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Saturday, January 3, 2009

The Times

FLOYD COUNTY

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S N E A K P E E K



Hollis Whitehead directs a media tour Friday of Highlands Regional Medical Center's new emergency room department. Whitehead, the hospital's director of emergency services, says he hopes people will see in this new wing the "commitment to provide a great customer service experience."

photos by Sheldon Compton

New emergency room opens Monday

SHELDON COMPTON
 STAFF WRITER

PRESTONSBURG — Members of the local media had an opportunity to see Highlands Regional Medical Center's new emergency room department during a scheduled tour Friday afternoon.

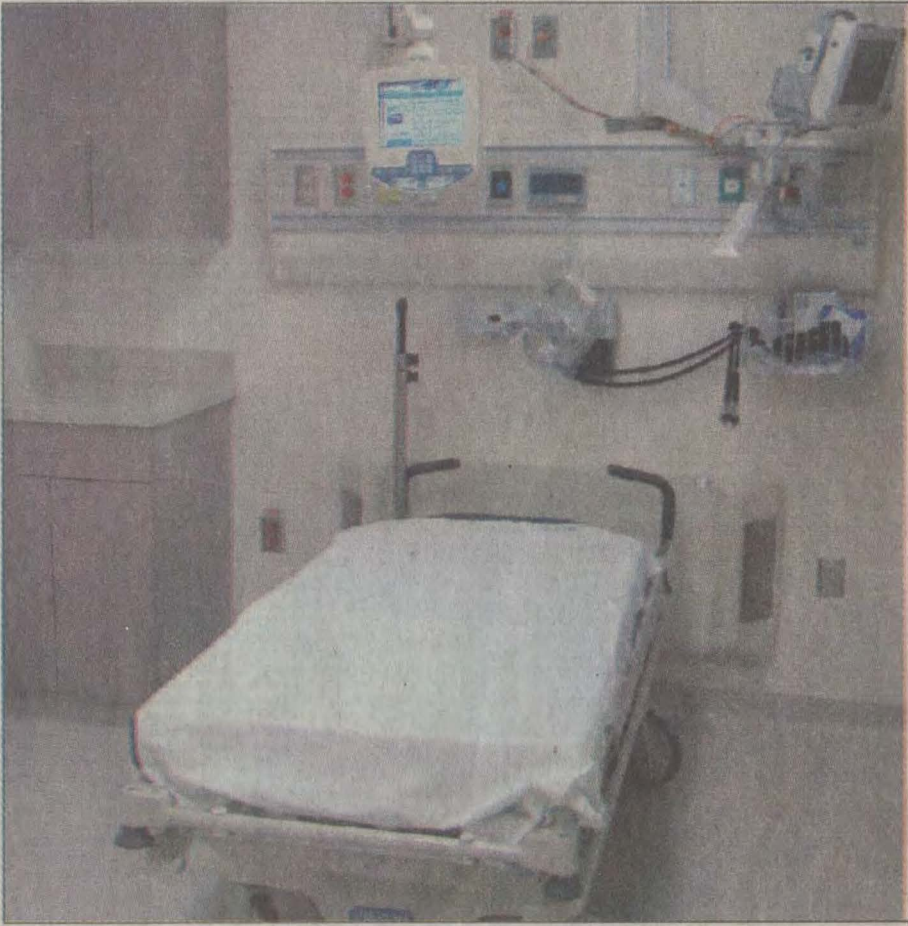
The new emergency wing will include a triage room designed to more effectively determine the nature and severity of patients' injuries, trauma and Fast Track rooms with far more privacy than the old emergency department and an expanded work area for staff and a spacious waiting area seating up to 50 people.

"We were trying to put in more bed space and by enlarging this allow us to compare to other emergency departments in the country," said Hollis Whitehead, the newly named director of emergency services.

When HRMC first opened its doors in 1973, the emergency department could handle up to 10,000 patients. In the 1980s, adjustments were made to that number to 15,000.

However, according to the hospital's director of marketing and public relations Stephanie Damron, the hospital has been seeing more than 25,000 in

(See HIGHLANDS, page five)



New emergency rooms at Highlands Regional Medical Center in a new wing set to open Monday will provide patients with higher levels of privacy, progressive monitoring equipment and extras such as television access.

Truck hits stolen ATV

Times Staff Report

MARTIN — A woman who police say pulled in front of a coal truck while riding a stolen all-terrain vehicle earlier this week may now be facing theft charges.

Kimberly Collins, 36, of Printer, was severely injured after she pulled into the path of a coal truck driven by Larry G. Hancock at around 4:30 p.m. Monday.

Collins was driving a stolen 2002 Honda all-terrain vehicle along the stretch of Route 122 at the time.

Collins was transported to Cabell-Huntington Hospital after the collision and admitted due to her injuries, which were not specified in reports made available by the Kentucky State Police. Hancock was not injured in the accident.

The incident is being investigated by KSP Trooper Austin Hicks, who has said the stolen all-terrain vehicle, which sustained extensive damages, could lead police to charge Collins with theft pending further investigation.

Pike man killed in New Year's Eve wreck

SHELDON COMPTON
 STAFF WRITER

VIRGIE — Police are saying that alcohol could have been a factor in the death of a Jenkins man following a car accident on New Year's Eve.

Though toxicology reports have yet to be returned, investigating officer KSP Trooper Justin Cornett has said alcohol is a "suspected factor" in the collision that killed 34-year-old William H. Hodge at Dorton Wednesday evening at approximately 7 p.m.

According to reports from state police, Hodge, a resident of

(See ACCIDENT, page five)

2 DAY FORECAST

Today



High: 51 • Low: 41

Tomorrow



High: 58 • Low: 32

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

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The Floyd County Times is printed on 100 percent USA recycled paper

FCHD anti-smoking effort starts next week

SHELDON COMPTON
 STAFF WRITER

PRESTONSBURG — Representatives with the Floyd County Health Department will mark the beginning of their new Right to Breathe Clean Air campaign Monday with postcards aimed at dispelling myths about secondhand smoke.

The series will consist of three postcards as part of what department officials have said will be a community public health education campaign to "protect citizens from known health hazards" of secondhand tobacco smoke.

The three myths and following statements about those myths that will appear on the postcards are as follows:

■ Secondhand tobacco smoke poses no real health risks. The U.S. Surgeon General in June 2006 declared "The debate is over, the science is clear. Secondhand smoke is a serious health hazard that causes death and disease in children and non-smoking adults." Every major health and medical authority in the world agrees with this conclusion.

■ Short-term exposure to secondhand smoke in a restaurant or an enclosed building does no real physical damage to a person. The scientific research shows a very different picture. Exposure to secondhand tobacco smoke makes it harder for the human heart to pump blood after five (5) min-

(See CHANGES, page five)

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 PAPA JOHN'S
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Regional Obituaries

FLOYD COUNTY

■ Evelene Booth, 80, of Prestonsburg, died Thursday, December 25, at her residence. Funeral services were held Sunday, December 28, under the direction of Nelson-Frazier Funeral Home.

■ Sparkle Hunter Brown, 64, of Martin, died Friday, December 26, at her residence. She is survived by her husband, Edgar (Johnny) Brown. Funeral services were conducted Tuesday, December 30, under the direction of Nelson-Frazier Funeral Home.

■ Robert Carlson, 43, of Seven Springs, North Carolina, died Friday, December 26, at Highlands Regional Medical Center. He is survived by his wife, Monica Page Carlson. Services were conducted Tuesday, December 30, under the direction of Nelson-Frazier Funeral Home.

■ Barry Ray Collins, 30, of Minnie, died Tuesday,

December 23, at Weeksbury. Funeral services were conducted Monday, December 29, under the direction of Nelson-Frazier Funeral Home.

■ Gladys Skaggs Conn, 93, of Somerset, died Monday, December 29, at Lake Cumberland Regional Hospital in Somerset. Funeral services were held Friday, January 2, under the direction of Hall Funeral Home.

■ Eula Mae Nelson Conley, 69, of Allen, died Tuesday, December 23, at Highlands Regional Medical Center, in Prestonsburg. Funeral services were held Saturday, December 27, under the direction of Nelson-Frazier Funeral Home.

■ Green "Tanker" Hamilton, 75, of Garrett, died Friday, December 26, at King's Daughters Medical Center in Ashland. Funeral services were conducted Monday, December 29, under the direction of Nelson-Frazier Funeral

Home.

■ James Hobert Howell, 60, of Lake Station, Indiana, formerly of Floyd County, died Tuesday, December 23, at his residence. He is survived by his wife, Dianne Howell. Funeral services were conducted Wednesday, December 31, under the direction of Hall Funeral Home.

Maggie T. Howell, 81, of Teaberry, died Saturday, December 27, at her residence. Funeral services were conducted Tuesday, December 30, under the direction of Hall Funeral Home.

■ Joe Innis, 66, of Honaker, died Tuesday, December 16, at St. Joseph Martin. He is survived by his wife, Joann Kidd Innis. Funeral services were held Saturday, December 20, under the direction of Nelson-Frazier Funeral Home.

■ Leonard Marsillett, 74, of Prestonsburg, died Sunday, December 21, at Highlands Regional Medical Center, Prestonsburg. He is survived by his wife, Georgia Powers Marsillett. Funeral services were held Tuesday, December 23, under the direction of Nelson-Frazier Funeral Home.

■ William Lewis (Bill) Miller, 75, of Prestonsburg, died Saturday, December 27, at his residence. He is survived by his wife, Mary Alice Calhoun Miller. Funeral services were conducted Monday, December 29, under the direction of Nelson-Frazier Funeral Home.

■ Dorothy Moore, 84, of McDowell, died Thursday, December 25, at Highland's Regional Medical Center. Funeral services were held Sunday, December 28, under the direction of Nelson-Frazier Funeral Home.

■ Gloria Gaye Porter, 67, of Prestonsburg, died Tuesday, December 16, at her residence. She is survived by her husband, Clyde Porter. Funeral services were held Friday, December 19, under the direction of Nelson-Frazier Funeral Home.

■ Gartha M. Stewart, age 91, of Tram, died Monday, December 22, at her residence. Funeral services were held Thursday, December 25, at under the direction of Hall Funeral Home.

■ Paul Douglas Stewart, 55, of Ivel, died Friday, December 26, at his residence. He is survived by his wife, Brenda Keathley Stewart. Funeral services were conducted Tuesday, December 30, under the direction of Nelson-Frazier Funeral Home.

■ Bryan David Tackett, 30, of Hi Hat, died Wednesday, December 24, at Bevinville. He is survived by his wife, Talina Shantel Kendrick Tackett. Funeral services were held Sunday, December 28, under the direction of Nelson-Frazier Funeral Home.

■ Jerrie VanHoose, 59, of Ashland, formerly of Prestonsburg, died Saturday morning, December 27. Funeral services were held Tuesday, December 30, under the direction of Caniff Funeral Home.

■ Henry J. Wright, 76, of Minnie, died Saturday, December 27, at the King's Daughters Medical Center, Ashland. He is survived by his wife, Matifern Wright. Funeral services were conducted Tuesday, December 30, under the direction of Hall Funeral Home.

PIKE COUNTY

■ Sylvia Belcher, 73, of Columbus, Ohio, formerly of Belcher, died Sunday, December 28, in Columbus. Funeral services were held Wednesday, December 31, under the direction of O.R. Woodyard Funeral Home of Columbus.

■ Kenneth Ray Bentley, 65, of Danville, Va., a Pikeville native, died Saturday, December 27, at his home. He is survived by his wife, Peggy Ashworth Bentley. Funeral services were held Tuesday, December 30, under direction of Wrenn-Yeatts Westover Chapel of Danville.

■ Frances Hamilton Blankenship, 85, of Pikeville, died Friday, December 26, at her home. Funeral services

were held Tuesday, December 30, under the direction of Lucas & Son Funeral Home.

■ Chester Boyd, 76, of Hurricane Road, Pikeville, died Friday, December 26, at Pikeville Medical Center. Funeral services were held Monday, December 29, under the direction of J.W. Call Funeral Home.

■ James R. Chapman, 62, of McVeigh, died Saturday, December 27, at Huddy. Funeral services were held Wednesday, December 31, under the direction of R.E. Rogers Funeral Home.

■ Linda Compton, 54, of Island Creek, died Saturday, December 27, at the University of Kentucky Medical Center, Lexington. She is survived by her husband, Finis Compton. Funeral services were held Wednesday, December 31, under the direction of J.W. Call Funeral Home.

■ Sidney Juanita Justice Coots, 78, of Xenia, Ohio, died Thursday, December 25, at Greene Memorial Hospital, Xenia. Graveside services were held Tuesday, December 30, at the Annie E. Young Cemetery, under the direction of J.W. Call & Son Funeral Home.

■ Clyde Cecil Darnell, 58, of Steele, died Saturday, December 27, at Pikeville Medical Center. Funeral services were held Wednesday, December 31, under the direction of Bailey Funeral Home.

■ Augusta Stratton Elswick, 78, of Pikeville, died Monday, December 29, at Pikeville Medical Center. Funeral services were held Thursday, January 1, under the direction of J.W. Call & Son Funeral Home.

■ Joe H. Harris, 94, of Sidney, a Floyd County native, died Monday, December 29, at the South Williamson Appalachian Regional Hospital Skilled Nursing Facility. Funeral services were

held Wednesday, December 31, under the direction of R.E. Rogers Funeral Home.

■ Daisy Kanes, 82, of Michigan, formerly of Dorton, died Saturday, December 27, at St. Joseph Mercy Hospital, Superior, Mich. Funeral services were held Wednesday, December 31, under the direction of Hall & Jones Funeral Home of Virgie.

■ Elijah Kiser, 72, of Caney Creek, died Tuesday, December 30, at his home. He is survived by his wife, Mary Ellen Robinson Kiser. Funeral services were held Friday, January 2, under the direction of Hall & Jones Funeral Home.

■ Lentford Little, 62, of Pikeville, died Sunday, December 28, at Pikeville Medical Center. Funeral services were held Wednesday, December 31, under the direction of J.W. Call Funeral Home.

■ Eddie Dean Newsome, 59, of Caney Highway, died Saturday, December 27, at Central Baptist Hospital, Lexington. He is survived by his wife, Sharon Lavonne Newsome. Funeral services were held Wednesday, December 31, under the direction of Lucas & Son Funeral Home.

■ Anita Kiser Spears, 41, of Collins Highway, died Sunday, December 28, at Pikeville Medical Center. Arrangements, under the direction of Hall & Jones Funeral Home.

■ Edward Stevens, 76, of Pikeville, died Saturday, December 27, at Pikeville Medical Center. He is survived by his wife, Anna Lois Compton Stevens. Funeral services were held Tuesday, December 30, under the direction of J.W. Call Funeral Home.

■ Harold Dean Stiltner, 50, of Mouthcard, died Saturday, December 27, at Pikeville Medical Center. He is survived

by his wife, Lydia Chaffins Stiltner. Funeral services were held Tuesday, December 30, under the direction of Bailey Funeral Home.

■ Rev. Arnold Syek, 93, of Trenton, Mich., a Pikeville native, died Thursday, December 25. Funeral services were held Sunday, December 28, under the direction of John Molnar Funeral Home of Brownstown, Mich.

MARTIN COUNTY

■ Shirley Dotson, 75, of Kermit, died Monday, December 15, at Williamson Memorial Hospital. Funeral services were held Friday, December 19, under the direction of Richmond-Callahan Funeral Home, Incz.

■ Elberta Horn Jarrell, 86, of Incz, died Friday, November 14, at her residence. Funeral services were held Sunday, November 16, under the direction of Phelps and Son Funeral Home.

KNOTT COUNTY

■ Hattie Blair, 85, of Jeremiah, died December 13, at the Whitesburg ARH. Funeral services were held Tuesday, December 16, under the direction of Hindman Funeral Services.

■ Carlos Everage Jr., 28, of Lotts Creek, died Wednesday, December 10, at Talcum. Funeral services were held Sunday, December 14, under the direction of Hindman Funeral Services.

■ Daily Stone Robinson, 90, of Lackey, died Thursday, December 11, at St. Joseph Martin Hospital. Funeral services were held Monday, December 15, under the direction of Nelson-Frazier Funeral Home.

■ Andrew Scott Smith, 41, of Dwarf, died Tuesday, December 9, at Pikeville. Funeral services were held Saturday, December 13, under the direction of Hindman Funeral Services.

Obituaries

Evelene Booth

Evelene Booth, 80, of Prestonsburg, died Thursday, December 25, 2008, at her residence.

Born December 14, 1928, in White House, she was the daughter of the late Marion and Goldie Ramey Stapleton. She was a mother, grandmother, and a retired sales clerk for Ben Franklin Store.

She was preceded in death by her husband, Monroe Booth.

Survivors include her son and daughter-in-law: Jackie Marion and Diane Booth of Prestonsburg; a daughter and son-in-law: Joyce and James E. Carroll of Prestonsburg; her sisters: Bertha Cline of Prestonsburg; Dolly Kendrick and Jean Hurd, both of Michigan; and Lillian Smith of Florida; four grandchildren, eight great-grandchildren, one stepgreat-grandchild, and three great-great-grandchildren.

In addition to her husband and parents, she was preceded in death by a daughter, Linda Booth; four brothers: Francis Stapleton, Hershell Jarrell, Bill Jarrell, Wesley Jarrell, Elizabeth McCoy, Idella Stapleton; and Melinda Jarrell Wiley.

Funeral services will be held Sunday, December 28, at 1 p.m., at Nelson-Frazier Funeral Home, in Martin, with Bobby Carpenter and Carl Woods officiating.

Burial will be in the Richmond Cemetery, in Prestonsburg, under the direction of Nelson-Frazier Funeral Home.

Visitation is at the funeral home. (Paid obituary)

□□□

Vonda Damron Burke

Vonda Damron Burke, 82, of Weeksbury, died Tuesday, December 30, 2008, at the Princeton Community Hospital, in West Virginia.

Born April 7, 1926, in Floyd County, she was the daughter of the late Wayne Damron and Cholie Sykes Damron. She was a homemaker, and a member of the Weeksbury Church of Christ.

She was preceded in death by her husband, Calvin Coolidge Burke.

Survivors include two sons: Jeffery Burke "Mitzi" of Weeksbury and Wayne Joe Burke; a daughter, Sonja Reed and Danny Sr., of Lenora, West Virginia; two sisters: Loretta Barnett of Jonestown, Ohio, and Tody Price of Obetz, Ohio; five grandchildren, and seven great-grandchildren.

In addition to her parents, and husband, she was preceded in death by a son: Hayden Burke; and four brothers: Lorenza Damron, Wayne Jr. Damron, Paul Damron and Ron Damron.

Funeral services were held Friday, January 2, 2009, at 1 p.m., at the Weeksbury Church of Christ, with Eddie and John Burke officiating.

Burial was in the Lonesome Pines Cemetery, under the direction of Roberts Funeral Home, Robinson Creek.

Visitation, at the Weeksbury Church of Christ. (Paid obituary)

□□□



Ray Hamilton

Ray Hamilton, age 79, of Troy, Ohio, formerly of McDowell, passed away Tuesday, December 23, 2008, in Kindred Hospital, Dayton.

He was born in Dony, Kentucky, on March 12, 1929, the son of the late Tandy and Zella (Moore) Hamilton. He was a carpenter in the Dayton area for many years, where he retired at the age of 65.

He is survived by his children: Larry (Donna) Hamilton of Mansfield, Ohio, Lois (Mike) Crawford of Tipp City, Ohio, Debbie (Question) Short of McDowell, and Wilma Martin of Teaberry; 14 grandchildren: Scott (Shelly) Hamilton, Kim Allen, Chris Dacre, Marc Dacre, Angel Hamilton, Adam Hamilton, Ryan (Stephanie) Crawford, Jonathan (Kara) Crawford, Jamie (Mike) Poynter, Chandra (Brandon) Traylor, Mary Beth Short, Emily (Jamie) Hamilton, Nick (Kandice) Martin, and Nathan Martin; 14 great-grandchildren; and two great-great-grandchildren.

In addition to his parents, he was preceded in death by two brothers: Arvil Hamilton and Pay Hamilton; and two sisters: Elcy Hamilton; and Alice Hamilton.

He was a loving dad, grandpa, great-grandpa and great-great-grandpa, and will be missed by everyone who knew him.

Funeral services were held Saturday, December 27, 2008, at 11:00 a.m., at the Jennings Funeral Home, with Rev. James Carder officiating.

Burial followed at Maple Hill Cemetery, Tipp City, Ohio.

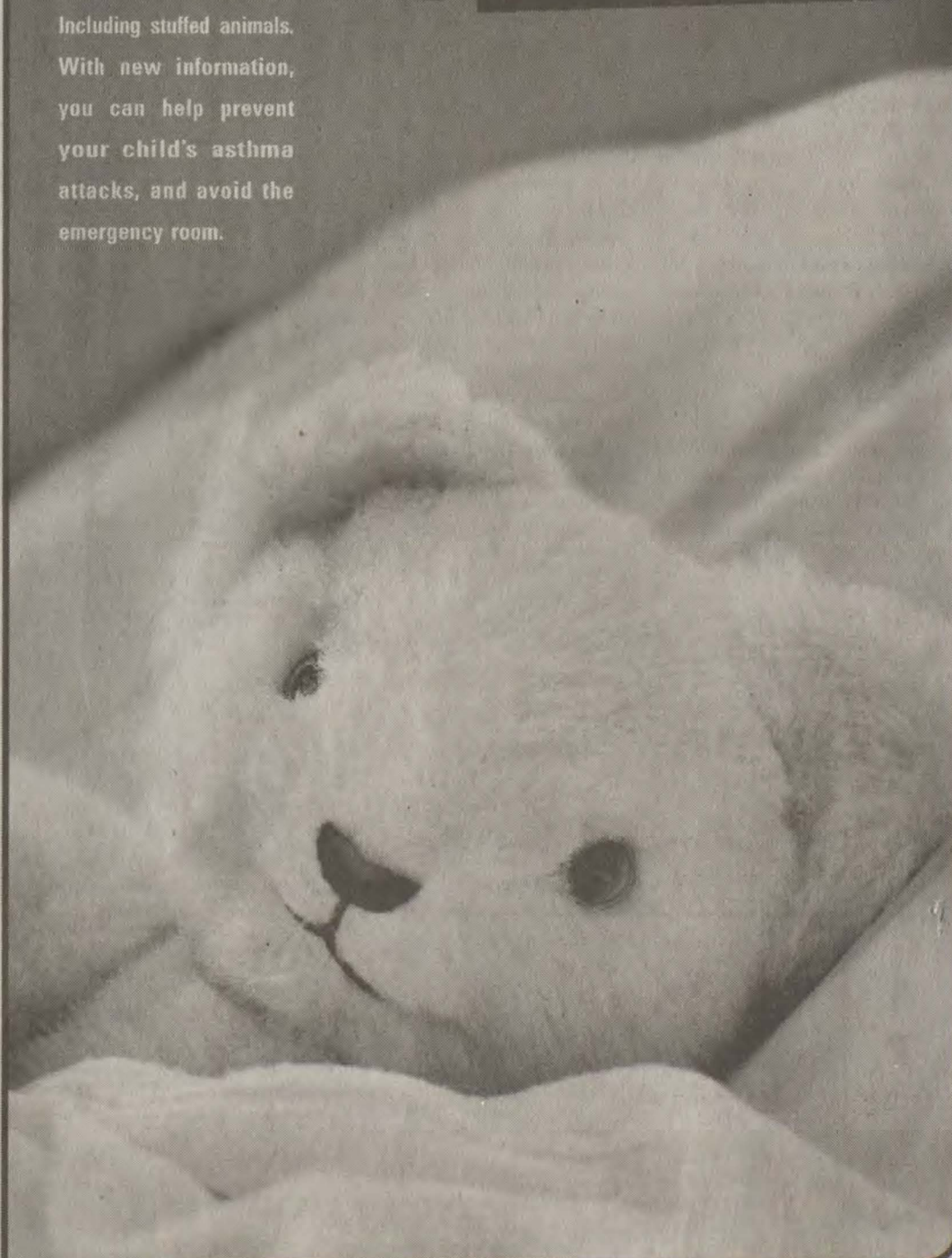
In lieu of flowers, memorial contributions were made in Ray's memory to a favorite charity.

Pallbearers were: Scott Hamilton, Adam Hamilton, Ryan Crawford, Jonathan Crawford, Nicholas Martin, and Nathan Martin. (Paid obituary)

KEEP OUT OF REACH

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For the Record

Marriage Licenses

Harlie Rose Easterday, 18, Wheelwright, to Jonathan Alan Frank, 23, of Wheelwright.

Hilda Arazo, 58, of Prestonsburg, to Pedro Castillo, 67, of Prestonsburg.

Devon Carol Reynolds, 24, of Grethel, to Shannon Neil Akers, 27, of Prestonsburg.

Civil Suits Filed

Michelle Stumbo vs. Keith Stumbo; complaint for child and medical support.

Community Trust Bank vs. Deborah Patton; complaint.

Atlantic Credit and Finance vs. Charmaine S. Potter; complaint.

Wells Fargo Bank, N.A. vs. Clina L. Goble; complaint.

Janie Hill Franklin vs. Floyd Skeans; complaint.

Everhome Mortgage Company vs. Dennis M. Hutchinson; complaint.

Estill Newsome vs. Chris Hoffman; complaint.

Kentucky Foster Care vs. Sheila Morgan; petition for child support and healthcare insurance.

Vanderbilt Mortgage and Finance Inc. vs. Glen Ramey; complaint.

Black Acre Enterprise LLC vs. Myrl McKinney; complaint.

Small Claims Filings

By Here Pay Here Furniture vs. Wendell Dewayne Johnson; debt collection.

Buy Here Pay Here Furniture vs. Brian Click; debt collection.

Charges Filed

Wayne Exley, 66, Auxier; harassing communications.

Tiffany R. Halbert, 28, McDowell; theft by deception.

David M. Stumbo, 44, Wayland; criminal trespassing.

Roger Henderson Jr., 32, Weeksbury; criminal littering.

Sandra Burchett, age unlisted, Prestonsburg; criminal trespassing.

Mark A. Moore, 35, Melvin; parent or custodian failure to send child to school.

Roger George, 47, East Point; alcohol intoxication, criminal trespassing, disorderly conduct, resisting arrest.

Brian Conn, 41, LaGrange; alcohol intoxication.

Kevin Wood, 23, Allen; theft by unlawful taking.

Tiffany Phillips, 19, Beaver; fourth-degree assault.

Sarah Elizabeth McCoy, 30, Prestonsburg; theft by unlawful taking.

Justin J. Jones, 18, Prestonsburg; fourth-degree assault.

Jerry B. Collins, 29, Honaker; alcohol intoxication.

Christopher D. Moore, 18, Prestonsburg; alcohol intoxication.

Lydia Slone, 63, Mallie; harassing communications.

Vicky Gray Shaffer, 45, Staffordsville; harassing communications.

Andrew Spurlock, 21, Salyersville; alcohol intoxication.

Lydia Gibson, 62, Mallic; harassing communications.

Emmitt Williams, 66, Grethel; fourth-degree assault, menacing, disorderly conduct, terroristic threatening, criminal mischief, resisting arrest.

Tim Stephens, 29, Langley; terroristic threatening.

Property Transfers

Deonna Allen to Agnes Vicars and Homer Vicars, property not listed.

Jerry Dean Allen to Agnes Vicars and Homer Vicars, property not listed.

Juanita Compton to Bonita Compton and Susan Elaine Compton, property located at Right Beaver Creek.

Vickie Harmon to Pilgrim

Energy, property not listed.

William Howell to William R. Howell, property not listed.

Gretia Martin to William R. Howell, property not listed.

Dennis C. McCoy to Curtis Dale Conn and Jill Renee Conn, property not listed.

Linda C. McCoy to Curtis Dale Conn and Jill Renee Conn, property not listed.

Greg Salisbury to Wade Tackett and Wade C. Tackett, property located at Left Beaver Creek.

David Ardell Smith to Rachel Smith, property not listed.

Artie Sue Thornsberry to Judy Crum and Virgil Crum, property located at Steeles Creek.

Larry Thornsberry to Judy Crum and Virgil Crum, property located at Steeles Creek.

Terry Thornsberry to Judy Crum and Virgil Crum, property located at Steeles Creek.

Berta Turner to Pilgrim Energy, property located at Left Fork of Beaver Creek.

Ray Turner to Pilgrim Energy, property located at Left Fork of Beaver Creek.



Kiwanis Club gives to help pediatric patients

The Prestonsburg Kiwanis Club recently presented Highlands Regional Medical Center Pediatric Unit with a \$750 Wal-Mart gift card, as well as TV and DVD transportation carts. Prestonsburg Kiwanians Maggie Banks, Jimmy Williamson, and Barb Kinney were on hand to present the gift to the HRMC Pediatric Unit. Members not pictured are Melissa Biery, Ernest Brewer, Chris Hoffman, Joshua Byers and Ellis Osborne. Osborne was instrumental in fundraising efforts. Kiwanis, through guidance and example, works to develop future generations of leaders.

Ten died on Kentucky roads over Christmas holiday period

FRANKFORT — Preliminary statistics indicate that 10 people died in 10 separate crashes on Kentucky's roadways during the Christmas holiday period from 6 p.m. Wednesday, Dec. 24, through 11:59 p.m. Sunday, Dec. 28.

Nine of the fatalities involved motor vehicles and none of those victims were wearing seat belts. Single vehicle crashes occurred in Bourbon, Breathitt, Campbell, Fayette, Floyd, Madison, Pulaski, Rowan and Wayne counties. One fatality involved a pedestrian in Jefferson county.

Through Dec. 28, preliminary statistics indicate that 811 people have lost their lives on Kentucky roadways during 2008. This is 50 fewer than

reported for this time period in 2007. Of the 628 motor vehicle fatalities, 391 victims were not wearing seat belts. Of the 89 motorcycle fatalities, 53 were not wearing helmets. Twenty-three people have been killed in ATV crashes and 21 of those were not wearing helmets. Sixty-five pedestrians have been killed. A total of 174 fatalities have resulted from crashes involving the suspected use of alcohol.

Residents can contribute to highway safety by reporting erratic drivers to the Kentucky State Police toll-free at 1-800-222-5555. Callers will remain anonymous and should give a description of the vehicle, location, direction of travel and license number if possible.

These statistics are still preliminary as KSP waits for all

local law enforcement agencies throughout the state to report any crashes and fatalities that may have occurred in their areas.

GET YOUR LICENSE FOR CARRYING CONCEALED DEADLY WEAPONS



Class for license will be held in Prestonsburg Saturday, January 10, 2009 (8:30 to 5:00)

Class consists of about 6 hours in the classroom and 2 hours on the firing range.

Cost for the class is \$75.00

Contact: Ancil Lewis
Certified Instructor #1738

Call between 6:00 p.m. and 10:00 p.m.

606 424-8192 or 789-8620

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Transfers not applicable.

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Newborn-18 months
Monday, January 5
10:30-11:15 and 6:00-6:45

18 months-3 years
Thursday, January 8
10:30-11:15 and 6:00-6:45

- Researched based
- Developmentally appropriate
- Based on process, not performance
- Fun for children and parents
- At-home materials

Classes held at First United Methodist Church, Prestonsburg (enter parking lot door)

For more information or to register by phone, Call 606-886-3568

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Email:
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I liked the people in class, they made it FUN to lose weight! I lost 41 lbs. in the 12 week class!

I Lost 78 Lbs. and feel GREAT!!

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.

Guest View

Pay cuts at the top

Under normal circumstances, we would be opposed on principle to the idea of the federal government dictating what some of the nation's largest companies should pay their executives. It's none of the government's business what the employee and employer agree to by way of compensation.

Look around. These are not normal circumstances.

The exception to the aforementioned principle are companies that receive hundreds of billions of dollars in taxpayer-provided bailout funds. When the companies took that money, they also accepted the strings that come with it. If this is unacceptable, the firms should give the billions back. But as long as they hold onto those funds, the executives who lead these companies should not be surprised that the public is scrutinizing business practices and eager to set limits on executive compensation.

The Obama administration is heeding that call by demanding steep pay cuts for executives at top firms. Kenneth Feinberg, the so-called "pay czar" appointed by the Treasury Department, is targeting the seven companies that took the largest sums of bailout money — Citigroup, Bank of America, General Motors, Chrysler, American International Group, Chrysler Financial and GMAC. Feinberg is ordering a 50 percent cut in total compensation from last year for the 25 highest-paid employees at each of these firms. Feinberg also urges companies to pay 90 percent of executive pay — which amounts to primarily cash bonuses — in the form of stock. That way, when it comes to bonuses, the employee does well only when the company does well.

What a concept. Another thing that really irks average Americans is that Wall Street has a knack for lavishly rewarding incompetence and failure. On Main Street, if a company doesn't perform well, it goes out of business and the people who work there wind up unemployed. On Wall Street, if a company deemed too-big-to-fail doesn't perform well, it gets propped up by the government.

It is no wonder that the American people are steamed at the bailout companies and eager to rein in executive compensation. The accurate perception is that these firms just don't play by the same rules that everyone else does.

During an interview with CNN this week, Feinberg argued that, in effect, the American people now own these companies and have the absolute right to help decide how they are run.

We needn't go too far. It's a safe bet that the last thing that most Americans want is for the government to run these companies in perpetuity. It's also a safe bet that most taxpaying Americans want their taxes spent wisely.

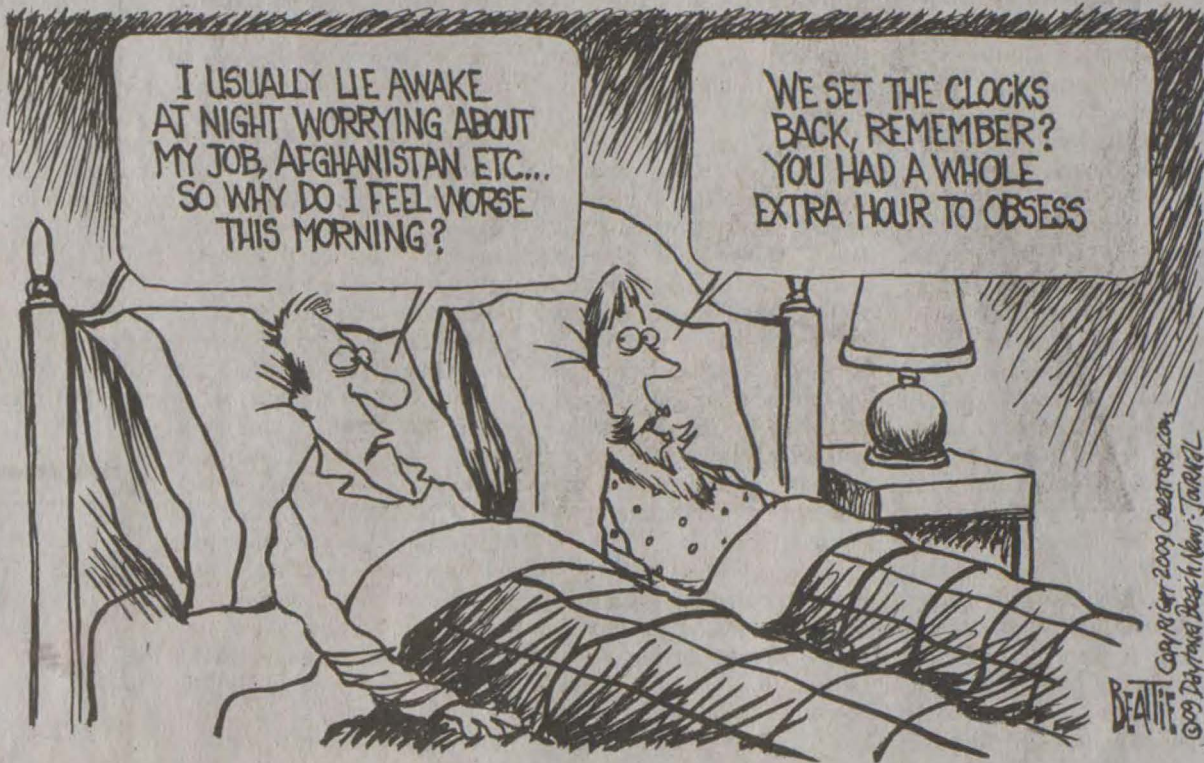
When that doesn't happen, it's the job of the federal government to correct abuses.

— San Diego Union-Tribune

Worth Repeating ...

In real life, unlike in Shakespeare, the sweetness of the rose depends upon the name it bears. Things are not only what they are. They are, in very important respects, what they seem to be.

— Hubert H. Humphrey



Guest Column

A legislative perspective

by REP. GREG STUMBO
SPEAKER OF THE HOUSE

As Governor Beshear and the General Assembly prepare for the upcoming legislative session, it is becoming increasingly clear that the state's two-year budget will be the most challenging Kentucky has faced since the Great Depression.

Federal stimulus dollars have helped significantly, but unless Congress provides additional funds, the stimulus dollars will run out by the budget's second year. Barring an economic miracle, there will be considerable budget gaps and no painless way to fill them.

We must also consider sky-rocketing health insurance and retirement costs, increases in a Medicaid program that already covers a fifth of our population and the growing needs of our schools and universities. Each of

these areas must be adequately funded if we hope to move forward as a state.

It was with this in mind that I discussed the possibility of using a portion of surplus funds that are kept by our elementary and secondary schools for unplanned expenses and "rainy days."

I want to make it clear that I do not believe these funds can be used for any programs or expenses outside of the school's district. In fact, as Attorney General, I filed litigation to protect education dollars.

The surplus funds are a mixture of local and state dollars prudently set aside by the school districts for future needs and expenses. It would be patently unfair to "rob Peter to pay Paul," but it may be time for Peter and Paul to help themselves more during these rainiest of days.

I believe all options need to be considered as we begin writing the state's budget in the next several months. If this is an unprecedented suggestion, it is because we are in unprecedented times.

In our current budget, kindergarten

through high school accounts for more than 40 percent of our state tax dollars; when you add postsecondary schools, the figure for education jumps to 58 percent. Critical health and family services and the judicial and justice systems push the total over 90 percent.

Because so much of the state's budget goes to these areas, they are the ones most affected by cuts that have topped more than \$1.5 billion during the last two years. Additional cuts are expected to exceed a billion dollars in the upcoming two-year budget. Federal stimulus dollars have helped us balance our current budget, but these are one-time funds and not a permanent revenue source.

I have no doubt that we will find a way to live within our means, but it will not be easy. My goal is to continue protecting, if not increasing, school funding. Reducing money for education would have negative effects lasting for generations. School surplus funds may or may not be part of that equation, but if they can be a bridge to better days, it is an idea that at least deserves to be discussed.

House week in review

by REP. HUBERT COLLINS

Natural gas, wind, and even algae are considered alternative energy sources, but state researchers say they probably won't replace coal anytime soon.

The director of the University of Kentucky Center for Applied Energy Research told the Interim Joint Committee on Natural Resources and Environment on Oct. 23 that he expects fossil fuel like coal to produce at least 40-50 percent of U.S. electricity for the foreseeable future.

CAER Director Rodney Andrews told lawmakers that the U.S. has a limited set of options to use renewables for utility-scale electricity production, adding that the nation must be careful about declaring what is the best available technology. Andrews said not enough is known about alternative energy technology to say that this or that is the best alternative to coal, although the U.S. government — which has proposed federal regulation of coal-fired power plant emissions without Congressional approval to expedite passage of a federal climate bill — says there is, Andrews stated.

To keep coal affordable, Andrews said policymakers must find viable ways to store and use carbon dioxide produced by coal-fired power plants.

"We can't have things that consume a third of the power of the power plant, which is what current carbon capture technology would do, and

double the cost of electricity—that's not going to be sustainable with our industry," he said.

Capturing and storing carbon dioxide in deep reservoirs beneath the earth's surface or capturing the gas through photosynthetic processing of algae are two options for carbon dioxide capture, said Andrews. But he said reducing carbon dioxide emissions will take a multi-step approach.

The well-respected Electric Power Research Institute, or EPRI, believes it is technically feasible to reduce U.S. carbon dioxide emissions to acceptable levels by using a mix of technologies, including carbon capture and storage, renewable energy, energy efficiency, use of electric vehicles and even nuclear energy.

Concerning carbon capture, one lawmaker asked Andrews if captured carbon dioxide can dissipate or escape after it is injected into the earth. Andrews said a majority of the gas remains stored under pressure, but there is some "migration" of the gas in small quantities. What Andrews called "catastrophic" releases of the stored carbon dioxide — during an earthquake for example — are considered rare. Scientist are most concerned with keeping all the gas in the reservoirs where it is placed.

Another lawmaker commented that humans are a point source of carbon dioxide through respiration, adding that the gas "is not a substance we should be afraid of, it is perhaps something we should manage." His comments were followed by those from another legislator who stated that those who want to replace coal with more "environmentally friendly" alternatives should consider the

impact those alternatives have on the planet — including the acreage it could take to grow enough algae to sequester carbon.

In the end, the lawmaker said, coal is still the best option when it comes to keeping the lights on in Kentucky and the nation. He said that was made clear last summer by the Kentucky Public Service Commission, which told lawmakers that if the electricity produced by coal was created by renewables, it would take 26 percent of the nation's total renewables to create the same amount of electricity that Kentucky gets from coal.

Andrews said Kentucky coal is used to produce about 5 percent of the nation's electricity. The state produces about 2.3 percent of U.S. electricity from all sources.

The bottom line? Yes, Americans should consider renewables, be more energy efficient and be responsible stewards of our environment. But we must also be realistic, and the reality is that, as of today, coal is the most cost effective and efficient way to electrify our nation. Biomass — which can be burned with coal in power plants to make coal-fired power cleaner and more cost efficient — is what Andrews calls the most logical choice as a renewable to date, but research is still being done in that area.

I have no doubt that we will find the right mix of renewables to help us lower carbon dioxide emissions in our state, nation and world. But like Andrews, I think it will be a long time coming before any alternative replaces coal as the king of electricity generation.

Have a great week.

The Times

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The Times reserves the right to reject or edit any letter deemed slanderous, libelous or otherwise objection-

able. Letters should be no longer than two type-written pages, and may be edited for length or clarity.

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Suspicious reader asks about maintenance charges

by TOM and RAY
MAGLIOZZI

Dear Tom and Ray:
Today I took my 2005 Prius in for its 55,000-mile routine service. I have been basically faithful in getting service done on schedule since getting it new in May of 2005. In addition to the routine maintenance items, they suggested: (1) MAF (Mass Air Flow?) Sensor, \$52; (2) Service Throttle Body, \$89.95; (3) Vent Service, \$70; (4) Drive Belt Noise, \$135 (Replace Belt); (5) Adjust Parking Brake, \$89.95; (6) Nitrogen Tire Service, \$20; (7) Check Alignment Next Visit, \$84.95. I did not elect to have them do any of these things today, deferring to the next service at 60,000 miles. And by the way, I've never heard any noise from the drive belt. What's up with all of this? Are they just trying to raid my wallet? If this stuff is routinely required, why is it not on the scheduled maintenance list? — Dennis

RAY: Well, the giveaway here is the "nitrogen tire service." They overreached with the nitrogen, which is totally unnecessary. And that does cast suspicion on the other services they recommend.

TOM: If you needed a mass air flow sensor, your "check engine" light would be on. Is it? If not, scratch that one off the list.

RAY: We generally don't recommend throttle body service unless it's either recommended by the manufacturer or we're trying to solve a performance issue. Is the car hesitating, or losing power? If not, cross out that one, too.

TOM: We don't know what "vent service" is on the Prius. We don't know if it's spraying a biocide in the ventilation system, checking the fuel vapor recovery system or cleaning the vent windows — which the Prius doesn't have. If it's related to treating mold in your ventilation system, that would be done to address a bad smell.



CLICK & CLACK
Talk Cars

Is there a bad smell in your car? Is my brother in the car? If you answered "yes" and "no," respectively, to those questions, then get the vent service. If not, forget about that, too.

RAY: A typical car's drive belt lasts about 80,000-90,000 miles. You have only 55,000 miles on your car. And since it's a Prius, the engine doesn't even run all the time. So I doubt it's time for a new belt.

TOM: The parking brake might need adjustment. We can't tell without testing it. A wheel alignment shouldn't be necessary unless your tires are wearing unevenly or you've had an accident. And you don't need to buy nitrogen unless you plan on farming algae.

RAY: So I'd say you did the right thing by declining these services, Dennis. The problem is, if you don't trust these guys (perhaps with good reason), how are you going to know when there really IS something wrong? Eventually, you WILL need repairs, and unscheduled services.

TOM: So you need to find a mechanic you DO trust. Since you own a technologically advanced car, there are some things you will have to go to the dealer for. But there are plenty of other things, like oil changes, tires and exhaust work, that can be done by any good mechanic.

RAY: So, ask friends for recommendations of mechanics they like, or check the

Mechanics Files at www.cartalk.com. That's a database of mechanics who are personally vouched for by other readers of our column and listeners to our radio show.

TOM: When you find someone you like and trust, you can ask him about this list of recommended services. Maybe your drive belt IS faulty? Maybe your parking brake is out of adjustment? Maybe there IS an algae farm in your future?

This gift is good to go

Dear Tom and Ray:

I am an old lady, 83, and I have a 2003 Ford Focus Coupe with all the bells and whistles and only 3,000 miles on it. It has sat in my Ohio garage since 2004 with only an occasional one-mile trip around the block. My granddaughter graduates from college this summer

King

stay at the MGM Grand in Las Vegas. Blue Grass Airport has donated the flights to promote blood donation.

All Kentucky Blood Center locations and blood drives are participating in the event. Donors can make an appointment to give blood by visiting

kybloodcenter.org or calling 800-775-2522.

The Kentucky Blood Center is a non-profit organization dedicated to ensuring a safe, adequate blood supply for patients at nearly 70 Kentucky hospitals and clinics in more than 60 counties.

RAY: I agree. Safety experts — and tire salesmen, I might add — now say that tires should be replaced after six years, regardless of tread wear. They say that the rubber dries out and degrades, making the tires less safe, even if the tires aren't used much.

TOM: So you might want to consider giving her an additional gift of a set of tires next year for her birthday. Or let some other family member do

■ Continued from p1

that. But otherwise, just give her the keys, and tell her to please drive safely.

RAY: She's a lucky girl to have you as a grandmother, Irene. All I got from my grandmother were some Italian phrases that I'm not allowed to use in public.

Smoking

■ Continued from p1

utes of exposure. Just two hours of exposure to secondhand smoke can cause changes in the rhythm of the heart that increase the risk of heart attack and stroke.

■ A sign posted "no smoking section" provides a safer area for children and non-smoking adults. At the current time, there is no feasible ventilation system that can reduce exposure to secondhand tobacco smoke to safe levels because there is no risk-free level of exposure to secondhand smoke, which causes diseases such as asthma, cancer

and premature death among non-smokers. This means that smoke-free environments are the only way to protect everyone, workers and the public. Along with citing the U.S. Surgeon General on one postcard, health department officials are also pointing to studies conducted by the American Lung Association they say found that smoke-free laws have no adverse economic effect on restaurants and bars. For more information, contact the Floyd County Health Department at (606) 886-2788.

Highlands

■ Continued from p1

that same capacity since then.

"If our patients have a need, we are bound to respond in immediate fashion to that need," Damron said Friday.

Whitehead said the projected number of people who will visit the hospital's emergency room over the course of this year was approximately 27,000.

Jimmy Williamson, director of facility services, was also on hand for the media tour also explained that further expansion in the late summer or early fall of this year would find a new wing housing a nursery and post-partum unit.

"It's about meeting needs," said Williamson. "There are some 800 to 900 children delivered here annually and so we saw there was a need there and responded to it"

The 11,400 square foot emergency department, with a overall price tag of \$6 million, will nearly double the size of the existing facility. It will consist of two stories to create an additional 5,000 square feet of space

The work completed for the new emergency department is considered Phase 1 work on the project, which will consist of two additional phases, Damron said.

The hospital, through its Highland Foundation, has raised more than \$1.3 million of a stated goal of \$1.75 million toward funding the overall project. Phase 2 work will begin immediately, hospital officials said.

The new department will be open to the public Monday.

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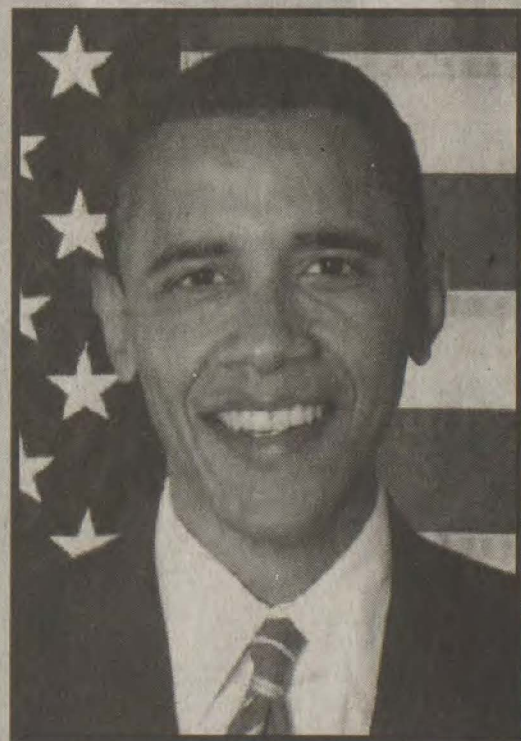
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January 21, 2009

People not only want to be a part of history but want to own a piece of it for the future. For this reason, we will be putting out an Inauguration Special Edition. Our keepsake tab will not only tell the story of the inauguration but biographical information and photos of our new President. The tie-in to a dream realized is very consequential to many of our readers and business owners.



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SOCIAL SECURITY

Social Security's new year's resolutions to you

by JENNIFER HOPKINS
SERVICE REPRESENTATIVE
SOCIAL SECURITY ADMINISTRATION

The new year is a time for many people, companies and organizations to make resolutions for the year ahead.

In past years, Social Security has suggested resolutions to readers, such as to plan ahead for your retirement, check your Social Security Statement and safeguard your Social Security card and number. This year, we'd like to turn the tables and pledge to you our own resolutions as an agency. So, in 2009 Social Security resolves to ...

■ Make it easy to plan your retirement online. Our online Retirement Estimator is rated the best online service in government. You just answer a few identifying questions and it will use your earnings record to automatically give you an accurate estimate of your future retirement benefits. You can play around with variables (such as when you'd like to retire and how much you expect to earn in the future) to see different retirement amounts. This should be the first step and a regular check point for planning a comfortable retirement. www.socialsecurity.gov/estimator

■ Make it easier than ever before to apply for retirement benefits online. This year, improvements to our online retirement application make it easier than ever before to apply for retirement benefits. Because the improved

(See SOCIAL, page seven)

DINNER DIVA

Children's nutrition

This morning I was reading an article about unhealthy kids. The author of the article had interviewed a doctor named Fuhrman



Leanne Ely

who said a couple of very provocative things. In the past 10 years, diabetes in children has doubled and in his practice and those of his colleagues, they are seeing the beginning of heart disease occurring in children!

Researchers have further declared this generation of children is the first generation that will not outlive their parents. The article goes further to list some ways to step up nutrition for your kids because it's the lack of nutrition and the eating of harmful substances that's ruining our children's health, big time.

One of the biggest issues is eating fast food. You know I'm down on fast food for anyone, but it's especially harmful for children's growing bodies. Think about it; you're giving the lowest quality food to a growing body. This isn't exactly quality material for the body to develop and build from! You wouldn't put known poor quality gasoline in your car, yet we rationalize throwing absolute garbage food down our children's throats! Dr. Fuhrman says, "Fast food is for parents who don't care about their kids." WOW!! Now, before anyone gets all crazy on me and starts sending me email bombs, I didn't say that; Dr. Fuhrman did. But if you have ears

(See DIVA, page seven)

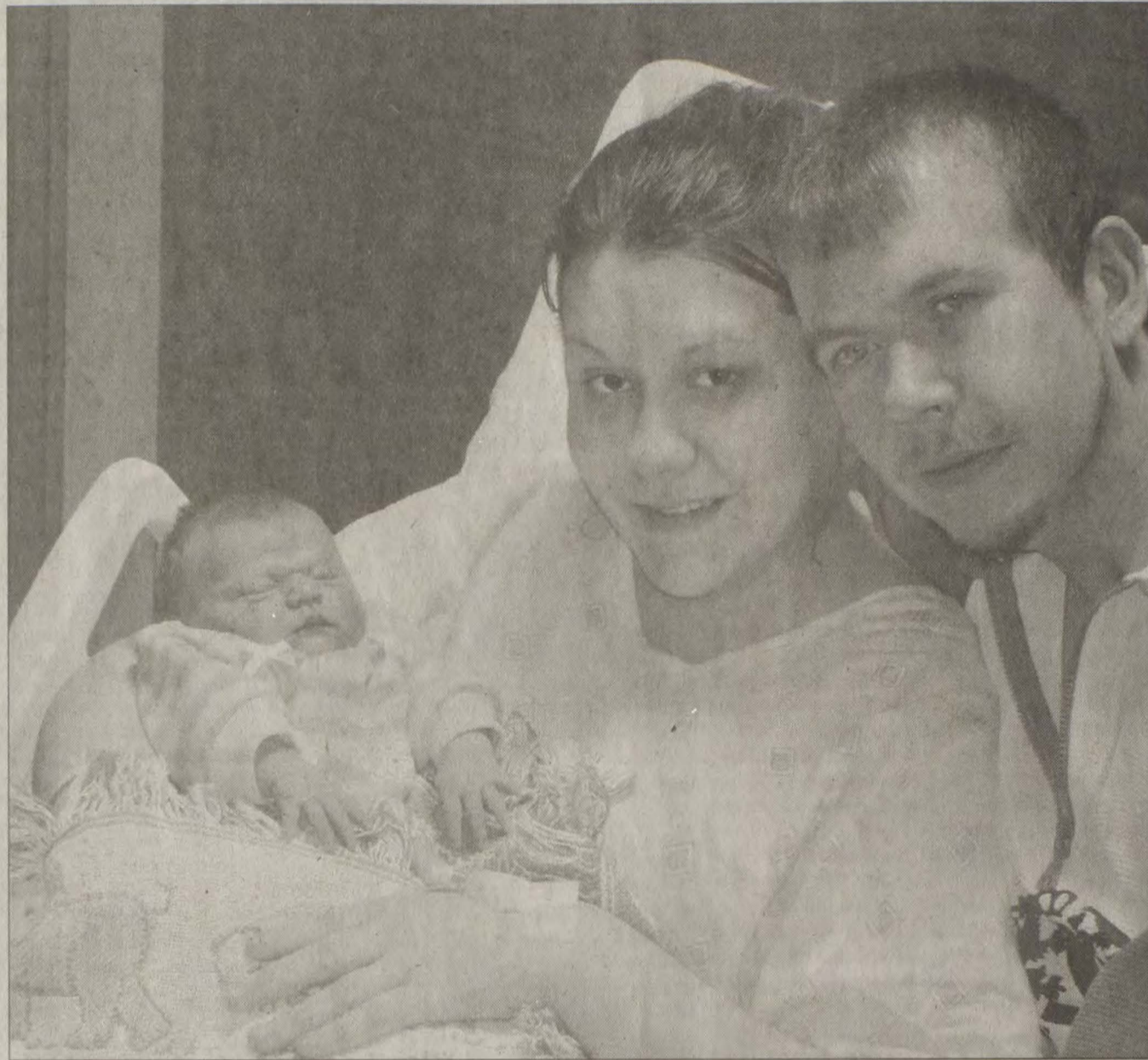


photo by Jarrod Deaton

Tori Michelle Fairchild, daughter of Bobby and Jessica Fairchild, was the first New Year's baby born in eastern Kentucky. Fairchild was born at 2:35 a.m. at Highlands Regional Medical Center on Jan. 1.

BABY NEW YEAR

West Van Lear couple has first baby of the year at Highlands Regional

by JARRID DEATON
FEATURES WRITER

The first baby of 2009 born in eastern Kentucky came into the world at Highlands Regional Medical Center at 2:35 a.m. on Jan. 1.

Tori Michelle Fairchild, daughter of Bobby and Jessica Fairchild, of West Van Lear, was born four weeks early, but appears healthy and is now reaping the rewards of being the first New Year's baby

at Highlands.

Representatives of the hospital brought numerous items to the Fairchild's room, including balloons, blankets, a quilt, diapers, a sterling silver birth certificate and picture frame, and other times. A \$500 savings bond was also part of the welcoming package for Tori Fairchild.

"We give them pretty much every single thing that you can think of when it comes to a baby," said Jeanette Reese-Voisine, with Highlands.

Although the early birth was draining for both the mother and the father, they appeared happy as hospital officials showed them the items for their baby and snapped pictures to be used as keepsakes.

Despite being born early, Tori Fairchild weighed in at 7 pounds and 9 ounces and was 18 inches long.

Another New Year's baby was born during the afternoon in Letcher County on Jan. 1.

FLY LADY

To resolve or not to resolve

None of us like change in any form or fashion! Every New Year's Eve we are faced with that proverbial issue: To resolve or not to resolve! The dictionary defines resolve with "to make up your mind" and "to do something". This means that in order to make up our minds we have to change what we have been doing to do something different. Change is so hard for us!

We like the ruts we have made for ourselves. They are comfortable! They fit us like good old pair of shoes! We don't want anyone to declutter our old shoes! The rule is that you can only declutter your own items. You cannot force someone else to declutter their things. Making a New Year's Resolution is a very personal decluttering process.

We have to evaluate what is not working and try to come up with a solution. Re-solution.... Could that be that we have made the same decision to make the change before. On Year's Day of 1999, I made my last New Year's Resolution and it was

one I had made many times. My lack of organization was hurting me. I had problems finding things and keeping our home clean. I wanted to feel better about me and the way our home looked. I resolved to "Get Organized!"

I sat down on New Year's Day and tried to figure out why I could not keep house. I soon realized that I was not lazy but I didn't have routines for my home or for me! The only time I had ever keep my home clean was when I was using Pam Young and Peggy Jones card file system from their book The Sidetracked Home Executives. They had a card for everything to do in your home; daily, weekly, monthly and seasonal maintenance. They also had cards for personal maintenance.

That day I pulled my card file which was hidden under my kitchen counter and began to sort through my five hundred cards; after all out of sight out of mind. No wonder it never helped me for very long. I would begin to feel guilty when I would see the file unused and stuck it away! That is when I realized that I was pushing myself too hard. Change is tough enough in itself but to pile on and set yourself up for failure by trying to be perfect was not nice. That is

when I made a second resolution. To be kind to myself!

My realization that day was my perfectionism was getting in the way of my decision to make a change in my life! This is probably why when we make a mistake and miss a day of our New Resolution; we give up! We chunk it out the window, beat ourselves up and get back in our ruts.

Only you can make a resolution! Only you can decide to make the change, because if a resolution is forced on you then it is not yours. Think about it this way! A wise man told me this a few days ago. If an alcoholic is forced into rehab, they will not stay sober. We all have our own drugs of choice and they keep us stuck in our ruts. You can make the decision to change if that is what you want! My blessing for you in this New Year is for you to find the Peace that I have found! This Peace came because I took babysteps to make simple changes in my life. Those habits became my routines and those routines filled my life with a calm that

allowed me to become who I am today! As part of my journey I saw perfectionism as the saboteur and eliminated that stinkin' thinkin' one thought at a time!

The clutter we really need to fling is the clutter that is in our heads. I like to call it Body Clutter! I even co-authored a book by the same name that helps you to take those babysteps to make our resolutions become lasting life changes! Isn't that what making New Year's Resolutions is all about! Any day can be your New Year's Day if you make your mind up to do it!



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MOVIES FROM THE BLACK LAGOON

'Sundown: The Vampire in Retreat'

by TOM DOTY
TIMES COLUMNIST

Vampire cinema got a shot in the arm from this little seen entry which predated HBO's "True Blood" by 18 years, but featured the same basic premise of blood-suckers seeking to gain acceptance by artificially feeding their appetites and laying off humans. That concept alone raises the bar here but the film also works as a modern day western/comedy and features a solid cast under the expert direction of Anthony Hickox ("Hellraiser 2").

The story opens at a roadside gas station outside the remote town of "Purgatory."

Tom Doty
Times Columnist

Three older gentlemen pass the time sitting in the shade and watching the dust settle until their reverie is interrupted by a speeding Los Angeles hipster who stops for some gas.

He turns out to be a fast-talking dink who berates the elderly attendants for not moving fast enough. A lesson in manners is due this dude, but it is a decidedly lethal one which amounts to a back-

handed slap from one of the gents which sends his head into the tumbleweeds while his body spasms a bit before shaking off this mortal coil. It's a fitting opening as it gives you an idea that anything can hap-

pen in this film, and it sure does.

Eventually we meet all the residents of the town and find that Purgatory is entirely staffed with vampires. They aren't looking for trouble, though, and have chosen to settle a ghost town so they can manufacture synthetic blood and seek redemption for a lifetime of living off of others. They are about in the daylight due to a generous smattering of sunscreen, but each one also rocks a pair of shades and an umbrella to be on the safe side of those persistent UV rays.

Into this mix comes several diverse characters which include two punks, who witnessed their friend's death in the opening; a nuclear family, led by a scientist dad who has been summoned to increase production of the synthetic

blood; and the great grandson of infamous vampire hunter, Van Helsing. Unfortunately they have chosen a bad time to visit (like there's ever a good time to drop in on a village of bloodthirsty monsters).

The problem is that town elder Jefferson has amassed a rebel army and means to stop blood production and return to the old ways of slaking a vamp's thirst. His chief obstacle is town founder Mardulak, who has convinced most of the citizenry that a better reward awaits his brethren if they can only end their dependence on humans for food.

It all leads to a pitched gun battle and plenty of mayhem as most of the humans are conscripted into Mardulak's cause and must face Jefferson's secret army (consisting mostly

of recent vampires he has fanged for his cause). Jefferson's forces may not be experienced enough to use the full extent of their newfound powers, but he has prepared for this by equipping them with guns which fire wooden bullets. It all makes for a decent battle, which adds some action elements to the proceedings and ends this campy affair on a relatively high note.

Despite a so-so script, this one gets the job done via competent direction and amazing production values, which include an inspiring musical score, breathtaking Moab, Utah, locations, and a plethora of talented thespians.

David Carradine heads the cast as the majestic Mardulak, though his thoughtful line

deliveries are attributed to his being slightly pie eyed on the set and struggling to remember each cue.

Bruce Campbell hams it up a little bit as Van Helsing but has a fine time with his hastily sketched character.

Old time movie buffs will dig seeing veteran character actors in weighty roles such as M. Emmet Walsh ("Blood Simple"), as the irate filling station vampire, and John Ireland ("All the King's Men") as the rebellious Jefferson.

All in all this one's a fun ride and a real treat for B-movie fans who appreciate A-List production values.

Best line: "Who is gonna believe that some relic with a sombrero knocked off Tom's head with a back hand?"

1990, rated R.

Rental Central

by TOM DOTY
TIMES COLUMNIST

The new year got off to a favorable start this week with four entertaining releases that touched on a variety of subjects.

■ "Eagle Eye" — Action fans should enjoy this high-tech thriller that finds two everyday people ensnared in a complex plot by unseen operatives who spy on their every move via cell phones and street cameras. Shia LaBeouf stars, but the real highlights here are some well executed action sequences and an excellent B-team of supporting actors, which include Michael Chiklis, Billy Bob Thornton and Rosario Dawson.

■ "Ghost Town" — Humor fans are in for a treat with this effort which lands Ricky Gervais (creator and star of the

original version of "The Office") his first leading role in a big budget American comedy. He stars as a socially challenged dentist who dies and is resuscitated but now sees dead people. He finds them as annoying as the real thing, but eventually they persuade him to help them make peace on earth and along the way they help him get over his social phobias and meet the woman of his dreams. Fun stuff that should appeal to fans of "Ghost" and "Extras."

■ "The Duchess" — An 18th century woman starts trouble when she falls for a young soldier, which courts scandal for her philandering husband, who has ties to the royal family. A decent costume drama, if you enjoy that sort of thing, but the parallels to Princess Diana are strained. Keira Knightley handles the

leading role with finesse but gets overshadowed by Ralph Fiennes, who offers a highly textured turn as her royal husband.

■ "Towelhead" — Newcomer Summer Bishil stars and rules in this drama that explores the sexual awakening of an Arab American girl who must cope with an old school father who gives new meaning to strict upbringing. Aaron Eckhart is also on hand in a very creepy performance that deserves to be seen, but the film belongs to Peter Macdissi as the father who can't bridge the cultural gap and burgeoning womanhood of his daughter at the same time.

Next week look for more laughs with "Pineapple Express" and check out two legendary movie stars as they share the screen in "Righteous Kill."

Diva

to hear and eyes to see, you cannot ignore the FACTS. Fast food is full of cancer causing substances and will do nothing to build health. It's a quick fix, nothing more.

So let's fix this mess before our children are really in trouble! There are some simple things you can do to step up their nutrition and the quality of their eating. This is all commonsense stuff and stuff I've told you before, but let's list 5 things you can begin working on starting today.

1) Nix Sodas. Or at least save them for special occasions, only. There is 13-15 teaspoons of sugar in ONE can of soda! By not drinking soda and drinking water instead, you'll save their teeth, save their waistlines and save their health.

2) White Out. White flour is nutritionally void and is a useless food. Whole grain (make sure the label says 100%) is

what you want and is what will give the necessary nutrients plus the fiber necessary for proper elimination.

3) Processed Meats. Nitrites are known carcinogens (an agent directly involved in the promotion of cancer or in the increase of its propagation) and live in processed meats. A diet heavy in hot dogs, baloney, cold cuts and bacon is a serious health threat.

4) Fruit Bowl. A good rule of thumb is to have a child eat a piece of fruit as a snack if he or she is hungry. Children do not get enough and are reaching for processed snack foods instead of something as easily identifiable as an apple or banana.

5) More Veggies. This one is hard. Most kids balk at eating veggies. But you cannot give up, you must persevere! It is imperative to eat vegetables!

You can implement all five

of these important points, but if you're not doing these things yourself, you're wasting your time. YOU are the most important role model in your children's lives. Be the person you are striving to mold your child into being! The power of a good example can never be emphasized enough. You are the key to all of this...do not underestimate the powerful statement you make by eating healthfully yourself. I promise you this: if you do this and you gently lead by your example, you will turn your own health around as well.

□□□

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

Social

application is streamlined and only shows questions applicable to you, it can take as little as 15 minutes to complete the entire application from start to finish. And in many cases, once you hit the "sign now" button, all you have to do is wait for the payments to begin arriving every month. www.socialsecurity.gov/r&m2.htm

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Super Crossword

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ACROSS

1 Singer Home
5 Gusto
9 Complain
13 Helium and hydrogen
18 Israeli airline
19 Cultural grp.
20 "Picnic" playwright
21 Actress Baddeley
22 Strauss' — sprach
23 "Chacun a son —"
24 Lassie's father
25 Diva Jessye
26 Start of a remark by Milton Berle
30 Iron —
31 Center of gravity?
32 — Pea (Popeye's kid)
33 Health resort
36 Swore off
40 "Little Man" (91 film)
42 Mock
46 Polished the Pontiac
48 R&B's Johnny

DOWN

49 Harsh Latin I word
52 Help in a heist
53 Baseball's Nolan
54 Hiawatha's transport
55 Very cold
57 King's quarters
59 Brilliant bird
60 Common antiseptic
61 Prone
63 Shepard or Snead
64 Poet in the past
66 Particle
67 Middle of remark
72 Writer Paretsky
74 Memo start
75 Brenda or Brandon
76 Gob
77 Speaker
79 Singer Neville
81 "Barry —" (75 film)
86 Defamation
87 Shoelace part
88 Charity
91 French airport
92 "Unaccustomed — am..."

ACROSS

93 Storage sites
95 Burn remedy
96 Steep rocks
97 Curl up with Cather
99 Ho Chi —
100 Mobile home?
102 Dogpatch's Daisy —
103 Famous fellow?
105 Scrape by, with "out"
106 Stout relative
108 End of remark
118 "Peter Pan" extra
119 Comic Sahl
120 Seaport or Canal
121 Circus sound
122 Put on
123 Disoriented
124 Run in neutral
125 — Taft Benson
126 Stereo component
127 Trawler gear
128 Tumbled
129 TV's "— the Press"

DOWN

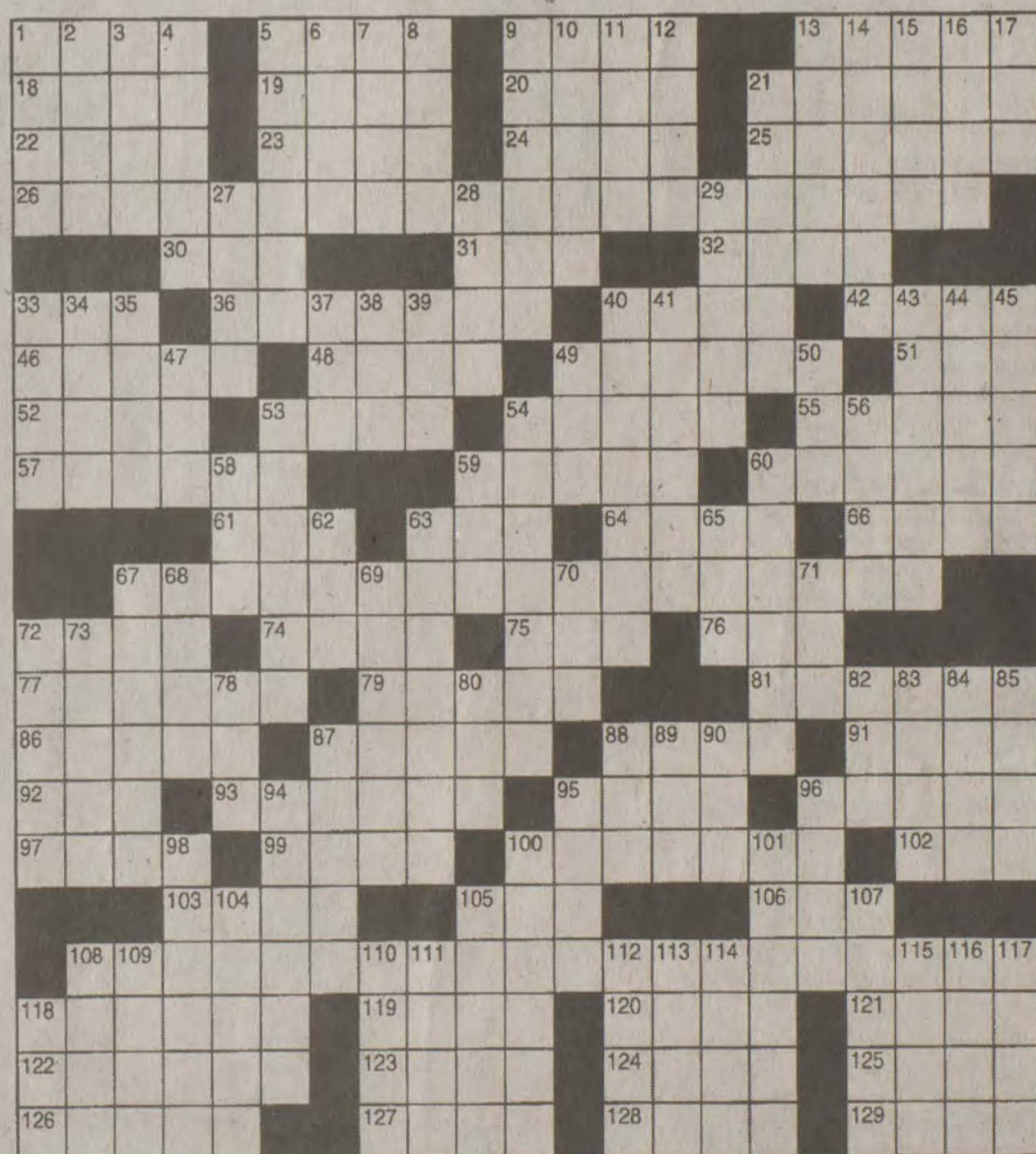
2 Raines or Wilcox
3 "Boss" Tweed's nemesis
4 Hilo hello
5 Croatian capital
6 Slaughter or Cabell
7 Lobe probe?
8 "Cheerio!"
9 Ached for
10 In reserve
11 Taj town
12 — do-well
13 Lawn ornament
14 Comes to terms
15 Big rig
16 Jack of "Rio Lobo"
17 — Bernardino, CA
21 Response
27 "Heavens to Betsy!"
28 Montand or Tanguy
29 Cosmetician
33 Trade
34 Sunscreen ingredient
35 Lipinski leap
37 Happiness
38 Actress Hagen
39 — Tin Tin
40 Logical

ACROSS

41 Declaration
43 Rock salt
44 — acid
45 Transmit by bytes
47 LAX letters
49 Cul-de —
50 Freud topic
53 Mend
54 Lerner & Loewe musical
56 Dutch export
58 Roller-coaster unit
59 — jongg
60 Perfect examples
62 — ear
63 Furtiveness
65 Mil. group
67 Sheik spot
68 Destiny
69 Siegfried slew one
70 Itch
71 Strive
72 — plexus
73 Greet Eos
78 Vintage
80 Musical syllables
82 Postman's Creed word
83 Wee serving
84 "Eugene Onegin" character
85 AMEX rival
87 Simian

DOWN

88 Menu phrase
89 Tennis stroke
90 "— culpa"
94 Hammed up "Hamlet"
95 Pianist Templeton
96 Baby bovine
98 Mar
100 Powerful pooches
101 Maestro Lorin
104 39.37 inches
105 Snowy bird
107 — Zimbalist, Jr.
108 In — (archaeology term)
109 Mediteranean port
110 "No Way Out" actress
111 Scenter of your face?
112 Like
113 Bare
114 Swiss sharp-shooter
115 Seep
116 Seldom seen
117 "Confound it!"
118 Oregon hrs.



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LENA ZEST MOAN GASES
ELAL ANTA INGE ANGELA
ALSO GOUT SIRE NORMAN
FATHERSDAYS CARESMEIM
AGE VEE SWEET
SPA ABJURED TATE SHAM
WAXED OTIS SEVERE AMO
ABET RYAN CANOE GELID
PALACE MACAW IODINE
APT SAM BARD ATOM
AFRAIDTHEYLLGETME
SARA INRE LEE TAR
ORATOR AARON LYNDON
LIBEL AGLET ALMS ORLY
ASI DEPOTS ALOE CRAGS
READ MINH ALABAMA MAE
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Chicken Soup for the Soul: Just another day

by CHARLOTTE "CHARLIE" VOLNEK

"CHICKEN SOUP FOR THE SOUL: ON BEING A PARENT"

Is it morning already? I rub my eyes and get up to ready myself for just another day.

It's just another day. I look out my window to see the sun beaming down, caressing the earth with its golden rays. Above, white clouds float in the brilliant blue sky. I hear a cardinal singing to his mate as he perches upon my back fence. And a bed of crocus open their purple heads to the heavens in joyful thankfulness.

It's just another day. My

small daughter bursts into the room, her giggle ringing through the house as she hugs my neck tightly. Her small hand fits into mine as she pulls me to the kitchen to show me the card she has made. A stick figure with curly brown hair waves from the paper and beneath it, written in purple crayon are the words, "I love you, Mommy."

It's just another day as I stand quietly and watch a handicapped child. He struggles to get his special walker

over the curb, but it won't budge. A well-meaning teacher offers assistance, but he brushes her away. With determination, he conquers the curb and is off to laugh and play with his friends. I weep inside for his handicap, but I am inspired by his courage. And I smile as I watch the children play, totally accepting their friend for who he is, not judging him for what he lacks.

It's just another day. My son proudly presents the report he did for school. He shares

with me the hopes and dreams he holds for his future. His curiosity and excitement are contagious as we unfold the limitless possibilities that lie before him. I am encouraged that no dream is beyond our reach if we want it bad enough.

It's just another day. My beloved wraps his arms around me and surrounds me in love. I turn to look in the eyes that share my innermost feelings. What a special friend I have. Someone who loves me for

who I am. Someone to lean on when I feel down. Someone to share my happiness. Someone to love.

Yes, it is just another day. A day to enjoy God's gracious beauty upon this earth. A day to kiss the cherub cheeks of my children, and share in their hopes and dreams. A day to learn the value of determination and hard work. A day to learn the value of judging mankind for the quality he has, not what he has not. A day to learn the value of love.

Yes, it's just another day, I sigh. The stars dance in the velvet sky as a full yellow moon smiles cheerfully down. The house is quiet and still. The only sound is the soft, even breathing of my spouse. I recall the scripture: "This is the day the Lord has made; let us rejoice and be glad in it." (Psalm 118:24) And as I lie at the side of my soul mate, I pray that God will let me see "just another day"!

Norris

Continued from p4

Food and Drug Administration or U.S. Department of Agriculture. Thomas Jefferson once quipped, "Was the government to prescribe to us our medicine and diet, our bodies would be in such keeping as our souls are now." Our Founders' health care system was a very simple one: take care of your health.

We don't need to pay hundreds of billions of dollars through new taxes to provide universal medical coverage. If anything, I believe the government needs to discover more ways to motivate personal responsibility and disease prevention, encourage the states' role as stages for new market-based ideas, support county and community health collaborations, and challenge the private sector to seek creative ways to bring down medical costs.

Most of all, if we took better care of ourselves, we could reduce our personal and national medical costs, and live longer and happier at the same time. That is also exactly why I've endorsed the Total Gym for over 30 years and devoted an entire chapter in my new book "Black Belt Patriotism" to "Be fit for the fight," which contains for the first time my personal diet and workout plan as well as 50 years of fitness knowledge that can help you overcome the obstacles to being a better you in 2009.

A short time back, a friend sent me one of those Chuck Norris Facts that circulate the Internet. It read, "Chuck Norris can eat just one Lay's potato chip." Whoever wrote that fact has not seen me when I am watching a football game at home. I can tear the bag open during the first quarter and ask myself by halftime, "What's this empty bag doing in my hand (while licking the salt from my fingertips)?" I won't even tell you how quick a bowl of ice cream can disappear in the second half!

I'm a believer in new beginnings. That is why I'm an advocate of New Year's resolutions. Now, before tuning me out about fresh starts, hear me out. The potential to fail is always present. But so is the potential to succeed and soar to the next level. And studies show that our successes actually happen more often than we think.

A University of Washington survey conducted a number of years ago showed that 63 percent of the people questioned were still keeping their No. 1 resolution after two months. That's great and hope-filled news.

Whether you want to exercise more, lose weight, stop smoking, cut down on alcohol, make a new spiritual commitment or make new friends, don't ever quit striving to better yourself each and every year.

Or, as Benjamin Franklin put it, "Be always at war with your vices, at peace with your neighbors, and let each new year find you a better man." If you do, I believe you too will find the power and discipline to eat just one Lay's potato chip! Of course, except during football games!

To find out more about Chuck Norris and read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate Web page at www.creators.com.

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FLOYD COUNTY Sports

Inside



B2

Keathley named CBA Coach of the Month

TIMES STAFF REPORT

ALBANY, NY — The Continental Basketball Association started the new year Thursday (Jan. 1) with an announcement that East Kentucky Miners Head Coach Kevin Keathley had been named the December Coach of the Month for his team's performance in the past month.

The Miners finished December with a 6-0 record against ABA opponents, capturing 40.5 out of a possible 42-quarter points. The Miners started their season

on the road against the Kentucky Bisons in Owensboro before moving on to a five-game homestand.

East Kentucky, under the Keathley's guidance, has dominated foes.

The Miners hosted the West Virginia Blazers in a two-game series to start the season at the East Kentucky Expo Center. East Kentucky prevailed convincingly over the Blazers, winning 140-94 (7-0) and 119-87 (7-0). The Bisons then made a trip to Pikeville with revenge on their minds, but were unsuc-

cessful. The Miners defeated the Bisons 132-106 (6.5-5). East Kentucky rolled past another ABA opponent from West Virginia, defeating the West Virginia Wild 154-111 (7-0) and 172-70 (7-0) — before heading into the Christmas break.

"This team has the chance to be pretty good — I believe," said Keathley. "I'm excited about the potential this team has."

Keathley is a former ABA Coach of the Year. He has never endured a losing season. During the 2007-08 season, the Keathley-coached

Miners led the CBA in scoring, averaging 111 points per game. East Kentucky is currently averaging 135 points per game in the 2008-09 season. The Miners lead pro basketball in the points per game average category.

"Coach Keathley has started the season on a hot streak and has a team that is a good mix of established veterans and up and coming pros," said CBA Commissioner Dennis Truax. "They will be a formidable team the whole season and will be a tough team to beat."



file photo
Floyd County native Keathley Keathley has earned the CBA Coach of the Month award for December. Keathley is pictured along with first-year Miner Joe Buck.

Cats set to face Cards

TIMES STAFF REPORT

LEXINGTON — Kentucky will open 2009 by traveling to in-state rival Louisville this Sunday in Freedom Hall in a game nationally televised by CBS. This is the 40th meeting between the two schools, with Kentucky holding a 26-13 advantage. The Wildcats have won three of the last four in the series.

The Cats are coming off an 84-52 win over Central Michigan led once again by junior Jodie Meeks. Meeks tallied a game-high 23 points while Patrick Patterson chipped in 15 points and nine rebounds. Josh Harrellson added 12 points and six rebounds in only 17 minutes of action.

The Wildcats enter the rivalry game on a season best six-game winning streak, and has won 11 of their last 12 games.

Louisville will enter the game after a 56-55 loss to UNLV on Wednesday.

Patterson named SEC Player of the Week

TIMES STAFF REPORT

LEXINGTON — Sophomore Patrick Patterson was named the SEC Player of the Week as announced by the league office on Monday.

The 6-9 Huntington, W.Va., native averaged a double-double on the week with 30.0 ppg and 12.5 rpg. Patterson recorded back-to-back double-doubles in helping lead the Wildcats to wins over Tennessee State and Florida Atlantic. He has eight on the season and 14 in his career, tying Randolph Morris for 26th on UK's all time double-double list. Patterson recorded a career-high 33 points against Tennessee State and followed with a 27-point effort against Florida Atlantic, while pulling down 11 and 14 rebounds respectively.

The award was his first of the season and the fourth weekly honor of his career. Patterson was named the SEC's Freshman of the Week three times in his rookie year.

It also marked the second straight week a Wildcat has been named the SEC Player of the Week and the fourth time this season. Jodie Meeks has received the honor twice while DeAndre Liggins was named the league's Freshman of the Week earlier this year.

UK FOOTBALL: The Liberty Bowl game pitting Kentucky East Carolina ended too late to make this edition. A complete recap of the game will appear in the Wednesday, Jan. 7 edition.



photo courtesy of Pikeville College
JOHNSON CENTRAL HIGH SCHOOL GRADUATE ALICE DANIEL is a senior for the Pikeville College women's basketball team. Daniel ranks as one of the Pikeville College team's top players.

Setser, Gearheart to play in Border Bowl

by STEVE LeMASTER
SPORTS EDITOR

WILLIAMSBURG — Two Prestonsburg High School senior football players will face Tennessee foes during an upcoming all-star football game. Seth Setser (RB/LB) and Austin Gearheart (WR/DB) will play in the

National Guard Border Bowl all-star football game between Kentucky and Tennessee. The game is slated to kickoff at 1 p.m. on Jan. 17 at 1 p.m. at the University of the Cumberland's James H. Taylor Memorial Stadium.

Setser rushed for over 1,200 yards and 20 touchdowns during his senior campaign, establishing himself as one of the state's top rushers. Gearheart, one of the state's top pass-catchers, hauled in passes for over 1,000 yards and

12 touchdowns.

Belfry and Johnson Central will also be represented in the Border Bowl.

The Kentucky roster is made up of the following players: Greg Adams (Hazard); Hunter Adams (Middlesboro); Jeremy Armfield (South Laurel); Ben Benedict (Estill Co.);



file photo
Seth Setser (pictured) and Austin Gearheart (not pictured) will represent Prestonsburg in the upcoming Border Bowl.

Chase Blackburn (Bryan Station); Ricky Bowling (South Laurel); Aaron

Brock (Williamsburg); Michael Craig Campbell (Corbin); Heith Castle (Tates Creek); Jon Cox (Scott Co.); Grant Darnell (Montgomery Co.); Steven Davis (Lynn Camp); Adam Dempsey (Highlands); Gary Demus (Lafayette); Bret Denton (Raceland); Charlie Dotson (Belfry);

Chris Douglas (Dunbar); Zac Eagler (Boone Co.); William Englemont (Conner); Anthony Gearhart (Prestonsburg); Nathaniel Gilliam (Harlan County); Spencer Greer (Bell Co.); Tony Guidugli (Highlands); Tyler Hardin (Bell Co.); Michael Harmon (LCA); Jesse Hayden (Corbin);

DeRon Hicks (Franklin Co.); Cosy Ison (Harlan County); Cody Jones

(Whitley Co.); Josh Kidd (Hazard); Ed Lawson (Williamsburg); Ivan Lee (Belfry); Will Letton (LexCath); Zach Lewis (Clay Co.); Robby Logan (Raceland); Earl McCann (Bryan Station); Monte Merrick (Bell Co.); Max Muckerheide (Conner); Keenan Parker-Green (Lafayette); Tyler Perkins (Powell Co.); Roy Philon (Bryan Station); Jason Powers (Whitley Co.); Chase Richardson (Johnson Central); Anthony Ridner (Whitley); Tyler Rollins (Williamsburg); Muhammad Saifullah (Bryan Station); Anthony Sandoval (Scott Co.); Seth Setser (Prestonsburg); Sam Simpson (Henry Clay); Cory Smith (Knox Central); Mike Sullivan (Cov. Holy Cross); Demetri Travis (Perry Central); Daniel Vogelsang (LexCath); Oakley Watkins (Franklin Co.); Ian Welch (Johnson Central); Ryan Williams (Clark Co.); Tyler Woolum (Pineville).

Lady Bears hold off Wise, 69-59

TIMES STAFF REPORT

PIKEVILLE — Three players reached double figures and Pikeville College survived 21 turnovers to knock off U.Va.-Wise 69-59 Wednesday afternoon.

The win lifted the Lady Bears to 11-3 on the season and gave them three straight wins to end the calendar year.

Pikeville led by as many as eight twice in the second half, but the Lady Cavaliers hung around all game long, and when freshman MaShonna Hughes hit a jumper with 5:37 remaining, the guests took a 56-55 lead.

It stayed that way for 2:30 before sophomore Whitney Compton hit a free throw to tie it, and sophomore Lakia Bailey put back the missed second try to give the Lady Bears back a lead they would never lose.

The 10-point margin of victory was the biggest lead since Pikeville led 12-2 in the early going.

Bailey and freshman Natiera Hinton led the way with 17 points each. Bailey added six rebounds off the bench while Hinton had five.

Senior Alice Daniel followed with 14, hitting three three-point baskets and all five of her free throw attempts.

U.Va.-Wise (4-8) also had three players in double digits, with freshman MaShonna Hughes coming off the bench to lead the way with 18 points and nine rebounds. The Manassas, Va., product also blocked four shots and recorded three steals.

Freshman Kristin Mullins followed with 12 and freshman Ashley Tanner tossed in 11.

Corbin hits century mark in win over Raiders

TIMES STAFF REPORT

CORBIN — Four different Corbin players reached double figures in the scoring column last Saturday (Dec. 27) as the Redhounds dismantled South Floyd 100-38 in the Cumberland Falls Invitational.

Host Corbin jumped out to an early lead and never looked back. The Redhounds led South Floyd 31-11 at the conclusion of the opening quarter and 55-26 at the intermission.

Fourteen different Corbin players provided scoring.

Junior guard Madison Johnson led Corbin with 30 points, hitting shots from numerous spots of the floor.

Josh Smith scored 12 points while Josh Crawford and Issac Wilson added 10 apiece for the Redhounds.

Corbin got stronger as the game went on. The Redhounds held South Floyd to six points in each of the last two quarters.

Shannon Turner led South Floyd, posting 11 points. Corey Paige followed with 10 points for the Raiders. Dakota Hall scored six, Wesley Light netted four and Brandon Marson chipped in with three for South Floyd in the setback. Tyler Mitchell and Andrew Vance rounded out the South Floyd scoring with two points apiece.

Hot-shooting Bears fall to West Liberty State in double OT

TIMES STAFF REPORT

WHEELING, W.Va. — West Liberty State College ended its modest two-game losing streak by holding off Pikeville College 114-110 in double overtime Tuesday night in the Main Street Classic. Pikeville (10-5) had the ball at the end of regulation and the first overtime but failed to come away with the points it needed to win. In the second overtime, the NCAA Div. II Hilltoppers scored the first six points and were never headed. West Liberty (7-2) ended its first losing streak in December since 2003. The Hilltoppers

led 49-39 at intermission but were outscored by the Bears 55-45 to send the game to overtime tied at 94. Each team posted 11 points in the first extra frame to send it to double-overtime. Pikeville had the basketball for the final 11 seconds of regulation tied at 94. Junior Josh Samarco shot a contested three-pointer that fell short to send the game to the first overtime. The Bears had the ball again at the end in overtime, but senior Haakim Johnson was called for traveling as he spun through the paint to send the game to the next extra period.

All five Pikeville starters reached double figures in the

scoring column, led by sophomore Justin Hicks with 31 points on 7-of-16 three-point shooting. Samarco followed with 28, thanks to going 8-of-16 shooting from the arc. Johnson followed with 22, with senior J.B. Smiley tossing in 15 and senior Ewan Linton adding 10. Johnson had a double-double with 10 rebounds while Linton came one rebound shy.

Junior Anthony Smith had nine rebounds off the bench for the Bears, who lost the rebounding battle 49-46. Hicks, in addition to his scoring, handed out five assists, grabbed four rebounds and picked off

three steals.

Senior guard Ben Howlett matched his career high with 39 points for the Hilltoppers, going 15-of-19 from the floor and hitting the three-pointer late in the first overtime to set the stage for the second. Sophomore Corey Pelle followed with 27 to go with eight assists and seven steals, while sophomore John Wolosinczuk had 18 points and 11 rebounds and junior Scott Mirich coming off the bench for 11.

The Bears are now off until Jan. 10 when they return home to play Berea College.

2008 WYMT All-Mountain Football Team

Offense

Third Team

QB – Zach Lewis (Clay County)
RB – Cody Jones (Whitley County)
RB – Demetri Travis (Perry Central)
FB – Caleb Watkins (Corbin)
WR – Michael Campbell (Hazard)
WR – RC White (Pulaski County)
Utility – Jordan Amis (Perry Central)
Kicker – Nick Armstrong (North Laurel)

Second Team

QB – Ricky Bowling (South Laurel)
RB – Greg Adams (Hazard)
RB – Nathaniel Gilliam (Harlan County)
FB – Ivan Lee (Belfry)
WR – Aaron Brock (Williamsburg)
WR – Austin Gearheart (Prestonsburg)
Utility – Chris Muse (Pulaski County)
Kicker – Austin Delpont (Hazard)

First Team

QB – Charlie Banks (Letcher Central)
RB – Channing Fugate (Breathitt County)
RB – Chase Richardson (Johnson Central)
FB – Jason Powers (Whitley County)
WR – Jake Cobb (South Laurel)
WR – Noah Reid (Clay County)
Utility – Hunter Adams (Middlesboro)
Kicker – Monte Merrick (Bell County)

Players of the Year

1A – Greg Adams (Hazard)
2A – Hunter Adams (Middlesboro)
3A – Channing Fugate (Breathitt County)
4A – Shawta Zachery (Bell County)
5A – Charlie Banks (Letcher Central)

Coaches of the Year

1A – Mark Dixon (Hazard)
2A – Steve Jewell (Corbin)
3A – Mike Holcomb (Breathitt County)
4A – Dudley Hilton (Bell County)
5A – Jim Black (Whitley County)

Honorable Mention

Quarterbacks

Jade Haddix (Breathitt County)
Tyler Olinger (Hazard)
Michael Burchett (Prestonsburg)
Ryan Moses (Williamsburg)

Running Backs

Hunter Crowder (Allen Central)
Logan Crowder (Allen Central)
Charlie Dotson (Belfry)
Thomas Varnay (Belfry)
Spencer Greer (Bell County)
Dylan Maldonado (Betsy Layne)
Andrew Link (Harlan)
Nathan Dillon (Johnson Central)
Dexter Carnes (Knox Central)
Tyrone Persons (Lynn Camp)
Josten Helton (Magoffin County)
Nehemiah Doderer (Paintsville)
Daniel Harmon (Pikeville)
Allen Craynon (Prestonsburg)
Seth Setser (Prestonsburg)
Winston Hines (Pulaski County)
Casey Hays (Rockcastle County)
Ryan Kelly (Sheldon Clark)
Kyle Howell (South Floyd)
Stephen Quillen (South Laurel)
Jake King (Southwestern)
Ed Lawson (Williamsburg)

Wide Receivers

Chase Ely (Bell County)
Chris Gilbert (Clay County)
Cody Hensley (Leslie County)
EJ Hampton (Pike Central)
Tyler Baker (Pikeville)
JP Henderlight (Somerset)
Strom Wilson (Somerset)
Chris Mitchell (South Laurel)
Matt Powers (Whitley County)

Utility

Adrian Wardrup (North Laurel)
Alex Abner (Pulaski County)

Kickers

Al Merrick (Pineville)
Tyler Lester (Pulaski County)

Defense

Billy Lawson (Bell County)
Matt Rains (Bell County)
Matt Simpson (Bell County)
Dylon Smith (harlan County)
Ian Welch (Johnson Central)
Gre Phillips (Knox Central)
Randan Collett (Leslie County)
Brandon Hillongsworth (Pineville)
Austin McKinney (Prestonsburg)
Clay Jamerson (Prestonsburg)
Wiston Hines (Pulaski County)
Tyler Stone (Pulaski County)
Steven Trimble (Rockcastle County)
Cody Bramelitt (Whitley County)
Garrett Phillips (Williamsburg)

Team Defense

Third Team
Whitley County

Second Team
Breathitt County

First Team

Bell County

Offensive Line

Third Team
Johnson Central

Second Team
Belfry

First Team

Whitley County

Floyd native Bentley leads Centre past Maryville, earns all-tourney nod

TIMES STAFF REPORT

DANVILLE – One day after having its five-game winning streak snapped, the Centre College men's basketball team bounced back defeating Maryville College for the second time this year, this time winning 78-72 on the second day of the 2008 Papa John's/Country Hearth Inn Tournament hosted by Centre Tuesday, Dec. 30.

The Colonels, which won the earlier meeting between the two teams 73-71 in Maryville, Tenn., improve to 8-2 overall, while the Scots fall to 4-6 on the season.

The first half was tight throughout as the lead changed hands five times and was tied

on four other occasions. Centre led by four (21-17) at the 7:08 mark for the biggest lead of the half, before going into the locker room with a 29-25 lead.

The Colonels led the entire second half going ahead by as many as 13 points (66-53). Down 10 points, Maryville cut the lead to six (72-66) with 0:51 left to play but would get no closer as Centre closed out the game for a 78-72 win.

The Colonels shot 46.0-percent (23-50) from the field on the evening, while Maryville finished at 40.9-percent (27-66).

Senior guard Kris Bentley (Pikeville) led Centre with 22 points on seven of 10 shooting, including six of nine from

beyond the three-point arc. The Floyd County native was strong from start to finish in the tournament tilt. Junior forward Danny Noll (Ft. Mitchell) finished with another big game scoring 21 points and grabbing five rebounds. Senior guard Ryan Crowdis (Louisville) chipped in 10 points and four assists, while sophomore forward Alex Lloyd (Lexington) grabbed a game-high eight rebounds and blocked five shots.

Greg Hernandez led the Scots with 26 points and seven rebounds. Jordan Damron notched 11 points off the bench in the defeat.

Hanover College won the earlier game of the day, defeating Piedmont College 97-74.

Mitchell Meyer led the Panthers with 23 points and 10 rebounds. Piedmont was led by J.C. Herebia, who finished with 23 points and seven rebounds.

Herebia, Hernandez, Bentley, Noll and Hanover's Taylor Dial were each named to the All-Tournament Team for their efforts. Meyer was named the Tournament MVP after leading Hanover to a 2-0 record.

Centre will return to action Sunday, Jan. 4 with a Southern Collegiate Athletic Conference (SCAC) road contest against DePauw University. Tip-off is set for 1 p.m. in Greencastle, Ind.

TIMES STAFF REPORT

JOHNSON CITY, Tenn. – Leon Buchanan scored 23 points Maze Stallworth added 22 points to lead Morehead State to a 71-61 win at East Tennessee on Tuesday (Dec. 30).

"I looked up in the second half, and we were down eight or nine points," said MSU Coach Donnie Tyndall. "Then, Derrick Echols took a big charge, and I challenged our team during a timeout,

and those things got us started. Our veterans, Leon, Maze and Kenneth stepped up, and that was promising to see."

MSU, now 5-8 on the season, also got 12 points from Demonte Harper. Faried had 17 rebounds and three blocked shots, and Buchanan had 10 rebounds.

ETSU, now 8-4, got 23 points from Courtney Pigram and 21 points from Kevin Tiggs.

After trailing much of the

first half, ETSU rallied at the end of the period to take a 33-29 lead at intermission. Tiggs hit all five of his field goal attempts and scored 12 points to lead the Bucs in the first 20 minutes. MSU's Buchanan had 15 points to lead all scorers in the first half.

ETSU built its lead to nine points early in the second half only to see the Eagles go on a 17-4 run to go up by four points. That set the stage for several ties and lead changes

before MSU spurted out to a comfortable lead and made its free throws down the stretch.

The Eagles return to Ohio Valley Conference play when they begin a two-game league road trip on Saturday (Jan. 3) at Austin Peay. Tip off at the Dunn Center in Clarksville, Tenn., is scheduled for 8:30 p.m. EST. The road trip will conclude with an 8:30 p.m. EST game in Nashville against Tennessee State on Monday (Jan. 5).

Morehead State women fall to Central Michigan

TIMES STAFF REPORT

LOUISVILLE – Morehead State junior Brittany Pittman had eight blocked shots Tuesday to break the MSU career blocks record, and sophomore Chynna Bozeman scored a career high 29 points - including 20 in the second half, but a furious second half rally came up short as Central Michigan held on to defeat the Eagles 95-88 at Freedom Hall in the final game of the Downtown Marriott Cardinal Classic.

Pittman broke Tasha Gales' record of 205 with her 206th block at the 5:44 mark in the final half. In just her 44th

career Eagle game, she is now just 28 rejections shy of eclipsing Austin Peay's Gerlonda Hardin's Ohio Valley Conference record of 233.

MSU fell to 8-6 after absorbing the loss.

Meanwhile, Bozeman ignited an MSU rally in the second half. Down 80-67 with 8:04 left in the game, she hit a jumper to start a 12-2 scoring spurt that saw the Eagles rally back to within three (82-79) with 5:02 remaining. Bozeman was 7-of-16 from the field in the final half and nearly helped her team make the comeback complete. Down 91-88 with 1:07 left, she got an open look from distance but the ball

rimmed out, and the Eagles were forced to foul down the stretch as the game inched out of reach.

MSU was also down by as much as 15 in the first half when the Chippewas shot 53 percent and led 49-38.

Bozeman also added six rebounds and four assists in 38 minutes. The Eagles hit a season high 14 three-pointers after draining 13 Monday against New Hampshire. Three other Eagles reached double figures. Tiffany Hamilton and Tiffanie Stephens each notched 15, while Courtney Lumpkin added 12 points, five boards and seven assists. Pittman also

tallied eight points and a team-best eight rebounds.

CMU landed six players in double figures and exploited the Eagle defense in the paint where they out-scored MSU 50-26. Brandie Barker had 17 to lead the way, while Kaihla Szunko had 14 points and a game high 15 rebounds.

For the day, the Eagles shot 43 percent, including 45 percent in the final 20 minutes. CMU finished shooting 50 percent and had five more boards than the Eagles (45-40).

MSU will return to Ohio Valley Conference play Saturday (Jan. 3) at Austin Peay at 6:15 p.m. EST.

Crusaders jolt Jackson City; Knott Central falls to Hopkins Central

TIMES STAFF REPORT

JACKSON – June Buchanan finished strong Monday, outscoring Jackson City 24-10 in the fourth quarter of a boys' high school basketball matchup. The Crusaders pulled away late, defeating Jackson City 68-42. The victory allowed June Buchanan to snap a two-game losing streak.

Clint Stepp poured in a game-high 28 points and Garrison Collins added 12 for the Crusaders. Stepp and Collins make up one of Eastern Kentucky's top high school boys' basketball tandems.

June Buchanan enjoyed a balanced scoring effort. Junior guard Braxton Childers scored nine points and senior forward Brent Hall had eight for the Crusaders.

Seven different June

Buchanan players stepped up and scored in the regular-season matchup. John Howard had seven points for the Crusaders. Lewis Collins and Travis Thomas added two points apiece for June Buchanan.

After ending the first quarter in a 9-9 tie, June Buchanan outscored Jackson City in each of the last three quarters. The Crusaders carried a 28-22 lead into halftime.

For Jackson City, three players reached double figures in the scoring column. Sierra paced Jackson City with 18 points. Gayheart was the second-leading scorer for Jackson City, finishing with 13 points. Hayes added 11 points for the Tigers.

June Buchanan owned a 16-10 scoring advantage in the third quarter. The Crusaders were especially tough defensively, holding

Jackson City to 10 or fewer points in three quarters.

With the win, June Buchanan improved to 6-4.

Hopkins Central edges Patriots: Knott County Central fell short in a comeback bid to defeat Hopkins County Central Tuesday in the Republic Bank Holiday Classic at Lexington Catholic. The Patriots scored eight points in the last 51 seconds. Hopkins County Central, however, managed to hold on for the win. The Storm defeated Knott County Central in close fashion, winning 51-49.

Hopkins Central won despite hitting just two of 12 attempts from beyond the three-point arc. The Storm also struggled at the free throw line, hitting 17-of-33 attempts.

Junior center Daniel Croft paced Hopkins County Central (7-4), fin-

ishing with 11 points. Junior point guard Jevonte Hughes scored 10 points and Senior guard Coble added nine for the Storm. Junior shooting guard Josh Riley added eight points for Hopkins Central.

Hopkins Central and Knott Central exchanged leads throughout the tournament contest. The two teams were in a 10-10 deadlock at the conclusion of the first quarter. Hopkins Central slipped into halftime out in front 24-22.

The Storm outscored Knott Central 13-10 in the third quarter and held on for the win in the final period.

Tate Cox led Knott Central with a game-high scoring effort of 21 points. Freshman point guard Zack Davis added eight points for the Patriots. Braxton Ratliff and Jarrod Amburgey contributed six points apiece for Knott Central (9-4).

BluegrassPreps.com Girls' Basketball Top 20

1. Dupont Manual
2. Iroquois
3. Elizabethtown
4. Franklin-Simpson
5. Christian Academy-Louisville
6. Paul Dunbar
7. North Hardin
8. Montgomery County
9. Lexington Christian
10. Mercy
11. Lexington Catholic
12. Butler
13. Southwestern
14. Highlands
15. Simon Kenton
16. Marshall County
17. Lincoln County
18. Nelson County
19. Henderson County
20. Rockcastle County

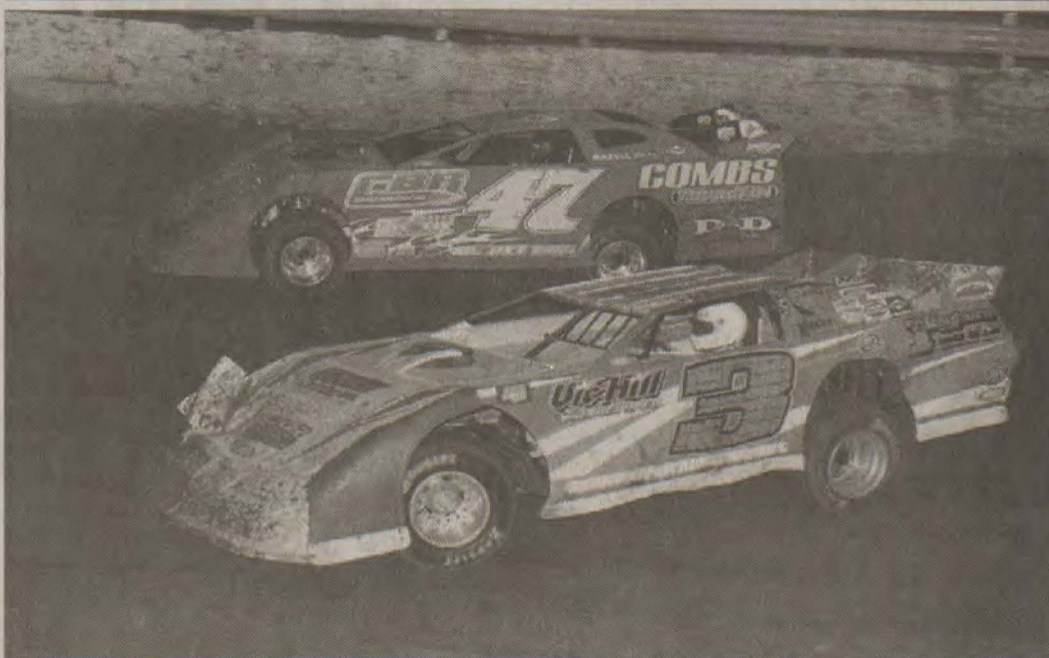


photo courtesy of Battle of the Bluegrass
THE START OF THE 2009 DIRT TRACK SEASON is nearing for Letcher County driver Chris Combs (47). Combs ranks as one of Kentucky's top Late Model drivers.

BMS to host NASCAR's oldest division in August

SPECIAL TO THE TIMES

BRISTOL, Tenn. — Bristol Motor Speedway, NASCAR's most popular track, hosts NASCAR's oldest series in 2009 with a 150-lap Modified race Wednesday, Aug. 19 officials announced.

The NASCAR Whelen Modified Tour has a 60-year history in NASCAR racing but makes its first stop on the high banks of Bristol. A championship event on both the Whelen Modified and Whelen Southern Modified tour, the race features an opportunity for drivers from both series to earn points toward their respective titles.

The event is part of the exciting August race week at Bristol Motor Speedway that features a double-header with the Modifieds and O'Reilly 200 truck series race Aug. 19,

the Food City 250 Nationwide race Aug. 21 and the Sharpie 500 Aug. 22.

"This is an event we have wanted to host at Bristol Motor Speedway for some time," said BMS president and general manager Jeff Byrd. "There is a tremendous history up north and in the New England area for modified racing with guys like Richie Evans, Jerry Cook, Mike Stefanik and my buddy Jimmy Spencer. But there is an incredible passion for this racing in the south as well. They run a great program in my hometown of Winston-Salem at Bowman-Gray."

The Whelen Modified Tour features lightweight, open-wheeled racing machines that have been part of NASCAR since its first season in 1948. Throughout its storied history, the NASCAR Modified division has proven to be a tremen-

dous training and developmental program for future stars.

Todd Bodine, the 2006 Craftsman Truck Series champion, began his career in the Modified division along with his racing brothers, Geoff and Brett. Drivers Jimmy Spencer, Mike McLaughlin and Steve Park also began their careers in the Modifieds, along with Cup Series crew chiefs Greg Zipadelli and Tommy Baldwin Jr.

In 2006, Mike Stefanik made history by winning his seventh Whelen Modified Tour championship. Combined with his two previous NASCAR Grand National Division, Busch East Series titles, Stefanik's accomplishment tied him with another Modified legend and nine-time NASCAR champion, Richie Evans, as NASCAR's all-time championship leader.

Streak ends: Bears fall to host WJ in Main Street Classic

TIMES STAFF REPORT

WHEELING, W.Va. — Pikeville College saw its five-game win streak come to an end Monday night at the hands of Wheeling Jesuit University, which pulled out a 93-86 win in the opening night of the Main Street Classic. Pikeville (10-4) is the only NAIA team in the otherwise NCAA Div. II field in the classic, hosted by Wheeling Jesuit and featuring fellow WVIA West Liberty State College as well as Louisville's Bellarmine University.

Pikeville led the majority of the game, including 81-78 on a free throw by senior Ewan Linton with 3:55 remaining. But the Cardinals took over after that. Senior Maqsood Harrington nailed a three to tie the game with 3:25 remaining, the first three of his eight points in the 15-5 run to win the game. He finished with 28 points.

The Bears led nearly the entire first half, building a lead that got to 12 (20-8) at one point. It wasn't until a jumper by sophomore Adam McFerran with 1:40 left that the Cardinals got in front, and they led 43-41 at the break. Wheeling Jesuit (3-5) led for the first five minutes of the second half before the Bears again gained control, leading until Harrington tied the count with 3:25 left. Each team had four players in double figures, with senior Josh Samarco leading the Bears with 22. He was 4-of-8 from the arc and added four of Pikeville's 13 steals. Hicks followed with 21, hitting 6-of-11 from the arc. Senior J.B. Smiley followed with 17, while senior Ewan Linton added 14 along with nine rebounds. Harrington was followed by freshman Cedric Harris with 21, while Obi Ukwuoma added 11 along with 10 rebounds and sophomore Joe Suchy followed with 10.

Pikeville committed 23 turnovers in the game, and their 14-of-18 (77.8 percent) shooting from the line was offset as WJU was 29-of-35 (82.9 percent) from the stripe.

Blackburn second fastest overall in Daytona testing sessions

SPECIAL TO THE TIMES

DAYTONA BEACH Fla. — On the heels of a race event title sponsorship announcement, the ARCA RE/MAX Series wrapped up a three-day open test at Daytona International Speedway over the weekend during which 62 drivers participated in preparation for the 46th annual and newly-named Lucas Oil Slick Mist 200 coming Saturday, Feb. 7.

Several series regulars, an abundant collection of newcomers and an interesting combination of big names shared headlines throughout the open test under sunny skies and high temperatures in the low 80s.

Morning and afternoon test sessions Friday (Dec. 19), Saturday (Dec. 20) and Sunday (Dec. 21) were divided up in separate single car runs and separate drafting runs.

Among the drivers who tested in the single car runs, third-generation ARCA racer Will Kimmel, nephew of nine-time series champion Frank Kimmel, circled the "World Center of Racing" quickest overall with a time of 49.730 seconds, for an average speed of 180.977 mph.

Kimmel, in the no. 44 Kimmel Racing Ford Fusion, attributed his on-track performance to, "Ford" and "an experienced crew."

Steve Blackburn, in his own Dodge Charger, was second quickest overall among those who made single car runs with a speed of 180.955 mph.

"We put on a new set (of tires) and they hooked up," said Blackburn. "The test was a real boost to our team; we

can walk out of here with our heads held high. Just hope we can come back in February and do it again."

Blackburn was also second quickest overall among those who made runs in two separate drafting sessions Saturday and Sunday.

However, ARCA RE/MAX Series regular Patrick

Sheltra, in a Dodge Charger, posted the quickest time of the entire three-day test in the Saturday afternoon drafting session during which the Indiantown, Florida driver set the bar with a top speed of 183.846 mph.

"We weren't planning on drafting right away but we found ourselves right in the thick of the draft in our first three laps on the track and the car drafted brilliantly," Sheltra said. "We just wanted to make sure it could suck up. It did that and more. I can't take credit for everything. These guys that work on these racecars are the best and it's because of their hard work that we're sitting atop of the charts."

Newcomers' JR Fitzpatrick, Parker Kligerman, Mikey Kile, and Beau Slocumb also showed promise in the draft as each spent time near the top of the charts.

Several teams with multi-car efforts participated including Bobby Gerhart Racing, Eddie Sharp Racing, TRG Motorsports, Venturini Motorsports, Andy Belmont Racing and Jones Group Racing to name a few.

Gerhart, a five-time ARCA winner at Daytona, tested several different drivers including Gomez, AJ Henriksen and Joey Coulter.

Gerhart's team was one of the first to drive through the gates and one of the last to leave Sunday night.

"If there were five days, I would be here for all of them," said Gerhart.

"We try to get here first and we're always the last to leave. That lesson was taught to me a long time ago."

Gerhart, who hails from Lebanon, Pennsylvania, works tirelessly on his Daytona International Speedway cars and says that every year the field of drivers only gets tougher.

"The field is great," Gerhart said of the 2009 entry list. "I know when I come here I become a very unpopular guy. In a way, it's going to sound odd, but that's a pretty big complement. That really goes to the level of exposure that this place has brought to this race."

"I've always felt that coming here to Daytona is a huge privilege for anybody. Just coming to the garage and be a part of this thing let alone get on the race track and in my case be unbelievably fortunate to win one (race) and looking back on it to be where we're at today. I never could have envisioned that."

Big names garnering headlines during the test included Joey Logano, Ricky Carmichael, Bobby Hamilton,

Jr. and PJ Jones, all of whom spent time behind the wheel over the weekend.

Logano, testing under the Joe Gibbs Racing banner with Venturini Motorsports, took his first laps around the legendary motorsports

"I'm just getting as many laps as I can and learn as much as I can," Logano said, who will replace Tony Stewart as the driver of the Home Depot Toyota in the NASCAR Sprint Cup Series in 2009. "I've got a big year ahead on the Cup side... whatever I can do to make myself better."

Logano is preparing to pull off the Saturday night double-header at Daytona.

"I'm doing it," Logano added of his busy DIRECTV Speedweeks 2009 schedule. "I'm running both races (ARCA and Budweiser Shoot Out) and then I've got the Nationwide race with the Game Stop Toyota and then running the Cup race with the Home Depot Toyota. Between all that, I've got my hands full."

Toss in the Gatorade Duel At Daytona 150-mile qualifying races, Logano will be racing five events during DIRECTV Speedweeks.

Carmichael, a five-time Daytona Supercross By Honda champion, added stock cars to the list as he too participated in the three-day ARCA RE/MAX Series test.

carmichaelcandid.jpg "This is what it's all about; when you hear about Daytona, it's stock car racing," Carmichael said. "I'm having a great time here. This race track has a lot of character and a lot of history.

This is what I want to do. I've been around here in a sports car and obviously a motorcycle a time or two. I'm just glad to be in a stock car. This is a dream of mine and I'm glad to have the opportunity to do that."

Carmichael, utilizing the Lucas Oil Slick Mist 200 ARCA RE/MAX Series race at Daytona as a tune-up for the 250-mile NASCAR Camping World Truck Series race at Daytona, tested a Chevrolet for Kevin Harvick Inc.

"We want to obviously get the car as fast as we can for qualifying and then drafting practice and see how the car drafts and make it handle as good as we can and do good in the actual race," Carmichael said of this weekend's testing goals. "For us, the main thing is going to be drafting practice and see how the car handles."

Local Daytona Beach native/favorite Alli Owens was also on hand for the three-day test. owensincardaytona-test08.jpg

The 20-year graduate from Atlantic High in Port Orange, in a D'Hondt Motorsports-prepared Toyota, was fourth fastest in the Saturday morning session.

"Every time I come back to Daytona, it's always a special thing because I'm the hometown girl," Owens said. "This is the first year in a Toyota and a new team with D'Hondt Motorsports and my sponsors that we still have with Electrifying Careers.com."

"Coming out here and seeing my name up front on the sheets for the last couple of days is exciting and cool.

That's something that's never been done before by me. It's nice to see my name up there and hopefully it's going to stay there."

The Saturday afternoon, February 7 Lucas Oil Slick Mist 200 at Daytona International Speedway will be broadcast live on SPEED.

ARCA RE/MAX Series Open Testing

Daytona International Speedway,

Daytona Beach Fla.

December 19-21, 2008

Overall Single Car Runs

Pos. No. Name

Time Speed Make

1 44 Will Kimmel

49.730 180.977 Ford

2 69 S t e v e c

Blackburn 49.736 180.955

Dodge

3 14 Tom Hessert III

49.738 180.948

Ford

4 74 JR Heffner

49.751 180.901 Chev

5 60A Patrick Sheltra

49.813 180.676 Dodge

6 19 Alli Owens

49.849 180.545 Toyota

7 30B D o m i n i c k

Casola 49.861 180.502

Dodge

8 25 Joey Logano

49.870 180.469 Toyota

9 5A Bobby Gerhart

49.906 180.339 Chev

10 30A Terry Jones

49.954 180.166 Dodge

O N L I N E :

www.arcaracing.com

State Farm newest KHSAA corporate sponsor

TIMES STAFF REPORT

LEXINGTON — State Farm Insurance has signed a three-year agreement as a corporate sponsor of the Kentucky High School Athletic Association, KHSAA Commissioner Brigid DeVries has announced.

"We are excited about State Farm Insurance joining our family of corporate sponsors," DeVries said. "This sponsorship is important from not only a branding and association standpoint, but the ability for those within the high school market to learn of opportunities on insurance and savings on insurance."

"Car crashes are the number one killer of teens. State Farm embraces any opportunity to promote safe driving practices in front of youthful drivers and their parents while bringing awareness to this national tragedy," said Denise Hardin, vice president of agency for State Farm in Kentucky.

State Farm was on hand at the recent KHSAA Commonwealth Gridiron Bowl and will have agents and/or materials available at all KHSAA events.

May named KHSAA Sports Information Director: Elden May has been hired as Sports Information Director, Kentucky High School Athletic Association Commissioner Brigid DeVries has announced.

The Lewis County High School graduate received a Bachelor of Arts in Journalism in 2000 from Northern Kentucky University. He has worked as a sports reporter for The Independent newspaper in Ashland, sports editor at the Ledger Independent in Maysville and editor for Host Communications/IMG World College Division in Lexington. He comes to the Association after most recently serving as Information Office Supervisor for the Kentucky Commission on the Deaf and Hard of Hearing.

"Elden has excellent sports information experience and is well qualified for the responsibilities as the Association SID," DeVries said. "I'm excited about his desire in joining the KHSAA leadership team."

"I look forward to the challenge of living up to the KHSAA's already impressive history of sports and media relations," said May. "Just as instantaneous information has become the rule of today's world, it is also our responsibility to evolve with it and stay on the cutting edge. The lifeblood of any good organization is sharing accurate information quickly and I enjoy the opportunity to work with everyone along every step of this process."

May will join the Association Jan. 12. He replaces Butch Cope, who was promoted from Director of Promotions and Media Relations to Assistant Commissioner of the KHSAA in August.

UPCOMING EVENTS/MEETINGS

- Jan. 14-15: KHSAA Board of Control Meeting, Lexington
- Feb. 2-7: Regional Swimming & Diving Meets
- Feb. 13-14: Pannell Swim Shop/KHSAA State Swimming & Diving Meet
- Feb. 13-14: Regional Wrestling Tournament
- Feb. 19-21: State Wrestling Championships, Frankfort
- Feb. 23-28: District Basketball Tournaments

Speedway Motorsports completes Kentucky purchase

SPECIAL TO THE TIMES

SPARTA — Speedway

Motorsports, Inc. (NYSE:TRK) has added Kentucky Speedway to its portfolio of motorsports facilities, expanding its geographic reach into the Midwest.

The completed purchase was announced today by O. Bruton Smith, founder, chairman and chief executive officer of Speedway Motorsports, Inc.

"We are extremely excited about the new opportunities this market is going to bring the company," said Smith. "Since we announced this acquisition in May, we have been overwhelmed with the response of fans expressing their support and desire for a Sprint Cup event at Kentucky Speedway."

"We will continue to work with NASCAR to bring a Sprint Cup race to this fine facility as soon as possible. We are going to do everything we can to bring

the great people of Kentucky what they want and deserve."

Located on approximately 820 acres in Sparta, just south of Cincinnati, Kentucky Speedway features a 1.5-mile tri-oval speedway, with grandstand seating for approximately 66,000 spectators, 50 luxury suites with seats for approximately 2,000, private RV spaces, and reserved and unreserved camping spaces.

The speedway currently plays host to a NASCAR Nationwide Series race, a NASCAR Camping World Truck Series race, two ARCA RE/MAX Series races and an IndyCar Series race.

Tickets for Kentucky Speedway's 2009 season can be reserved by calling 859/578-2300.

About Speedway Motorsports, Inc.: Speedway Motorsports is a leading marketer and promoter of motorsports entertainment in the United States. The

Company, through its subsidiaries, owns and operates the following premier facilities: Atlanta Motor Speedway, Bristol Motor Speedway, Infineon Raceway, newly acquired Kentucky Speedway, Las Vegas Motor Speedway, Lowe's Motor Speedway, New Hampshire Motor Speedway and Texas Motor Speedway. The Company provides souvenir merchandising services through its SMI Properties subsidiaries; manufactures and distributes smaller-scale, modified racing cars and parts through its 600 Racing subsidiary; and produces and broadcasts syndicated motorsports programming to radio stations nationwide through its Performance Racing Network subsidiary. The Company also equally-owns Motorsports Authentics, a joint venture formed with International Speedway Corporation to produce, market and sell licensed motorsports merchandise.

CONTACT THE FLOYD COUNTY TIMES SPORTS DEPARTMENT

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one small change for a SAFER HOME



FAMILY FEATURES

Every fall we're reminded to turn back our clocks for daylight saving time. And most people remember to do it. We're also reminded to change the batteries in household smoke detectors — but how many make that change? Forgetting the clock means you could be an hour late. Forgetting the smoke detector could put the whole family at risk.

Did You Know?

- Approximately every three hours a home fire death occurs somewhere in the nation.
- Children ages five and under are twice as likely as the population as a whole to die in home fires.
- 1,000 children die every year in home fires.
- 80 percent of home fire deaths result from fires in homes without working smoke alarms.

Local fire departments are a community's first defense in emergencies such as home fires. The International Association of Fire Chiefs (IAFC) and Energizer have teamed up for the Change Your Clock Change Your Battery® campaign. They want to remind people that the best way to protect your family in a home fire is to have a working smoke detector. Twenty-five million homes are at needless risk due to worn or missing smoke detectors.

There are two types of smoke detectors: an ionization alarm and a photoelectric alarm. They have varying response times in specific fire situations. The National Institute of Standards and Technology concluded that ionization alarms provide a "better response to flaming fires," while photoelectric alarms provide "considerably faster response to smoldering fires." However, 90 percent of U.S. homes have the ionization alarms, which usually are cheaper than photoelectric smoke detectors.

You only have about three minutes to escape a house fire. So it's vital to have effective equipment that works.

Alarm Tips

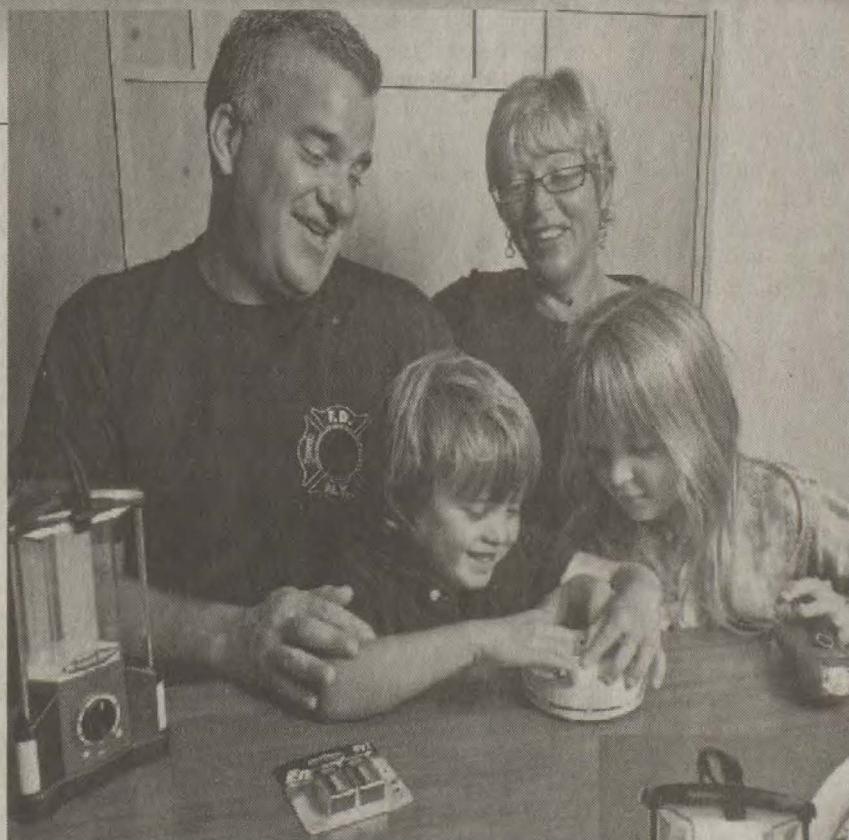
- Buy new smoke detectors at least every 10 years because they lose their sensitivity over time. Install some ionization and some photoelectric smoke detectors.
- Install detectors on every level of your house, preferably in every room, but especially inside bedrooms.
- Change the batteries when you change your clocks and test your smoke alarms once a month by pushing the button.
- Follow the manufacturer's directions for optimum placement. It's best to install most smoke alarms on ceilings because smoke rises, and that gives you the earliest possible warning.

Changing a battery is a little thing — but it could be the little thing that saves your life.

Change Your Clock Change Your Battery® is part of an overall family safety program championed by Energizer and the IAFC. Called, Keep Safe. Keep Going®, it not only informs families about fire safety in the fall, it also encourages them to be prepared for natural disasters that typically occur during spring and summer months.

For more information on home safety, visit www.iafc.org or www.energizer.com.

Sources of statistics and information: National Fire Protection Association, International Association of Fire Chiefs, Centers for Disease Control and Prevention, Department of Health and Human Services



The fall time change is a great reminder to prepare an emergency power kit in case of a power failure caused by severe storms. NYFD firefighter Terrance McGann and his family get ready by changing the batteries in a smoke alarm and a flashlight.

Emergency Power Kits

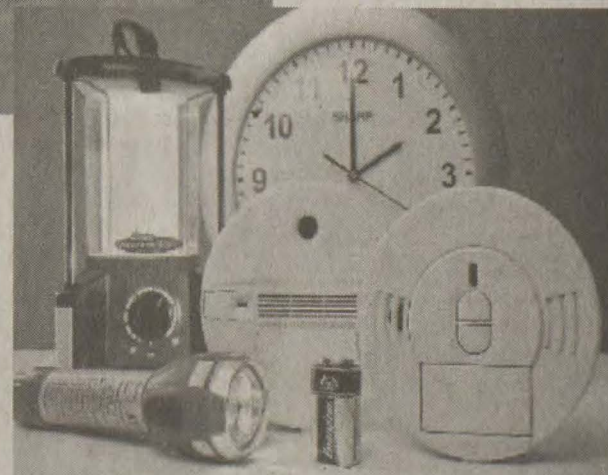
Energizer and the IAFC remind families the fall time change is a great time to prepare an emergency power kit so that they are prepared in case of a power failure caused by severe winter storms.

"A flashlight, extra batteries and a battery-operated radio are important to have on hand should the lights go out," says Chief Larry Grorud, President of the International Association of Fire Chiefs. "The IAFC urges people not to use candles in case of a power outage and to use flashlights and battery powered light sources instead."

- Candles used for light in the absence of electrical power cause one-third of fatal home fires.
- Candles are the second leading cause of injuries from home fires, following cooking.
- When your power goes out, use flashlights instead of candles.

Fire Facts

- Seniors 75 and older are three times more likely to die in a home fire.
- 10 p.m. to 6 a.m. are the peak hours for home fires — when most people are asleep and the house is dark.
- Only 25 percent of U.S. families have developed and practiced a home fire escape plan to ensure they could escape quickly and safely. Developing a family emergency escape plan can be crucial to everyone's safety.



Carbon Monoxide Detectors

Families also need to change the batteries in carbon monoxide detectors.

- Carbon monoxide is sometimes called the silent killer. It is colorless, odorless and tasteless.
- More than 500 people in the U.S. die each year from accidental carbon monoxide (CO) poisoning.
- 67 percent of households use gas, wood, kerosene, coal or fuel as their major heating source. These heating sources, which release carbon monoxide when burned, cause more than 100,000 medical visits and 300 home poisoning deaths each year, due to improper equipment servicing or lack of precautionary detectors.

Floyd County Devotional Page

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

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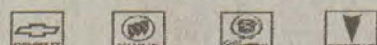
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Fax: (606) 285-6409
www.olwh.org

Our Lady of the Way Hospital

11203 Main St. Box 910 Martin, KY 41649

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 Vannucci, 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., Salyersville; 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. Slope, 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.

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

Ball Branch Regular Baptist Church, Mousey Ky; Worship Service, 8:30; Every third Sat. and Sun. of each month; Roger Hicks, Pastor; Ralph Howard, Asst. Pastor. Contact Kermit Newsome 606-377-6881 for more information.

Benedict Baptist, Slick Rock Branch, Cow 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, J 102; 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, Com 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 Lafferty, 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.

Endicott 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, 11 a.m.; Sunday Evening, 6 p.m.; Wednesday Bible Study & Prayer, 6 p.m.; Pastor, Rev. Bob Wireman.

Faith Freewill Baptist, 1/4 mile above Worldwide Ept. on Rt. 1428; Sunday Service, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m. Elder Donnie 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, (Branham'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 550, Garrett; Worship Service, 10:30 a.m. and 6:30 p.m.; Wednesday, 6:30 p.m.; Willie Crace, pastor; Assist. Larry Patton. Phone 358-4275.

Highland Avenue Freewill Baptist; Sunday School, 9:50 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; David Garrett, Minister.

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

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 am, Odd Saturday 6:00 pm.; Gary Compton, 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, 11:15 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 8 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.; William L. Hunt, 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 Crisp, Minister. home phone 285-3385

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 Crager, Minister.

Rock Fork Regular Baptist, Garrett; Worship Service, 9:30 a.m.; Jerry Manns, Pastor; Willie Crace Jr., Assistant Pastor.

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

Devotional Spotlight



First Presbyterian Church

Prestonsburg

Rev. Vicki Poole
Pastor

Sunday School 9:30 a.m.
Sunday Worship 11:00 a.m.

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

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 School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 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, 5:00 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, Hueysville; 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.

Victory 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.

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

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

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 Caudill, 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, 10:45 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., Bill B. Tussey, Jr. 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, East Point; 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 6:00p.m., Holy Eucharist & Healing 7:30 p.m. Father Johnnie E. Ross, Rector.

LUTHERAN

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

METHODIST

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

Betsy Layne United Methodist, next to B.L. Gymnasium; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Randy Blackburn, Minister.

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 and Neeley St.); Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Glen "Sandy" Douglass, Rev.

Elliott's Chapel 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.; Mid-week Service, 7 p.m.; Sunday Evening Service held on the 1st and 3rd Sundays of each month at 6 p.m.; Larry J. Penix, 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.

Vogle Day United Methodist Church, Harold; Sunday School, 10:00 a.m.; Sunday 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/Saturday, 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 Cider, Minister.

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

Goodloe Pentecostal, Rt. 850, David; Worship Service, 6 p.m.; Malcom Slone, 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, Dwale; 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.

###

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Full time employee wanted to work in antique & gift shop. Must have appreciation of old things & new things & clean. Benefits depending. References required, experience necessary. Call 886-9995.

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We currently have an opening for a director of nursing at Prestonsburg health care center. Fulltime position. We offer competitive pay and benefits. For more information please call 606-886-2378.

Now hiring caring individuals to work with people with developmental disabilities in the Floyd County area. Candidates must possess good communication & writing skills. Also must be able to pass criminal background check, drug screen, must have valid drivers license. All training will be provided with 1 week paid vacation and bonuses. Please call 606-946-2078

or fax resume to 606-946-9225.

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Drivers needed. Apply in person at Papa Johns of Prestonsburg. Call 606-886-2800.

Sandy Valley Transportation Services Inc. (SVTS) is seeking qualified applicants for the position of Part time or Full time receptionist. Senior citizens welcome. Benefits for eligible employees include, health, dental, life, vision

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Post office Now Hiring! Avg pay

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

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

Animals

Found 2 lost dogs! Brown in color. Either pit bulls or boxers. Found in Wilson Creek at Maytown. Call 285-3362.

Misc.

HAY FOR SALE

Grass hay for sale. Located in Georgetown, Ky. \$4.00 per bale if picked up and \$4.50 per bale if delivered. Will deliver to Prestonsburg area. Call 502-316-5277.

For sale: Eight pair of American Eagle jeans & 3 pair of Levis Jeans. All jeans worn approximately 2-3 times only. They were purchased a few months ago. Size 34 x 30. \$10 each or all of them for \$100. If interested call 226-5345.

Leave message if no answer.

Hay for sale. \$7.00 a bale. Cal 791-9850.

NEEDED: Part time house cleaner. Must be animal friendly. 9 miles outside of Prestonsburg. Toward Salyersville. Call 606-886-8761.

Firewood for sale. \$75 a pickup load. Oak, hickory, and beechwood. Call 259-1356 or 886-6848.



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Email: dfugate@arh.org

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www.arh.org

Big Sandy Health Care, Inc.

is seeking candidates for

PRN Pharmacists

at

Hope Family Pharmacy - Salyersville
Mud Creek Clinic Pharmacy - Grethel
Shelby Valley Clinic Pharmacy - Pikeville

Hours of operation: 8:30 - 5:00, Monday - Friday
Applicants must have current licensure in Kentucky.

Position Offers

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Mileage reimbursement

Mail, fax or email resume to:

Big Sandy Health Care, Inc.

1709 KY Route 321, Suite 3

Prestonsburg, KY 41653

Fax: (606) 886-8548

Email: l.martin@bshc.org



ADVERTISEMENT FOR BIDS & SPECIFICATIONS

Sealed Bids will be accepted by the Floyd County Fiscal Court until Thursday, January 15th, 2009, at the hour of 4:00 p.m., for the sale of the following:

One (1) Used Wastewater Plant

Any specifications for the above-listed item may be obtained at the Office of the Floyd County Judge/Executive, on the second floor of the old Floyd County Courthouse, 149 South Central Avenue, Suite 9, Prestonsburg, Kentucky 41653 [Telephone: (606) 886-9193] during regular business hours. The specifications are as follows:

One (1) Used Wastewater Plant with the following:

- (a.) Three (3) Blower Housing Units
- (b.) One (1) Four (4) Tube Chlorinator
- (c.) Two (2) 9000 Gallon Wastewater Tanks
- (d.) Three (3) control panels
- (e.) One (1) Chlorinator Tank
- (f.) One (1) Main Power Panel

The bid will be awarded to the highest and/or best bidder at the Regular Fiscal Court Meeting to be held on Friday, January 16th, 2009, at the hour of 10:00 o'clock a.m., in the Floyd County Fiscal Courtroom, on the second floor of the old Floyd County Courthouse, 149 South Central Avenue, Prestonsburg, Kentucky.

The Floyd County Fiscal Court has the right to accept and/or reject any/or all bids.

Robert D. Marshall,
Floyd County Judge/Executive

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2 BR apartment for rent. Located in Prestonsburg. \$700 per month includes utilities. Also a 2 br house available at Martin for rent. \$500 mth plus deposit. Call 794-0249.

Renovated apartments for rent. Good location. Downtown Martin. Furnished or unfurnished. Reasonable rent. Call 358-3072 Monday-Sat. between 9am-6 pm.

2 Br, townhouse for rent. Located on 4 miles from Prestonsburg. Hardwood flooring with all amenities. No HUD accepted. Call 358-9483 or 794-9484.

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

Houses

For rent- 3 br house located 3 miles from downtown Prestonsburg on Stephens Br/Cliff Rd. \$600 month plus utilities. For information call 367-1047 or 606-886-2416 after 7 pm.

For Rent : 3 br house above Eastern. \$500 per month \$500 deposit plus utilities. No pets no hud. References required. Call after 5:00 pm 606-358-4515.

For Rent: 3 Bedroom, 2 bath located at Langley, Ky. \$475 per month. Call 226-1138.

Nice 4 br, 2 bath house for rent. No smokers, no pets. Call 438-6104.

For rent: 2 br, 1 bath house. Located at Martin. \$500 month plus \$500 deposit. Call 478-5139 or 791-9992.

House for rent: 1,500 sq ft. 2 Br, 1 bath fully furnished. All utilities. Located on US23 between Prestonsburg & Pikeville. \$795 deposit & \$795 month. Call 606-422-1862.

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Nice 2 br Mobile home for rent. Located in Prestonsburg Call 874-0875 or 226-3207.

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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, 4978 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 373.34 surface acres and will underlie 4.92 acres, and the total area within the permit boundary will be 378.31 acres. The proposed operation is approximately 0.8 miles south from KY 1210 junction with Alum Lick Road and located 0.2 miles southwest of Caney Creek. The proposed operation is located on the Martin USGS 7 1/2 minute quadrangle map. The operation

will use the mountaintop removal and auger methods of surface mining. The surface area to be disturbed is owned by George Thornsby, et. al, Evie Thornsby, et. al, Shade and Patricia K. Pitts, Lou Ellen Pitts, et. al., Big Branch Holding Company, LLC, Chris Damron, Danny Ousley, Rosie Reffitt, Craig Ousley, et. al, Betty Litsey, Charles Litsey, Gordon Ousley, Donald and Brenda Ousley, Adrian Bradley, James and Rose Marie Bradley, Ronald and Jackie Bradley, Sally R. Kessie, Charles E. Bradley, Amy Bradley, Abby Bradley, Adam Bradley, Johanna L. Silveus, Kenneth Silveus, Earl and Peggy Stephens and Sianna Risner, Mont Ousley Heirs, Edward L. and Sadie Shepherd, J.T. and Anna Lea Thornsby, Phyllis Reffett, Glen Hurd-Estate, Curt and

Anna Howard and Harrison D. Reffett. The operation will underlie land owned by Shade and Patricia K. Pitts, Lou Ellen Pitts, et. al., Big Branch Holding Company, LLC and Mont Ousley Heirs. The application has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, KY 41653. Written comments, objections, or requests for a permit conference must be filed with the Director of the Division of Permits, #2 Hudson Hollow Complex, U.S. 127 South, Frankfort, Kentucky 40601. This is the final advertisement of the application. All comments, objections, or requests for a permit conference must be received within 30 days of today's date.

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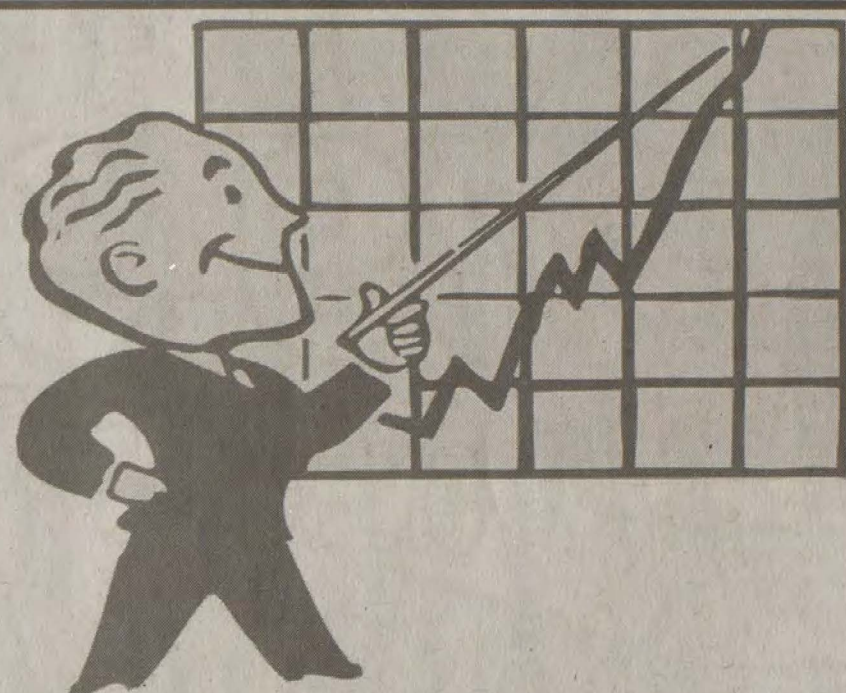
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