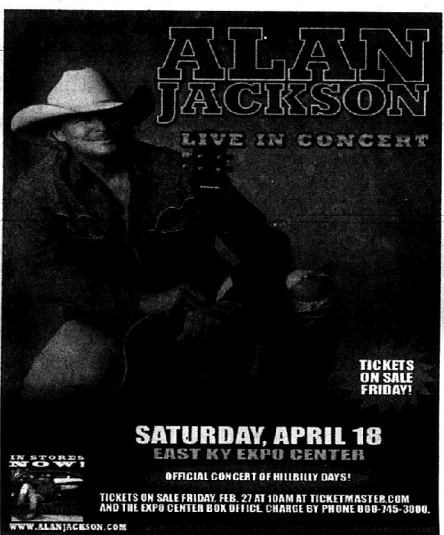
Tommy Hall to Kentucky Power Company, property not listed.

Angela Lynn Hamilton to Juanita Hamilton, property located at Mud Creek.

Joshua Hamilton to Juanita Hamilton, property located at Mud Creek.

Nora P. Martin to Floyd Taylor and Rosalee Taylor, property located at Hunters Branch.

Shirley Martin to Ralph Martin, property located at Branhams Creek.



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Cinema 2—Held Over
TAKEN (PG-13) Mon.-Sat. 7:00-9:00; Sun. (1:30) 7:00-9:00.

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2/27/09 Schedule

Cinema 1—Held Over
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Cinema 2—Held Over
PAUL BLART: MALL COP (PG) Mon.-Sun. 7:00-9:20; Fri. (4:20) 7:00-9:20; Sat.-Sun. (2:00-4:20) 7:00-9:20.

Cinema 3—Starts Friday, Feb. 27
MILK (R) Mon.-Sun. 6:45-9:15; Fri. (4:15) 6:45-9:15; Sat.-Sun. (1:45-4:15) 6:45-9:15.

Cinema 4—Held Over
SLURDGG MILLIONAIRE (R) Mon.-Sun. 6:45-9:15; Fri. (4:15) 6:45-9:15; Sat.-Sun. (1:45-4:15) 6:45-9:15.

Cinema 5—Held Over
TAKEN (PG-13) Mon.-Sun. 7:10-9:25; Fri. (4:25) 7:10-9:25; Sat.-Sun. (2:10-4:25) 7:10-9:25.

Cinema 6—Held Over
FIRED UP (PG-13) Mon.-Sun. 7:15-9:30; Fri. (4:30) 7:15-9:30; Sat.-Sun. (2:15-4:30) 7:15-9:30.

Cinema 7—Starts Friday, Feb. 27
LAST CHANCE HARVEY (PG-13) Mon.-Sun. 7:15-9:30; Fri. (4:30) 7:15-9:30; Sat.-Sun. (2:15-4:30) 7:15-9:30.

Cinema 8—Held Over
MADEA DOES TO JAIL (PG-13) Mon.-Sun. 7:05-9:25; Fri. (4:25) 7:05-9:25; Sat.-Sun. (2:05-4:25) 7:05-9:25.

Cinema 9—Held Over
FRIDAY THE 13th (R) Mon.-Sun. 7:00-9:25; Fri. (4:25) 7:00-9:25; Sat.-Sun. (2:00-4:25) 7:00-9:25.

Cinema 10—Held Over
HE'S JUST NOT THAT INTO YOU (PG) Mon.-Sun. 6:45-9:15; Fri. (4:15) 6:45-9:15; Sat.-Sun. (1:45-4:15) 6:45-9:15.

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U.S. General Services Administration

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Viewpoint

Amendment 1

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

Our View Failing our responsibility

Buried in Wednesday's report concerning the school board's acceptance of a new health and wellness policy was a statistic that should be alarming for all who are concerned with the welfare of our children.

Toward the end of the article, results of last year's Presidential Physical Fitness Test at Prestonsburg Elementary were reported, and the news was not good. According to figures released at Monday's board meeting, 607 students participated in the challenge last year, but only 67 did well enough to score at the 50th percentile or higher.

Now, for those of you who may have forgotten a thing or two about math over the years, let us restate that result a little more simply: Only 11 percent of students at PES qualified as "average" or better in terms of physical fitness. In other words, out of all the students who took the test, roughly 300 should have scored in the 50th percentile, but only 67 did.

The Presidential Physical Fitness Test bases its rankings on a 1985 survey of the fitness level of school children, so today's kids are being compared to their counterparts from 24 years ago. And as we all know, there has been a marked decline in the activity level of children since then. For starters, physical education has been among the first programs to be slashed as schools budgets have tightened.

But whether today's students are being compared to kids in 1985 or 1885, when nearly 9-out-of-10 are flunking physical fitness tests, something is terribly, terribly wrong.

We have all seen the activity levels of children decline significantly over the past generation. Kids today spend more of their time basking in the glow of a TV screen than the sunshine, more time sitting on their rumps than running around a rumpus room. And it is impossible not to notice how their waistlines have grown as a result.

We welcome the school system's renewed focus on health. We have some concerns that the plan might not go far enough, but at this point, any small step in a positive direction is welcome.

But the truth of the matter is that our children's health is not the responsibility of schools. If parents do not make exercise and proper nutrition a priority for their children, nothing the schools do will matter anyway.

These results are not just part of an unfortunate trend, not merely a troubling statistic. This is nothing short of a full-blown emergency.

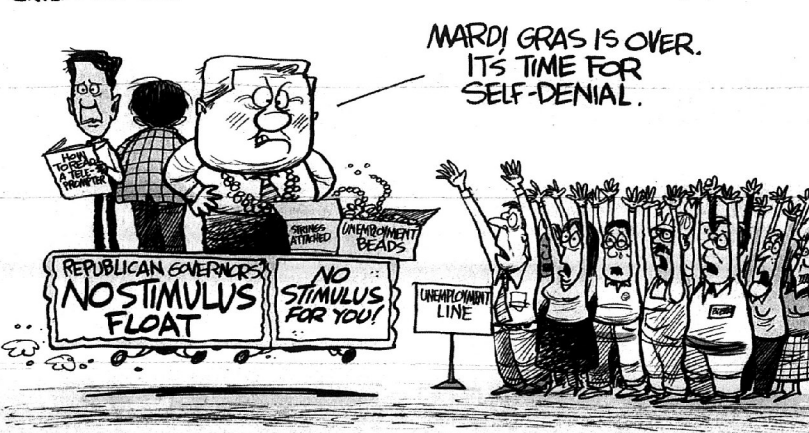
If we do not take charge of our children's declining health, if we do not demand that they eat right and get some exercise, we are only setting them up for a lifetime of health problems. There will be a future of heart disease, diabetes, cancer, depression and early death — all of which could have been prevented with just a little focus on diet and exercise. Sadly, for some of these kids, those health problems are part of their present.

Make your children's health a priority. Replace the deep-fried, cheese-covered, fast-food dishes with more fruits, vegetables and whole grains. Replace the Friday night movie with the Saturday afternoon day in the park. And whatever you do, strengthen the message by being an example to follow, rather than a lesson to avoid. Quite a few of us adults could use some improvement in terms of nutrition and physical activity ourselves.

Teaching our children healthy habits is just as important as teaching them to read, and until the number of our children scoring average on the Presidential Physical Fitness Test is, well, more average, we are failing in our duty to teach them.

— The Floyd County Times

MARDI GRAS
The Clinton Ledger
CREATING A SPARK



Guest Column

We are the answer

by SYLVIA L. LOVELY

What is the answer to the state of Kentucky?

That was the question posed to character actor and West Irvine native Harry Dean Stanton in a recent Esquire interview. "There is no answer to the state of Kentucky," he said.

And so after the battering Kentucky took during the primary elections we continue to get The Beverly Hills treatment by the media. Particularly memorable was CNN's "interview" with down-and-out squatters in Clay County lamenting their hard-knock lot in life. Even some of our own natives, like Stanton I presume, see a lost cause.

The history goes back to the coal mining wars with Lyndon Baines Johnson's 1964 announcement of the War on Poverty. He was photographed on the front porch of a run-down house in Inez. For decades, that famous photo has demonstrated the failures of the family on the front porch — and how far we have not come in conquering that scourge.

As Inez banker (and former RNC Chairman) Mike Duncan recently put it, "The War on Poverty did not succeed."

And, then comes Diane Sawyer,

this past Friday on 20/20. Ms. Sawyer, a native of Kentucky, has always shown a great interest in "us." She has come to the mountains and coalfields on several occasions — most recently to develop this story. We trust that her intentions are good — we are certainly proud of her and the achievements of the many famed Kentuckians who have gone on to do great work in Kentucky and elsewhere.

Back home, the reviews of her 20/20 segment are mixed. Facebook postings point out that, while sad and heart-wrenching, the truth is what it is. Statistics can lie but they must be heeded. And they are heartbreaking — drugs, obesity and dead ends that lead to a general malaise about how any government or private efforts can ever make a difference.

But there are bigger stories to tell. For one thing, we are not alone. What isn't covered in all the "Richard Florida creative class" media hype is that lots of communities face the same situation as those in Appalachia. Florida contends that our big cities won't be successful in the future without an infusion of educated, innovative and creative people. I think the examples of decay are far worse in the gleaming cities of New York City, Boston and others. There are Americans left behind in the urban lands of plenty as well.

The other story is that people in Appalachia are working on it.

I prefer to tell this story — from the bottom of a barrel if necessary —

Worth Repeating ...

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

— Jilly Cooper

Letters Mountains can't be replaced

I am among the thousands of Kentuckians hit by the major ice storm in January. We cringed as favorite trees snapped, phone and power lines were ripped down and we were powerless to stop it. But by now, almost everyone has power restored, food restocked and some of the debris sorted. We're told it will take perhaps a generation for our landscape to come back to its original beauty, but it will come back!

It occurs to me that what happened to us for one day has been happening every day to people who live in Eastern Kentucky and West Virginia, with the practice of mountaintop removal.

Instead of one night of falling limbs, they see mountains bulldozed down, with trees and boulders shoveled over the side to bury entire streams. This destruction is not a one-time act of nature, but deliberate destruction by coal companies purely for profit.

In the ice storm, FEMA and the National Guard rushed in to help residents cope with the destruction. That same government shrugs away the destruction of entire mountains and our supply of clean water.

Unlike ice damage, shattered

mountains will never return to normal — not this year, not ever. Nearly 500 miles of stream headwaters have already been permanently buried, and more are buried every day.

Kentucky House Bill 104, the Stream Saver Bill, would curb some of this destructive practice. Coal may be an essential part of America's energy needs, but blasting away mountains is much too destructive and permanent to be the solution. Kentuckians can replant trees. No one can replace mountains.

Ann Fraley
Paducah

March is Social Work Month

The idea of living a purpose-filled life has attracted much attention in recent years, but what does this actually mean? Ask a social worker and you'll understand.

There are very special individuals in our communities who are driven to serve and help others, who take action to make an impact on society. They can be found in hospitals, schools, mental health clinics and group homes. They are social workers, trained professionals committed to a mission of great purpose and infinite

possibilities for themselves and for their clients.

Social workers are society's safety net, providing vital resources and support to those who need it most. Their compassion and skills drive them to this helping profession, which offers a wide range of opportunities to make a difference.

March is National Social Work Month, a time to celebrate the more than 600,000 social workers throughout the nation. This year's theme, "Social Work: Purpose & Possibility" highlights the unique characteristics of individuals who choose social work as a profession, and the many ways they contribute to our communities.

The need for social workers is growing rapidly. According to the Bureau of Labor Statistics, the need for social workers is expected to grow twice as fast as any other occupation, especially in gerontology, home healthcare, substance abuse, private social service agencies, and school social work. A career in social work provides the perfect fit for someone who wants to help others and has an inherent desire to serve.

Information about the many ways social workers help can be found at www.HelpStartsHere.org.

Deirdra L. Robinson, MSW, CSW
NASW Eastern Kentucky Branch
Chair

The Times

Published Sunday, Wednesday and Friday each week

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PRIDE offers \$23,800 to Floyd County and cities for spring cleanup

PRESTONSBURG — April is PRIDE Spring Cleanup Month in southern and eastern Kentucky. If Floyd County and its five cities participate, they can receive up to \$23,800 from PRIDE to pay for roadside cleanups and beautification projects. April

also is Redbud Month, and they can get free redbuds to plant.

"PRIDE is recruiting an army of volunteers to clean our region's scenic landscape, and we're asking local governments to lead the charge in their communities," said

Karen Engle, PRIDE President and Chief Executive Officer. "To assist cities and counties, PRIDE is pleased to offer Spring Cleanup funds, thanks to a partnership with the state's Energy and Environment Cabinet."

"We will target roadsides,

to make sure the region is attractive to tourists who travel here to enjoy our redbud blooms and recreation sites," Engle explained. "The Spring Cleanup funds will reimburse cities and counties for disposing of trash collected along roads during April. After cleanup projects are finished, the cities and counties can use their funds to build or improve beautification signs."

Each city and county's funding level is based on its number of road miles. Floyd County is eligible for \$17,800 in PRIDE Spring Cleanup funds. Prestonburg can receive up to \$2,200. Allen, Martin, Wayland and Wheelwright are eligible for \$950 each.

Spring Cleanup funds are

available to all local governments in PRIDE's 38-county service area. To qualify for its available funding, the local government must send representatives to training workshops and comply with funding guidelines.

PRIDE also will supply all local governments with garbage bags, gloves and safety vests to distribute to Spring Cleanup volunteers. PRIDE will give a free T-shirt to the first 20,000 Spring Cleanup volunteers.

Clean roads will welcome the tourists as they admire the lush blooms of the region's native Eastern Redbuds in April. Redbud Month was started by TOUR Southern and Eastern Kentucky (TOUR SEKY), the region's tourism

development organization, in 2004, to extend the region's annual tourism season. Since then, TOUR SEKY has given out over 350,000 seedlings.

This year, local governments can apply for up to 500 free Eastern Redbud seedlings from TOUR SEKY.

PRIDE is a nonprofit organization that promotes "Personal Responsibility In a Desirable Environment" in southern and eastern Kentucky. It was founded in 1997 by Congressman Hal Rogers and Kentucky Environmental Protection Secretary James Bickford.

For more information, please call the PRIDE office, toll free, at 888-577-4339, or visit the PRIDE web site, www.kypride.org.

Turner's Mesothelioma Day bill passes Senate Health and Welfare Committee

FRANKFORT — The Senate Health and Welfare Committee today approved Senator Johnny Ray Turner's bill to declare September 26 of each year as Mesothelioma Awareness Day.

Mesothelioma is a rare form of cancer in which malignant (cancerous) cells are found in the mesothelium, a protective sac that covers most of the body's internal organs.

"The establishment of a Mesothelioma Awareness Day in Kentucky would raise public awareness about the prevalence of mesothelioma and the serious problems associated with the disease," said Senator Johnny Ray Turner, D-Drift.

The main cause of mesothelioma is exposure to asbestos. EPA identifies asbestos as

"one of the most hazardous substances to which humans are exposed in both occupational and non-occupational settings."

Each year approximately 3,000 Americans die from mesothelioma. Between 2,500 and 3,000 new cases of the disease are diagnosed annually and 30 percent of all mesothelioma victims were exposed to asbestos on Naval ships and in shipyards.

Senator Turner said that it is important to raise the awareness of this rare cancer because exposure to asbestos for as little as one month can result in mesothelioma 30 years later.

Asbestos was used in the construction of virtually all office buildings, public

schools, and homes built before 1975.

There is no specific treatment for mesothelioma and the expected survival rate of those diagnosed with the disease is between 8 and 12 months.

Many of the firefighters, police officers, and rescue workers from Ground Zero September 11, 2001 could be at great risk of contracting mesothelioma in the future.

Senate Bill 58 now moves to the State Senate Floor for a vote. If SB 58 gains approval in the Senate, it will move to the House of Representatives for further consideration.

Senator Turner represents the 29th district, which includes Breathitt, Floyd, Knott and Letcher counties.

Teacher

the largest teaching prizes in the United States, are given annually by the McGlothlin Foundation of Bristol, Va. Only teachers in selected portions of Virginia, Tennessee, West Virginia and Kentucky are eligible for the award.

"I am so proud of the six finalists and all the wonderful teachers who have participated

in the 2009 McGlothlin Awards for Teaching Excellence. Every year I'm amazed at the skills, creativity and professionalism we find among teachers across the Blue Ridge PBS region," said Thomas D. McGlothlin, president of the McGlothlin Foundation. "This year, the tenth anniversary of our teach-

ing awards, I want to extend an extra measure of gratitude to all the teachers who are making a difference in their classrooms, schools and communities. I wish we could give every one of them the recognition they deserve. You are all heroes."

Continued from p1

Officer

have went above and beyond the call of duty. The awards themselves are based on the highest number of occupant protection, speed, driving under the influence and commercial vehicle citations written in a given year.

"We have a group of officers who go beyond what is normally expected of them and

we want to show them how much we appreciate what they do," said KSP Commissioner Rodney Brewer, who presented the awards. "Their efforts have a direct impact on reducing fatalities in Kentucky. They make a real contribution to keeping roadways safer throughout the state."

Statewide, KSP Troopers

and CVE officers wrote 117,706 speeding citations, 42,518 seat belt or restraint citations, 46,006 commercial motor vehicle citations. In addition, officers made 8,693 driving under the influence arrests and led communities across the state in programs pertaining to highway safety.

Continued from p1

Floyd students eligible for med prep program

LEXINGTON — Floyd County high school seniors and college students interested in pursuing careers as physicians or dentists are eligible to participate in summer programs at the University of Kentucky offered through its Professional Education Preparation Program.

The PEPP Scholars Summer Program, designed for students from medically underserved areas, is open to current high school seniors. The PEPP II Medical and Dental School Preparation Program is open to students who have completed at least two years of college.

Selected participants will stay on the UK campus for four weeks, interacting with UK physicians and dentists, and participating in weekly hospital rotations, health seminars and other educational experiences.

PEPP Scholars will take enrichment classes and learn about surgery and labor and delivery. PEPP II students prepare for the admissions process to medical or dental school and learn about surgery, labor and delivery, emergency medicine, and pediatrics. Students interested in careers in dentistry have rotations in the UK dental clinics, including oral/maxillofacial surgery, orthodontics, and the dental emergency clinic.

Seminar topics in both programs include medical admis-

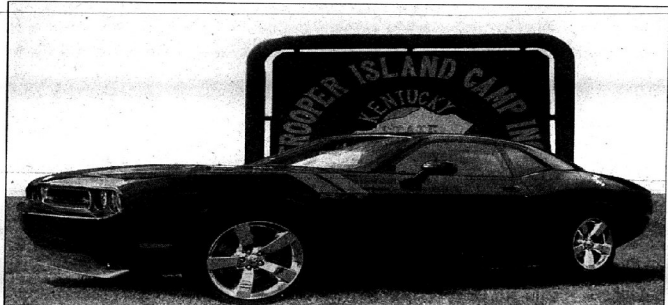
sions, dental admissions, cancer, organ transplants, rural medicine, autopsy/pathology, trauma surgery, medical mission trips, gross anatomy lecture and lab, ethics, and compassion. Visits to area hospitals, camps for special-needs children, a psychiatric hospital, and a children's hospital are included in the weekly activities. Recreational activities include sports, music, and dining out at restaurants. Eligible students who are selected to participate receive dormitory housing and a stipend to assist with paying for meals.

Both the PEPP Scholars and PEPP II programs begin on June 7 and conclude on July 14. The deadline to apply for the PEPP Scholars is March 3. The PEPP II deadline is March 11.

Students do not have to attend the University of Kentucky to be eligible to participate in either summer program. However, to be eligible, an applicant must be a resident of one of the following Kentucky counties: Adair, Allen, Anderson, Ballard, Barren, Bath, Bell, Boyd,

Boeckle, Breathitt, Breckinridge, Bullitt, Butler, Campbell, Carlisle, Carroll, Carter, Casey, Clark, Clay, Crittenden, Cumberland, Edmonson, Elliott, Eschell, Fleming, Floyd, Gallatin, Garrard, Grant, Grayson, Green, Greenup, Hancock, Harlan, Hart, Henry, Hickman, Jackson, Johnson, Knott, Knox, LaRue, Laurel, Lawrence, Lee, Leslie, Letcher, Lincoln, Livingston, Lewis, Logan, Lyon, Madison, Magoffin, Marion, Martin, McLean, McCreary, Meade, Menifee, Metcalfe, Monroe, Morgan, Muhlenberg, Nicholas, Ohio, Owen, Owsley, Pendleton, Perry, Pike, Powell, Robertson, Rockcastle, Shelby, Simpson, Spencer, Todd, Trigg, Trimble, Union, Warren, Washington, Wayne, Webster, Whitley and Wolfe.

For more information regarding the programs or to request an application, e-mail Carol Leslie at ctsnyd0@email.uky.edu or call the University of Kentucky PEPP Office at (859) 257-1968.



The Kentucky State Police Trooper Island raffle for 2009 features a 372-horsepower Dodge Challenger R/T. The vehicle has a brilliant black metallic exterior and a dark slate gray cloth interior. It's powered by a 5.7-liter V8 (Yes it's got a HEMI!) MDS VCT engine with a lifetime limited warranty. Other features include dual rear exhaust, a five speed automatic transmission, 20" chrome wheels, a rear spoiler, power sunroof, six disc CD changer and six Boston Acoustics speakers. Tickets are \$10 each and are available from any of KSP's 16 posts throughout the state or by sending a check for \$10 per ticket and a stamped, self-addressed envelope to: Kentucky State Police, Media Relations Branch, 919 Versailles Road, Frankfort, KY 40601. The winning ticket will be drawn on August 30 at the Kentucky State Fair. (Raffle winner is responsible for all tax and license fees). Trooper Island is a free summer camp for disadvantaged boys and girls age 10-12 operated by the Kentucky State Police on Dale Hollow Lake in Clinton Co. It is financed entirely by donations, no public funds are used. Each year, the camp hosts approximately 700 children, providing good food, fresh air, recreation, guidance, esteem-building activities designed to build good citizenship and positive relationships with law enforcement officers.

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For more information about Coalfields Telephone other services and benefits, contact your representative at

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***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

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A7

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DINNER DIVA**Tuna
casserole**

In the scheme of things, there is nothing more important than knowing what's for dinner. Well, maybe that's a little hyperbolic (is there such a word?) but you get my drift, especially if those four little words send chills up your spine. "Mom, what's for dinner?"

About 12 years ago, I entered a cooking contest online. The contest was called "Not Your Mother's Tuna Casserole". The object of the game was to make a tuna casserole that did not resemble something you dreaded as a child. You were allowed one convenience food (except for canned condensed soups) and it had to be something that was fast, easy and most importantly, delicious.

Well I won the contest and my life's course was altered. Seriously, I became the Dinner Diva and wrote cookbooks, got myself a nice little website, and well...you know the story!

But you don't want that story, what you really want to know is that recipe, don't you? Can't say that I blame you. This recipe is so good, my son actually asked for this for his birthday dinner when he was just a lad. Here's the recipe, enjoy!

Not Your Mother's Tuna Casserole

Serves 4

1 box Kraft Macaroni and Cheese, Premium White Cheddar
1/2 onion, chopped
1 can white solid albacore tuna, drained
1/2 tablespoon butter
1/2 tablespoon olive oil
1/2 cup skim milk
1 cup saltine cracker crumbs
1 cup Kraft 2% Sharp Cheddar Cheese, shredded

Boil water to make boxed mac and cheese. Cook the pasta and drain. My advice is to cook it a little less than the box calls for.

In the meantime, chop your onion and open your can of tuna. Preheat oven to 350 degrees.

In a medium sized skillet, melt your butter and oil together. Add the onion and sauté till onion is translucent. Now add the tuna using your spatula to chop it up. Now add the milk, butter and sauce packet from the box and cook till nice and thick. Add the pasta back in and mix thoroughly. In a small bowl, mix the shredded cheese and cracker crumbs together.

Lightly grease a 2 quart casserole dish and place the mac and cheese mixture in there. Now top with cracker crumb mixture and bake till hot and bubbly, about 15 minutes.

Enjoy!!!

rrr

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

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U.S. General Services Administration GSA

FAMILY MEDICINE

Migraines often misdiagnosed
as sinus headaches — page A8



Jimmy Martin, right, was offered words of thanks and given a retirement party Thursday morning at the Prestonsburg Post Office. Martin worked for 29 years for the United States Postal Service, as well as serving 21 years in the United States Marines.

Photo by Sheldon Compton

CAREER OF SERVICE**Martin retires from postal service after 29 years**BY SHELTON COMPTON
STAFF WRITER

PRESTONSBURG — Postal employee Jimmy Martin spent his day at the Prestonsburg Post Office Thursday working a little less and celebrating a little more.

And for good reason. After 29 years working for the United States Postal Service, all of that time spent at the Prestonsburg location, Martin, 52, of Bull Creek, retired Thursday.

Fellow workers praised the veteran as not only a veteran of the postal service, but also as veteran in service to his country's military.

"I was in the Marines for four years," Martin said during his retirement ceremony. "And I was in the National Guard for 21 years."

At least one year of that time was spent in Kosovo, Martin said, smiling with humility as others cut cake and had refreshments.

On a table in the front lobby of the post office, along with the refreshments, sat a framed picture of Martin in military uniform. And much like the military, Martin said it has been a sense of brotherhood and sisterhood that has kept him coming to work for nearly three decades.

"It's been a good place to work," continued Martin. "There's a real family-like atmosphere here."

Martin began his career with the post office in 1980 as a "jack-of-all-trades," he said.

"I did just about anything needed," he said, laughing. "I was a jack-of-all-trades for sure. Now I'm just looking forward to spending time with my family."

A father of two daughters and one son and a grandfather to three grandchildren and one grandson, Martin has strong family roots and debt, one of the reasons he attributes to his long tenure with the postal service and military.

Prestonsburg Post Office Supervisor Josh Hyden presented Martin with gifts and words of thanks during the morning ceremony, along with other postal workers from around the region.

Learning how to prevent identity theft and avoid fraudulent schemes

by MARILYN LOESER

John Connelly is an expert at deception. Convicted twice for mail fraud involving oil and gas schemes, Connelly now speaks about his life of deception to help educate the public on ways to prevent becoming a victim.

As part of National Consumer Protection Week (NCPW) March 1-7, Connelly, Customer Relations Coordinator Susan Wright and Postal Inspector Robert Bottoms will be speaking to Lexington, KY, media about ways to prevent fraud.

Every year, during NCPW, the U.S. Postal Service and U.S. Postal Inspection Service partner with the Federal Trade Commission (FTC), the event's primary sponsor, to draw attention to fraud and other threats to consumers.

The Lexington event is just one of hundreds planned across the nation during the week. Postal Service representatives will be speaking to the

media and at senior centers, libraries, community centers and churches to help educate consumers by distributing DVDs and brochures warning against fraudulent financial schemes as well as by hosting information sessions and events.

During the presentations, several key points to avoid becoming a fraud victim will be presented.

Use common sense.
Take your time when responding to offers.
Educate yourself about fraud.
Know who you are dealing with.
Protect your personal information.
Be skeptical of any offer that sounds too good to be true.

According to the FTC, as little as 2 percent of all victims reported that the identity crimes they experienced were through the U.S. Mail, illustrating the commitment of the Postal Service and Postal Inspection Service's commitment to protecting customers' private information and investigating any

fraudulent activities involving the mail.

In addition to NCPW, the U.S. General Services Administration publishes the Consumer Action Handbook. With tips for buying a home, preventing identity theft, and filing a consumer complaint, the handbook provides the latest information to help consumers make better decisions in today's marketplace.

The handbook also contains contact information for federal agencies and local consumer protection offices that respond to consumer complaints. Single copies of the current Consumer Action Handbook can be ordered online at www.ConsumerAction.gov. They are also available by writing Handbook, Federal Citizen Information Center, Pueblo, CO 81009 or by calling 1-888-878-3256.

For more information on local NCPW events, contact your local Postmark.



family OHIO UNIVERSITY Medicine

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

Q My daughter was having bad headaches, so I took her to the doctor. She said it was a sinus infection. I am not sure that is right. I have migraine headaches, and I think she may have them as well because her pain is so severe. How can I tell which one it is?

A Many medical conditions have overlapping symptoms, so it can be difficult to tell what the correct diagnosis should be. However, in this case, as I will describe later, you are wise to want further clarification of the diagnosis.

First, I would like to take a look at the differences between the two diagnoses. With a sinus headache, the pain can be quite severe. The pain is usually around the eyes, forehead and cheeks, and it can be a throbbing headache. The pain gets worse with bending forward or lying down. It may be associated with other symptoms like nasal congestion, cough, fever or sore throat. Many of these symptoms may also be present with a migraine headache, although migraines are not usually associated with fever.

Migraines do have some distinctive

Migraines often misdiagnosed as sinus headaches

symptoms — especially nausea and vomiting. Migraines can also be triggered or made worse by noise or bright lights. Perhaps the most distinctive aspect of a migraine is what is called an aura. This is kind of a warning sign of an impending headache and usually involves visual disturbances such as flashing lights or spots in front of the eyes. Not all migraine sufferers, however, experience aura. The pain of a classic migraine is usually quite severe, but other types of migraines have less pain.

Sinus headaches are actually quite a bit more prevalent than migraines — about 40 percent of adults suffer from sinus headaches, compared to about 10 percent who have migraines. Migraines are more common in women and tend to run in families.

As you can see, there are many similarities between a sinus headache

and a migraine. Diagnostic tests, like a sinus CT scan, can be used to confirm some sinus conditions, but a migraine is usually diagnosed based on a good medical history and a physical exam. There is no one test that can diagnose a migraine.

If your doctor thinks you have a sinus infection (sinusitis) caused by a bacteria, she may prescribe an antibiotic. She may also use decongestants to help relieve the sinus pressure. Neither of these treatments would help a migraine headache. Both conditions, however, respond to non-steroidal anti-inflammatory drugs (NSAIDs) such as aspirin, ibuprofen or naproxen.

Your concern that your daughter's headaches may be migraines is worth further investigation. A report at an annual meeting of the American Headache Society a few years ago revealed that many people with self-diagnosed or doctor-diagnosed sinus

headaches were found on further examination to actually be suffering from migraines.

I would suggest that you help your daughter keep a headache diary for a few months, then follow up with your family physician. If she is having migraines, this medical historical information can be quite helpful. You may also find that her headaches are less frequent and severe that you thought. It can be surprising sometimes the way hard data can lead to different conclusions than our anecdotal inferences.

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.

Rental Central

by TOM DOTY
TIMES COLUMNIST

Renters were two for two this week with an equal amount of hits and misses to choose from.

■ "What Just Happened?" — Barry Levinson ("Rain Man") crafted this wry look at Hollywood from the nonfiction book by producer Art Linson. It's a sharp satire that focuses on a producer with a lot on his plate, which includes dealing with the colossal egos of two megastars, as well as an MTV director who insists on final cut. It all works thanks to a talented cast that is led by Robert DeNiro as the producer who gets ample support from Sean Penn and Bruce Willis, who have a field day playing themselves.

■ "Four Flies on Grey Velvet" — The holy grail of

Dario Argento horror films finally arrived on DVD with this widescreen version of the maestro's follow up to his classic "Deep Red." Once again he delivers a number of stylish murder sequences wrapped around a mystery that hinges on the last image recorded on the retina of a murder victim. The image appears to be the titular image but it's actually something else and it is shown to the audience early in the film so keep an eye out for something that resembles four gray specks and you'll tumble to the murderer. Plot wise this one is as shaky as any other Argento flick, but his visual style saves the day. There is also a gruesome finale for the murderer, though you might wish they had reserved it for star Michael Brandon (who is truly still here as the drummer/hero who becomes the

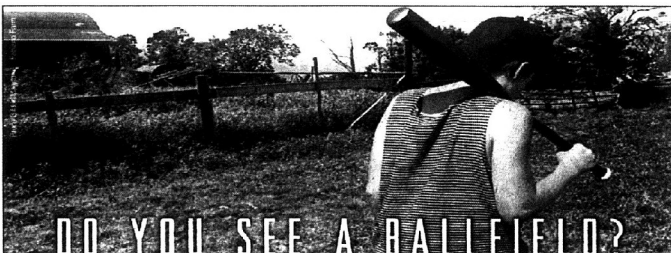
chief murder suspect).

■ "The Haunting of Molly Hartley" — PG-13 horror films deliver about as much fright as the buzz you'll get from drinking non-alcoholic beer.

■ "Cyclops" — Eric Roberts stars as a corrupt Roman emperor (was there any other sort?) who sends his bravest general out to stop the titular beast in this warmed over Sci-Fi Channel druck. CGI turns out to be no substitute for the claymation thrills that Ray Harryhausen brought to this genre, with the only thrill here being for gorephiles, who might enjoy a few scenes of cyclops carnage which see arms and legs pulled off of helpless extras.

Next week brings the megabudgeted "Australia" and the wildly popular "Beverly Hills Chihuahua."

Isabelle Sherree Tackett was crowned Tiny Miss Sweetheart Queen on Feb. 21, at South Floyd High School's third-annual Sweetheart Pageant. She also won most photogenic, casual wear, prettiest dress and prettiest eyes. She is the 4-year-old daughter of Matthew Tackett and Jessica Reed, of Weeksbury, and the granddaughter of Paul and Jenny Tackett, of Weeksbury, and Ricky and Veronica Reed, of Bevinville.



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ACROSS

1 Monty Python's Michael
6 Deli choice
8 Gear teeth
13 Film photography
18 Porridge's pal
20 Team scream
21 Well-ventilated
22 Felony
23 Start of a remark
24 Funnyman Phillips
25 Deep purple
26 Confused
27 Faux —
28 Vince of "Ben Casey"
31 Small shots
33 PC key
34 "Rosanna" rockers
36 Couple
38 Part of HOMES
41 Port 2 of remark
46 Minnesota city
47 Alias initials
48 Heavy metal instrument?
49 Child welfare org.
50 Mil. unit
51 Say it isn't so

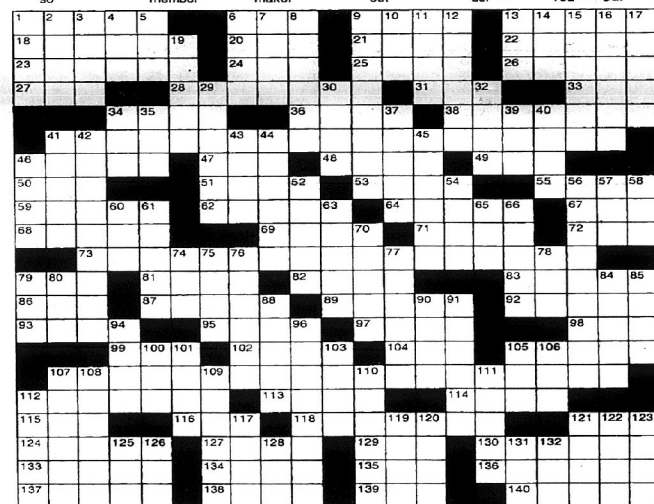
53 Labyrinth
55 Relax
59 Genre
62 Abhorrence
64 A Barbary State
67 "Norma —"
68 Succaneers' head-
69 Actress Joseph
71 Football's Swann
72 Woods-
73 Part 3 of remark
75 Invasion
76 President Bush was one
77 Overture
89 Macho type
92 Roast host
93 Circus
95 Tell of "footsie"
97 — majesty
98 Canterbury quaff
99 Hoagy
102 Wordsworth work
104 ABA member

105 Teach on the side
107 Part 4 of remark
112 Deprive (of)
113 Wooden strip
114 Olympic event
115 Flight
116 Tasty tuber
118 Proposition
121 Carol opener
124 Inevitable activity
134 Toast topper
135 Periman or Palillo
136 Bostonian, for one
137 "The Brandon — Story" ('98 film)
138 So, state
139 Silli
140 Self-confidence

DOWN

1 Theatrical Joseph
2 District
3 Neighbor of Thailand
4 Mischief-maker
5 Zilch
6 Make coffee
7 "Rama —"
8 "Ding Dong" ('51 tune)
9 Legendary athlete Jim
10 Vinegar's partner
11 Chow
12 Token
13 JVC competitor
14 Tarrar's tidbit
15 Win over
16 Audrey Tautou role
17 Peachy-keen
19 Take care of
20 El —, AR word?
30 Tapered seam
32 Cut a quibble
34 Decimal base
35 Two — kind
37 Morocco's capital
39 Cable channel
40 Thicken agent
41 Writer Rogers St. Johns
42 "Punchbowl"
43 Got by, with "out"

44 Disappear
45 Lapis —
46 Part of O.E.D.
52 Canadian territory
54 "Only Time" singer
56 Destroy
57 Get's instrument
58 Fairway accessory
60 Speedometer abbr.
61 "Slue —" ('77 hit)
63 Blabby bird
65 Business abbr.
66 — drum
70 One of the Fords
74 Weasel word?
75 First name in fashion
76 Finger food
77 Composer Jean-Philippe
79 Gumshoe
80 Chicken —
84 Apollo's isle
85 Scollisayer
88 Witly
90 Vno center
91 Initiate
94 Punta del —
96 Link
100 Actress Thurman
101 Bunch of birds
103 "Pyramus and Thisbe," g
105 Playground game
106 Lulu instrument
107 Confederation
108 January stool
109 Earl Grey's place
110 William Sydney Porter
111 Man of the cloth?
112 Great time
117 Stubborn aurt
119 Hautboy
120 Se bombastic
121 Kon — time
122 Summer treats
123 — Ball
125 "Sister Act" extra
126 Scholastic abbr.
128 Deighton or Dawson
131 "The Balls" monogram
132 — Cat



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FLOYD COUNTY Sports

Friday, February 27, 2009

Inside
■ H.S. Basketball • B2

Blackcats bash South Floyd in opener

P'burg advances to district finals

by STEVE LEMASTER
SPORTS EDITOR

BETSY LAYNE - Veteran basketball coach Jack Pack is in a familiar position. Pack, in his first season of a second stint at the helm of the Prestonsburg boys' basketball program, has his team in the

58th District Finals. Prestonsburg rolled over South Floyd in the 58th District Tournament's opening round Wednesday night, defeating the Raiders 91-66.

Prestonsburg will face Betsy Layne tonight at 7 p.m. in the 58th District championship game.

Four of Prestonsburg's five starters reached double figures. The fifth starter finished one field goal short of double figures for the Blackcats.

Senior guard Jody Tackett led Prestonsburg with a game-high 24 points. Tackett did

most of his damage in the first half, scoring 17 points.

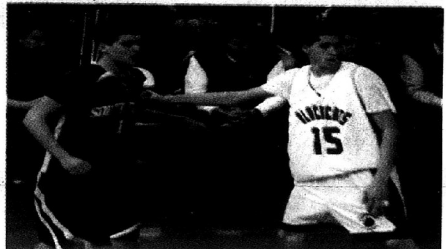
Senior forward Austin Gearheart scored 17 points and junior guard Michael Burchett added 16 for the Blackcats. Senior guard Alex Stumbo drained a trio of three-point field goals and finished with 11 points for Prestonsburg. Senior center Steven Tackett added eight points for the Blackcats.

Prestonsburg grabbed an early lead and never let up. The Blackcats outscored rival South Floyd 27-10 in the first quarter and led 48-19 at the break. The Blackcats were the

owners of a commanding 67-42 lead when the third quarter ended.

Ten different Prestonsburg players provided scoring. Cameron Tinscher and Tyler Hall tossed in four points apiece for the Blackcats. Josh Blackburn scored three points and Joseph Jamerson and Warren Blackburn netted two apiece as Prestonsburg (16-12) won in impressive fashion.

Prestonsburg finished 30-of-40 from the free throw line. Shannon Turner led South



Prestonsburg senior Steven Patrick (15) kept close tabs on South Floyd junior Tommy Joe Hall (1) during the district tournament game.

(See BLACKCATS page two)

February Frenzy serves as prelude to March Madness

by RICK BENTLEY
TIMES COLUMNIST

Just one guy's opinions on the first four days of February Frenzy. Hey, we have to call it something.

- You didn't have to be Dicky V. to call the expanded 59th District "Upset City" the first couple of days of the 2009 post-season.

For those unfamiliar with this year's format, the old 59th and 60th were combined into the "super district." 59th, essentially taking in all of Pike County. But it was split into divisions, with the old 59th being the East and the old 60th the West. Come tournament time, the East's 1 and 3 seed and the West's 2 were put in one side of the bracket and vice versa.

On Sunday at East Ridge, the girls' tournament commenced with the unsurprising result of Pike Central beating the home-tandling Lady Warriors. At least in that case, the 2 beat the 3, and the team with a vast amount of tournament experience got the win.

But after that it went haywire. In the nighttime third-seeded Belfry beat second-seeded Pikeville in a fairly shocking upset. Then on Monday night the boys began with the same matchups. Pike Central's third-seed knocked off East Ridge's second, and then Belfry again beat Pikeville, again with the three beating the two.

That meant by the time the one seeds - Shelby Valley and Phelps, respectively, in both tournaments - played, they were left with three threes and a two to compete against.

(See MADNESS, page two)

P'burg Little League to host signups at two locations

PRESTONSBURG - Prestonsburg Little League will host signups at two locations - Prestonsburg Dairy Queen and Prestonsburg Elementary - Saturday. Signups will be held at each location from 10 a.m.-2 p.m. For more information on the Prestonsburg Little League signups, call 886-2232.



Prestonsburg guard Alexis DeRossett (10) will return to the floor as a junior for the Lady Blackcats next season.



Betsy Layne sophomore Dylan Maldonado (3) and Allen Central junior Brandon Meade (34) eyed the action Tuesday night.

Bobcats coast past Allen Central

by STEVE LEMASTER
SPORTS EDITOR

BETSY LAYNE - Betsy Layne secured an early lead and never let Allen Central catch up Tuesday night in the opening round of the 58th District Tournament. The Bobcats, hosting Allen Central at the famed Dome, led throughout. Betsy Layne controlled the postseason matchup, defeating Allen Central 56-37. Allen Central ended the season 1-19.

Nathan Martin led Betsy Layne with 14 points. Martin and two of his Betsy Layne teammates reached double

figures in the scoring category. Bryant Tibbs tossed in 12 points and Josh Head added 10 for the Bobcats. Eight different Betsy Layne players scored in the district tournament game.

Betsy Layne, which earned the right to play for the 58th District championship, didn't waste any time moving out in front of Allen Central. The Bobcats cooled off somewhat in the second quarter but remained out in front. Betsy Layne led 31-17 at the half. Allen Central outscored Betsy Layne 14-12 in the third quarter before faltering in the final eight minutes.

The Bobcats finished very strong, outscoring Allen Central 16-6 in the final quarter.

Aiding the Betsy Layne offensive effort in a big way was junior guard Bryce Adkins, who finished with eight points. Sophomore guards Dylan Maldonado and Derek Tackett and senior guard Alex Stone scored four points apiece for the Bobcats. Junior guard Adam Howell helped out Betsy Layne on the offensive end, chipping in with two points.

Betsy Layne swept Allen Central during the regular-season meetings.

Prestonsburg, which met South Floyd in the other tournament opening round matchup, also swept its first postseason opponent during the regular season.

Junior forward Blake Salisbury paced Allen Central with 14 points. Salisbury was the lone Allen Central scorer in double figures. Freshman guard Seth Jarrell scored nine points and junior guard Chris Stumbo added eight for the Rebels. Junior Brandon Meade and freshman Micah Harlow each had three points for visiting Allen Central.



ABOVE: Allen Central eighth-grader Amber Shepherd (21), pictured defending, scored 27 points and claimed 13 rebounds versus South Floyd.

BELOW: Betsy Layne guard Lindsey Martin (1) looked to move the basketball Tuesday night against Prestonsburg.



Lady Rebs outlast South Floyd in OT

by STEVE LEMASTER
SPORTS EDITOR

BETSY LAYNE - Amber Shepherd scored 27 points, grabbed 13 rebounds, recorded three steals and dished off two assists Wednesday at the Dome as Allen Central outlasted South Floyd 52-48 in the Girls' 58th District Tournament. Shepherd, one of Eastern Kentucky's top young girls' high school basketball players, paced a group of five Allen Central scorers. Megan Jones added 13 points for the Lady Rebels.

Allen Central used a late rally to force the game into overtime. The Lady Rebels outscored South Floyd 17-11 in the fourth quarter. After the game ended regulation tied 41-41, Allen Central went 5-of-7 from the free throw line in an overtime period and outscored South Floyd 11-7.

The Lady Rebels trailed at the end of each of the first three quarters. South Floyd owned a 14-11 lead through one quarter. At halftime, South Floyd led 18-17.

Continuing to play out in front, South Floyd outscored Allen Central 12-7 in the third quarter.

The Lady Rebels connected on two three-pointers as

part of their fourth quarter comeback.

For the game, Allen Central (9-14) converted on 17-of-32 free throw attempts. The Lady Rebels hit 10 field goals and five shots from beyond the arc.

Caitlin Kidd added six points for the Lady Rebels. Jamie Mullins and Logan Cline rounded out the Allen Central scoring with three points apiece.

Allen Central is headed to the 15th Region Tournament under the guidance of first-year head coach Tiffany Turner. The Lady Rebels were facing Betsy Layne Thursday night in the 58th District championship game. In the other Girls' 58th District Tournament game played Tuesday night, host Betsy Layne defeated Prestonsburg 58-40.

The Lady Raiders shot 50-percent (12-of-24) from the free throw line in the season-ending loss to the Lady Rebels. South Floyd hit 15 field goals and a pair of three-pointers.

Ashley Castle led South Floyd with 15 points. Andrea Conn and Chelsie Tuttle tossed in eight points apiece for the Lady Raiders, which finished the season 8-17.

Meeks remains in running for Naismith Trophy

TIMES STAFF REPORT

LEXINGTON - University of Kentucky men's basketball player Jodie Meeks has been named a mid-season candidate for the Naismith Trophy as announced by the Atlanta Tipoff Club on Tuesday.

Meeks currently leads the Southeastern Conference and ranks fourth in the country in scoring with 25.4 ppg, while shooting 46.6 percent from the field, including 42.4 percent from three-point range. The 6-4 junior is also shooting 89.5 percent from the free throw line. His three-point percentage and free throw percentage both rank seventh in the country.

The top 30 men's list was voted on by the Atlanta Tipoff Club's Board of Selectors, comprised of leading basketball journalists, coaches and administrators from around the country. The board based its criteria on player performance this season. The Naismith Trophy presented by AT&T is the most prestigious national basketball award and is given annually to the men's college basketball player of the year. This year, the award will be presented at the NCAA Men's Final Four in Detroit.

Beaver Junction Motocross set to open '09 season Sunday

TIMES STAFF REPORT

DVALE - Weather permitting, Beaver Junction Motocross will host Round 1 of the 2009 season Sunday (March 1). If the weather doesn't allow for Round 1 to go off as planned, Beaver Junction Motocross will host an open practice session. Area riders are encouraged to plan on hitting the dirt at Beaver Junction Motocross Sunday. Beaver Junction Motocross officials have confirmed it Round 1 if canceled it will be added back on the schedule and made up at a later date. The Eastern Kentucky motocross track will host 14 rounds as part of the 2009 season. Many competitors will want to venture to Beaver Junction Motocross Sunday to get in some tuneup time before traveling to Muddy Creek Raceway in Blountville, Tenn., March 7-8 for Round 1 of the 2009 Tour United States MX Mega Series. The highly-competitive Mega Series has four stops scheduled for Tennessee, South Carolina, Kentucky, Virginia, Georgia and North Carolina as part of the 2009 campaign. Dozens of Beaver Junction Motocross competitors race in the Mega Series. The Eastern Kentucky motocross track schedules its rounds around the Mega Series dates, allowing many competitors to continue to follow the regional tour that visits multiple states.

Calls regarding the 2009 Beaver Junction Motocross season have poured in over the past two months. Beaver Junction Motocross has racedates scheduled for March-October. A family-owned track, Beaver Junction Motocross also schedules around the dates of two other Eastern Kentucky motocross tracks.

For more information on Beaver Junction Motocross, call 606-874-8608.

Letcher County Central Madness ousts June Buchanan

TIMES STAFF REPORT

HINDMAN — Letcher County Central ousted June Buchanan from the 53rd District Tournament Tuesday night, defeating the Crusaders 63-51.

Senior guard Devin Blair scored 19 points as Letcher County Central advanced to the 53rd District Tournament title game. The Cougars, under the guidance of former Pikeville College assistant coach Raymond Justice, improved to 20-7 after capturing the win.

Letcher County Central defeated the Crusaders for the third time this season.

The Cougars claimed the win after trailing early on in the postseason matchup. June Buchanan opened the game on a strong note, outscoring Letcher County Central 21-10 in the first quarter. The Crusaders, however, struggled offensively in each of the last

three quarters. June Buchanan was held to 12 points or less in each of the last three periods. The Crusaders fell despite leading 31-20 at the intermission. Letcher County Central owned the second half, outscoring June Buchanan 20-8 in the third quarter and finishing the game out with a similar fourth quarter performance.

Sophomore forward/center Dakota Cornett and senior guard Josh Proffitt joined Blair in double figures for Letcher County Central. Cornett scored 13 points and Proffitt added 11 for the Cougars.

Junior guard John Howard led June Buchanan with 15 points. Clint Stepp, another junior guard, followed with 14 points for the Crusaders. Senior forward Brent Hall had nine points for June Buchanan in the season-ending loss.

June Buchanan ended the season 18-10.

Blackcats

Floyd with a team-high 16 points. Turner led South Floyd throughout the season. Tommy Joe Hall and Dakota Hall added 15 points apiece for the Raiders. Brandon Marson flipped in six points and Matt Tackett added five for the Raiders. Tyler Mitchell scored

four points. Andrew Vance flipped in two and Raymond Jones connected on a free throw.

As a team, South Floyd connected on 10-of-15 free throws.

South Floyd exited the season 5-21.

Letcher girls eliminate Lady Crusaders from 53rd District tourney

TIMES STAFF REPORT

HINDMAN — June Buchanan fell behind early on and never recovered Wednesday night in the 53rd District Tournament at Knott County Central. Letcher County Central eliminated June Buchanan from the 53rd District Tournament, defeating the Lady Crusaders 65-45.

Junior guard/forward Brittany Sexton led 14th Region frontrunner Letcher County Central to the win, scoring a game-high 17 points. Senior forward/center Sharaye Kincer contributed 12 points and Baker added 10 for the Lady Cougars.

Letcher County Central didn't have any trouble making its way out in front of June Buchanan. The Lady Cougars led June Buchanan 21-6 through one quarter and 33-16 at the intermission.

Junior guard Kayla Short led June Buchanan with 13 points. Junior guard Sheena Stone scored 12 points and junior forward Maris Hovee added 11 for the Lady Crusaders (15-11). Sophomore forward Megan Griffie scored seven points and junior forward/center Cody Centers contributed two for June Buchanan.

Letcher County Central limited Hovee, a player who has made a habit of recording double-doubles during the 2008-09 season.

Letcher County Central led June Buchanan 52-20 at the conclusion of the third quarter after limiting the Lady Crusaders to 10 points or less in each of the first three quarters.

The Lady Cougars (25-4) will face Cordia tonight at 7 p.m. in the 53rd District championship game.

Wild, wild action. But isn't that what tournament time is all about?

Action settled down after that in Pike. On Tuesday, both top seeds won in girls' play, with Shelby Valley taking a surprisingly easy win over Pike Central thanks to totally dominating the second period and Phelps being pushed well into the fourth by Belfry before holding on for the win.

Then on Wednesday, Shelby Valley looked totally in sync in opening its run to glory with an easy decision over Pike Central. But then...

Let me tell you something: It's been a long winter on Pond Creek. Put it this way, Belfry's football team posted 15 wins in 14 games last fall. But the Angry Red basketball teams had combined for only 13 wins in (ital) 47 games. (ital)

Somebody forgot to tell Randy Casey's club. Two nights after averaging a 74-38 loss to Pikeville, the Pirates knocked off top-seeded Phelps 72-53. And all due respect to Clay Campbell's club, it was a lot easier than the 19-point margin suggests. That said, we should point out Hornet standout Dillon Siltner was under the weather and by the fourth quarter was clearly running on fumes.

In Floyd County's 58th District, it's been a little more business as usual. On the boys' side, Betsy Layne rolled past South Floyd 56-37 while Prestonsburg cruised to a 91-66 win over South Floyd. Those two will play in Friday night's finals.

In the girls' bracket, where Betsy Layne is the heavy favorite, the Lady Cats played Allen Central in the finals.

How about this: The Lady Rebels ended last night's championship game 7-3 against 58th District teams but 0-7 against the rest of the 15th Region.

In the 57th, defending girls' regional champion Johnson Central advanced to the finals of the best district in the mountains with a 53-40 win over Magoffin County. But this year's All "A" state semifinalist Sheldon Clark couldn't, falling to Paintsville 52-45.

Keep in mind, though, neither Magoffin nor the Lady Cards are out of it. With this year's play-in format, either or both could wind up at the Expo Center next week.

In the boys' side of the 57th, the championship will be contested between the teams with the second- and

third-best records in the region. Johnson Central (21-6) will hook up with 19-9 Lawrence County in tonight's final at Sheldon Clark. Lawrence, by the way, won both regular-season meetings and neither was particularly close — 61-44 at Central and then, eight days later, 73-49 in Louisa.

Here's one prediction: At least in the girls' tournament, it'll be pretty heavy toward the 57th District.

Here's another: If Tuesday night was any indication, Shelby Valley's boys may have some company at the regional-title celebration ceremony. Rodney Rowe's club looked terrific. It was the best passing display I've ever seen by a girls' team, and in that night was any indication, they'll be a tough out next week.

Lady Tigers too much for Sheldon Clark

by STEVE LEMASTER
SPORTS EDITOR

INEZ — The Paintsville Lady Tigers will have another opportunity to play for a 57th District championship. Paintsville won its way into the 57th District title game Wednesday night, defeating tournament host Sheldon Clark 52-45.

The Lady Tigers outscored Sheldon Clark 14-6 in each of the first two quarters to lead 28-12 at the break. Sheldon Clark outscored Paintsville in each of the last two quarters but couldn't battle all the way back for the win.

Senior guard Laura Carroll led Paintsville with a game-high 21 points. Senior guard/forward Britanni Chaffins followed closely behind Carroll in the Paintsville scoring order, finishing with 20 points. Freshman Leah VanHousen added six points for the Lady Tigers. Amanda Jarrell scored three points and Katie Adams added one for Paintsville.

The two teams split their two-game regular-season series. Paintsville led Sheldon Clark 35-23 through three quarters. Sophomore Carla Booth led Sheldon Clark with 15 points. Katelyn Newsome followed with 13 points for the Lady Cardinals. Jordan Harless added eight points for Sheldon Clark. The reigning 15th Region All "A" Classic champion, Sheldon Clark finished the season 15-11 under second-year head coach Darrin Rice.

For updated scores online, go to www.khsaa.org and click on the scoreboard.

CONTACT THE TIMES
SPORTS DEPARTMENT
Phone: 606-886-8506

Fax: 606-886-3603

ATHLETES OF THE WEEK

Nathan Martin,
Betsy LayneAmber Shepherd,
Allen Central

Knott County Central clamps Cordia, moves on to district finals

TIMES STAFF REPORT

HINDMAN — Host Knott County Central claimed a spot in the 53rd District Tournament title game following a convincing 67-31 win over Cordia Wednesday. The Patriots, playing at home in the district tournament's opening round, secured an early lead and never faltered.

Junior guard Stuart Stamper paced Knott County Central with a double-double of 18 points and 10 rebounds. Stamper also dished off five assists for the Patriots.

Junior point guard Tate Cox,

a transfer from rival June Buchanan, contributed 15 points. Mikey Stone added 12 points for Knott County Central, which improved to 22-7.

Knott County Central, which entered the current season ranked as one of the 14th Region's top teams, exited the first quarter ahead 10-2. The Patriots entered halftime with a 28-9 lead.

Knott County Central put the game away in the third quarter, outscoring Cordia 25-6.

Martin Combs carried Cordia with 12 points. Jon Stacy flipped in nine points for the Lions.

Jeff Honeycutt coached

Cordia finished the season 11-16.

In the other 53rd District Tournament opening round game one night earlier, Letcher County Central defeated June Buchanan 63-51, eliminating the Crusaders from the postseason.

The Patriots continue to be a strong contender for the 14th Region championship along with Hazard and Perry County Central.

Knott County Central will host Letcher County Central at 7 p.m. on Saturday night in the 53rd District Tournament title game.

Dairy Queen
of Prestonsburg

**SPORTS FAN
OF THE WEEK**



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

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

Golden Eagles survive opener versus Sheldon Clark

by STEVE LEMASTER
SPORTS EDITOR

INEZ — Johnson Central shook off a pesky host Sheldon Clark in the 57th District Tournament Tuesday night. The Golden Eagles, owning the nod of the district's top team, finished strong in the postseason contest.

Sophomore center Cody Packer scored 16 points and senior Ian Welch added 15 as Johnson Central held off Sheldon Clark, defeating the Cardinals for the third time this season.

Johnson Central, which improved to 21-6 after posting the win, featured four different double figures scorers. Senior guard Mike Dale and sophomore guard JK Hall pushed in 11 points apiece for the Eagles. Senior point guard Jo Whitaker complimented the Johnson Central offensive effort with seven points.

Johnson Central was out in front 19-13 through one quarter and took a 39-28 lead into halftime.

Sheldon Clark was able to grab some all-important momentum in the third quarter, outscoring Johnson

Central 19-7. The Golden Eagles used an 18-14 fourth quarter run to oust the Cardinals.

Tyler Lafferty led Sheldon Clark with 15 points. Sheldon Clark also had four players reach double figures in the scoring column. B.J. Moore scored 13 points, Justin Porter tossed in 12 and Dustin Meade added 11 for the Cardinals.

Sheldon Clark finished the season 10-16 under veteran mentor Roger Harless. A former state champion coach in neighboring West Virginia, Harless is in the first season of a second stint as Sheldon Clark boys' basketball coach.

Sheldon Clark 56, Paintsville 52: Host Sheldon Clark was able to edge Paintsville in the play-in game of the 57th District Tournament Monday night.

B.J. Moore led the Cardinals with 18 points. Justin Porter scored 13 points and Richard Sturgill added 12 for home-standing Sheldon Clark.

Josh Green paced Paintsville with 15 points. Zach Valpando scored 12 points and Trevor Tiller collected 10 for the Tigers.

Paintsville finished its first season under new head coach Matt Ratliff 7-19. All but one Tiger is due to return for the 2009-10 campaign.

BluegrassPreps.com High School Boys' Basketball Final Rankings

1. Scott County
2. Holmes
3. Eastern
4. Jefferson
5. Shelby Valley
6. Lexington Catholic
7. Elliott County
8. Franklin County
9. Corbin
10. Ballard
11. Anderson County
12. Boone County
13. Mason County
14. Clark County
15. Tates Creek
16. Trinity
17. Bryan Station
18. Warren Central
19. Christian County
20. Adair County

Drivers clock record-breaking speeds during BMS testing

Modifieds turn fast laps at Bristol track

TIMES STAFF REPORT

BRISTOL, Tenn. — Four NASCAR Whelen Modified Series champions were among the six drivers that challenged the "World's Fastest Half-Mile" during a test session on Tuesday. The cars ran with carburetor restrictor-plates early in the afternoon. The fastest time with plates was clocked by L.W. Miller of Dushore, Pa. Miller circled the half-mile track in 14.742 sec., breaking Ryan Newman's Cup Series track record of 14.908 sec. set in 2003. In the last hour of the day, the plates came off, resulting in even faster times.

Ted Christopher, 2008 Whelen Modified Tour Champion, jumped at the chance to test his car on the .513 mile track with the engine unrestricted. Christopher turned the fastest lap of the evening, a mind-blowing 14.479 sec. "It's crazy. It's intense," said

the Plainville, Conn. native. "The one thing you have to remember is to breathe. I've never been anywhere that you can drive without lifting [the throttle]."

Christopher said race fans should be in for quite a show when the Whelen Modified Tour returns Aug. 19 for a double-header event with the NASCAR Camping World Series.

"We will have to have some give and take," he continued. "We're going to be able to do some cross-over moves. I think it's going to be a very technical race."

"We appreciate the opportunity to be here," said Christopher. "The cars run around here pretty good. They're very fast."

Other drivers participating in the test were Matt Hirschman, Brian Loftin, Ronnie Silk and Todd Szegedy.

Szegedy said the track is unlike any other he has tried to conquer. "There are a lot of G's pushing you down into the seat," he said. "It will take time to get used to it, but it is definitely a lot of fun."

All of the drivers were appreciative of the chance to test at the track.

"It is an honor to be here," said Loftin. "I think this will become one of the crown jewels of modified racing. This is one of the most fun places to race and I think we will put on a good show later this year."

The open-wheel machines, which put out 600 horsepower and weigh 2,610 lbs., will return to Thunder Valley during the August Sharpie 500 race week.

A breakdown of results from the testing session follows: Ted Christopher—14.479 sec., 132.523 mph; Matt Hirschman—14.577 sec., 131.632 mph; Ronnie Silk—14.722 sec., 130.336 mph; L.W. Miller—14.742 sec., 130.159 mph; Todd Szegedy—14.761 sec., 129.991 mph; Brian Loftin—15.025 sec., 127.716 mph.

Prelude to the Dream tickets set to go on sale: Eldora Speedway officials have announced that tickets for their annual Prelude to the Dream will go on sale Sunday, March 1 at 10 a.m. Persons seeking to purchase tickets for this signature charity event, to be held Wednesday, June 3, will have two options; the track website www.eldoraspeedway.com or by phone to the track office (937) 338-3815.

The website will be operative 24 hours a day once activated, while the phone will be staffed on March 1 from 10 a.m.-4 p.m. and then 9 a.m.-5 p.m., Monday – Friday thereafter. All seats are sold on a first-come, first served basis, with no renewal of seats from previous years, and are priced at \$25 per person. Purchasers are reminded to have their credit card information (VISA/MasterCard) on hand, including the specially assigned security code that is shown on the back of each card.

Website purchasers are limited to 12 seats per order and are assigned seating based upon best available seats/area, as chosen by the computer. Larger orders, and those with specific seating requests will need to call the office directly. However, officials remind everyone that the online system is equipped to handle 800 calls at a time, while the direct phone line can only handle three customers at a time.

Started in 2005 by track owner and two-time NASCAR Sprint Cup champion Tony Stewart, the unique event will again feature NASCAR and National driving stars behind the wheel of dirt Late Model

machines in a full blown event, complete with time trial runs, heat races and a consolation race leading up to the feature event. Eldora's Modified and Stock Car divisions will be highlighted with invitational feature events, as well.

Invitations have been submitted to the drivers, and preliminary line-ups will be announced soon, along with other exciting news pertinent to the event, which has played to a sold-out audience each year.

Completed ticket orders will be processed daily, but the actual tickets will not be mailed out until after May 1. Pit and infield passes are not available for this event.

Nationwide crew chiefs fined for Fontana violations

TIMES STAFF REPORT

DAYTONA BEACH, Fla. — NASCAR announced Wednesday that two Nationwide Series crew chiefs have been fined due to rule violations discovered during this past weekend's event at Auto Club Speedway.

Brad Hicks, crew chief of the No. 01 Chevrolet driven by Danny O'Quinn Jr. and Corrie Stok, crew chief for the No. 02 Chevrolet of driver Andy Ponstein, have each been fined \$2,000 for violating Section 12-1 (actions detrimental to stock-car racing); 12-4-1 (any determination by NASCAR officials that the race equipment used in the event does not conform to NASCAR rules) and 20A-12.1A(10) (jacking bolt must be made of solid magnetic steel hollow bolt) of the 2009 Nationwide Series rule book.

The infractions were discovered on Feb. 21 during pre-qualifying inspection.

Reds blank Tampa Bay

Homer Bailey helped to pitch Cincinnati past Tampa Bay Wednesday in the team's first exhibition game of the spring. Bailey hurled a perfect seventh inning. The Reds defeated the Devil Rays 7-0. Jerry Hairston belted a grand slam for Cincinnati.

— Times Staff Report

Bentley scores career-high 24 points, leads Centre over Oglethorpe

TIMES STAFF REPORT

DANVILLE — On Senior Day, the Centre College men's basketball team won its fifth straight SCAC game by defeating visiting Oglethorpe University, 81-71, Sunday. The Colonels finished the regular season 20-4, 12-2 in the SCAC.

With the win today the current senior class finished with 89 overall wins which tied for the most wins of a Centre men's basketball class. Also, with the win Sunday, Centre has now won 20 or more games in three straight seasons. The loss drops the Oglethorpe Stormy Petrels to 16-9 on the year, 7-7 in the SCAC.

The Colonels jumped out of the gate quickly thanks to a three-point field goal by senior guard T.C. Thomason (Russellville) and never looked back. For the duration the game the Colonels only trailed the Stormy Petrels for 26 seconds. The Stormy Petrels

fought hard in the first half and at halftime the Colonels only led by one, 38-37.

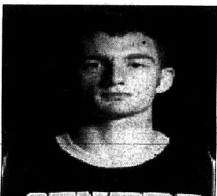
After an Oglethorpe lay-up to start the second half the Colonels shifted into fifth gear and with ten minutes remaining in the game had built a solid eleven point lead. In the game's closing minutes, the Colonels maintained their lead in route to a 81-71 victory.

A trio of seniors, playing in their last game in Alumni Gymnasium, helped lead the Colonels over the Oglethorpe Stormy Petrels. Senior guard Ryan Crowdis (Louisville) scored 15 points, dished out 10 assists and recorded six rebounds. Thanks to eight three-point field goals, senior guard Kris Bentley (Pikeville), a Prestonsburg native, scored both a career-high and career-high 24 points.

Senior forward T.C. Thomason scored 17 points and pulled down 7 rebounds. Joining the seniors with a great game was junior forward Danny Noll (R. Mitchell), who

scored 18 points and pulled down six rebounds.

With the win, the Colonels have locked up the number one seed in the SCAC Eastern Division. Centre will open up in the SCAC Tournament this coming weekend, Feb. 27-March 1, at Hendrix College, in Conway, Ark.



Prestonsburg native Kris Bentley starts in the backcourt as a senior for the Centre College men's basketball team.



DANCE CHAMPION: The Adams Middle School dance team claimed the Floyd County championship last week.

Pikeville set to host Cumberlands in key MSC games

TIMES STAFF REPORT

PIKEVILLE — The entire 2008-09 season could come down to what happens at the Pikeville College Gym on Saturday afternoon, and the school is making an offer it hopes the fans won't refuse.

Anyone who wears orange and black to Saturday's doubleheader with Cumberlands will be admitted for \$1.

"We absolutely loved the atmosphere we had last Thursday against Georgetown, and want our fans to know we need them again on Saturday," said Coach Kelly Wells, whose team can finish as high as second — meaning a first-round bye in the Mid-South Conference tournament — in the league standings.

"Our fans have been terrific

all season and we want them to know we appreciate them," said Robert Stages, athletics director. "We thought this would be a great way to show our fans how much they mean to us, particularly in light of their performance last week against Georgetown."

The capacity crowd stood as one for the last several minutes of Pikeville's 84-80 win over the then-third-ranked Tigers. "They were huge, a real difference maker," said Wells.

Bill Watson, whose team doesn't have seeding on the line — it knows it will be the fourth seed and play No. 5 Georgetown in the opening round — is glad the school is showing the fans some love.

"The people who follow us have been great, and I'm glad

we're making this gesture for them on our final home game of the season," he said. "The guys need to beat Cumberlands for seeding purposes and we need to win to continue our roll into the tournament. It's a big day for us and I hope it's as fun as the Georgetown games."

The Lady Bears will play No. 13 Cumberlands in the 2 p.m. tip. Prior to that start, the three seniors on the women's team — Alice Daniel, Kristal Daniels and Whitney Hogg — will be honored for their combined 11 years of service to the program.

The Bears will play No. 12 Cumberlands at 4 p.m. Before the action begins, seniors Ewan Linton, J.B. Smiley and Robbie Spears will be feted in a ceremony.

Louisville edges Eastern Kentucky

Fyffe absorbs loss for Colonels

TIMES STAFF REPORT

LOUISVILLE — Senior Matt Fyffe's solo blast in the top of the ninth tied the game; however, a walk-off single by junior Adam Duval in the bottom half of the inning ended the Colonels' upset bid as the visiting Kentucky University baseball team fell to #26 Louisville, 9-8, Wednesday at Jim Patterson Stadium.

The Colonels jumped on Louisville early. Sophomore Jayson Langfels, who was second in the country with eight triples last season, ripped an RBI triple to center in his first at bat of the season, scoring senior Aaron Barrows. Two Cardinal errors allowed three more Colonels to cross the plate as EKU took a 4-0 lead midway through the first.

Louisville responded in their half of the inning, however. Junior Andrew Clark matched Langfels with an RBI triple of his own and then scored on a single by junior Chris Dominguez. A double from freshman Ryan Wright plated Dominguez and sophomore Phil Wunderlich to knot the score, 4-4, through one.

EKU retook the lead, 5-4, in the second after sophomore Ryan Faidley walked and then later scored on an RBI ground-out by Davis.

Freshman Matt Harris, in his Colonel debut, held Louisville

scoreless through the third and fourth, striking out Dominguez, a Prestonsburg native, and American, with two outs and two men on to silence a potentially rally in the fourth.

EKU added an insurance run in the fifth when senior Tyler Rehmel scored Davis with a double to center that made it 6-4. However, a bases-clearing triple by Dominguez in the bottom of the sixth gave the Cardinals their first lead of the game.

6. A fielder's choice by Wright later scored Dominguez to push Louisville's lead to 8-6. EKU got one run back in the seventh when Rehmel laced another RBI double down the right field line, again scoring Davis.

After a scoreless eighth from both teams, Davis, with one out in the ninth, launched a shot out Louisville reliever Tony Zych over the wall in left center to tie the game, 8-8. It was the Colonels' first home run of the season.

Sophomore reliever Matt Fyffe walked the first batter he faced in the bottom of the ninth, Junior Jeff Arnold. After Arnold advanced to second on a fielder's choice, Duval ripped an RBI single down the left field line that ended the game.

Fyffe (0-1), a Johnson Central High School graduate,

picked up the loss, going two innings and allowing just one run on three hits. Junior Jim Clancy started the game for EKU and went two innings, giving up four runs on five hits. Harris allowed one hit and no runs through the third and fourth. Freshman Greg Terry made his Colonel debut in the fifth, working two innings and allowing four runs on three hits.

Davis batted 2-for-4 on the day with two RBI and three runs scored. Rehmel, meanwhile, went 2-for-4 with three RBI and a run scored.

Zych (1-0) got the win for Louisville, pitching the final three innings while allowing just one run on two hits.

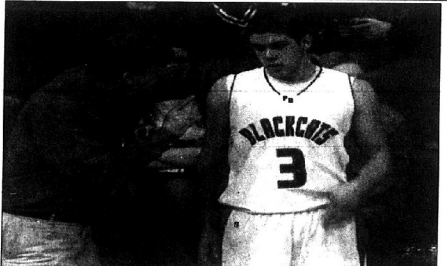
Sophomore Bob Revez started the game for the Cardinals and went 1.1 innings, giving up six runs and five hits. Sophomore Gabriel Shaw pitched the fifth and sixth and allowed just one run on two hits.

Offensively, the Cardinals were led by Dominguez, who went 3-for-5 with four RBI and two runs scored, and sophomore Nate Holland, who batted 3-for-3 with a run scored.

The Colonels are scheduled to return to action today at home versus Buffalo and IPFW in the Logan's Roadhouse Leadoff Tournament. EKU's first game is scheduled for 2 p.m. on Friday against IPFW.



MATT FYFFE



PRESTONSBURG COACH JACK PACK talked with junior guard Michael Burchett during the district tournament game versus Betsy Layne earlier in the week.

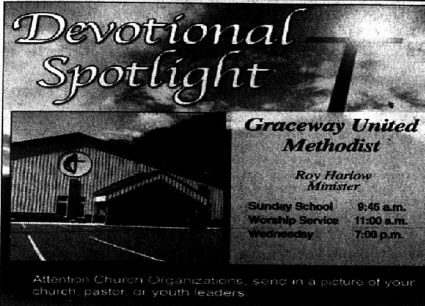


**KNOTT COUNTY SPORTSPLEX
UPCOMING EVENTS SCHEDULE**
February 27-March 1: BCI Boys & Girls Hardwood Hoopfest
March 7-8: EKBA/YBOA Boys & Girls Tournament
March 14-15: EKBA/YBOA Second Chance Qualifying Tournament
March 20-22: BCI Boys & Girls Mountain Preview
March 20-22: ABC Baseball and Fastpitch Softball Camps
March 28: Kentucky Girls Middle School Volleyball Classic
April 4-5: EKBA/YBOA Third Chance Qualifying Tournament
April 10-12: BCI Boys & Girls Tri-State Invitational
April 17-19: BCI Boys & Girls Super Showcase
April 25-26: EKBA/YBOA Regional Tournament
May 1-3: BCI Boys & Girls Appalachian Mountain Challenge
May 9-10: EKBA/YBOA Last Chance Qualifying Tournament
May 15-17: BCI Boys & Girls Northeast Super Regional
May 30-31: EKBA/YBOA State Tournament
June 6-7: EKBA/YBOA Boys & Girls Tournament
June 13-14: EKBA/YBOA Tune-Up National Tournament
June 20-21: EKBA/YBOA Boys & Girls Tournament
July 8-10: East Kentucky Shooting Stars Camp featuring former UK Wildcat Brandon Stockton

VISIT THE FLOYD COUNTY TIMES ONLINE
www.floydcountytimes.com

Floyd County Devotional Page

This devotional and directory is made possible by these businesses who encourage all of us to attend worship services.



Devotional Spotlight

Graceway United Methodist

Roy Harlow Minister

Sunday School 9:45 a.m.
Worship Service 10:00 a.m.
Wednesday 7:00 p.m.

Attention Church Organizations, send in a picture of your church pastor or youth leaders.

ASSEMBLY OF GOD

First Assembly of God, Martin; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Lorie Vanucci, Minister.

In Victory Assembly of God, West Prestonsburg; Sunday School, 10:00; Worship Service, 11:00 & 6:30; Wednesday Evening, 6:30; Gary Stanley, Pastor.

New Bethel Assembly of God, Burning Fork Rd., Sellersville; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m. Arthur (Sam) Smith, Minister.

Praise Assembly, 1 mile S. of Prestonsburg, intersection of Rt. 80 and U.S. 23; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wednesday, 6:30 p.m.; J.M. Sloce, Minister.

BAPTIST

Allen First Baptist, Allen; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Arnold Turner, Minister.

Auxiliary Freewill Baptist, Auxier; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Thursday, 7 p.m.; Bobby Spencer, Pastor.

Bail Branch Regular Baptist Church, Mousley Ky; Worship Service, 9:30, Every third Sat. and Sun. of each month; Roger Hicks, Pastor; Ralph Howard, Asst. Pastor. Contact Kermit Newsome 606-377-8881 for more information.

Benedict Baptist, Slick Rock Branch, Cox Creek; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Gordon Fitch, Minister.

Betsy Layne Free Will Baptist, Betsy Layne; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Tracy Patton, Minister.

Big Sandy Community and Technical College Baptist Student Union, J2722; Wednesday, 11:30 a.m.; Vera Joiner, 886-3863, ext. 67267.

Bonanza Freewill Baptist, Abbott Creek Road, Bonanza; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Jimmy D. Brown, Minister.

Brandy Keg Freewill Baptist, Corn Fork, Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Roger Music, Minister.

Calvary Southern Baptist, Betsy Layne; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Doug Lewis, Minister.

Community Freewill Baptist, Goble Roberts Addition; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Paul D. Coleman, Minister.

Cow Creek Freewill Baptist, Cow Creek; Sunday School, 10 a.m.; Sunday, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Nathan Laffey, Minister.

Daniels Creek Baptist Fellowship Church of God, Banner Services; Saturday night, 7 p.m.; Sunday morning, 11 a.m.; Sunday night, 7 p.m.; Henry Lewis, Minister.

Drift Freewill Baptist, Drift; Sunday School, 10 a.m.; Worship Service, 6:30 p.m.; Thursday, 6:30 p.m.; Jim Fields, Minister.

Endicot Freewill Baptist, Buffalo; Sun. School, 10 a.m.; Church every Sun. Morning 11:00 a.m.; Wed. evening Bible Study & Prayer Meeting, 7:00 p.m.; First Sat. evening

Service, All Welcome 7 p.m. Pastor Mark Hunt, 606-478-2698.

Faith Bible Church, an independent Baptist church, located on 1428, between Allen & Martin; Sunday School, 10 a.m.; Sunday Morning, 10 a.m.; Sunday Evening, 6 p.m.; Wednesday Bible Study & Prayer, 6 p.m.; Pastor, Rev. Bob Wiernam.

Faith Freewill Baptist, 1/4 mile above Worldwide Expt. on Rt. 1428; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Elder Bonnie Patrick, Minister.

First Baptist, Garrett; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Randy Osborne, Minister.

First Baptist, Martin; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Sunday Evening Service, 7 p.m.; Wednesday, 7 p.m.; Greydon Howard, Minister.

First Baptist, Prestonsburg, 157 South Front Street, Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wed., 6:30 p.m.; Jerry C. Workman, minister.

Fitzpatrick First Baptist, 1063 Big Branch, P.O. Box 410, Prestonsburg, KY 41653; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Pastor Tommy Reed.

Free United Baptist, West Prestonsburg; Sunday School, 10 a.m.; Worship Service, 11 a.m. & 6:30 p.m.; Wednesday, 7 p.m.

Free United Baptist, West Prestonsburg; Sunday School, 10 a.m.; Worship Service, 11 a.m. & 6:30 p.m.; Wednesday, 6:30 p.m.

Grethel Baptist, State Rt. 3379, (Branchman's Creek Rd.); Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wednesday, 6:30 p.m.

Garrett Regular Baptist, Route 650, Garrett; Worship Service, 10:30 a.m. and 6:30 p.m.; Wednesday, 6:30 p.m.; Willie Grace, pastor; Asst. Pastor, Larry Patch, 630-4875.

Highland Avenue Freewill Baptist, Sunday School, 9:30 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; David Garrett, Minister.

Jacks Creek Baptist, Bevinville; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Pastor Roger Truitt.

Katy Friend Freewill Baptist, 2 miles up Abbott; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Chad Blair, Pastor.

Lackey Freewill Baptist, Lackey; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Johnny J. Collins, Minister.

Lancer Baptist Church, 71 Cooley St., Prestonsburg; Sunday School, 10:00 a.m.; Morning Worship, 11:00 a.m.; Evening Worship, 6:00 p.m.; Wednesday Prayer Meeting and Bible Study, 7:00 p.m.; Pastor Bobby Carpenter.

Left Beaver Regular Baptist Church across from Garth School; 4th Saturday & Sunday 10:00 a.m., Odd Saturday 6:00 p.m.; Gary Conston, Pastor.

Liberty Baptist, Denver; Sunday Service, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6 p.m.; Merle Little, Minister.

Ligon Community Freewill Baptist, Ligon; Worship Service, Sunday, 11:00 a.m.; Thursday, 7 p.m.

Little Rosa Regular Baptist Church of Jesus Christ, (Indian Bottom Association) Services: 1st Saturday & Sunday every month 9:30 a.m., 3rd Sunday 9:30 a.m., Odd Sunday 9:30 a.m.

Martin Branch Freewill Baptist, Estill; Sunday Service, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; James (Red) Morris, Minister.

Martin Freewill Baptist, Martin; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; John L. Blair, Minister.

Maytown First Baptist, Main St., Maytown; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6 p.m.; Bob Varney, Minister.

McDowell First Baptist, McDowell; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6 p.m.; Gene Bracken, Minister.

Middle Creek Baptist, Blue River; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; John L. Blair, Minister.

Lighthouse Baptist, 2194 KY Rt. 1428, Prestonsburg; Sunday Service, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Donald Cnsp. Minister home phone 295-3385.

Pleasant Home Baptist, Water Gap Road, Lancer; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Mark Tackett, Pastor.

Prater Creek Baptist, Banner; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; J.B. Hall, Pastor. Phone: (606) 874-3222.

Rock Fork Freewill Baptist; Garrett Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Wendell Grager, Minister.

Rock Fork Regular Baptist, Garrett; Worship Service, 9:30 a.m.; Sunday School, 10 a.m.; Pastor, Willie Crace, Assistant Pastor.

Salt Lick United Baptist, Salt Lick, Huysville; Worship Service, 2nd & 4th Sunday, 10:30 a.m.; Pastor, Allen Chaffins, phone 946-2123.

Sammy Clark Branch Freewill Baptist, Dana; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m.

Stephens Branch Missionary Baptist, Stephens Branch; Sunday Service, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 5 p.m.

The Third Avenue Freewill Baptist; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Phillip Ramey, Pastor.

Tom's Creek Freewill Baptist, U.S. 23 (north of Layne Brothers); Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Chuck Ferguson, Minister.

Tom Moore Memorial Freewill Baptist, Cliff Road; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Youth Service, 6:00 p.m.; Evening Service, 6:00 p.m.; No Service the 1st Sunday of each month; Wednesday, 7 p.m.; Jody Spencer, Minister.

Trimble Chapel Freewill Baptist; Intersection of U.S. 23 and KY 80, Water Gap; Sunday School, 10 a.m.; Morning Worship Service, 11 a.m. and Evening Worship Service 6 p.m.; Wednesday Bible Study, 7 p.m.; Youth Services 7 p.m.; Everyone Welcome.

United Community Baptist, Hwy 7, Huysville; Worship Service, 2 p.m., Friday, 7 p.m., Carlos Beverly, Minister.

Wheelwright Freewill Baptist, Wheelwright Junction; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Louis Ferrari, Minister.

CATHOLIC

St. Martha, Water Gap Mass; Sunday, 11:15 a.m.; Saturday, 5 p.m.; Sunday, Father Robert Damron, pastor.

CHRISTIAN

First Christian, 560 North Arnold Avenue; Sunday School,

10 a.m.; Worship Service, 11 a.m.; Jim Sherman, Minister.

Worship Christian Ministries, 1428 E., Sunday School, 11:30 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Sherm Williams, Minister.

CHURCH OF CHRIST

Betsy Layne Church of Christ, Betsy Layne; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Tommy J. Spears, Minister.

Prestonsburg Church of Christ, 88 Hwy. 1428; Worship Service, 10 a.m. and 6 p.m.; Wednesday, 7 p.m.; Richard Kelly and Nelson Kidder, Ministers.

Harold Church of Christ, Harold; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Willie E. Meade, Minister.

Highland Church of Christ, Rt. 23, Hager Hill; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.

Huysville Church of Christ; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Chester Varney, Minister.

Lower Toler Church of Christ, Harold; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m.; Lorie Meade, Minister.

Mare Creek Church of Christ, Stanville; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m.; Lorie Meade, Minister.

Martin Church of Christ, Martin; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Gary Mitchell, Minister.

Maytown Church of Christ, 66 Turkey Creek Rd., Langley; Sunday Bible Study 10:00 a.m., Sunday morning worship 11:00 a.m., Evening Worship 6:00 p.m., Wednesday Bible Study 6:00 p.m.

Upper Toler Church of Christ, 3.5 miles up Toler Creek on right; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Tommy Dale Bush, Minister.

Weeksbury Church of Christ; Sunday School, 10 a.m.; Worship Service, 10:45 a.m. and 6 p.m.; Mike Hall, Minister.

CHURCH OF GOD

Betsy Layne Church of God, Old U.S. 23; Sunday School, 10:30 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Judith Casdill, Minister.

Community Church of God, Arkansas Creek, Martin; Worship Service, 11 a.m.; Friday, 7 p.m.; Bud Crum, Minister.

First Church of God; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Steven V. Williams, Pastor.

Garrett Church of God, Garrett; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Family Training Hour - Thursday 7 p.m.; Ralph Hall, Pastor.

Landmark Church of God, Goble Roberts Addition; Sunday School, 10 a.m.; Worship Service, 11:10 a.m. and 7 p.m.; Wednesday, 7 p.m.; Kenneth E. Prater, Jr., Minister.

Little Paint First Church of God, 671 Little Paint Road; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Charles Heater Jr., Minister.

The Ligon Church of God of Prophecy, Saturday Services, 7:00 p.m.; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Ralph Hall, Pastor.

EPISCOPAL

St. James Episcopal; Sunday Service, 9:45 a.m.; Holy Eucharist 11:00 a.m.; Wednesday Study Group 6:00 p.m.; Holy Eucharist & Healing 7:30 p.m.; Father Johnnie E. Ross, Rector.

LUTHERAN

Our Savior Lutheran, Ship Bayes Room Carriage House Motel, Paintsville; Sunday Service, 11 a.m.; WKLW (600 a.m.) 12:05 p.m.; Roland Bentrup, Minister.

METHODIST

Auxier United Methodist, Auxier; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.; Mead Music, Minister.

Betsy Layne United Methodist, next to B.L. Gymnasium; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Ralph Hall, Pastor.

Allen Christ United Methodist, Allen; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. & 6 p.m.; Wednesday, 7 p.m.; Kenneth Lemaster, Minister.

Community United Methodist, 147 Burke Avenue (off University Drive); Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Glen "Chap" Douglass, Rev.

Elliott's Candy Free Methodist, Rt. 979, Beaver; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Philip T. Smith, Minister.

Emma United Methodist, Emma; Sunday School 10 a.m.; Sunday Worship Service 11 a.m.; Pastor David Profit.

First United Methodist, 256 South Arnold Avenue; Sunday School, 9:45 a.m.; Worship Service, 10:55 a.m.; Youth Service 6 p.m.; Rev. Jim Adams, Pastor.

Horn Chapel Methodist, Auxier Road; Auxier Sunday School, 10 a.m.; Sunday Morning Service, 11 a.m., Midweek Service, 7 p.m.; Sunday Evening Service held on the 1st and 3rd Sundays of each month at 6 p.m.; Larry J. Perix, Minister.

Graceway United Methodist, Rt. 80, Sunday School, 9:45 a.m.; Worship Service, 11 a.m.; Wednesday Night, 7 p.m.; Roy Harlow, Minister.

Salisbury United Methodist, Printer; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday Bible Study, 6 p.m.; Bobby G. Lawson, Minister.

Wayland United Methodist, Rt. 7, Wayland; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.; Jack Howard, Pastor.

Wheelwright United Methodist, Wheelwright; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Bobby Isaac, Minister.

Vogel Day United Methodist Church, Harold; Sunday School, 10:00 a.m.; Worship Service, 11:00 a.m.; Wed. Bible Study, 7:00 p.m.; Dennis C. Love, Pastor.

Drift Pentecostal, Drift; Sunday School, 10 a.m.; Worship Service, Saturday/Sunday, 7 p.m.; Wednesday, 7 p.m.; Ted Shannon, Minister.

Free Pentecostal Church of God, Rt. 1428, East Point; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Thurs. 6:30 p.m.; Buster Hayton, Minister.

Free Pentecostal Church of God, Weeksbury; Sunday School, 10 a.m.; Worship Service, 7 p.m.; Wednesday, 7 p.m.; John Jay Patton, Minister.

Free Pentecostal Deliverance, Ext. 46 off Mt. Parkway at Campton; Worship Service, Saturday and Sunday, 7 p.m.; Patricia Grider, Minister.

Free Pentecostal Holiness, Rt. 122, Upper Burton; Sunday School, 11 a.m.; Worship Service, 6 p.m.; Friday, 7 p.m.; Louis Santan, Minister; David Pike, Associate Minister.

Goodloe Pentecostal, Rt. 850, David; Worship Service, 6 p.m.; Malcom Skow, Minister.

Parkway First Calvary Pentecostal, Floyd and Magoffin County Line; Worship Service, 6:30 p.m.; Mike D. Caldwell, Minister; 297-6262.

Trinity Chapel Pentecostal Holiness, Main St., Martin; Sunday School, 10 a.m.; Worship Service, 7 p.m., 2nd Sat., 7 p.m.; Thurs. 7 p.m.; Ellis J. Stevens, Minister.

Free Pentecostal Church, Dwayne; Services Saturday, 6

p.m.; Sunday School, 10 a.m.; Services, 11 a.m.; No Sunday Night Service.

PRESBYTERIAN

Drift Presbyterian, Route 1101, Drift; Worship Service, 11 a.m.

First Presbyterian, North Lake Drive; Sunday School, 9:30 a.m.; Worship Service, 11 a.m.; Rev. Vicki Poole, pastor.

SEVENTH DAY ADVENTIST

Seventh-Day Adventist, 5 miles West on Mountain Parkway; Church Service, 9:15; Sabbath School, 10:45; John Baker, Pastor, 358-9263; Church, 866-3459, leave message. Everyone welcome!

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

The Church of Jesus Christ of Latter-Day Saints; Sacrament Mtg., 10:00 a.m.; Sunday School, 11:20 a.m.; Relief Society/Firewood Primary, 12:00 p.m.; Wednesday, 6 p.m. Church Meeting House address, Hwy. 80, Martin, KY 41649; Meeting House telephone number: 285-3133; Ken Cainer, Bishop.

OTHER

Pastor Altha Johnson welcomes everyone to attend services at the **CHURCH OF GOD OF PROPHECY TRAM KENTUCKY**. Sunday school 10 a.m., Worship service 11 a.m.

Drift Independent, Drift; Sunday, 11 a.m.; Thursday, 6:30 p.m.

Grace Fellowship Prestonsburg (next to old flea market), Sunday School, 10 a.m.; Worship, 11 a.m., Bill Stukenberg, Pastor 889-0905.

Faith Deliverance Tabernacle, West Prestonsburg; Sunday School, 10:30 a.m.; Thursday, 7 p.m.; Don Shepherd, Minister.

Faith Revelation, Harkins Ave., West Prestonsburg; Sunday School, 10 a.m.; Worship service, 11 a.m. and 6 p.m.; Thurs. 7 p.m. Randy Hagans, Minister, 886-9460.

Faith Fellowship, Allen Ky, Sun. School, 10 a.m.; Worship Service, 11 a.m.; Sun. Evening, 6 p.m.; Wed. 7 p.m. Carl & Missy Woods, Pastors.

Faith Worship Center, US 460, Paintsville; Worship Service, 11 a.m.; Thursday, 6 p.m.; Buddy and Maude Frye, Minister.

Full Gospel Community, (formerly of Martin) moved to Old Allen; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Sunday evening, 6:30 p.m.; Wed., 6:30 p.m.; Lavonne Lafferty, Minister.

Lighthouse Temple, Main St. and Hall St.; Worship Service, 12 p.m. and 7 p.m.; Wednesday/Friday, 7 p.m.; Roy Cosby, Minister.

Living Water Ministries Full Gospel Church, Rt. 3, just before Thunder Ridge; Wednesday, 7:00 p.m., Sunday Evening, 6:00 p.m. Pastor: Curt Howard.

Martin House of Worship, Old Post Office St.; Worship Service, 7 p.m., Saturday/Sunday.

Old Time Holiness, 2 miles up Arkansas Creek, Martin; Sunday School, 11 a.m.; Worship Service, 7 p.m.; Friday, 7 p.m.; John W. Patton, Minister.

Spurlock Bible (Baptist), 6227 Spurlock Creek Rd., Prestonsburg; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Jim Stephens, Minister, 886-1003.

Town Branch Church; Sunday School 10 a.m. except for first Sunday in each month; Worship Service, Sun. morning 10:00 a.m., Evening 6 p.m. Wednesday, 6 p.m.; No Sunday night services on first Sunday of each month. Tom Nelson, Minister.

The Father House, Big Branch, Abbott Creek; Sunday School, 10 a.m.; Worship Service, 6 p.m.; J.J. Wright, Minister.

The Tabernacle, Rt. 321 (Old Plantation Motel), Christian Educator, 10:00; Sunday Morning, 11:00; Sunday Evening, 7:00; Wednesday, 7:00; Pastors, Paul and Ramona Alken.

Youth Fellowship Center, Wheelwright; Monday-Tuesday, 6 p.m., Thursday, 7 p.m.

Zion Deliverance, Wayland; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m. Prayer Line: 358-2464; Darlene W. Amette, Pastor.

Taylor Chapel Community Church, formerly the old Price Food Service building, located 1/4 quarter mile above Worldwide Equipment, Rt. 1428, Sun. Bible Study, 10 a.m.; Sun. Morning Service, 11 a.m.; Sun. Evening, 6:30 p.m. Kenny Vandpool, Pastor.

International Pentecostal Holiness Church, 10974 N. Main St., Martin; Rev. Ellis J. Stevens, Senior Pastor.

Rising Sun Ministries, 114 Rising Sun Lane, Prestonsburg, Ky 41653; Sunday, 11:00 a.m.; Wednesday, 6:30 p.m. Pastor: D.P. Curry.

Church of God of Prophecy, Sunday School 10 a.m., Worship Service, 11 a.m., Wednesday, 7 p.m., Wednesday Night - 6 p.m. Pastor Glenn Hayes, West Prestonsburg.

House of Refuge, Rock Fork; Sunday Evening Worship 6 p.m.; Sunday Bible Study 7:30 p.m.; Wednesday Prayer Meeting 7:30 p.m.; Bill B. Tussey, Pastor.

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INVITATION FOR PROPOSAL

SPURLOCK POWER STATION

GILBERT & SPURLOCK 4

MAY THROUGH DECEMBER 2009

East Kentucky Power Cooperative, Inc. ("EKPC") is accepting proposals for May through December 2009 coal requirements for the Gilbert Unit at Spurlock Power Station and Spurlock Power Station Unit No. 4. Purchases will be approximately

Station	Tons Per Month	Maximum Sulfur
Gilbert Unit No. 3 and Spurlock Unit No. 4	40,000	10 lbs. SO ₂ /MMBtu

Any sulfur content up to the maximum content shown above may be guaranteed. Proposals may be made for any portion of the tonnage requirement. Deliveries will begin on May 1, 2009, and continue through December 31, 2009.

INVITATION FOR PROPOSAL

SPURLOCK POWER STATION
 SPURLOCK SPOT COAL
 3rd & 4th QUARTERS 2009

East Kentucky Power Cooperative, Inc. ("EKPC") is accepting proposals for fuel requirements at Spurlock Power Station Unit Nos. 1 and 2. Deliveries will begin July 1, 2009. All fuel options available. EKPC will evaluate bids to determine the most economical fuel for future use. Coal specification requirements shall be a minimum 11,000 Btu/lb., maximum 16 percent ash, and maximum 7 lbs. SO₂/MMBtu, all on an as-received basis. ALL BIDS MUST BE ACCOMPANIED WITH a full proximate analysis including grade, volatile matter, ash, moisture, and sulfur, ultimate analysis, ash fusion, and slagging and fouling factor calculations.

Please submit a proposal for deliveries of up to 40,000 tons per month. Time periods of a minimum of three months to a maximum of six months will be considered.

All requested information must be accurately submitted on the proposal forms, available upon request from EKPC. If the coal is

B7

pet. Central heat air and washer & dryer hookup. Located in Prestonsburg behind Dr. Gopal's office. Upstairs \$575 a month plus utilities and 1 month deposit. Downtown stairs is \$550 plus utilities & deposit. Call 285-9000 before 10:00 pm.

1 br apartment for rent. \$350 per month plus utilities. \$350 deposit. Located a couple of minutes from the hospital and the college. Call 886-9291.

Large apartment for rent. Located on US 23 at Stanville. 2 br, 2 bath. Walk in closet. Large living room area. 1 yr lease. NO PETS. \$650 per month \$850 deposit. Call 606-478-8100.

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2 br house for rent. Appliances furnished, all electric, w/d. Newly remodeled inside and out. \$500 month plus

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Legals

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

In accordance with KRS 350.055, notice is hereby given that Frasure Creek Mining, LLC, 4878 Teays Valley Road, Scott Depot, WV 25560, (304) 204-1455 has applied for a permit for a surface coal mining and reclamation operation located 1.7 miles northeast of Hippo, Kentucky in Floyd County. The proposed operation will disturb 373.39 surface acres and will underlie 4.92 acres, and the total area within the permit boundary will be 378.31 acres. The proposed operation is approximately 0.8 miles south from KY 1210 junction with Alum

lick Road and located 0.2 miles southwest of Caney Creek. The proposed operation is located on the Martin USGS 7 1/2 minute quadrangle map. The operation will use the area, contour, and auger methods of surface mining. The surface area to be disturbed is owned by George Thornsby, et al, Shade and Patricia K. Pitts, Lou Ellen Pitts, Big Branch Holding Company, LLC, Equitrans, and the Mont Ousley Heirs. The application has been filed for public inspection at the Department for Mining Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, KY 41653. Written comments, objections, or requests for a permit conference must be filed with the Director of the Division of Permits, #2 Hudson Hollow Complex, U.S. 127 South, Frankfort, Kentucky 40601. This is the final advertisement of the application. All comments, objections, or requests for a permit conference must be received within 30 days of today's date.

NOTICE OF BLASTING SCHEDULE APPLICATION NUMBER 898-0771

In accordance with the provisions of 405 KAR 16:120, Section 3, notice is hereby given that Dusty Diamond Company, Inc., 7000 Highbridge

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Road, Fayetteville, New York 13066, (304) 549-1845, proposes the following blasting schedule. The blasting site consists of approximately 15.0 acres located approximately 5.7 miles southwest of Pikeville and is situated at the junction of KY Route 3418 and KY Route 1426 and is located on Island Creek at Latitude 37°25'16" and Longitude 82°35'54". Detonations of explosives are proposed to occur daily, sunrise to sunset, from March 9, 2009 to March 9, 2010. Entry to the blasting area will be regulated by signs and barriers. An authorized company representative (flagman) will prohibit access within 1,000 feet of the blasting area by unauthorized persons at least ten minutes prior to each detonation. After personnel are cleared from the area, a pre-detonation warning consisting of a one minute series of long blasts on a siren will be given five minutes prior to the blast. Immediately prior to detonation, a signal will be given consisting of a one minute series of short blasts on a

siren. The all clear signal will consist of a prolonged blast sounded on a siren following inspection of the blast site. All roads leading to or near the blast site (including public roads) will remain closed until the all clear signal is given. The all clear signal will not be sounded until the area has been inspected after the blast. Those signals will be audible over a minimum distance of one half mile from the blast site. Events which could lead to blasting at times other than scheduled include but are not limited to rain, lightning, or other atmospheric conditions which involve personnel, operational, or public safety. If conditions occur that require blasting at times other than the normally scheduled blasting hours (sunrise to sunset), the audible signals described above will be used to warn the public of the blasting activity.

The application has been filed for public inspection at the Department for Mining Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, Kentucky 41653. Written comments or objections must be filed with the Director, Division of Mine Permits, No. 2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601. All comments or objections must be received within fifteen (15) days of today's date.

NOTICE OF INTENTION TO MINE Pursuant to Application No. 836-0332 Operator Change

In accordance with 405 KAR 8:010, notice is hereby given that FCDC Coal, Inc., 587 North Lake Drive, Prestonsburg, Kentucky 41653, intends to revise

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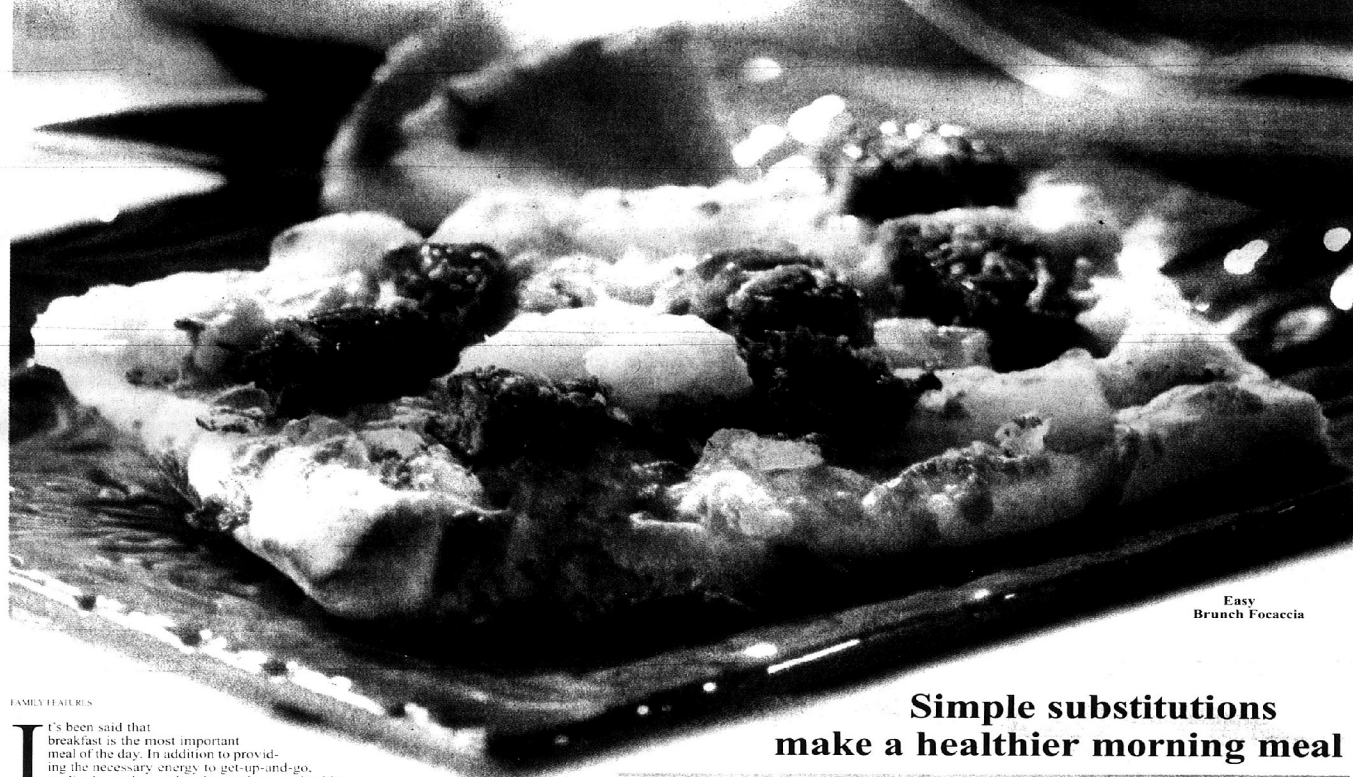
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The Sunnier Side of Breakfast



Easy
Brunch Focaccia

FAMILY FEATURES

It's been said that breakfast is the most important meal of the day. In addition to providing the necessary energy to get-up-and-go, studies have shown that those who eat a healthy breakfast have better overall diets, improved concentration and performance during the day, and more strength and endurance for physical activity. Unfortunately, the traditional hot breakfast — eggs, meat and potatoes — can add fat and calories to your plate. But, there's good news for breakfast lovers who've resolved to eat better this year: with a few simple substitutions, you can still enjoy a hearty, satisfying morning meal without some of the guilt.

To start, substitute a slice of whole grain toast for traditional white bread. If your morning beverage of choice is coffee with cream and sugar, try adding skim milk and a sugar substitute instead. A side of fresh fruit can be an easy way to increase your daily intake of fruits and vegetables while adding a smidgen of something sweet to your plate.

For the main dish, toss a few vegetables into your eggs for added fiber and flavor. This Italian Frittata recipe is a hearty blend of broccoli, bell peppers, mushrooms, spices, cheese and veggie sausage links — all in one dish! By swapping out sausage for a veggie alternative, you're skipping some of the unnecessary calories and saturated fat.

Speaking of substituting meat, the new Morningstar Farms Maple Flavored Veggie Sausage Patties are a sweet-and-savory alternative to traditional pre-cooked pork sausage, with 76 percent less fat. You can enjoy them alongside a serving of eggs or crumbled into any recipe that calls for maple-flavored sausage. In fact, they're the main ingredient in this Easy Brunch Focaccia recipe — a delicious "breakfast pizza" that will have everyone around the table saying, "That's amore!"

For more recipes and fun food ideas, visit www.SeeVeggiesDifferently.com.

Simple substitutions make a healthier morning meal



Italian Frittata

Easy Brunch Focaccia

Prep Time: 20 minutes
Time to Table: 35 minutes

- 4 Morningstar Farms Maple Flavored Veggie Sausage Patties, thawed
- 1 tube (13.8 ounces) refrigerated pizza dough
- 3/4 cup finely chopped onion
- 2 teaspoons vegetable oil
- 1 teaspoon dried sage leaves
- 1/4 teaspoon pepper
- 1 cup finely chopped fresh pineapple or 1 can (8 ounces) pineapple tidbits (juice pack), drained
- 1 cup (4 ounces) shredded mozzarella cheese or cheddar cheese

Cut the maple-flavored veggie sausage patties into bite-size pieces. Set aside. Unroll dough onto baking sheet coated with nonstick cooking spray. Press dough into 14 x 10-inch rectangle.

In small nonstick skillet cook onion in oil over medium heat for 3 to 5 minutes or until tender and beginning to brown, stirring occasionally. Stir in sage and pepper. Spread over dough. Arrange veggie sausage patty pieces and pineapple on top of onion mixture. Bake at 425°F for 8 to 10 minutes or until edges are brown.

Sprinkle with cheese. Bake at 425°F for 5 to 6 minutes more or until cheese melts and crust is golden brown. Cut into rectangles to serve. Serve warm.

Yield: 6 servings

Pancake Wrap

Prep Time: 15 minutes
Time to Table: 15 minutes

- 6 frozen Kellogg's Eggo Nutri-Grain Pancakes or Kellogg's Eggo Buttermilk Pancakes
- 3 Morningstar Farms Maple Flavored Veggie Sausage Patties
- 1 tablespoon apple, cherry or strawberry preserves

Prepare pancakes according to package directions. Cook maple-flavored veggie sausage patties according to package directions. Cut each patty in half.

Spread preserves on warm pancakes. Top each with veggie sausage patty half. Fold pancakes around veggie sausage patties. Serve immediately.

Yield: 6 sandwiches; 3 servings



Pancake Wrap

Italian Frittata

Prep Time: 20 minutes
Time to Table: 30 minutes

- 1 cup refrigerated egg substitute
- 1 tablespoon fat-free milk
- 1/2 teaspoon dried oregano leaves
- 1/8 teaspoon garlic powder
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 cup chopped red bell pepper
- 1/4 cup chopped broccoli florets
- 4 ounces Morningstar Farms Veggie Breakfast Sausage Links, thawed
- 1/4 cup canned sliced mushrooms, drained
- 1/2 cup shredded fat-free cheddar cheese or reduced-fat cheddar cheese (2 ounces)

In medium bowl, whisk together egg substitute, milk, oregano, garlic powder, salt and pepper.

In small nonstick skillet coated with cooking spray, cook bell pepper, broccoli and veggie breakfast sausage links over medium heat until vegetables are tender. Remove from skillet. Set aside.

In same skillet, cook egg mixture over medium-low heat until set. Top with vegetable mixture and mushrooms. Sprinkle with cheese. Tightly cover. Let stand for 3 to 5 minutes or until cheese melts.

Yield: 2 servings