



The Times

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MARTIN GETS 500

—page B1

briefs

Two plead to drug charges

by JACK LATTA
STAFF WRITER

LEXINGTON — Two Eastern Kentucky men plead guilty before Senior United States District Court Judge Joseph M. Hood to conspiring to distribute pills containing oxycodone on Tuesday.

John David Haddix, 59, and Gregory David Haddix, 35, who had been indicted in September, agreed to a \$6 million money judgment and the forfeiture of \$85,225.

According to release from the U.S. Attorney's office, John David Haddix "admitted that he conspired to distribute approximately 100,000 oxycodone pills from 2002-2006" and Gregory Haddix admitted to 55,000 oxycodone pills. The pills were reportedly transported to Jackson from Fayette County.

The case was prosecuted by Assistant U.S. Attorney Stephen C. Smith.

The interstate investigation was conducted by UNITE, in cooperation with the Laurel County Sheriff's Office, Jackson Police Department, Indiana State Police, Perry Michigan Police Department, and the Drug Enforcement Administration.

According to the U.S.

(See PLEAS, page two)

2 DAY FORECAST



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

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FISCAL COURT LAYS OFF 28

by JACK LATTA
STAFF WRITER

PRESTONSBURG — A unanimous vote by the Floyd County Fiscal Court during a special called session on Thursday left 28 county employees out of work.

After meeting in closed session for over three hours, members of the court returned to make the announcement.

Magistrate: 'The county is broke'

"The county is broke," said Magistrate Jackie Owens before adding, "Whatever we have to do to get the county back on its feet, we have to do."

The layoffs, which hit county road workers the hardest, was according to Judge-Executive R.D. "Doc" Marshall, "something you never want to have to do."

In a statement read aloud by Marshall, he said, "Based upon the recommendation of David Layne, Floyd County treasurer, the county cannot continue to operate in the manner that it has in the past years."

Marshall continued saying, "This court did not create this crisis and we will do everything possible to correct this matter."

will do everything possible to correct this matter."

In show of solidarity, the magistrates and judge-executive all agreed that, "If we're going to do this, we're all going to do it," said Donnie Daniels, Magistrate District 3. Each magistrate and Judge Marshall voted to approve the workforce reduction. Normally the judge-executive only casts a vote in the

(See LAYOFFS, page two)

MLK LEGACY



Vera Joiner, BSCTC director of student activities, served as moderator for a student panel discussion that kicked off the campus recognition of the anniversary of Martin Luther King Jr.'s birthday and his service to mankind this past Wednesday morning.

photo by Kathy J. Prater

BSCTC commemorates life of Martin Luther King

by KATHY J. PRATER
FEATURES EDITOR

PRESTONSBURG — Though some activities were curtailed due to inclement weather and the cancellation of classes, staff and students of Big Sandy Community and Technical College kicked off a campus commemoration of the birth and work of Dr. Martin Luther King Jr. Wednesday morning.

Following a video screening of King's famous "I Have a Dream" speech, which he pre-

sented from the steps of the Lincoln Memorial, Washington, D.C., on August 28, 1963, a panel composed of BSCTC students held a discussion moderated by Vera Joiner, director of student activities.

The panel of students responded to questions that prompted them to examine the outcome of the civil rights movement. Asking how our country has changed, or more importantly, if it has changed, since the movement, Joiner also asked the panel of students if they felt that King would be

satisfied were he to come back today.

"Though we've, certainly, made leaps and bounds, there's still a lot of racism around," responded Anna Burton, president of the BSCTC Student Government Association.

The panel discussed ways in which racism can still be fought today. Among the answers was one to encourage, and to seek, higher education. "Be aware, read books, be vocal — don't ignore the obvious," Burton

(See MLK, page two)

Turner files bills to boost veteran benefits

by JACK LATTA
STAFF WRITER

FRANKFORT — State Sen. Johnny Ray Turner sponsored two pieces of legislation this week targeting increases in veteran's benefits.

According to the Legislative Record, Senate Bill 88, which applies to tuition benefits for children of disabled veterans, will amend KRS 164.515 to change the requirement of 100 percent disability to 50 percent or more and provide that the percentage of tuition waiver is equal to the percent of disability.

"We owe it to our disabled veterans to make sure

their family members have the chance to further their educations," said Turner, who sits on the Senate Education Committee. "This legislation is a way to honor our veterans who have put their lives on the line for you and me. They deserve the best we can offer."

Under the current provision, a spouse or child of a veteran, permanently or totally disabled while on active duty, may attend any state supported university, junior college or vocational training center tuition-free. If the bill that was cosponsored by R.J. Palmer and

(See TURNER, page two)

Panel: State revenue forecast gets even gloomier

by JOE BIESK
ASSOCIATED PRESS

FRANKFORT — Kentucky's looming budget woes are likely worse than previously thought, according to a prediction Wednesday by a panel of state economists.

The state's official revenue forecast indicated that Kentucky's economy is likely to get worse before it gets better. And state lawmakers can expect to have

less money to go around when it comes to crafting Kentucky's next two-year budget.

"It means that we're going to get a little less revenue than we thought we were going to get, and we didn't think we were going to get very much to begin with," said Lawrence Lynch, chairman of the Consensus Forecasting Group. "So the budget's

(See BUDGET, page two)

Van Lear girl wins Miss Ky. Teen USA

by KATHY J. PRATER
FEATURES EDITOR

SOMERSET — Shannen Reil, of Van Lear, was crowned the new 2008 Miss Kentucky Teen USA during the culmination of a pageant held in Somerset, at the Center for Rural Development, on Saturday evening, Jan. 5.

Over 50 young ladies from across the state competed for the title.

"We were so excited," said Brenda Reil, Shannen's mother. "There was a lot of competition and we weren't really expecting it. It was very exciting."

Shannen was crowned by the reign-

ing 2007 Miss Kentucky Teen USA Katrina Giannini.

Shannen, a 15-year-old student at Johnson Central High School, was met with enthusiasm upon her return to school.

"The kids were all thrilled for her," Brenda Reil said. "It's been a wonderful experience."

As Miss Kentucky Teen USA, Shannen will embark on a yearlong journey making personal appearances throughout the state as the reigning titleholder. Along with her title and crown, she will also receive an exten-

(See WINNER, page two)



Miss Shannen Reil, of Van Lear, was aglow with excitement as she was crowned 2008 Miss Kentucky Teen USA, at a pageant held recently in Somerset. Shannen is a student at Johnson Central High School.

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Obituaries

Avalon Thornsberry Gibson

Avalon Thornsberry Gibson, age 66, of Eastern, entered eternal rest on Sunday, January 13, 2008, in the Ephraim McDowell Hospital, in Danville.

She was born September 30, 1941, in Topmost, a daughter of the late Earl and Millie Hall Thornsberry.

She was a homemaker and a member of the Freewill Baptist Church.

For the past several years she has been under the loving care of Rockcastle County Hospital.

Survivors include her husband, Marvin Gibson; two sons: Stan (Judy) Gibson of Burgin, and Marty Gibson of Wayland; three daughters: Susan (Billy Joe) Fairchild of Staffordsville, and Elizabeth (Kevin) Carlin and Millie Gibson, both of Georgetown; two brothers: Earl Lloyd Thornsberry of Michigan, and Harold Thornsberry of Vanceburg; five sisters: Ulabon Acree and Bonnie Ratliff, both of Eastern, Minnie Bays and Sue Milligan, both of Prestonsburg, and Herma Keaton of Vanceburg; six grandchildren; Stacey Davies, Amber Fairchild, Nic, Sean, and Samantha Gibson, and Grace Carlin; a great-grandchild, Kaitlyn Davies; and numerous nephews and nieces.

In addition to her parents, she was preceded in death by a sister, Marlavon Sexton.

Funeral services will be conducted Wednesday, January 16, at 11:00 a.m., in the Hall Funeral Home Chapel in Martin, with Earl Lloyd Thornsberry and Jimmy Hall officiating.

Burial will be in the Joe Hall Cemetery in Topmost, under the direction of Hall Funeral Home of Martin.

Pallbearers: Harold Thornsberry, Mack R. Keaton Jr., Mack R. Keaton, Freddie Newsome, Daniel Ratliff, Creed Acree, and Joe Williams.

Honorary: William Edd Bays, Carl Sexton, Harold Thornsberry, Earl Lloyd Thornsberry, Ronnie Gibson, and Ang Caudill. (Paid obituary)

Allie Kiser

Allie Kiser, age 88, of Dayton, Ohio, passed away Tuesday, January 15, 2008, at Grandview Hospital, Dayton.

He was born February 28, 1919, in Floyd County, the son of the late Emery and Tilda Kiser.

He was married to his late wife Rosa (Robinson) Kiser for 60 years, and they had eight children. Allie worked for 23 years in the coal mines in Floyd County.

In addition to his parents and wife, he was preceded in death by a son, Charles Kiser; three grandchildren; four sisters: Dora Keathley, Delpha Hamilton, Gladys Bentley, and Dorothy Hamilton; and two brothers: Palmer Kiser, and Elmer Kiser.

Survivors include his children, Bonnie (Demas) Evans, Barbara (Jay B) Evans, Madeline (Richard) Moore, Gloria (Ray) Tackett, Virgil (Irene) Kiser, Sammy (Patsy) Kiser, and Dreama (Donald) Blevins, all of Dayton; 22 grandchildren; 37 great grandchildren; and 15 great-great-grandchildren; two brothers: Delmer Kiser and Larry Dale

Kiser, both of Kentucky; a daughter-in-law, Rosalie Kiser of Boston, Massachusetts; and numerous nieces and nephews.

Funeral services will be held on Saturday, January 19, at 10 a.m., at Newcomer Funeral Home & Crematory, 4104 Needmore Rd., Dayton, Ohio.

Interment will follow at Dayton Memorial Park Cemetery.

The family will receive friends at the funeral home on Friday, from 5-8 p.m.

To send a special message to the family, please visit: www.NewcomerFamily.com

(Paid obituary)

□□□

Lillian Moore Sizemore

Lillian Moore Sizemore, age 76, of Minnie, departed this life on Wednesday, January 16, 2008, in King's Daughters Medical Center in Ashland.

She was born in Minnie, on August 12, 1931, the daughter of the late Marion and Girlie Hall Moore.

She was a homemaker, and a member of the Rock Fork United Christian Baptist Church in Garrett.

In addition to her parents, she was preceded in death by her husband, Wilse Sizemore; a brother, Foster Stumbo of McDowell; and a son, Ellis Sizemore.

She is survived by four sons: Hurley Sizemore of Chicago, Illinois, Harvey Sizemore of Minnie, and Eugene Sizemore and Darrell Sizemore, both of Prestonsburg; four daughters: Darla Click of Marin, Linda Laferty and Theresa Hyden, both of Minnie; and Dorothy Banks of Cincinnati, Ohio; two sisters: Brooksie Gearheart of Minnie, and Alice Arnold of Kendallville, Indiana; and several grandchildren and great-grandchildren.

Funeral services will be held Saturday, January 19, at 1:00 p.m., in the Rock Fork United Christian Baptist Church in Garrett, with Bethel Bolen, Mark Hunt, Virgil Hunt, and Nathan Lafferty officiating.

Burial will be in the Lucy Hall Cemetery in McDowell, under the direction of Hall Funeral Home of Martin. (Paid obituary)

Pleas

Continued from p1

Attorney's office, the Haddixes are scheduled to appear for sentencing in the United States District Court in Lexington, on April 14.

As punishment John David Haddix could face as much as 20 years in prison while Gregory David Haddix faces a possible 30-year prison sentence.

Layoffs

Outstanding debt and insurmountable bond payments were given as the primary reasons for the county's poor economic outlook.

Marshall said the county makes \$640,000 in bond payments a year to cover county run services: East Kentucky

Utilities, the Floyd County Detention Center and solid waste landfill.

Magistrate John Goble, District 1, said "all county vehicles are going to be parked." According to Goble, all the magistrates agreed that county vehicles would no longer be driven home by

employees.

"Yes, we have been handed an unprecedented financial problem to deal with, but the silver lining is that it will force us to change for the better and grow," said Marshall, echoing a remark by Gov. Steve Beshear during the State of the Commonwealth address earlier

Continued from p1

The Floyd county Fiscal Court will meet in the courthouse for its regular scheduled meeting at 10 a.m. today. Meetings are open to the public.

Times staff will follow up the county's fiscal crisis in Sunday's edition.

Winner

prize package including scholarships, cash, diamond jewelry and an all-expense paid trip to represent Kentucky at the 2008 Miss Teen USA Pageant.

"In keeping with the commitment of our official causes, our new titleholder, Shannen Reil, will dedicate extensive time supporting and working with our official charities," said state pageant director Connie Clark Harrison, who has hosted the pageant for over 20 years.

Shannen, who was sponsored by a number of local businesses and individuals in both Floyd and Johnson counties, is a cheerleader at her school. Additionally, she is involved in the FCA, DECA

and Spanish clubs.

She is the daughter of Richard and Brenda Reil. In

addition to this most recent honor, she is also the recipient of a number of modeling

scholarships and has been profiled in the book, "100 Young Americans."

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Turner

Continued from p1

Joey Pendleton passes, the bill would allow benefits to family members of veterans who have a 50 percent or more service connected disability to qualify for tuition benefits.

"I will encourage my colleagues in both the Senate and the House to support this bill," Turner said. "We will need to do more than talk about how much we appreciate the sacrifices of our veterans; we need to show them our gratitude by offering real support."

The veteran must be a resident of the Commonwealth of Kentucky to obtain tuition assistance for family members.

The other bill sponsored by Turner, Senate Bill 67, would allow nonresident veterans to obtain a hunting license at the Kentucky resident rate. Kentucky residents pay \$30 for a hunting or fishing license, while nonresidents have to pay \$100 more.

"This would give out-of-state veterans the opportunity

to hunt and fish with their relatives without having to pay an exorbitant fee," said Turner. "It is a small token of appreciation to those who have served our country through their immeasurable service. This bill is just our way of saying thank you for your service to our country."

Turner has served in the state Senate since 2001, representing the 29th district which includes Floyd, Breathitt, Knott and Letcher counties.

MLK

suggested.

Another student, Marquisha Matthews, a sociology major, advised her peers to rise above their circumstances. "No matter if you have a background of poverty, drugs or other negatives, rise out of it... realize that we are all human, regardless of our color."

Joiner acknowledged that many of the issues King attempted to address are still prevalent today, though positive change

has occurred. She commented that struggles to provide equal education opportunities, equal housing and equal assets still exist, but she advised students to "stay confident of who you are" in their educational and personal pursuits.

"We're all basically the same inside. We all have to struggle... Without education, who are we?" said Burton.

The BSCTC celebration of the life of

Dr. Martin Luther King Jr. is slated to continue with a commemorative march to be held today, at 1 p.m., beginning at the Floyd County Courthouse, in Prestonsburg.

Bernadette Tiapo, BSCTC director of cultural diversity, will present opening remarks, followed by a keynote address to be presented by Floyd County Deputy Judge-Executive Barry Davis.

Continued from p1

Budget

going to be tight."

The panel of economists makes financial forecasts, which are the first official step in crafting the state budget.

Gov. Steve Beshear bases his spending plan on the numbers, before the General Assembly gets its turn.

Beshear is scheduled to give his budget address on Jan. 29.

Beshear has already slashed state spending in the current fiscal year that ends June 30, in an effort to close an expected \$434 million budget shortfall. The governor also predicted financial trouble in the coming two fiscal years, beginning with an expected shortfall of about \$525 million in 2009.

Last week, the state budget office said Kentucky's revenue for December was down about \$53 million, nearly 6 percent, from 2006, and down about \$16 million, or 4 percent, in the first six months of the current fiscal year.

The panel's predictions Wednesday, however, mean the state is expected to be shy

an additional \$11 million in the current fiscal year, about \$129 million, state budget director Mary Lassiter said. At current spending levels, the state would also be short about \$580 million next year and about \$300 million in 2010, Lassiter said.

"It's disappointing that we had a further revision down in the current year," Lassiter said. "We were expecting somewhat more pessimistic revenue numbers in '09 and 10, but we didn't know the magnitude."

Senate President David Williams, R-Burkesville, said he thought the panel was being "very conservative" with its estimate. Still, the numbers seemed to reflect continued pessimism about the nation's economy, Williams said.

"I don't really think that the forecasters are adjusting to the fact that Kentucky's economy is more slow to decline than the national economy and is more slow to recover," Williams said.

Rep. Harry Moberly, chairman of the House

Appropriations and Revenue Committee, said the numbers made Kentucky's dire budget situation even worse.

"We already had a serious problem, and that just exacerbates the problem," Moberly, D-Richmond, told reporters. "And we don't know yet how we'll handle the situation."

Beshear has already imposed 3 percent budget cuts on universities — about \$34.5 million — and other state agencies to cope with the anticipated budget shortfall in the current fiscal year. But Beshear said deeper funding cuts could come next year.

Kentucky Education Commissioner Jon Draud wrote Beshear a letter dated Jan. 14 urging him against proposing funding cuts in education. Draud said in the letter that budget cuts to elementary through high school public education funding could be devastating.

"I encourage you to consider the full impact on the state's public school system as you work to meet the demands of a

tight budget," Draud wrote. "Kentucky has shown real progress over the past decade and a half, and strong, steady funding is the key to maintaining that progress."

The forecast says the state's General Fund receipts should be about \$8.6 billion this year. General fund receipts for the 2009 fiscal year are estimated to come in at about \$8.8 billion, and about \$9.1 billion in 2010.

Meanwhile, Kentucky's Road Fund, which pays for maintaining and building roads, is expected to reach about \$1.3 billion in fiscal 2009 and about \$1.4 billion in 2010.

Robert Cox, a financial analyst in the state budget office, said the forecast indicated Kentucky may not plunge into an economic recession. Still, Kentucky's short-term economy won't be very robust, Cox said.

"We're going to skirt very close to a recession," Cox said. "But it may not feel much better than a recession."

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THE FLOYD COUNTY TIMES'

CUTEST BABY CONTEST

Publish Date
January 25, 2008

Enter a photo of your cutie in the Floyd County Times' Annual Cutest Baby Contest for a chance to win a \$50 Savings Bond. There will be two winners in each category (One boy and one girl). Entry fee is \$10 per child.

2008 Cutest Baby Contest Entry Form

Return ENTRY with a \$10 check or money order - PLEASE PRINT CLEARLY

Baby's Full Name: _____ Male _____ Female _____
 Circle AGE GROUP: 0-11 months 1-3 years 3-5 years
 Parents: _____
 Paternal Grandparents (Dad's Parents): _____
 Day Phone: () _____ Evening Phone: () _____
 Maternal Grandparents (Mom's Parents): _____
 Address _____
 City _____ Zip _____
 Please include your child's photo along with a check or money order for \$10.
CREDIT CARD ORDERS:
 Credit Card Number: _____
 Expiration Date: _____ Last (3) Digits on back of Card: _____

PHOTOS MUST BE WALLET SIZE OR LARGER. (The Larger the Better). NO PRINT-OUTS PLEASE.

PLEASE SELECT A CARD

Send to:
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 P.O. Box 390
 Prestonsburg, Ky. 41653

Participants may pick photo up after Contest.

Submission DEADLINE is NOON FRI., JAN. 18, 2008!

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For the Record

Marriage Licenses

Donielle Clevinger, 18, to Randy Adams, 15, both of Teaberry.
 Heather Slone, 26, of Hueysville to Roy Thornsbury, 29, of Prestonsburg.
 Heather Tackett, 26, to Timmy Bryant, 44, both of Pikeville.
 Brittany Kinzer, 20, of East Point, to Brandon Blair, 23, of Prestonsburg.
 Cindy Kidd, 37, of Hi Hat, to Herbert Gentry, 32, of Beattyville.
 Jennifer Gonzales, 32, to Philip Johnson, 36, both of Fisty.
 Wynne Grindrod, 40, of Langley, to Ronald James, 41, of Shelbyana.
 Opal Garrett, 40, of Betsy Layne, to Eddie Shepherd, 34, of David.
 Vineta Maynard, 45, of Paintsville, to Larry Prater, 53, of Prestonsburg.

Civil Suits Filed

Jamie Jarrell Blackburn vs. Curtis Talmadge Blackburn
 Cynthia McKenzie vs. Unknown driver, Bizzack Construction Co.
 CitiMortgage, Inc. vs. Gregory Sparks, et al
 City National Bank vs. Eric Shepherd
 Rozalyn McKinney vs. Gregory McKinney
 Morgan Maynard vs. David Maynard
 Jason Spriggs vs. Leanne Patton US Bank National Association vs. Bill J. Blackburn, et al
 Midland Funding vs. Judy S. Hamilton
 Palimar Electric, Inc., et al vs. Bill Shepherd
 Deutsche Bank Trust Co. vs. Ronald Blackburn, et al
 Oliphant Financial Corp. vs. Christopher Hamilton
 Atlantic Credit & Finance, Inc. vs. Kenneth Meade
 Jennifer Preston vs. Emmitt Gambill, et al
 Diana Lynn Boyd vs. Stallard B. Boyd
 Household Finance Corp., II vs. Adam Crum, et al
 Terry Adams vs. Fredia Vaughn
 McDowell ARH vs. Billy Moore
 Lendmark Financial vs. Jonell Grubb
 Lendmark Financial vs. George Meade

Small Claims Filings

Midland Funding vs. Ana Ruiz
 Midland Funding vs. Ronald Samons
 DH Capital Mgt. vs. Rhonda Campbell
 Palisades Collection vs. Doris Griffith
 Lizzie Keathley vs. Debbie Rogers
 Equity One Recovery vs. Phyllis Martin
 Central Financial Services vs. Joe Lowe
 Central Financial Services vs. Chevone Leslic, et al
 Capital One Bank vs. David Branham
 Midland Funding vs. Jessica Spradlin
 Midland Funding vs. Vickie Ramey
 Midland Funding vs. John Blackburn
 Midland Funding vs. Carol Hall
 Midland Funding vs. Vada Collins-Thaxton
 Dee Martin vs. Keith Risner
 Midland Funding vs. Kenneth Johnson
 Midland Funding vs. Katherine Moore
 Hazard ARH vs. Tim Rivers
 Donielle Lea Clevinger vs. Randy Lee Adams
 CACH of Colorado vs. Jennifer Johnson
 Capital One Bank vs. Stacy Isaac
 Midland Funding vs. Jeff Robinson
 Capital One Bank vs. Cristy Yates
 Capital One Bank vs. James Damron
 Elbert Lawson, et al vs. Orville Thompson, et al
 CACH vs. Melissa Kidd
 Midland Funding vs. Tammy Adkins
 LVNV Funding vs. Billy J. Elkins
 Unifund CCR Partners vs. Vickie Sturvill
 Capital One Bank vs. Christine Lewis
 Capital One Bank vs. Lillie Bays
 Alpike Rentals vs. Jo Inmon
 Appalachian Regional Healthcare vs. Marcus Varney
 LVNV Funding vs. Donna Turner
 Midland Funding vs. John Akers
 Midland Funding vs. Connie Holsinger
 Capital One Bank vs. Trula Younce
 Midland Funding vs. Marvin Ousley
 Erin Capital Mgt. vs. Tasha Rice
 Arrow Financial Services vs. Lora Howell

Charges Filed

Racheal Jervis, 31, of Wayland, criminal mischief; assault; criminal trespass.

Lora Mitchell, 33, of Beaver, assault/domestic violence.
 Beverly Kay Fannin, 27, of Paintsville, alcohol intoxication, public place; drinking alcoholic beverage in public place.
 Rexford L. Phillips, 40, of Beaver, violation of KY EPO/DVO.
 Randell D. Blackburn, 46, of Prestonsburg, alcohol intoxication, public place.
 Matthew Newsome, 32, of Martin, alcohol intoxication, public place.
 Scotty Wayne Caudill, 33, of Paintsville, alcohol intoxication, public place.
 William R. Johnson, 36, of Auxier, criminal trespass.
 Paul David Rice, 40, of Hueysville, assault (two counts).
 Racheal Jervis, 31, of Wayland, alcohol intoxication, public place.
 Michael Mason, 28, of Morehead, alcohol intoxication, public place.
 Jessica Mitchell, 26, of McDowell, theft by unlawful taking/shoplifting.
 James Anthony Rederick, 37, of Prestonsburg, terroristic threatening; wanton endangerment.
 Justin A. Mullins, 20, of Tram, assault/domestic violence; resisting arrest.
 Jimmy D. Crum, 51, of Prestonsburg, assault/domestic violence.
 Ollie D. Campbell, 32, of David, assault/domestic violence.
 Brandy Jarrell, 18, of Printer, failure to send child to school.
 Coty Dias, 19, criminal mischief.
 Charles E. Moore, 43, of Tram, assault/domestic violence.
 David R. Howard, 18, of Hueysville, failure to wear seat belts; possession controlled substance/drug unspecified; controlled substance prescription not in original container; possession marijuana.
 Stevie Hunt, 41, of Stanville, assault.
 Billy Shepherd, 34, address unknown, operating motor vehicle under influence of alcohol/drugs; driving DUI on suspended license; failure to produce insurance card; assault of police officer; rape; failure to wear seat belts; possession open alcohol beverage container; resisting arrest; disorderly conduct.

John P. Tackett, 25, of Printer, carrying concealed deadly weapon; public intoxication; controlled substance; tampering with physical evidence; possession marijuana.

Inspections

Prestonsburg
 Exxon, Prestonsburg, regular inspection. Violations noted: Food Comments: Food not protected during storage. Nonfood contact surface of equipment and utensils not clean. Sanitary towel or hand drying device not provided at lavatory or handwashing sink. Toxic items not properly stored. Cleaning and maintenance equipment not properly stored. Score: 89. Retail Comments: Lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods. Cleaning and maintenance equipment not properly stored. Score: 98.
 Dairy Queen, Prestonsburg, regular inspection. Violations noted: Sanitary towel or hand drying device not provided at lavatory or handwashing sink. Cleaning equipment not properly stored. Score: 97.
 Wayland Fountain, Wayland, regular inspection. Violations noted: lack of effective hair restraints. Food contact surfaces not properly constructed. Garbage and refuse containers not covered as required. Score: 95.
 Big J Meat processing, Hueysville, regular inspection. Violations noted: Sanitary tower or hand drying device not provided at lavatory or handwashing sink. Score: 98.
 Martha's Pizza and More, Ivel, regular inspection. Violations noted: Lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods. Improper thawing methods being used for potentially hazardous foods. Food not protected during storage, food not protected during preparation. Lack of effective hair restraints. Dishwashing facility not properly maintained. Food Contact surface of equipment and utensils not clean. Light fixtures not shielded as required. Score: 89.
 Pizza Den, Ivel, regular inspection. Violations noted: Lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods. Lack of effective hair restraints. Cloths used for food and non food contact surfaces not stored and rinsed frequently in water sanitizing solution. Improper storage of clean equipment and utensils. Walls, ceiling, attached equipment not in good repair. Score: 95.
 The Market Place, Prestonsburg, regular inspection. Violations noted: Food Comments: Lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods. Food not protected during storage. Food contact surfaces not properly constructed. Food contact surfaces not properly maintained. Improper storage of single service articles. Walls, ceiling, attached equipment not in good repair. Cleaning and maintenance equipment not properly stored. Unauthorized personnel in the food preparation area. Score: 91. Retail Comments: Garbage and refuse containers not covered as required. Floors not in good repair. Score: 95.
 Adams Middle School, Prestonsburg, regular inspection. Violations noted: Hot water not working in the girls 7th grade wing restroom- work order has been issued. Sections of floors in most restrooms found with broken tile (not easily cleanable) Stalls in 7th and 8th grade girl restrooms found missing covered waste receptacles. Floors in main hallways found with missing tile. (not easily cleanable) Score: 90.
 Allen Central High School, Eastern, regular inspection. Violations noted: Floors in restrooms in need of cleaning. Floor found in disrepair at vending area of gym, also found broken ceiling tiles in class room. Student desk in disrepair found in class rooms. Score: 94.
 Allen Central Middle School, Eastern, regular inspection. Violations noted: Girls upstairs restroom lavatory faucet in disrepair. Broken floor tile found in 6th grade boys restroom, as well as urine stopped up. Broken floor tiles found in most restrooms. (not easily cleanable) Floor tile in disrepair at entrance to boys 6th grade restroom. Score: 92.
 Jenny Wiley State Park, Prestonsburg, regular inspection. Violations noted: Room found in need of more intensive dusting on furniture. Bedside lamp shade found in disrepair. Score: 96.
 Adams Middle School Cafeteria, Prestonsburg, regular inspection. Violations noted: Lack of effective hair restraints. Cloths used for food and non food contact surfaces not stored and rinsed frequently in water sanitizing solution. Score: 98.
 Skeans Marathon/FKT, Prestonsburg, regular inspection. Violations noted: Food Comments: Food not protected during storage. In use food (ice) dispensing utensil not properly stored. Lack of effective hair restraints. Cloths used for food and non food contact surfaces not stored and rinsed frequently in water sanitizing solution. Improper storage of clean equipment and utensils. Improper handling of clean equipment and utensils. Toilet room doors not self closing. Garbage and refuse containers not covered as required. Score: 90. Retail comments: In use food (ice) dispensing utensil not covered as required. Toilet room doors not self closing. Garbage and refuse containers not covered as required. Lighting not provided as required. Score: 94.
 Highlands Regional Medical Center, Prestonsburg, regular inspection. Violations noted: Lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods. Improper thawing methods being used for potentially hazardous

storing potentially hazardous foods. Lack of effective hair restraints. Nonfood contact surfaces not properly maintained. Floors not in good repair. Employees personal items not properly stored. Score: 95.
 Appalachian Racing Inc., Prestonsburg, regular inspection. Violations noted: Lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods. Dishwashing facility not properly maintained. Floors not in good repair. Lighting not provided as required. Cleaning and maintenance equipment not properly stored. Score: 94.
 Johns Creek Station, Prestonsburg, regular inspection. Violations noted: Food Comments: Dishwashing Facility not properly designed. Dishwashing facility not properly constructed. Score: 98. Retail comments: Score: 100.
 Bobs Bar-B-Q, Prestonsburg, regular inspection. Violations noted: Lack of effective hair restraints. Improper storage of single service articles. Sanitary towel or hand drying device not provided at lavatory or handwashing sink. Garbage and refuse containers not covered as required. Floors not constructed properly. Score: 93.
 McDowell Stop & Shop, McDowell, regular inspection. Violations noted: Food Comments: Lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods. Lack of effective hair restraints, nonfood contact surfaces not properly maintained. Nonfood contact surfaces not properly constructed. Toilet room doors not self closing. Floors not in good repair. Floors not in good repair. Walls, ceiling, attached equipment not in good repair. Score: 93. Retail Comments: Food not protected during storage. Toilet rooms not self closing. Floors not in good repair. Floors not properly covered. Light fixtures not shielded as required. Score: 94.
 Rite Aid #2459, Martin, regular inspection. Violations noted: Lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods. Garbage and refuse containers not covered as required. Cleaning and maintenance equipment not properly stored. Score: 91.
 Gas Mart, Garrett, regular inspection. Violations noted: Lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods. Cloths used for food and non food contact surfaces not stored and rinsed frequently in water sanitizing solution. All plumbing not installed according to law. Proper waste receptacles not provided. Walls, ceiling, attached equipment not in good repair. Cleaning and maintenance equipment not properly stored. Score: 93. Retail comments: Food not protected during storage. Proper waste receptacles not provided. Light fixtures not shielded as required. Score: 95.

Property Transfers
 Janelle and Steve Caudill to Jerry and Martha Trimble, location undisclosed.
 Margie and Richard Chaffins to Brandon, Glenda, Katherine, Matthew, and Paul Mullins, location undisclosed.
 A 4 Rentals Inc. to Jarvis Moore, B K Goose Creek on Right of Beaver Creek.
 Alex Hall to Jerry and Martha Trimble, location undisclosed.
 David Allen to Debbie and Steve Blackburn, location undisclosed.
 Mike and Vickie Boyd to Geneva and Jeremy Ward, Donald Hatfield Georgia Hatfield Subdivision.
 Dixie Land Co. to Amco Timber Inc. location undisclosed.
 Elk Horn Coal Company llc. to Willie Hall, Frasure branch of Big Mud Creek.

Patricia Cieslak to Vernon Dye, Ky Rt. 680.
 Brenda Coleman to Jessie and Rebecca Shepherd, Calf Creek.
 Paul and Shirley Combs to Paul and Shirley Combs, Hurricane Br. of Daniels Creek.
 George and Mindy Ford to Jerry Fannin, Lancer.
 Sherry Furnish to Vernon Dye, Ky Rt. 680.
 Burns Goble to Dennis and Ronaka Goble, location undisclosed.
 Lou Goble to Dennis and Ronaka Goble, location undisclosed.
 Doris Goodman to George Ford, location undisclosed.
 Bobby Hale to Gwendolyn Frazier, Left Fork of Middle Creek.
 James and Larry Hall to Vernon Dye, Ky Rt. 680.
 Tammy Hall to Jerry and Martha Trimble, location undisclosed.
 Roy and Sandy Hamilton to Amco Timber Inc. location undisclosed.
 Galaway and Opal Henton to Aretta Langel, location undisclosed.
 Barbara and Bonnie Holson to Jerry and Martha Trimble, location undisclosed.
 Hometown Family Care PLLC to Consolidated Health Systems Inc., Porter Addition.
 Jimmie and Margaret Howard to Jerry Fannin, Lancer.
 Billy and Terry Innis to Interstate natural Gas Company, Abbott Creek.
 Clyde and Reba McKinney to Amanda and Benjamin Mayhan, location undisclosed.
 Elva Jones to John Tackett, location undisclosed.
 Joe and Robin Justice to Jerry and Martha Trimble, location undisclosed.
 William Kendrick (master Commissioner) to Jerry and Martha Trimble, location undisclosed.
 Kinbag development Company LLC to Terry Kinzer, location undisclosed.
 Dewey Lawson to Vernon Dye, Ky Rt. 680.
 Fred and Glenda Lawson to Vernon Dye, Ky Rt. 680.
 Ruby Lewis Estate to Jerry and Martha Trimble, location undisclosed.
 Marcia Morgan to Vernon Dye, Ky Rt. 680.
 Terry Mullins to Interstate Natural Gas Company, Abbott Creek.
 Angela Owsley to Vernon Dye, Ky Rt. 680.
 P I C Real Estate LLC to Carcat Leasing LLC, Cliff Industrial Site.
 Shawn Porter to Denise Porter, location undisclosed.
 Alta Price to Kinda Whitten, John Allen Subdivision.
 Alta Price to Linda Whitten, Abbott.
 Taylor Price to Linda Whitten, Martin.
 Taylor Price JR, to Linda Whitten, John Allen Subdivision.
 Estate of Taylor Price JR, to Linda Whitten, Abbott.
 Delana, Rodney, and Roger Rose to William Patton, Right Beaver Creek.
 Elizabeth Rose to Vernon Dye, Ky Rt. 680.
 Karne and Kermit Rowe to Kermit and Lenore Rowe, Orchard Branch.
 Imogene Salyer to Henry Bailey, Brush Creek.
 US Marshall John Schickel to

Interstate Natural Gas Company, Abbott Creek.
 Bethel, Janet, Lendon, Sheldon and Gorman Shepherd to Miller Bros. Coal LLC, Salyers Branch of Salt Lick.
 Wanda Shepherd to Terry Shepherd, location undisclosed.
 Gregory and Lisa Slone to Jeanie Mullins and Sherree Wright, Shop Branch
 Susan Smith to Vernon Dye, Ky Rt. 680.
 Tammy and Terry Stapleton to Jerry and Martha Trimble, location undisclosed.
 Danny and Dinah Stratton to Jerry and Martha Trimble, location undisclosed.
 Barry Tackett to Michelle Tackett, Big Mud Creek.
 Dennis and Eula Tackett to Eula Tackett, location undisclosed.
 Dennis and Eula Tackett to Dennis and Lora Tackett, location undisclosed.
 John and Lora Tackett to Eula Tackett, location undisclosed.
 John and Lora Tackett to Dennis and Lora Tackett, location undisclosed.
 James and Mary Taylor to Jerry and Martha Trimble, Ky Rt. 680.
 The Elk Horn Coal Company LLC to Willie Hall, Frasure Branch of Big Mud Creek.
 James, Jeffery, Jerry, Justin, Martha, Renee, and Sheila Trimble to Jerry and Martha Trimble, location undisclosed.
 Anna Ward to Vernon Dye, Ky Rt. 680.
 Anna Yates to Geneva and Jeremy Ward, Donald Hatfield Georgia Hatfield Subdivision.
 Audrey and Joe Yates to Dough and Pamela Frazier, Left Fork of Beaver Creek.
 Ricky Yates to Geneva and Jeremy Ward, Donald Hatfield Georgia Hatfield Subdivision.

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Viewpoint

Worth Repeating ...

“Before God we are all equally wise — and equally foolish.”

— Albert Einstein

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 —

Editorial roundup

Anchorage (Alaska) Daily News, on doctors using computers to save health care dollars:

It's shocking, when you think about it: While your bank, your employer and much of your life depend on computers to function, your doctor is most likely stuck in the dark ages of communication. ...

The shelves and shelves of paper charts you see in many medical offices are evidence of that. Records that should be stored on a computer are taking up whole rooms and require staff to keep them sorted.

The lack of updated technology hurts the quality of care and contributes to high costs. ...

One big incentive for getting medical offices online is eliminating prescription errors.

Wrong prescriptions and wrong doses are a big problem. Handwriting is often the culprit. If a doctor types the prescription and faxes it to the pharmacy, many potential errors are eliminated. ...

AARP Alaska supports the Alaska e-medicine efforts because the changeover will allow patients to be more engaged in managing their health care. They'll get message reminders, and can maintain diaries of symptoms and side effects, schedule medical appointments online and track their own test results.

There are caveats. Whatever system evolves, patients must be able to control who has access to it. For example, a person who tested HIV-positive might not want his employer or insurer to know that. ...

This effort now needs a big push from the state. State health officials should get behind it and encourage the Legislature to contribute the necessary funding.

Texarkana (Texas) Gazette, on gun control:

Current laws puts some limits on gun owners who wish to carry or transport firearms into or across national parks and wildlife refuges.

The guns cannot be readily accessible. In other words, firearms must be unloaded and locked in a case or in the vehicle's trunk.

The rules date from 1983. The National Park Service says that prior to that time, they had a problem with tourists engaging in dangerous impromptu target practice or shooting at wildlife, including bears, snakes, wolves and coyotes.

Well, it seems many in the U.S. Senate wants those rules changed.

Forty-seven senators have signed a letter asking President Bush to repeal the restrictions of firearms and allow tourist to carry guns pretty much as they wish. We suppose that includes being allowed to carry a loaded pistol on their person.

The letter says the rules “infringe on the rights of law-abiding gun owners who wish to transport and carry firearms on or across these lands.”

We have to wonder what is behind all of this.

We support the Second Amendment. But it doesn't seem too great a burden to unload a gun and keep it locked up when on public land where hunting and gun sports are not permitted.

In fact, it seems the common sense thing to do.

The senators who signed this letter should explain a bit more about why they are so hot to ease these gun restrictions before the president considers doing so.

The (Jacksonsonville) Florida Times-Union, on research that claims the poor are getting richer:

The rich get richer and the poor get poorer.

That's been repeated so many times that a lot of people may assume it's true.

But it isn't.

The Wall Street Journal, citing recent Treasury Department research, says the precise opposite.

The study compared tax returns of people over age 25 from 1996 to 2005. Among its findings:

■ The income of a very poor person, who works full time, increased 90 percent over the decade, whereas the income of a wealthy person went up just 10 percent.

■ Only one group did not fare well — the richest 1 percent. Overall, they lost 25 percent of their income.

■ Nearly 60 percent of the richest Americans dropped into lower income groups, replaced by those who previously were below them.

In other words, people start in low-income brackets and, unless they choose the wrong profession, move up the economic ladder as they improve their career skills.

Those on top sometimes become complacent, or maybe make bad decisions, and slip a rung or two.

One more thought:

“The after-inflation median income of all tax filers increased by an impressive 24 percent,” the article said.

Generally speaking, everyone is getting richer. But the poor are doing it more rapidly than the affluent.

America truly is the land of opportunity.



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— Guest column —

Senate week in review

by SEN. JOHNNY RAY TURNER
29TH DISTRICT

Members of the Kentucky General Assembly convened the 2008 legislative session last week with a variety of issues that need attention, including the always challenging task of compiling a two-year budget plan for the Commonwealth.

Even-year sessions like this one meet for 60 days. The two-year state budget is written during this “long session,” and with the revenue constraints some experts predict, we'll have to be especially thoughtful as we decide what our spending priorities should be. We'll pay particular attention this session to initiatives that could save the state money in the long term.

While a number of state programs can be scaled back, delayed, or altogether eliminated, the largest portion of your tax dollars goes toward mandatory programs such as schools, jails, and Medicaid. These last two items are not only among the most costly for state government, but also two of the fastest growing areas of spending. One key to holding the line on overall state spending will be to manage costs in these areas. For example, the Senate has approved legislation each of the last two years to help drug abusers break their habit and, keep out of jail by staying clean, to save taxpayers money on incarceration costs.

On the education front, we will be taking a close look at bills to help bring top-notch teachers of math and science into our public schools as well as boost student achievement in those areas. The global economy is increasingly focused on technology and engineering, and if our Commonwealth aims to gain an edge

on other states and nations in the competition for these high-paying jobs, we have to give our citizens the tools to compete. Our educational focus will also spotlight the needs of career and technical education so that all students can take part in the 21st Century economy.

Another large chunk of the budget each year is the state's contribution to its employees' pension and health care costs. A comprehensive approach to fixing the retirement system — which faces a \$20 billion shortfall — will be essential to help restore its actuarial soundness and contain costs in the future. The governor will lay out his plan on this and many other issues in his State of the Commonwealth Address, and will detail his budget plan later this month. I look forward to hearing how he proposes to tackle the challenges facing us. Keep in mind, though, that it is ultimately the Legislature that writes the state budget.

One major area of discretionary spending for lawmakers involves roads and bridges, but construction costs are rising faster than inflation, limiting our options. Each year, we try to balance the needs of urban areas with those of the vast stretches of rural road. At the same time, last summer's bridge collapse in Minneapolis highlighted the need for stepped-up maintenance of all our highways and bridges. This year, we'll be considering a plan that would give more control over local highway projects to community leaders, allowing them to decide what larger-scale projects are needed and how they should be funded. This could be especially helpful for communities near our state borders, where Kentucky pays for the roads but commuters from other states often make a disproportionate use of them.

Of course, we'll be dealing with a wide many other issues in the coming weeks, not just spending-oriented

legislation. On average, each even-year session sees more than 1,000 bills filed, so the workload will only increase as the days march on.

I hope that you'll take the time to stay informed about what's happening in the State Capitol throughout the 2008 session. In addition to following news reports, you can keep up with legislative action through the Kentucky Legislature Home Page and the General Assembly's toll-free phone lines, or our free e-mail news service.

The Kentucky Legislature Home Page (www.lrc.ky.gov) provides information on each of Kentucky's senators and representatives, including their phone numbers, addresses, and legislative committee assignments. The home page also provides summaries and texts of bills under consideration, as well as information on the progress each bill has made through the legislative process.

By going to our eNews page (www.lrc.ky.gov/pubinfo/listserv.htm) you can subscribe to frequent e-mail updates on what's happening at the Capitol. In addition, the General Assembly has its own web log, Capitol Notes (www.lrc.ky.gov/pubinfo/capitol_notes.htm) that will allow you to receive legislative updates at your leisure.

You can also stay in touch with General Assembly action in the following ways:

■ A taped message containing information on legislative committee meetings is available by calling (800) 633-9650.

■ To leave a message for a legislator, call the General Assembly's toll-free Message Line at (800) 372-7181. People with hearing difficulties may leave messages for lawmakers by calling the TTY Message Line at (808) 896-0305.

■ Citizens can write any legislator by sending a letter with the lawmaker's name to: Capitol Annex, 702 Capital Ave., Frankfort, KY 40601.

The Times

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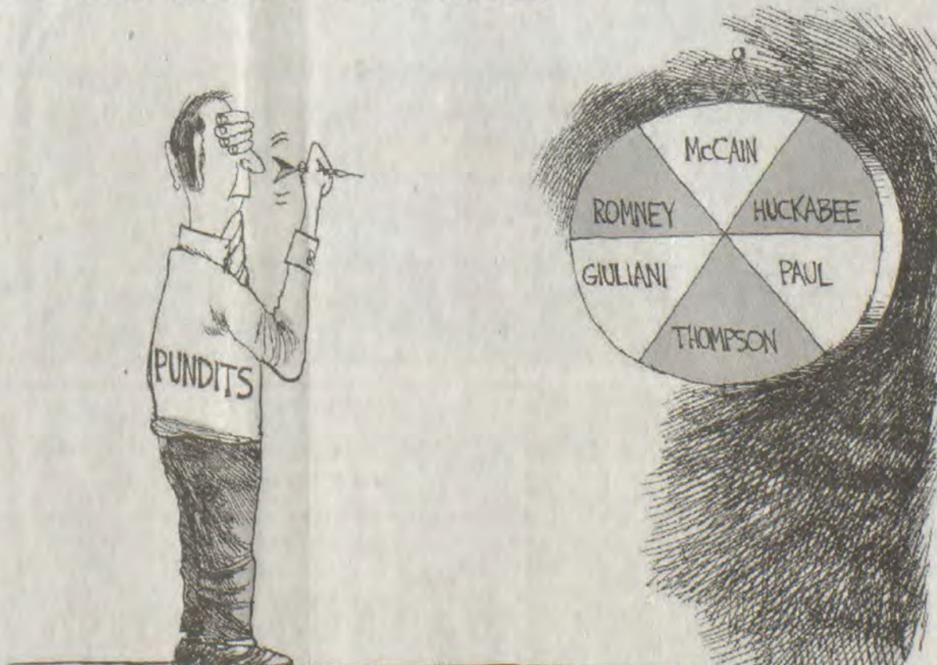
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PICKING THE GOP FRONTRUNNER:

2008 EXCELLENCE IN NEWS SERVICE
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INSIDESTUFF

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- Birthdaypage A7

FAMILY MEDICINE

Keep exercising until 'second wind'
kicks in — Page A6



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THROUGH MY EYES

Winter doldrums

This is one of those times when I find myself needing to pen this column but suffering from a case of "writer's block."



Kathy Prater
Lifestyles editor

Actually, in my particular case, it's more of a sense of "writer's overwhelm" than anything else.

And this time, I can't blame it on work. No, this is the time of year when the editorial staff actually gets to take a breather. From the very first springtime bloom until the very last "Ho, ho, ho" and New Year's wish, we writers are usually hit with a constant onslaught of invitations and community event announcements.

Once the new year arrives, however, things seem to settle down for about the first two months of the year. Guess everyone plays like a grizzly and goes into hibernation.

Funny thing, though, just when

(See EYES, page seven)

DINNER DIVA

Try new veggies

by LEANNE ELY

Have you noticed that your produce department doesn't look the same as it did, say, 10 years ago? There is a new game in town with new stuff hitting the shelves daily. We all know what broccoli, green beans and lettuce look like, but what about some of the more obscure vegetables?



Leanne Ely

Let's make a list of some little known veggies you may have seen lurking in your produce department that you know nothing about. We'll start with A and end in Z. Here is A thru H:

Take arugula for example. Arugula is a wonderful salad green that has a distinctly peppery taste, sort of radishy-like. That's because it's related to radishes, actually. At only 20 calories for 3 cups, this nutrient-rich green is wonderful mixed into your lettuce

(See DIVA, page seven)

Big Sandy
Community & Technical College
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Current Big Sandy Community and Technical College Students or MSU at BSCTC Students can
AUCTION
for the
Big Sandy Singers Vocal Music Scholarship
Thursday, Jan. 24, 2008
BSCTC Prestonsburg Campus
Pike Building, Gearheart Auditorium
4 - 7 PM

Audition for Big Sandy Singers Scholarship at BSCTC, Jan. 24

Auditions will be held for the Big Sandy Singers at Big Sandy Community and Technical College, on Thursday, Jan. 24, from 4 p.m. until 7 p.m. on the Prestonsburg campus, Pike Building, in Gearheart Auditorium. This audition is open to currently enrolled Big Sandy Community and Technical College students or MSU through BSCTC students. Any person who is not currently enrolled or who does not plan to enroll for the spring 2008 semester of classes is ineligible for this round.

The Big Sandy Singers is the elite, auditioned, student singing ensemble from Big Sandy Community and Technical College and MSU on the BSCTC Campus. Those who are chosen from this rare mid-year audition process will receive a \$600 scholarship to attend BSCTC this semester along with recording experience.

The Big Sandy Singers are directed by BSCTC Instructor and veteran Kentucky Opry member Laura Ford Hall, with Timothy Cooley - album producer and technical director, and Clayton Case, assistant director. The group performs approxi-

mately 50-60 shows each year for various civic functions and performs two concerts, traditionally held at the MAC in the winter and spring. The Singers have performed several times on WYMT, at the Eastern Kentucky Exposition Center and the Mountain Arts Center as well as many other venues, including opening for Naomi Judd, Charlie Sizemore, singing for Hal Rogers' PRIDE Envi Awards, and singing for presidential candidate John Edwards. The group also takes shows into area high schools, presenting the Big Sandy Idol program and elementary schools, with a "go to college" and "drug free" message. The students who sing in the Big Sandy Singers serve as ambassadors for the college.

In addition to live performances, the Big Sandy Singers also record a group compilation CD each year. This year, the Singers' album "Bring the Rain" was released as well as their first Christmas album "Kentucky Christmas." Group members may also have the opportunity to record a solo album at no cost.

Anyone wishing to audition should arrive at

Gearheart Auditorium on the Prestonsburg campus any time between the hours of 4 p.m. and 7 p.m., on Thursday, Jan. 24. Auditionees will be taken into the audition on a first come, first served basis. Those auditioning should prepare one song (pop, country, or gospel style) with a karaoke track. The track must be karaoke (without lead vocals). Karaoke tracks can be easily ordered through www.buykaraoke.com or www.sound-choice.com and are also available in the music section at Wal-Mart. Those auditioning will be judged on tone, pitch, vocal control, stage presence, blendability, and overall performance.

"We are excited about these mid-year auditions," said director Laura Ford Hall. "We have so much fun and this is such a wonderful experience for students. Eastern Kentucky is full of talent, and we can't wait to hear what awaits us on January 24th."

If you have questions regarding auditions, call Hall at (606) 424-2498 or email to laura.hall@kctcs.edu. Visit the Big Sandy Singers online at www.bigsandysingers.com.

FLY LADY

Playing with a full deck

by MARLA CILLEY

When I turned 50 years old in 2006, I started compiling a list of the lessons I had learned over the years. I didn't write them in order, I just wrote as fast as I could to get them down. Last year, I forgot to add something I had learned to my list - I don't have to be perfect. So I am going to put in two important lessons I have learned this year.

The first lesson is one that is funny. Do you know how we procrastinate about everything that needs doing?

This year, I learned that something doesn't have to be empty to be filled up. In our bathroom at the office there is nothing worse than to reach for a paper towel and it be empty. One day I was in there and noticed that it was half full and took a dry erase marker and wrote this little message on it. "The paper towels dispenser doesn't have to be empty to fill it up." Do this every Wednesday, Anti-Procrastination day. The funniest part of the message is that no one at the office had ever thought of it and the "dry erase" marker would not

erase. Let's just say the dispenser is never empty now.

This goes for our cars, our dresser drawers, our pantries, our refrigerators and our bodies. Why do we wait till we are on empty to refuel? This is when we get desperate. Desperate people do desperate things. CHAOS takes over and reigns all because we procrastinated and didn't fill up when we had the chance. Our routines give us a way to stop the avalanche before it ever starts. Peace of mind is the byproduct of routines. Your basic weekly plan is a routine for keeping things filled up: Your gas tank, your clean clothes, your food staples and your fresh produce. With these things fueled up, you're ready to

face the world! Now take it to the next babystep! Don't allow yourself to run on empty because our bodies don't do well without good fuel in our tanks and plenty of sleep.

The second major lesson I learned this year was when my sister almost died from a staph infection from an outpatient procedure. I had to let her go to get her back. This sounds strange, but I have always been her protector. It wasn't until I was able to give up control and put her into God's hands that I found my weakness and my strength. My weakness was being afraid of not having her in my life and the strength I

(See FLY LADY, page seven)





Family Medicine



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

Q For a number of years I've played basketball three times a week. At each session, I notice that the first few times I move down the court I feel winded and like I can't continue much longer. However, after a few more minutes, I feel fine. I continue playing and have much more energy and no longer feel out-of-breath. After three or four games, I'm always one of the ones who wants to play another game. So, I guess I'm in pretty good shape. I think that the phenomenon I've described is what I've heard referred to as "second wind." Can you explain what causes "second wind"?

A The expression "getting a second wind" has been used for more than one hundred years. It is generally used to describe the change from breathlessness occurring as a consequence of exercise to a more comfortable and sustainable breathing. This makes it possible to continue exercise just as you describe in your basketball experience. And, you probably know that the term "second wind" is also sometimes used to describe non-exercise activities. As an example, the contractor who was working on a friend's roof was working in "slow motion" until he got his "second wind" and finished the job on time. Now back to your question regarding

exercise.

The regulation of breathing is a complex process that involves interaction between muscles, nerves, blood and lungs - as well as essentially every other organ of the body. It is no surprise, consequently, that experts in physiology have difficulty determining the cause of "second wind." In fact, they don't even all agree the condition exists. Some think it is only a psychological response. Having experienced the phenomenon myself, I'll vote with the believers.

In the early phases of strenuous exercise, a by-product of metabolism called lactic acid builds up due to an insufficient amount of oxygen in the blood to sustain this level of metabolism. As you continue to exercise this oxygen deficit is overcome, in part, by an increased respiratory rate. In addition to breathing faster, you breathe deeper. Breathing faster and deeper requires the vigorous use of "the muscles of respiration." These

are the muscles between the ribs, those that connect the ribs to the collarbone and spine, and the respiratory diaphragm. Getting all these parts and the nerves that control them accustomed to working at their new, higher level may be part of the "second wind" response. These changes occur rapidly, but not instantly.

The response to exercise, however, is more complex than this alone. It also produces cardiovascular changes. The heart rate increases as well as the amount of blood the heart pumps with each contraction. These improved levels of circulation provide better nourishment for the muscles that move the chest and diaphragm and may make vigorous breathing more efficient.

There are other important changes in our body chemistry that occur with exercise. The liver and kidneys initiate or respond to many of these. There is always a small lag time between the initiation of activity and these physiological accommodations.

Perhaps this is part of the "second wind" response, too.

So this phenomenon exists even though research hasn't "pinned down" the exact explanation for it. My advice is never mind our lack of understanding, just push on through it and play another game of basketball. It really is good exercise.

□□□

Family Medicine® is a weekly column. To submit questions, write to Martha A. Simpson, D.O., M.B.A., Ohio University College of Osteopathic Medicine, P.O. Box 110, Athens, Ohio 45701, or via e-mail to readerquestions@familymedicine-news.org. Medical information in this column is provided as an educational service only. It does not replace the judgment of your personal physician, who should be relied on to diagnose and recommend treatment for any medical conditions. Past columns are available online at familymedicine.org.

National Cornbread Festival in search of nation's best cornbread recipes

SOUTH PITTSBURG, Tenn. - Attention all home cooks and cornbread connoisseurs! Grab your aprons and your cast iron skillet. The National Cornbread Festival is in search of original main dish cornbread recipes to be entered into the 12th Annual National Cornbread Cook-Off sponsored by Martha White® and Lodge Cast Iron®.

Ten finalists will compete during the National Cornbread Festival and create their original cornbread specialties under the Big Cook-Off Tent on April 26 in South Pittsburg, Tenn. One lucky winner will be chosen as the reigning cornbread champion and receive \$5,000 and a 30-inch stainless steel gas range (a \$2,500 value) from Five Star® Professional Cooking Equipment, a division of Brown Stove Works, Inc.

"We always receive so many creative and unique cornbread recipes," said Linda Carman, Martha White baking expert. "Past winners have followed national trends - making chicken the most frequently used meat ingredient, but those recipes vary greatly in how that ingredient is used. We're eager to see what ingredients contestants will use in their main dish recipes this year."

The winner of the first National Cornbread Cook-Off in 1997 was Chicken and Dressing Skillet Bake - an all-in-one variation of a favorite Southern Classic. In 2004, the

second place winner went Italian with Pesto Cornbread with Chicken and Sun Dried Tomato Streusel. And, in 2007, it was Southwest-inspired Chicken Taco Cornbread Wedges with Ranchero Cilantro Drizzle that came out on top.

To qualify for the contest, an entry must be an original Main Dish recipe and prepared with at least one cup of Martha White® Corn Meal or one package of Martha White® Cornbread Mix using Lodge Cast Iron® cookware. Entries must also include contestant's name, address, daytime phone number, and date of birth.

To enter by e-mail, send your original recipe along with your complete contact information to cornbread@dvl.com. E-mail entries must be received by 11:59 p.m. CST on Feb. 29, 2008.

To enter by mail, send your original recipe and complete contact information on an 8 1/2 x 11-inch paper to: National Cornbread Cook-Off 2008, 209 Seventh Avenue North, Nashville, TN 37219. Mail-in entries must be post-marked by Feb. 29, 2008 and received by March 7, 2008.

Ten finalists will be chosen from all entries.

For past winning recipes and complete contest rules, visit www.marthawhite.com or www.lodgechef.com.

Cash and Prizes
The Cook-Off grand champion will win a \$5,000 cash

prize and a 30-inch stainless steel gas range from Five Star® Professional Cooking Equipment, a division of Brown Stove Works, Inc. (a \$2,500 value) and special gifts from Martha White and Lodge Cast Iron®.

The second prize winner will walk away with \$500, the third prize winner with \$300. The remaining seven finalists will each be awarded \$100. All finalists will receive \$500 travel reimbursement and gifts courtesy of Martha White and Lodge Cast Iron®.

Sponsored by Martha White Foods, Inc., Lodge Manufacturing Company, and Brown Stove Works, Inc. Open to legal residents of the United States and D.C., 18 years or older, except food professionals, such as chefs, food writers, or food home economists who create recipes for pay. Void outside the 50 United States and D.C. and where prohibited.

Chicken and Dressing Skillet Bake

2 tablespoons butter

1 cup chopped onion

1 cup chopped celery

1 tablespoon Crisco® Vegetable Oil

2 pkgs. (6 oz.) Martha White® Cotton Country™ Cornbread Mix or Martha White® Buttermilk Cornbread Mix

3 cups cubed cooked chicken, seasoned with salt and pepper

1 cup frozen whole kernel corn

1 1/2 tablespoons poultry seasoning

1 3/4 cups milk

2 eggs, beaten

Heat oven to 400° F. In 10-inch cast iron skillet, cook onion and celery in butter until tender, about 10 minutes. Remove vegetables from skillet; place in large bowl.

Pour oil in same cast iron skillet; place in oven to heat for about 5 minutes. Add remaining ingredients to vegetables in large bowl; blend well.

Pour cornbread batter into hot cast iron skillet. Bake at 400° F. for 29 to 35 minutes or until golden brown. Cut into wedges.

6 serving



Mr. Taylor Ousley returned home for the holidays due to successfully completing a rehabilitation plan at Prestonsburg Health Care Center.

Successful rehab program allows return home for holidays

As a retired coal miner, Mr. Taylor Ousley enjoyed relaxing on the front porch with family, attending church and hunting. However, his life drastically changed following an episode of weakness he recently experienced while sitting on his front porch at home.

Due to a likely transient ischemic attack (TIA), he was hospitalized, returned home for a brief period of time unsuccessfully and then transferred to the Prestonsburg Healthcare Center to participate in comprehensive rehabilitation due to extreme weakness and debility.

The rehabilitation staff, consisting of physical and occupational therapy, is pleased to announce that following thirty-one days of hard work and dedication to his daily rehabilitation regime, that Mr. Ousley was able to return to his home successfully on December 14, 2007 - just in time for the holidays.

Following a home evaluation performed by the PHCC occupational therapist, Mr. Ousley's home was modified to meet his individual needs and adaptive equipment was recommended to allow him to achieve his goal of "going home to be with my family for Christmas."

While Mr. Ousley was

eager to participate in the rehabilitation portion of his individualized program, he was also able to enjoy many of the facility activities that allowed him to reminisce, eat meals with other residents that have experienced similar life challenges, and visit with family in a comfortable, home-like environment.

In order to assist him in his goal of returning home with family, his physical therapist provided re-training in the areas of walking, strengthening, balance and home programming to allow him to maintain his recent gains. Mr. Ousley also worked with occupational therapy in regaining independence in the areas of daily living activities such as dressing, bathing, and modifying his home for safety and success.

Thanks to a supportive family, dedication to his rehabilitation program, and his desire to return home, Mr. Ousley is proud to have achieved his goals. The rehabilitation team at PHCC - Ashley Keathley, PTA, rehab manager, Rebekah Hunter, and Melissa Bell, occupational therapists - all hope that Mr. Ousley was able to accomplish one last goal upon returning home - that of surprising his local church family by walking into services independently!

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Look who's 3!

Braxton Grant Wright turned three years old on November 29, 2007. He celebrated his birthday with classmates and friends at KIDDIE-LAND Daycare. Grant is the son of Nathan Wright, of Martin.



George Strait to appear in concert in Lexington Feb. 29

With over 73 million records sold, a record of 55 #1 hits and 76 Top Ten singles, George Strait, direct from Country Music's Hall of Fame, will appear live at Rupp Arena, in Lexington, on Friday, February 29, at 8 p.m.!

Appearing with Strait will be special guest artists Little Big Town and Sarah Johns, BNA Recording Artist.

The Feb. 29 performance will be Strait's first Rupp Arena appearance in 12 years! And his ONLY Kentucky appearance in 2008!

Tickets for this special event will go on sale on Saturday, January 19, at 10 a.m.! Tickets will be sold at the Rupp Arena Box Office and all Ticketmaster Outlets.

Charge by phone: Lexington 859-281-6644, Louisville 502-361-3100, Cincinnati 513-562-4949, Pikeville 606-433-1793, and Ticketmaster Express 1-866-448-7849

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Cinema 2—Starts Friday, Jan. 18
ONE MISSED CALL (PG-13), Mon.-Sat. 7:00-9:00; Sun. (1:30) 7:00-9:00.

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NATIONAL TREASURE: BOOK OF SECRETS (PG13), Mon.-Sun. 6:45-9:25; Fri. (4:25) 6:45-9:25; Sat.-Sun. (1:45-4:25) 6:45-9:25.

Cinema 2—Held Over
JUNO (PG13), Mon.-Sun. 7:00-9:20; Fri. (4:20) 7:00-9:20; Sat.-Sun. (2:00-4:20) 7:00-9:20.

Cinema 3—Held Over
ALVIN AND THE CHIPMUNKS (PG), Mon.-Sun. 7:00-9:20; Fri. (4:20) 7:00-9:20; Sat.-Sun. (2:00-4:20) 7:00-9:20.

Cinema 4—Held Over
FIRST SUNDAY (PG-13), Mon.-Sun. 7:05-9:25; Fri. (4:25) 7:05-9:25; Sat.-Sun. (2:05-4:25) 7:05-9:25.

Cinema 5—Held Over
ONE MISSED CALL (PG-13), Mon.-Sun. 7:15-9:30; Fri. 7:15-9:30; Sat.-Sun. (2:15) 7:15-9:30.

Cinema 6—Held Over
THE WATER HORSE (PG), Fri. (4:30) Sat.-Sun. (4:30).

Cinema 7—Held Over
THE BUCKET LIST (PG-13), Mon.-Sun. 7:00-9:20; Fri. (4:20) 7:00-9:20; Sat.-Sun. (2:00-4:20) 7:00-9:20.

Cinema 8—Starts Friday, Jan. 18
27 DRESSES (PG-13), Mon.-Sun. 7:05-9:30; Fri. (4:30) 7:05-9:30; Sat.-Sun. (2:05-4:30) 7:05-9:30.

Cinema 9—Starts Friday, Jan. 18
CLOVERFIELD (PG13), Mon.-Sun. 7:00-9:15; Fri. (4:15) 7:00-9:15; Sat.-Sun. (2:00-4:15) 7:00-9:15.

Cinema 10—Starts Friday, Jan. 18
MAD MONEY (PG-13), Mon.-Sun. 7:05-9:25; Fri. (4:25) 7:05-9:25; Sat.-Sun. (2:05-4:25) 7:05-9:25.

Cinema 10—Held Over
P.S. I LOVE YOU (PG-13), Mon.-Sun. 6:50; Fri. (4:30) 6:50; Sat.-Sun. (1:50-4:30) 6:50.

I AM LEGEND (PG13) Mon.-Sun. 9:25 only

Eyes

It seems that we should be enjoying the lazy feel of it all, that old harping voice in our heads starts up with the "Lay-zee? Girl, you ain't got no time for bein' lay-zee. You better find yo'self sumthin' to be writin' about."

Ah, no rest for the weary, as they say. So, okay, if it isn't work that's over-

whelming me, then what is it? How about two kids in college and one recently graduated from high school (just got her diploma this past December - congrats, Elizabeth!) looking for a way to fill up her time, a mischievous hound, two spoiled dogs, two (count 'em, two!) vehicle mishaps involving deer,

the fact that my ear staples aren't working for me and the weight lost a few weeks back has found its way home again....You get the picture - it ain't work, it's life.

And no one said it would be easy, did they?

So, as I prepare to bid adieu this

week, keep me in mind. Prayers, story ideas, mood altering medications (just kidding!)....

And in the meantime, I'll try to find some time during this "lazy spell" to enjoy a hot cup of cocoa and a meaningless read.

See ya next week!

Continued from p5

Diva

for a salad with a lot more flavor.

Bok Choy is a Chinese cabbage that looks like the celery and cabbage decided to have a baby together! I find baby bok choy to be a little tastier. The leaves on bok choy taste more like cabbage while the stalks are much milder. You can add bok choy to your stir fry to boost your intake of beta carotene, vitamin C and iron.

Collard greens. A traditional Southern green (along with turnip greens, creasy greens, etc.) these huge cabbage-like leaves have a very distinct flavor and do well to be handled like kale; tough stems removed, chopped, steamed,

then sautéed in olive oil and garlic. Collards, like all greens, are high in folate, vitamin C, beta carotene and calcium.

Delicata. Delicata is a thin-skinned winter squash with a yellowish skin. This oblong squash lives up to its name with a sweet, delicate flavor. Another nutrient rich veggie, you're going to get lots of fiber, vitamins A & C, as well as potassium and thiamine! Yum!

Escarole. If you're not careful, you could mistake escarole for a head of green leaf lettuce. Escarole is mild in flavor and is delicious sautéed in olive oil, garlic and sprinkling

of pine nuts. Another nutrient rich veggie, it's high in fiber, too.

Fennel. Do you like licorice? If so, you will love fennel! The huge bulb and dill-looking leaves can be eaten raw or cooked. I love it sautéed in olive oil till caramelized and topped on my fish. The flavor is terrific; a lot of bang for your buck!

Ginger. Nothing beats fresh ginger. It's weird looking - I've often said it looks like an alien root-mass of sorts. But the very thin skin doesn't even need to be peeled! Just wash it well, grate it like you would cheese and then add it to your stir fry dishes. You will never

go back to dried ginger again! I store mine in a freezer quality Ziploc bag in the freezer. It works. Ginger is good for an upset stomach, too.

Haricot Verts. These are, essentially, green beans (if you took French I, you'll remember this as a vocabulary word, lol). They aren't just any green beans, though. Traditionally, haricot verts are beautiful, skinny, luscious green beans that require no string removal, no steaming, just a quick sauté in your skillet with a generous portion of garlic, a little butter and olive oil and some salt and pepper to finish. Honestly, these green beans are simply delicious!

That's all for now. Stay tuned, we've got more veggies coming your way next week!

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

Continued from p5

Fly Lady

found was that I could make it without her if she died because she would still be with me. We have been blessed with her getting better every day.

We are all control freaks. We think that if everything runs smoothly then those around us will not find fault and will love us. That is not love! We have to let go of our control to gain control over our lives.

I love being 52 years old. There are 52 cards in a full deck and there are 52 weeks in a year! I have 52 more weeks to learn something new for my next year's list. I like playing with a full deck of cards! Are you ready to join me in a game? After all, if we make it fun, it will get done. No more procrastination. Do it now! Don't wait! Get things done in 2008!

For more help getting rid of your CHAOS; check out Flylady's website and join her free mentoring group at www.FlyLady.net or her book, Sink Reflections published by Bantam and her New York Times Best Selling book, Body Clutter published by Fireside. Copyright 2008 Marla Cilley Used by permission in this publication.

Continued from p5

Rental Central

by TOM DOTY
TIMES COLUMNIST

Comedies were en vogue this week, though your best bet was a restored classic that stands as one of the best action films of American cinema.

"Mr. Woodcock" — A high profile cast works hard but can't breathe any life, and only a few laughs, into this romantic comedy. Scan William Scott ("American Pie") stars as a young man who rushes home to try and stall his mom's plans to marry the gym teacher who made his life miserable in high school. Billy Bob Thornton has some moments in the titular role but this one's DOA and the best evidence yet that Thornton needs to get back to writing his own material or make his next comedy a sequel to "Bad Santa," because PG-13 yuks and Billy Bob are not a happy marriage.

"Good Luck Chuck" — Comedian Dane Cook aims for a big screen career with this effort which wilts in comparison to Mr. Woodcock (which at least had a funny title). The lame premise has Clark falling for the woman of his dreams but realizing that he can't have a sexual relationship with the girl because every woman who sleeps with him goes on to marry someone else. There is one funny moment where he tests this theory, but the rest of the film fails to live up to that politically incorrect moment. Stick with Cook's stand up comedy DVDs until Hollywood decides what to do with him.

"Extras: The Complete Series" — Ricky Gervais, creator of "The Office," scored another comedy hit on HBO with this look at a struggling actor forced to stand in the background on films while bigger stars get the glory.

Gervais is saddled here with an incompetent manager (series co-creator Stephen Merchant) but eventually gets to star in his own series, which is then dumbed down by the network, forcing him to turn his character into a boob with a high-pitched voice and a catchphrase. It's great stuff and gets a lift each episode by famous guest stars ranging from David Bowie to "Harry Potter" himself, Daniel Radcliffe.

"The Naked Prey" — This week's top film ought to be this effort from director/actor Cornel Wilde. This is a brutal action fest that takes an old theme (man hunted by his fellow man) and adds a new lift to it. Wilde stars as a member of an ivory hunting party that runs afoul of an African tribe. The group is captured and tortured and only Wilde is given a chance to escape — if he can outwit five

young warriors who want to move up in the tribe. What follows is 90 minutes of tension as Wilde must use the terrain and his wits to outmatch his opponents, who are highly motivated to take him down. There's almost no dialogue but plenty of spectacular sequences and photography make up for the lack of verbiage. This is from the guys at the Criterion Collection so there are plenty of extras, including an audio recording of the original story by actor Paul Giamatti (soon to be seen as John Adams in an HBO miniseries).

Next week look for The Rock in "The Game Plan" and the latest entry in the "Saw" series with number four.

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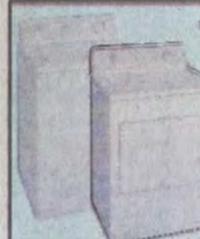
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■ UK-Miss. State • B3

■ Bears' win streak • B3

June Buchanan repeats as WYMT Classic champ

by STEVE LeMASTER
SPORTS EDITOR

HINDMAN - June Buchanan won its second straight WYMT Mountain Classic championship Saturday night, defeating 14th Region rival Hazard 58-53 in the title game. The Crusaders outscored Hazard in each of the last three quarters after trailing at the conclusion of the opening period. Clark Stepp led June Buchanan with a game-high 22 points. Tate Cox also reached double figures for the Crusaders. Cox finished with 20 points as part of June Buchanan's championship effort.

Hazard, a perennial 14th Region title contender, took a 14-12 lead out of the opening quarter. The two teams entered half-time deadlocked at 27-27. Only a basket or two separated the two teams throughout much of the game. June Buchanan led 39-38 at the end of the third quarter. Clint Stepp and Garrison Collins scored six points apiece and Brent Hall had four as June Buchanan prevailed. June Buchanan pulled out the win in the fourth quarter, outscoring Hazard 19-15. Michael Campbell led

Hazard with a team-high 17 points. Josh Whitaker added 13 points for the Bulldogs. June Buchanan defeated Knox Central and Pikeville before beating Hazard in the tournament's title tilt.

JUNE BUCHANAN 58, HAZARD 53
HAZARD (12-3) - Whitaker 13, Campbell 17, Kidd 4, Jones 4, Martin 10, Combs 5.
JUNE BUCHANAN (12-3) - Clark Stepp 22, Cox 20, Clint Stepp 6, Collins 6, Hall 4.
Hazard.....14 13 11 15-53
JB.....12 15 12 19-58



THE JUNE BUCHANAN CRUSADERS captured their second straight WYMT Mountain Classic championship Saturday. June Buchanan is the defending 14th Region champion. The Crusaders rank as one of the state's best boys' high school basketball teams.

Coach Martin, congratulations are due for you

by RICK BENTLEY
TIMES COLUMNIST

He's been coaching so long that Stepp played on his first team at Sheldon Clark. Oh yeah, Ervin Stepp was there. But I'm not talking about him. It's older brother Jimmy to which we refer. On his first team at Sheldon Clark High School, he not only had the guy who would average a combined 100 points per game as a junior and senior in high school, but also his older brother Jimmy, before he went on to play at George Washington.



Veteran Allen Central Coach John Martin claimed his 500th career win Tuesday night at Sheldon Clark.

Martin claims 500th career win

Allen Central 74,
Sheldon Clark 63

by STEVE LeMASTER
SPORTS EDITOR

INEZ - Allen Central Coach John Martin reached a milestone Tuesday night. The longtime Allen Central boys' basketball head coach won his 500th career game at Sheldon Clark - the place where he claimed his first victory. The Rebels defeated Sheldon Clark 74-63. The triumph gave Allen Central its fourth straight win. "Five-hundred wins just means you've been around a long time and coached a lot of games," said Martin. "It seems unreal that I've been able to coach this long. The time has just flown by. It seems like yesterday that I

was getting ready to coach my first varsity game here at Sheldon Clark. The 500 (career wins) is just a longevity thing but I'm proud that I've had the perseverance to stay with coaching and endure the pressures that come with the job." During his long, successful career, Martin has had the opportunity to coach many great players and teams. "I can honestly say that it has been a most enjoyable ride and I will definitely hate to see it come to an end," said Martin. "It has been great to be associated with all the kids I've coached and taught the last 30-plus years." Allen Central managed to stay out in front of Sheldon Clark in its latest regular-season matchup. The Rebels outscored Sheldon Clark 14-10 in the opening quarter and packed a 34-25 lead into halftime.

Logan Crowder led the Rebels with a team-high 17 points. All five Allen Central starters reached double figures in the scoring column. Alex Hammonds followed with 16 points for the Rebels. Aaron Crum and Hunter Crowder had 13 points apiece while Josh Prater added 11 for visiting Allen Central. Clinton Turner rounded out the Rebel scoring, finishing with four points. Martin claimed his 500th career win in front of a crowd that included several former players from both Allen Central and Sheldon Clark. B.J. Moore and Ryan Mollette led Sheldon Clark with 18 points apiece. Allen Central will be back on the hardwood Friday on the road at Powell County. Tip-off for the Allen Central-Powell County game is set for 7:30 p.m.

Crusaders rout Raiders

TIMES STAFF REPORT

PIPPA PASSES - Clark Stepp and Clint Stepp scored 30 points apiece Wednesday night as host June Buchanan rolled to a 110-39 win over South Floyd. June Buchanan, one of the state's top-ranked boys' high school basketball teams, led from beginning to end. The Crusaders held South Floyd to 10 or fewer points in three of the four quarters. June Buchanan improved to 13-3 after posting the win. The Crusaders outscored South Floyd 19-8 in the opening quarter. South Floyd failed to get any closer after the initial period as June Buchanan gradually pulled away. June Buchanan outscored South Floyd 36-10 in the second quarter en route to a commanding 55-18 halftime lead. Reserves playing in off of the bench aided the deep June Buchanan team late. Senior forward Trey Short added 14 points for June Buchanan in the triumph. Wes Akers led South Floyd with 14 points.

JUNE BUCHANAN 110, SOUTH FLOYD 39
JUNE BUCHANAN (13-3) - Clark Stepp 30, Clint Stepp 30, Short 14, G. Collins 9, B. Hall 8, S. Hall 4, J. Hall 4, Davis 3, Roberts 4, Stone 1, L. Collins 1, Thomas 2.
SOUTH FLOYD (0-15) - Akers 14, Langdon 7, Turner 6, Paige 2, Marson 2, Tackett 3, Hayes 3, Gibson 2.
SF.....8 10 16 5-39
JB.....19 36 26 29-110

Bears crack NAIA Top 20

TIMES STAFF REPORT

PIKEVILLE - The Pikeville College Bears' 11-game win streak has allowed them to clear a couple of hurdles. They moved up three spots in the latest NAIA Div. I men's basketball poll. The Bears are ranked 20th in this week's ratings, the fourth weekly poll of the season. The NAIA will issue weekly rankings through March 5, the week before the Mid-South Conference holds its basketball tournament at the East Kentucky Expo Center in Pikeville. The Bears are 14-2 on the season and haven't lost since Monday, Nov. 19, when they fell 92-82 to Bluefield

College. Since then, they have ripped off 11 straight wins. The most recent victim was Berea College, their old KIAC opponent, who fell to the Bears 93-61 on Saturday in Berea. In the win streak, the Bears have an average margin of victory of 33.9 points per game. Defensively, the Bears have been fantastic, holding opponents to an average of 64.3 points per game. On the season, the Bears are holding opponents to only 41.2 percent shooting and a mere 35.1 percent from the arc, and, thanks to a dominating inside presence, the team has a rebounding margin of 14.2 per game, which is second in

the entire country. The Bears are pulling down 60 percent of missed shots this season. In addition, the Bears are leading the nation by averaging 15 steals per game, more than twice the number of their opponents. Also, during the win streak, they have allowed 70 or more points only one time, while being held below 90 points only twice. The top six in the poll remained the same, meaning Georgetown College is still second at 16-0. They are hot on the heels of top-ranked Mountain State (W.Va.) University; the Cougars are also 16-0. Concordia (Calif.) is third, LSU-Shreveport fourth

(receiving the only two first-place votes not going to MSU), Lee (Tenn.) fifth and Oklahoma Baptist sixth. The remainder of the top 10 sees Trevecca Nazarene (Tenn.) seventh, Lambuth (Tenn.) and Robert Morris (Ill.) tied for eighth and Campbellsville falling three spots to 10th. Other than Georgetown, Campbellsville and Pikeville, only one other MSC team is represented. West Virginia University Tech, Pikeville's first league opponent this season on Jan. 26, got two votes and is listed among the 18 teams getting votes but not enough to qualify for the Top 25.

Phelps eliminates Lady Rebels

by STEVE LeMASTER
SPORTS EDITOR

PHELPS - Host Phelps continued a resurgence under first-year head coach J.R. VanHoose Wednesday night. Phelps prevailed 55-47 in the 15th Region All "A" Classic. Allen Central defeated Pikeville 55-47 in overtime Monday night in a 15th Region All "A" Classic opening round game. In the win over Pikeville, Amber Shepherd led the Lady Rebels with a game-high 19 points. Sara Johnson, a veteran player for the Lady Rebels, added 16 points in the opening round victory. In the semifinals, Allen Central fell short against host Phelps as the Lady Hornets played their best basketball in the first and final quarters. Phelps outscored Allen Central 16-11 in the opening quarter and carried a 28-20 lead into halftime. Kaitlin Riley led Phelps with a team-high 16 points. Jasmine Hall scored 13 points and Taylor Keene added 12 for the Lady Hornets. Each team featured six different scorers. Kayla Johnson pushed in six points for host Phelps in the regional small-school tournament. The Lady Rebels managed to control the third quarter, outscoring Phelps 10-6 before the Lady Hornets finished strong. Johnson paced Allen Central with a game-high 21 points. Shepherd followed with 13 points for the Lady Rebels. In another semifinal matchup

Miners hold off Xplosion, 119-110

TIMES STAFF REPORT

PIKEVILLE - Six different Miners reached double figures in the scoring column Monday night as host East Kentucky defeated Pittsburgh 119-110 at the Expo Center in a CBA American Conference matchup between two very familiar rivals. Josh Pace and Bryant Northern scored 20 points apiece as the Miners successfully defended their home floor. Pittsburgh had a six-game winning streak snapped as a result of the setback. Playing out of a reserve role, Northern scored his 20 points in only 17 minutes. "I felt like we played hard, rebounded well and got up and down the floor against a very good basketball team," said East Kentucky Coach Kevin Keathley. "Having six different players in double figures scoring is

tremendous. This is a very unselfish basketball team and it shows in the scoring column." East Kentucky, which improved to 14-13 after winning its second straight game, won the quarter points 45-25. "We have to continue to put four quarters together," Keathley added. "It's very important that we finish games strong." East Kentucky prevailed despite committing 25 turnovers. "In order to continue to be successful we have to take better care of the basketball," Keathley confided. The Miners shot at a blistering clip, hitting 59.5-percent of their attempts from the field. The East Kentucky professional basketball team shot 66.7-percent from behind the three-point line. The Miners converted on 27-of-32 free throw attempts. East Kentucky jumped out in front

early, establishing a double-digit lead in the opening quarter. The Miners outscored Pittsburgh 33-20 in the opening quarter and entered halftime out in front 57-46. All 10 active East Kentucky players got into the scoring column as part of a balanced offensive effort. Boo Jackson turned in a double-double of 19 points and 12 rebounds for the Miners. Jason McLeish finished with 16 points, eight assists and seven rebounds in host East Kentucky's winning effort. Mike Dean, the latest acquisition for the Miners, contributed 16 points, four rebounds and two assists. Ed Horton had 10 points for the Miners. East Kentucky led 85-74 at the end of the third quarter. Shaun Fountain led the way for Pittsburgh with a game-high 26 points.



photo courtesy of Dusty Layne Photography/ East Kentucky Miners
Boo Jackson recorded another double-double for the Miners in Monday's game versus Pittsburgh.

(See PHELPS, page two)

LCA receives penalties

TIMES STAFF REPORT

LEXINGTON — Lexington Christian Academy has been penalized for a violation of KHSAA Bylaw 10 (recruitment). Penalties included a \$3,000 fine, restitution for the KHSAA's investigation in the amount of \$10,982.50 and one year of probation. LCA representatives are also required to appear before the KHSAA Board of Control at its February meeting to discuss their athletic program and provide new policies and procedures developed to prevent future occurrences.

"We conducted a detailed investigation, working with the administrators and staff at the school," KHSAA Commissioner Brigid DeVries said. "We found that over the last few years there were inconsistencies with regard to financial aid and the lack of policies in place at LCA which comply with KHSAA bylaws. New policies and procedures the school adopts will hopefully prevent future problems in this area," DeVries concluded.

National City Trophy Tour kicks off: For the fifth consecutive year, National City as title sponsor of the Boys' Sweet 16 State Basketball Tournament will again tour the championship trophy at selected games. The 2007-08 tour kicked off recently at the Bobby Keith/iHigh.com Classic.

On the tour, students are able to pick up scholarship application forms on each stop (forms may also be accessed through the KHSAA website). Again this year, 16 boys and 16 girls (one boy and one girl from each region) will receive a one-time \$1,000 scholarship courtesy of National City.

Scholarship recipients will be honored with a reception

prior to the Championship game of the National City/KHSAA Boys' Sweet 16 as well as being recognized on the floor during the contest. The scholarship application deadline is Friday, Feb. 22.

Following is a list of trophy tour stops: Dec. 14—Bobby Keith/iHigh.com Classic at Clay County High School; Jan. 15—Covington Catholic at Holmes; Jan. 18—Greenwood at Bowling Green; Jan. 22—Owensboro at Apollo; Jan. 25—Tates Creek at Bryan Station; Feb. 1—Ballard at Eastern; Feb. 9—Danville at Boyle County; Feb. 11—Rose Hill at Ashland Blazer.

Back for a second year is the website (www.sweet-16.org) created around the Sweet 16. This site, aimed at reaching the high school market, allows students to post photos, videos, view past scholarship winners, download a scholarship application, check scores and will include student blogs during the Sweet 16.

State tournament tickets: Tickets to the 2008 National City/KHSAA Boys' and Houchens/KHSAA Girls' State Basketball Tournaments continue to be on sale through the KHSAA office and online at khsaa.org. At this time, only full tournament sets of tickets (one ticket to each of the eight sessions) are available. Lower arena seats are priced at \$116 each and upper arena seats are priced at \$66 each. Tickets will be on sale through the KHSAA until Feb. 22. Beginning March 2, tickets will only be available through the Rupp Arena (boys) and Diddle Arena (girls) box offices and/or the venue's respective online ticketing agent.

ONLINE:
www.khsaa.org

Phelps

Continued from p1

Wednesday night, Shelby Valley ousted Paintsville 59-52.

15TH REGION ALL "A" CLASSIC AT PHELPS SEMIFINALS

PHELPS 55,
ALLEN CENTRAL 47
PHELPS (7-5) — King 12, Johnson 6, Riley 16, Hall 13, McGuire 4, Wolford 4.
ALLEN CENTRAL (2-8) — Bilitier 4, Mullins 2, Johnson 21, Brown 4, Shepherd 13, Jones 3.
Phelps.....16 12 6 21-55
AC.....11 9 10 17-47

SHELBY VALLEY 59, PAINTSVILLE 52

SHELBY VALLEY (11-6) — Smallwood 1, Cantrell 17, Perkins 21, Sawyers 4, Coleman 9, Tackett 5, Wright 2.
PAINTSVILLE (7-7) — Adams 6, VanHoose 4, Russell 5, Jarrell 3, Castle 2, Carroll 20, Chafins 12.
SV.....10 17 17 15-59
P'ville.....21 13 10 8-52

Slone leads Tigers past Johnson Central

TIMES STAFF REPORT

PAINTSVILLE — Senior guard Landon Slone scored a game-high 35 points Tuesday night as the host Tigers defeated crosstown rival Johnson Central 104-75. Paintsville jumped out in front in the first quarter and defeated the Golden Eagles convincingly. Shane Grimm followed VanHoose in the Paintsville scoring column, finishing with 25 points.

The Tigers outscored Johnson Central 28-10 in the opening quarter. Paintsville eventually toted a 56-21 lead into halftime. J.D. VanHoose aided the Paintsville scoring effort with 17 points. Justin Murray, a transfer from Johnson Central, added 15 points for the Tigers. Blake Bundy netted eight points for host Paintsville in the 57th District showdown.

Ian Welch led Johnson Central with a team-high 20 points.
PAINTSVILLE 104, JOHNSON CENTRAL 75
JOHNSON CENTRAL (8-8) — Dale 8, Whitaker 2, Crum 7, Blankenship 13, Welch 20, Stacy 2, Parker 12, Smith 2, Conley 9.
PAINTSVILLE (13-2) — Slone 35, VanHoose 17, Bundy 8, Grimm 25, Murray 15, Pack 1, Reynolds 3.
Johnson Central.....10 21 25 19-75
Paintsville.....28 28 22 26-104

Three Miners named All-Stars

TIMES STAFF REPORT

PIKEVILLE — The East Kentucky Miners will have three representatives at the 2008 CBA All-Star Classic on Jan. 22 in Yakima, Wash., home of the Yakama Sun Kings. East Kentucky players James "Boo" Jackson, Josh Pace and Mike Dean have been picked for the upcoming CBA All-Star event. Dean earned his nod as a member of the Rio Grande Valley Silverados. He scored 16 points for the Miners Monday night in his debut in an East Kentucky uniform.

Pace is currently third in the CBA in scoring, averaging 23.2 points per game. He leads the CBA in triple-doubles.

Jackson is sixth in the CBA in scoring with a 20.6 points per game average for the Miners. Jackson leads

the CBA in double-doubles.

The East Kentucky trio will play for the American Conference All-Star team.

Pace and Jackson are former CBA American Conference Player of the week honorees.

Minot Coach Chris Daleo will guide the American Conference All-Stars. Yakima Coach Paul Woolpert has been tabbed to lead the National Conference All-Stars.

ABOUT THE CBA: The Continental Basketball Association consists of the following teams: East Kentucky Miners, Yakama Sun Kings, Minot Sky Rockets, Albany Patroons, Rio Grande Valley Silverados, Oklahoma Cavalry, Atlanta Krunk, Butte Daredevils, Pittsburgh Xplosion and Great Falls Explorers.



photo courtesy of Dusty Layne Photography/ East Kentucky Miners

FORMER MIDDLE TENNESSEE STATE UNIVERSITY STANDOUT MIKE DEAN is the latest addition for the East Kentucky Miners. Dean most recently played for the Rio Grande Valley Silverados.

ATHLETES OF THE WEEK

Alex Hammonds,
Allen Central
Boys' Basketball

Sara Johnson,
Allen Central
Girls' Basketball

Coach

Continued from p1

ent. You'll stop having the "buts" in these conversations and be the "but".

Enter Jeremy Hall, who went on to be the Big Ten newcomer of the year at Wisconsin and lead Pikeville College to the Final Four of the NAIA tournament. Add Thomas Jenkins, who started at Morehead for Dick Fick before joining Hall on the run through the NAIA tournament at Pikeville.

Add those two players and John Martin finally made it to the Sweet 16.

He was typical John Martin, too. Always laughing, always joking. The media fell in love with him, and when they not only got there but also won a game, it was all the better. Nobody deserved it more than John Martin.

We take you on this journey today a couple of days after the coach reached a huge milestone. On Tuesday night, his Allen Central Rebels knocked off Sheldon Clark of all people to give him win No. 500 in his long and storied career.

On Wednesday, he laughed about it, about closing down restaurants after winning the All "A" regional, about people he'd met and those he'd coached. They were there Tuesday. In the stands. On his bench. On the other, Sheldon Clark is coached by Roger Harless, who was his only assistant the night he led Sheldon

Eagles defeat CCU, fall to IUS

Rodney Mitchell scores 1,000th point for Eagles

TIMES STAFF REPORT

PIPPA PASSES — The Alice Lloyd College men's basketball team split two games last week. The Eagles won at Cincinnati Christian University, 70-67 and lost to Indiana University Southeast, 91-70. In the game against CCU, Alice Lloyd trailed by 14 points at halftime and was trailing by 18

points with 10 minutes remaining. The Eagles, however, fought back to take a two-point lead with about 20 seconds to go on a three pointer by Eric Mullins. Mullins finished with 6 points. Will Dillard then hit a pair of free throws with about four seconds to go to help preserve the victory. Dillard finished with 16 points, 5 assists and 6 rebounds. Corey



RODNEY MITCHELL

Hairston had a double-double with 15 points and 10 rebounds. Rodney Mitchell (12 pts., 2 rebs.) and William Jones (10 pts., 2 rebs.) were also in double figures. Corey Dixon finished with 6 points and 6 rebounds.

In the game versus IUS, Alice Lloyd trailed 52-34 at halftime. The Eagles fought back to cut the deficit to nine, but were unable to get any closer. They were plagued throughout the game by turnovers (19) and poor shooting (24-of-62). Hairston had a solid outing with 20 points and 4 rebounds. Daniel Day

(12 pts., 8 rebs.) and Dixon (11 pts., 9 rebs.) were also in double figures. Dillard chipped in with 7 points and 3 assists. Junior forward/center Rodney Mitchell (8 pts., 4 rebs.) reached a milestone by scoring his 1,000 point in an Eagle uniform. Mitchell has been hampered recently with an injured back. The former Clay County standout, however, appears to be healing from the injury.

MSU track season set to start

TIMES STAFF REPORT

MOREHEAD — The Morehead State University men's and women's track teams will open up the indoor season today at the Cedarville Collegiate Indoor meet at Cedarville (Ohio) University's Doden Field House.

Last year, MSU women's 4 x 800 meter relay team set a new Doden Field House record during the Cedarville meet. The foursome of Jessica Reyes,

Anne Beck, Alex Hunley and Kim Reiland finished in a time of 10:01.67 beating the old record of the University of Dayton's of 10:07.57.

As a team in 2007, the men's squad finished second out of 13 teams while the women placed fourth out of 16 squads.

Next up for both teams will be the Middle Tennessee State University's Valentine Invitational (Indoor) at Murfreesboro, Tenn. on Saturday, Feb. 9.



SPORTS FAN OF THE WEEK



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

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

Basketball Eagles excel in classroom

TIMES STAFF REPORT

MOREHEAD — The Morehead State University men's basketball team had a solid fall semester academically with five of the 11 players on the 2007-08 active roster achieving 3.0 grade point (on a 4.0 scale) averages or higher.

"The fact that we had almost half of our team reach at least a 3.0 is a testament to their character, hard work and determination to reach their fullest potential, both on and off the court," said MSU Head Coach Donnie Tyndall. "Our

players understand the importance of getting an education, and continue to represent Morehead State, our program and themselves in a first-class manner.

"I am extremely proud of these young men. We, as a staff, talk to our team all the time about this experience being about more than just basketball. The recent success in the classroom proves that they understand and are buying into our philosophy."

MSU Basketball Reunion: The dates for the second annual MSU Men's Basketball

Reunion have been announced. Former players, coaches and managers are invited to a reception at the Tyndall home on February 1 at 6:30 p.m. Attendees are also encouraged to attend the Eagles' home game against Kentucky Christian on February 2 at 7 p.m.

For more information, or to RSVP for the event, contact the MSU men's basketball office at 606/783-2087.

ONLINE: www.msueagles.com

VISIT THE FLOYD COUNTY TIMES ONLINE
www.floydcountytimes.com
CONTACT THE TIMES
PHONE: 606/886-8506
FAX: 606/886-3603

Varnado's triple-double helps Miss. State beat Kentucky, 69-64

THE ASSOCIATED PRESS

STARKVILLE, Miss. — Each time Jarvis Varnado sent a Kentucky shot back where it came from, he could feel Mississippi State gaining strength Tuesday night.

Varnado finished with a triple-double that included 10 blocks in a 69-64 win over Kentucky that helped the Bulldogs to a 3-0 start in Southeastern Conference play and their seventh straight win.

"I can feel my teammates get into it and the crowd get into it," Varnado said. "It gets us pumped up to go make a stop on the defensive end."

Mississippi State (12-5) came up with just enough stops to edge past Kentucky (7-8, 1-1) after the Wildcats cut the Bulldogs' lead to as little as three late. The win gave Mississippi State two straight wins over Kentucky for just the second time.

"Any time you can beat a Kentucky team it's special," Mississippi State coach Rick Stansbury said. "We have had to make some adjustments, but we are finding ways to win as a team."

The Bulldogs, who came into the game as the nation's leader in field goal percentage defense and No. 2 in

blocks, are doing it with defense.

They built a 12-point lead over the Wildcats early in the second half, but had to hold on late after Kentucky held them without a field goal in the final 6:26.

Kentucky cut the lead to three twice in the final minutes, but Mississippi State made 13 of 18 free throws in the final 3:08 to seal the game.

"We knew we had lost a couple of closer games like that at the beginning of the year," guard Phil Turner said. "We felt like as a team we trusted each other. We knew that was our victory."

Jamont Gordon finished with 24 points and Varnado, the nation's leading shot blocker, finished with 10 points and 12 rebounds. It was just the third triple-double in school history and the first to include double-digit blocks. Varnado has had 10 or more blocks three times this season.

"He changes that game around the rim," Stansbury said. "That is for sure. Any time you earn a triple-double is impressive, and to do that with blocked shots is even more impressive."

Charles Rhodes added 12 points for Mississippi State and Turner added 11.

Behind Varnado's outstretched arm, Mississippi State pulled away from Kentucky in the first half with a 20-8 run that helped them to a 32-27 halftime lead. But the Wildcats rallied late behind Joey Crawford and Ramel Bradley.

They helped Kentucky get as close as 67-64 on Crawford's 3-pointer in the final seconds. But Barry Stewart sealed the game with two free throws.

Bradley finished with 22 points and Crawford had 20. But Varnado was instrumental in shutting down Kentucky's leading scorer, Patrick Patterson, who finished with 10 points and was ineffective under the basket.

"Our margin for error is small," Kentucky coach Billie Gillespie said. "We have to have production from a lot of folks. As you get into conference play seniors end up having to shoulder most of the load. I think there is a bit of a maturity factor there."

Turner said the Bulldogs were ready for everything the Wildcats could come up with.

"(The coaches) had it down to an exact science," Turner said. "We knew what they were going to run every single time. All we did was just defend and listen to what the scouting

report said."

Herd drop road game to ECU

TIMES STAFF REPORT

GREENVILLE, N.C. — East Carolina's 12-0 run with seven minutes remaining propelled the Pirates to a 75-62 win over visiting Marshall in Conference USA men's basketball action at Minges Coliseum on Wednesday night.

Marshall (9-6, 1-2 C-USA) led 56-51 before East Carolina (7-8, 1-1) went on the back-breaking run that saw the Thundering Herd go scoreless for nearly six minutes en route to snapping a two-game losing streak to MU.

"It's tough to win a game when you go 14-of-23 from the free-throw line and turn the ball over 19 times, especially on the road," first-year Marshall head coach Donnie Jones said.

"It was a game of runs and we had a chance," Jones said. "They got up early, then we battled back but they made plays to win. Hinnant made some big shots like we knew he was capable of."

"Our team is struggling with the loss

of Markel," Jones said. "He has been limited in practice and limited on the floor tonight. I probably played him too long; it was a frustrating night for him."

Marshall, after dropping two straight and its posting its first C-USA road loss, will return home for a Saturday night tilt with UAB at the Cam Henderson Center. Tip-off is scheduled for 7 p.m.

WKU beats Florida Atlantic

BOWLING GREEN — Courtney Lee scored 27 points as Western Kentucky coasted to an 80-62 victory over Florida Atlantic Wednesday night.

Lee hit four 3-pointers, shooting 11-of-21 from the floor, as the Hilltoppers (13-5, 5-1 Sun Belt Conference) built a 19-point lead at halftime and led by as many as 27 points.

The Owls (5-13, 1-6) struggled in the first half on 10-of-29 shooting (34.5 percent).

Western Kentucky trailed 16-13 with 12:33 remaining in the half, but then went on a 16-0 run to go up 29-16 with 8:10 left in the half. Tyrone Brazelton scored nine consecutive points during the spurt.

Brazelton finished with 17 points for the Hilltoppers.

Cardero Nwoji paced Florida Atlantic with 19 points.

No. 1 North Carolina holds off Georgia Tech

THE ASSOCIATED PRESS

Don't miss the end of any of North Carolina's conference road games this season.

The top-ranked Tar Heels have played two Atlantic Coast Conference games away from home and both have been cliffhangers they have managed to win to remain unbeaten.

"It says we have matured a lot," junior Danny Green said Wednesday night after his free throw with 22 seconds left proved the difference in North Carolina's 83-82 victory over Georgia Tech.

The game wasn't decided until Tyler Hansbrough blocked Elvis Peacock's shot and Peacock couldn't hit a follow jumper after grabbing the loose ball.

"I feel very lucky," Tar Heels coach Roy Williams said.

It was the second squeaker in two ACC road games for North Carolina (18-0, 3-0), which beat Clemson 90-88 on Wayne Ellington's 3-pointer with .4 seconds left in overtime.

"Last year this time, things were going the other way," North Carolina's Marcus Ginyard said. "This year speaks volumes about how we have matured."

"We are making that extra effort."

In other games involving ranked teams on Wednesday, it was: No. 2 Memphis 77, Rice 50; No. 7 Duke 70, Florida State 57; Texas Tech 68, No. 10 Texas A&M 53; Massachusetts 82, No. 14 Dayton 71; No. 18 Mississippi 89, Florida 87; Temple 78, No. 20 Xavier 59; and No. 25 Villanova 76, DePaul 69.

Hansbrough scored 27 points and the one big block.

Georgia Tech (7-9, 0-3) had the one last chance at the upset but Peacock's shot rimmed out.

Peacock insisted that someone hit his hand on the first shot, but he made no excuses about the second attempt.

"It was the cleanest shot you'll ever get in a basketball game," he moaned. "Next time, it's going in."

Hansbrough finished 7-of-14 from the field and kept getting to the foul line, where he had more attempts (15) than Georgia Tech's entire team (10). The burly, 6-foot-9 junior made 13 free throws, and

North Carolina needed every one of them.

"My face really got beat up," said Hansbrough, who also had 11 rebounds. "It was really, really rough."

North Carolina is off to its best start since the 1985-86 team began the season with 21 straight wins. Another encouraging sign for the Tar Heels: This is their first 3-0 start in the conference since 2004-05, and that team went on to claim the NCAA championship.

This season, they have won all but four of their games by double figures. North Carolina came into Atlanta averaging 92.2 points and winning by an average margin of 22.1.

The Tar Heels pulled even at 70 on Ty Lawson's three-point play with 8:52 remaining but the Yellow Jackets kept matching North Carolina shot for shot. Jeremis Smith hit two free throws with 1:13 remaining to make it 82-82.

Smith led the Yellow Jackets with 15 points and Peacock had 14.

The Tar Heels snapped a four-game losing streak against Georgia Tech in Atlanta by going 21-of-26 at the foul line while the Yellow Jackets were 8-of-10.

"We were lucky in a way," Hansbrough said. "We didn't make our shots at the end of the game."

No. 2 Memphis 77, Rice 50; Chris Douglas-Roberts and Doneal Mack both scored 16 points and Joey Dorsey had nine points and 14 rebounds for the visiting Tigers (16-0, 3-0 Conference USA), who have won 35 consecutive regular-season games and 26 in a row in league play.

Paulius Packevicius had 13 points and 12 rebounds to lead the Owls (3-13, 0-3), who have lost six straight.

No. 7 Duke 70, Florida St. 57; Jon Scheyer scored 21 points and the Blue Devils (14-1, 2-0 ACC) made eight straight free throws in the final 1:34 to snap a two-game losing streak to the Seminoles.

Florida State took its only lead of the second half at 55-54 on Jason Rich's layup with 3:45 left before the visitors put the game away with a closing 16-2 run.

Rich had all 18 of his points in the second half for Florida State (12-6, 1-2).

Texas Tech 68, No. 10 Texas A&M 53; Bob Knight

became the first men's Division I coach with 900 wins when the Red Raiders (10-6, 1-1 Big 12) beat the Aggies for a third straight time when they were ranked in the top 10. The 67-year-old Knight has been a head coach for 42 years at three Division I schools. He got his 100th victory at Army, then moved to Indiana, where his Hoosiers went 662-239 and won three national championships from 1971-2000.

Martin Zeno scored 19 points for Texas Tech.

Josh Carter and Joseph Jones scored 11 points each for the visiting Aggies (15-2, 1-1), who had their worst shooting game of the season (34 percent) and committed a season-high 20 turnovers.

Massachusetts 82, No. 14 Dayton 71; Ricky Harris scored 22 points and Chris Lowe added 19 for the Minutemen (12-4, 1-1 Atlantic 10), who won in Dayton for a second straight season and snapped the Flyers' 13-game winning streak.

Brian Roberts had 21 points for the Flyers (14-2, 2-1), who finished 4-of-25 from 3-point range.

No. 18 Mississippi 89, Florida 87; Dwayne Curtis had 20 points and 12 rebounds and freshman Trevor Gaskins scored 19 points for the Rebels (15-1, 2-1 Southeastern Conference), who ended a six-game losing streak to Florida. It was the first win for Ole Miss against the two-time defending national champions since 2002 and the Rebels are off to their best start since they started 16-1 in 1925-26.

Nick Calathes and Dan Werner had 16 points each for the visiting Gators (15-3, 2-1), who took advantage of poor free throw shooting by Mississippi down the stretch to wipe out most of a 16-point lead.

Temple 78, No. 20 Xavier 59; Dionte Christmas scored 19 of his 23 points in the second half and Mark Tyndale added 22 points for the Owls (7-8, 1-1 Atlantic 10), who beat a ranked opponent for the first time in two years.

Derrick Brown had 14 points for the visiting Musketeers (14-4, 2-1), who had won six in a row by an average margin of 25.3 points since losing to Tennessee on Dec. 22.

No. 25 Villanova 76, DePaul 69; Scottie Reynolds

scored 21 points and the Wildcats (12-3, 2-2 Big East) used a late 15-0 run to rally for the home victory. Reynolds' 3-pointer with 30 seconds left made it 72-66 and he made two free throws with 13 seconds left.

Draelon Burns scored 27 points for the Blue Demons (7-9, 3-2) who stunned the Wildcats with an 84-76 win in the conference opener on Jan. 3.

Women's Basketball

Dunlap named SEC freshman of the week

TIMES STAFF REPORT

LEXINGTON — Kentucky's Victoria Dunlap (Nashville, Tenn.) was named the Southeastern Conference's Freshman of the Week for the second time this season after averaging 11.0 points, 8.0 rebounds, and 3.5 blocks in the Wildcats' two league wins last week, the league office in Birmingham, Ala., announced Monday.

Dunlap hit 7-of-8 from the floor vs. Mississippi State to lead UK with her second-best career total with 17 points. She also pulled down a team-best nine rebounds against the Lady Bulldogs, all defensive boards, which set a new career high for the freshman. She grabbed a team-high eight rebounds in UK's 60-58 win over Florida and tied her career-high with three blocks against the Gators. She went on to swat a career-best four blocks against MSU.

Dunlap has started in all 16 games this season at the forward position. Overall, she ranks third on the team in scoring (8.1 points per game) and is tied for first with senior Sarah Elliott (McKee) with 6.4 rebounds per game. She also leads the team in steals with 30 on the year.

This is the third year the SEC has recognized a Freshman of the Week award. The weekly award marks UK's fourth SEC Freshman of the Week. Junior Carly Ormerod (Louisville) also received the honor twice during the 2005-06 season. Tennessee freshman Angie Bjorklund is the only other rookie in the SEC to receive the honor more than once this season.

The last five ranked teams



ALLEN CENTRAL ranks as one of the 15th Region's top boys' basketball teams.

Tar Heels lead AP Poll

by JIM O'CONNELL
ASSOCIATED PRESS

The last of the unbeaten are 1-2-3 in the Top 25 — again.

North Carolina, Memphis and Kansas, the only Division I teams yet to lose this season, were the top teams in The Associated Press' college basketball poll for a seventh straight week Monday.

Arizona State moved in at No. 22, the Sun Devils' first ranking since the final poll of the 1994-95 season.

North Carolina (17-0), which beat North Carolina Asheville and North Carolina State last week, kept the No. 1 ranking it has held since the preseason poll. The Tar Heels received 45 first-place votes and 1,765 points from the 72-member national media panel.

Memphis (15-0) beat East Carolina and Marshall in its first two Conference USA games last week and the Tigers were No. 1 on 24 ballots and had 1,739 points.

Kansas (16-0), which defeated Loyola (Md.) and Nebraska last week, received three first-place votes.

Three teams lost for the first time last week — Washington State, Vanderbilt and Mississippi — and each dropped at least two places in the poll.

UCLA, which downed Washington State 81-74 on Saturday, moved up one spot to fourth and was followed by Georgetown, Tennessee, Duke, Washington State, Indiana and Texas A&M.

Michigan State, which lost 43-36, to Iowa, dropped five spots to 11th and was followed by Butler, Marquette, Dayton, Pittsburgh, Vanderbilt, Wisconsin, Mississippi, Texas and Xavier.

The last five ranked teams

Rhode Island, Clemson and Villanova.

Arizona State (13-2) moved into the rankings on a nine-game winning streak that includes a 3-0 start in the Pac-10. It is only the third time in their 30 years in the conference the Sun Devils have started 3-0 and the first time since 1987-88.

ASU coach Herb Sendek welcomed the ranking as a sign that his rebuilding effort is paying off. But he said it's premature for Sun Devils fans to celebrate.

The Sun Devils lost their season opener, 77-54 to Illinois at the EA Sports Maui Invitational, and their other loss was in their only true road game of the season, 62-47 at Nebraska. The most impressive wins have been over Xavier, Oregon and Arizona, a 64-59 overtime victory last week.

Arizona State is 11-0 at home this season after finishing 7-11 there last season. The three conference home wins are one-third the total the Sun Devils had in the previous four seasons.

Freshman James Harden, Arizona State's first McDonald's All-American since 1984, leads the Sun Devils in scoring (18.2) and is shooting 54.9 percent from the field, including 44.7 from 3-point range. Arizona State heads to Northern California this week for games against California and Stanford.

Sendek said he's not worried about his players growing complacent now that they've achieved a ranking.

Stanford (13-3) dropped out from No. 23 after beating Oregon State 66-46 and losing 71-66 to Oregon last week. The Cardinal were ranked in the preseason poll and the first of the regular season then fell out for six weeks before returning the past two weeks.

THE PAYOFF: Bears' win streak thanks to hard work and defense

TIMES STAFF REPORT

PIKEVILLE — Take any team at any level, from little league to the NBA, and put them on a win streak that reaches double digits and excitement is going to be in the air. The Pikeville College Bears are no different.

The Bears are coming off their 11th straight win, a 93-61 victory over Berea College that pushes them to 14-2 on the season. They've gone from getting one single, solitary vote in the NAIA Div. I preseason poll to 23rd in the country. Without a doubt, the team is thrilled to be where it is at this point.

"Had you told me the night we lost at Bluefield (a 92-82 decision) that we'd be at mid-January and still not have lost again, I'd have thought you were ready for an asylum," said Coach Kelly Wells. "I still have a hard time believing it."

One of the things that makes this run especially improbable is that it has come, largely, away from home. In fact, only the first two wins in the

streak came at the Pikeville College Gym. Since then, it's been nine in a row, and — with the exception of a pair of games at the East Kentucky Expo Center in mid-December — they've all been far away from Pikeville.

The stretch began with a pre-Thanksgiving win over Cincinnati Christian University in the Pikeville College Thanksgiving Classic, followed by a Nov. 28 rout of the school's biggest rival Alice Lloyd by a 90-47 final.

Then came December and two wins in the Roy N. Baker Classic at Bethel College in McKenzie, Tenn. And while the wins were routs — the combined margin was 75 points — they were significant: The Bears had not exactly been road demons the last two-plus seasons.

In fact, since Randy McCoy stepped down due to health issues in December 2006, the Bears had lost 22 of their last 24 games played away from home.

"We talked about it as a staff that we hadn't been a great road team," Wells said. "It was something we were definitely concerned about.

But thankfully it's well behind us now."

After the pair of wins in the Baker Classic, the Bears picked up a victory a week later at Brescia, another NAIA Div. I opponent, by an 84-69 final. They came home for a pair of wins at the Expo Center and then recorded their second forfeit of the season.

Since then, it's been back-to-back road wins at Ohio State-Mansfield and then, Saturday, at Berea.

"Five of these 11 wins have been away from home, and that's something we're very proud of," Wells said. "We've taken care of business, and that's something we weren't able to do as recently as a year ago."

In the win streak, the Bears have an average margin of victory of 33.9 points per game.

Defensively, the Bears have been fantastic, holding opponents to an average of 64.3 points per game. "Our defense has been very good," said Wells.

On the season, the Bears are holding opponents to only 41.2 percent shooting and a mere

35.1 percent from the arc, and, thanks to a dominating inside presence, the team has a rebounding margin of 14.2 per game, which is second in the entire country. The Bears are pulling down 60 percent of missed shots this season.

In addition, the Bears are leading the nation by averaging 15 steals per game, more than twice the number of their opponents. Also, during the win streak, they have allowed 70 or more points only one time, while being held below 90 points only twice.

"It's something we work very hard to do," the coach said. "It's not an easy part of the game. Defending is hard work and not everybody is willing to do it. Thankfully our team takes pride in what they do defensively and it's a big reason we're where we are right now."

Editor's note: The Bears were in action Thursday night on the road in Pippa Passes versus longtime rival Alice Lloyd. The Pikeville-Alice Lloyd game ended too late to make this edition.

Same old Tony Stewart tests new Toyota ride at Daytona

by JENNA FRYER
ASSOCIATED PRESS

DAYTONA BEACH, Fla. — Unshaven and months overdue for a haircut, Tony Stewart used his trademark sarcasm to welcome the new season.

But the fact that the two-time NASCAR champion showed up for preseason testing — a monotonous three-day session he's skipped the last three years — suggests he's taking his team's recent switch to Toyota rather seriously.

Stewart settled behind the wheel of his No. 20 Camry to learn the nuances of his new car this week, claiming a quirk in the schedule was the only reason he arrived at Daytona International Speedway. He drove General Motors cars in the first nine years of his Cup career.

"I wouldn't know the difference so far," he said. "It's hard to say. I mean, you've got to keep in mind, you're on a two-and-a-half-mile track and you're holding it wide open. You're not going to really feel it until you get around other cars. You're not talking about 20 to 30 horsepower gains to where you're going to feel it. You're only talking five to eight horsepower difference, and you're not going to feel that."

"Any driver that says he can feel that on the race track is lying to you."

Stewart is known for his brutal honesty, which has often gotten him in trouble. No one is expecting him to hold back when it comes to this manufacturer change.

He was mighty comfortable driving for General Motors, which fielded cars that earned him two titles, 32 victories and more than \$63 million in winnings. Even though Joe Gibbs Racing made the switch to Toyota this season, Stewart still has a cozy relationship with GM. He races Chevys in his open-wheel events and GM is under contract through 2009 to sponsor his sprint car teams.

So this new relationship with Toyota could be tricky, especially if the manufacturer struggles the way it did last season, its first at the Cup level. Toyota teams had difficulty making races last year and failed to reach Victory Lane, with Dave Blaney's third-place finish at Talladega and Brian Vickers' fifth-place finish at Charlotte the only top-fives for the Camry.

If the Camry can't consistently run up front this season, Stewart is certainly not going to stand for it. Toyota officials are keenly aware that placating a frustrated Stewart could be their biggest challenge of 2008.

"I think there is one thing that makes Tony Stewart happy, and that's getting the hardware under his seat so he can go fast and win races," said

Lee White, senior vice president of Toyota Racing Development. "The challenge here for TRD and Joe Gibbs Racing is finding a way for our 234 engineer-driven associates to contribute to their on-track product in a way that makes Tony Stewart better than he was last year. The guy knows how to get it done, and knows how to win races."

But Toyota officials believe Stewart and his JGR teammates achieved their results by driving at 100 percent from green flag to checkered flag. They believe Hendrick Motorsports drivers, who wanted to win 18 of 36 races last season, tended to be in a cruise control mode at 95 percent until it was time to kick it into gear in the waning laps.

The difference, White said, was the technological advantages Hendrick had over Gibbs and equaling it out is the challenge Toyota faces.

"Those guys just always seemed to have a little left in the tank, or if they made a mistake, they didn't have to go hang it out and take exceptional chances," White said. "And I'm hoping and I'm optimistic that we can develop the relationship of our organization and the Gibbs organization to add it up and come up with something close to the Hendrick organization."

The first test will be next month's

season-opening Daytona 500, a race that Stewart is often favored to win. His Greg Zipadelli-led team has consistently dominated Speedweeks, only to falter on race day through fluke incidents of untimely mechanical failures.

The bad luck has baffled Stewart, who used dominating July victories at Daytona in 2005 and 2006 to prove he can beat the track in every event but the "Great American Race."

He'd love for that to change this year, the 50th running of the Daytona 500. But the historical significance had little impact on Stewart. When asked what winning this year's race would mean, he didn't miss a beat: "The same as what it would have meant to win the 49th edition last year," he deadpanned.

The combination of Stewart's mood swings and the struggles that might come with Toyota could make this a trying season for Zipadelli, who has weathered his share of drama in his nine years as Stewart's crew chief.

But the duo sticks together through good times and bad. If there's one person in the garage that can calm the driver and clean up his messes, it's Zipadelli. The two have the longest continuous driver-crew chief relationship in the Cup Series now that Robbie Reiser has stepped off of Matt Kenseth's pit box.

"We have the same passion and desire to win, and when you have that and when you have a combination like that, you work really hard to protect it," Stewart said. "I think Zippy and I are now that position to where we don't see each other doing something away from each other. If one of us decides to retire, the other one is going along with him."

"If he says 'I'm done, I'm ready to do something different' then that's probably when I'll say 'I'm ready to do something different, too.'"

State Water Heaters to sponsor Riggs in No. 66: Haas CNC Racing has announced it has entered into a multi-year, global, business-to-business partnership with State Water Heaters to be a primary sponsor of the No. 66 with Scott Riggs. The program also includes primary placement for select races with Jeremy Mayfield on the No. 70 and an associate sponsorship position on both cars for the full 2008 season.

Riggs is in his first season with Haas CNC Racing, having moved over from the No. 10 car. In 133 career starts in the Cup Series, Riggs has four top-five and 15 top-10 finishes, as well as three poles.

Mayfield drove the final four races of 2007 with Haas CNC Racing's No. 66 and will slide over into the No. 70 this year.

Earnhardt feeling the pressures behind wheel of new Hendrick car

NASCAR's most popular driver tests for sport's top team as latest addition

by JENNA FRYER
ASSOCIATED PRESS

DAYTONA BEACH, Fla. — Dale Earnhardt Jr. is already feeling the pressure, and the season hasn't even started.

As his winless streak nears two years, NASCAR's most popular driver knows he must produce in his new Hendrick Motorsports ride.

Anxious about the new job and the pressure of driving for the elite team, Earnhardt showed up a week early at preseason testing just to talk to his new teammates.

Back this week to actually drive his No. 88 Chevrolet, Earnhardt went right to work. His single lap speed of 185.820 mph on Tuesday morning easily bettered the mark of 184.782 mph set by teammate Jimmie Johnson in last week's session, and Earnhardt was 10th fastest when drafting began in the afternoon.

"I just like running up front every week," he said. "I like going to the racetrack

and being ... toward the top of the chart, at least on the left side of the page in practices."

It's a good start to a fresh season, one without the drama that engulfed him last year when he publicly sparred with stepmother Teresa. His unhappiness was painfully evident this time last year, when he used his media availability session at testing to reveal their relationship "ain't no bed of roses" and said contract negotiations with Dale Earnhardt Inc. were tense.

Four months later, he decided to leave his late father's company and embarked on the most frenzied free agency in NASCAR history. Courtied by just about every car owner in the industry, he settled on Hendrick in June and anxiously awaited switching teams.

Now that he's officially a Hendrick driver, he knows the expectations are immense. Hendrick drivers won 18 of 36 races last season, and Johnson is the two-time defending Cup champion.

Earnhardt, meanwhile, hasn't won since May 6, 2006, in Richmond, a span of 62 races.

"There's a little bit less pressure in certain areas and more pressure in other areas," he said. "I didn't have to worry about job security when I was over at my other job, but I've got to worry

about that now. I think if I do what I've been doing, I should be fine. But with being the son of the guy who built the place, you can get away with a few more things than most guys could."

"But I've got a really good owner that makes me feel comfortable, and so that eases a lot of other pressures, talking to him and hearing from him and listening to his thoughts on what we're doing. It takes away some pressure from that side of it."

The expectations clearly exist, though, and crew chief Tony Eury Jr. did his part to pile on by predicting Monday the team will win four races this season. He didn't back off the number when pressed Tuesday, either.

"You try to find a realistic number because too many people try to get you to make predictions and want you to say 'We're gonna win 11, or we can for sure get 10,'" Eury said. "But four should be simple. I mean, I look at how competitive we ran last year — and things happened — and if we close out them deals this year, we should be able to win four races easily."

"I'm not guaranteeing anything. But I'm going to be disappointed if we don't win at least four. I know what kind of equipment we've got around here, know what kind of people we've got around us. I don't see any reason why that shouldn't be our goal and it should be a reach-

able goal."

Earnhardt refused to play the prediction game.

"I don't want to sit here and guess how many races we'll win," he said. "We'll win some races, and I expect to win soon. I'm a good driver with a good team, and if we don't make mistakes on a Sunday we should have great finishes and win some races."

All of that has allowed Earnhardt and Eury to relax a bit after a stressful 2007 that saw them fighting to stay focused amid all the drama that surrounded their exit from DEI. The team failed to make the Chase, which ultimately freed Eury to go to Hendrick before the season ended but still led to a disappointing departure.

Now, with a clean slate, both driver and crew chief are excited for the season to start next month.

"I am 10 times happier," Eury said. "And you can see it on Dale Jr.'s face. He's more pumped up than ever. He's pumped up to be down here, and the main sign was he showed up last week at the test. He used to never want to be at the race track, and this year he's down here hanging out with the guys and his teammates."

"We really just can't wait to get rolling."

ONLINE:
www.nascar.com

CBA: Miners sign Dean, place Crain on injured reserve

TIMES STAFF REPORT

PIKEVILLE — Prior to hosting CBA American Conference rival Pittsburgh on Monday, East Kentucky made a pair of moves. The Miners signed guard Mike Dean, a 6-3 backcourt performer from Middle Tennessee State, and in another move, East Kentucky placed guard Mike Crain on the injured reserve list due to an elbow injury.

Earlier in the year, Dean played in 16 games for the Rio Grande Valley Silverados. The Miners and Silverados are two of four CBA expansion franchises. Dean made 11 starts for the Texas team and still ranks as one of the CBA's leading scorers.

"Dean is a proven mid-range shooter with the ability to get to the free throw line on a regular basis," said East Kentucky Coach Kevin Keathley. "Right now, we have great team chemistry. We're looking to make Dean an addition to our already strong basketball team."

Dean made his debut for Miners on Monday night in a home game versus Pittsburgh at the East Kentucky Expo Center. Dean scored 16 points, pulled down four rebounds, dished off two assists and recorded a steal in 25 minutes for the Miners. He helped East Kentucky to a 119-110 win over the Xplosion. East Kentucky improved to 14-13 after posting the win. Dean is averaging 24.5 points per game in the 2007-08 CBA season.

A product of Valdosta State University, Crain is averaging 11.2 points per game and has made 23-of-51 three-point field goal attempts. He has played in 26 games for the Miners, making 22 starts. Crain is expected to make a speedy recovery and quick return to the East Kentucky roster.

Editor's note: The Miners are on the road in Texas for a two-game series versus the Rio Grande Valley Silverados.



photo courtesy of Dusty Layne Photography/East Kentucky Miners
East Kentucky guard Mike Crain went up for a dunk in between WYMT Mountain Classic games last Friday.

Bengals head in new direction defensively

by JOE KAY
ASSOCIATED PRESS

CINCINNATI — One season into his first job as an NFL defensive coordinator, Mike Zimmer had a problem.

His Dallas Cowboys had trouble stopping the run in 2000, so he visited some of his coaching friends to get advice. One of his stops was Baltimore, where Marvin Lewis' defense had just helped the Ravens win a Super Bowl.

"For a couple of days, we talked football," Zimmer said. "Our philosophies were very similar. I learned a lot from him at that time, and we became pretty good against the run after that."

Lewis' advice helped Zimmer, who is now in position to return the favor.

The 51-year-old Zimmer was introduced Wednesday as the Cincinnati Bengals' next defensive coordinator, their third since Lewis became head coach before the 2003 season. During Lewis' five years, he has failed to get the defense up to standards.

Picking the next coordinator was one of the most significant decisions of Lewis' career. If the defense continues to struggle, Lewis' coaching reputation will take a huge hit.

"It's an important hire for me and for our program," Lewis said Wednesday. "The thing he's kind of charged with

is providing an identity to our defensive football team."

So far, the defense has been identified with nothing but trouble.

It led the league in turnovers in 2005, when the Bengals had their only winning record under Lewis and made their only playoff appearance since 1990. Otherwise, the unit has dragged them down.

During four of Lewis' five seasons as head coach, the defense has ranked 27th or worst in yards allowed. After a 7-9 finish last season, Lewis fired coordinator Chuck Bresnahan and linebackers coach Ricky Hunley.

Lewis has known Zimmer since the early 1980s, when they were assistant coaches in college. Later, Zimmer became the Cowboys' defensive coordinator, keeping that job for seven seasons before becoming Atlanta's defensive coordinator last year.

With the Falcons still unsure about their next head coach, the assistants were free to leave. Lewis liked the idea of hiring Zimmer, in part because he emphasizes toughness.

"I think you have to coach tough to be tough," Zimmer said. "You have to have that mentality that this is the line in the sand, and we're not letting guys cross it. I'm an aggressive coach. I think most of the

players would say I'm a tough coach."

"Typically, I'm a little bit of a hollerer and a screamer and those kinds of things. I'll be extremely demanding."

Lewis used Zimmer's hiring to address a few other off-season issues. He reiterated that the offense is in for some changes, too, even though coordinator Bob Bratkowski remains. The Bengals failed to score 20 points in four of the last five games.

Cincinnati's running game was highly inconsistent last season, forcing the Bengals to rely almost exclusively at times on Carson Palmer's passing.

"We've got to go back and do the things that I want to see us do," Lewis said.

One of his biggest challenges will be handling receiver Chad Johnson, who spent the last half of the season grousing. Johnson was upset over criticism by fans and media commentators for his look-at-me antics and his on-field eruptions.

The criticism started after he berated Palmer for an interception during the first half of a loss to New England. Johnson kept at it on the sideline and again while the two of them walked to the locker room for halftime.

Two days later, Johnson acknowledged that he was the one at fault on the play

because he ran the wrong route.

Johnson went on a national sports show last weekend, repeated that he didn't like the criticism, and suggested the Bengals should trade him if they think he's a problem.

Lewis listened to the interview and didn't find anything new in it.

"I didn't think he said anything different," Lewis said Wednesday. "He felt like he was unduly chastised or ridiculed for being this or that."

"But you have to go back and accept what being a pro is, and that's part of it with all of us, and we can go forward and play. There will be no trade of Chad Johnson. We can repeat it again."

NFL PLAYOFFS

DIVISIONAL PLAYOFFS

Saturday's games
Green Bay 42, Seattle 20
New England 31, Jacksonville 20

Sunday's games
San Diego 28, Indianapolis 24
N.Y. Giants 21, Dallas 7

Conference Championships
Saturday, Jan. 20
San Diego at New England, 3 p.m.
N.Y. at Green Bay, 6:30 p.m.

Diamond Girls to judge, perform during 6th Annual Winterfest at MAC

TIMES STAFF REPORT

PIKEVILLE — Community involvement remains a top priority for the Diamond Girls, official dance team of the East Kentucky Miners. Members of the Diamond Girls dance team will serve as judges at the 6th Annual Winterfest Cheer and Dance Championships on Saturday, Jan. 16 at the Mountain Arts Center in Prestonsburg. The Diamond Girls will also perform during the Winterfest Cheer and Dance Championships. The 6th Annual Winterfest Cheer and Dance Championships is scheduled to get underway at 9 a.m.

Squads set to compete in the East Kentucky cheer and dance competition include Pee Wee, Elementary, Jr. High, JV/Girls' Varsity, Boys' Varsity, Pee-Wee All-Star, Jr. Prep All-Star, Jr. All-Star and Sr. All-Star groups.

Cheer divisions for the competition will include School, All-Star and Best All-Around Cheerleader. Dance divisions will include School, All-Star and Best All-Around Dancer.

Simple Cheer, Gymnastics Cheer and Pom Routine are the traditional cheer categories for the Winterfest Cheer and Dance Championships.

Dance categories will include Jazz, Hip Hop and Pom Routine.

TICKET INFO: General admission for the 6th Annual Winterfest Cheer and Dance Championships is \$5.

ONLINE:
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Floyd County Devotional Page

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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. Stoe, 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, Mousley Ky; Worship Service, 9:30; Every third Sat. and Sun. of each month; Roger Hicks, Pastor; Ralph Howard, Asst. Pastor. Contact Kermit Newsome 606-377-6881 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 11:15 a.m.; Wed. evening Bible Study & Prayer Meeting, 7:00 p.m.; Third Sun. evening Service, 6 p.m.; First Sat. evening Service, 7 p.m. Hobert Meek, Pastor, welcomes everyone.
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 Wreman.
Faith Freewill Baptist, 1/4 mile above Worldwide Egt. on Rt. 1428; Sunday Service, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m. Elder Dornie Patrick and Buddy Jones, Ministers.
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.; Graydon 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, (Brancham'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 Services, 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, Bevinville; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Pastor Roger Truety.
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
Liberty Baptist, Denver; Sunday Service, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6 p.m.; Marie Little, Minister.
Ligon Community Freewill Baptist, Ligon Worship Service, Sunday, 11:00 a.m. Thursday, 7 p.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 6 p.m.; Wednesday, 6 p.m.; Gene Bracken, Minister.
Middle Creek Baptist, Blue River; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Eugene Cook, 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.
Pleasant Valley Old Regular Baptist Church, Tinker Fork; Meeting time 1st Saturday & Sunday of each month, 3rd Sunday Evening at 6:00 p.m.; Moderator, Gary Compton; Assist. Moderator, Jimmy Conley.
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.
Sammy Clark Branch Freewill Baptist, Dana; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m.
Stephens Branch Missionary Baptist, Stephens Branch; Sunday Service, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 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.

Devotional Spotlight
St. Martha
Father Robert Darron, Pastor
Sunday Service 11:15 a.m.
Saturday Service 6:00 p.m.
Attention Church Organizations, send in a picture of your church, pastor, or youth leaders.

BAPTIST
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 Darron, 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 6:00 p.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.; WKLV (600 am) 12:05 p.m.; Roland Bentrup, Minister.
METHODIST
Auxier United Methodist, Auxier; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.; 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, 141 Burke Avenue (off University Drive and Nealey St.); Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Steve Pescosoldo, Minister.
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; 9 a.m. Contemporary Service; Sunday School, 9:45 a.m.; Worship Service, 10:55 a.m. and 5 p.m. UMYS Service; Wednesday, 7 p.m., Mark D. Walz, Pastor.
Horn Chapel Methodist, Auxier Road, Auxier; Sunday School, 10 a.m.; Sunday Morning Services, 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 Crider, 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.; Malcolm Stone, 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, Dwaile; Services Saturday, 6 p.m.; Sunday School, 10 a.m.; Services, 11 a.m.; No Sunday Night Service.

PRESBYTERIAN
Drift Presbyterian, Route 1101, Drift; Worship Service, 11 a.m.
First Presbyterian, North Lake Drive; Sunday School, 9:30 a.m.; Worship Service, 11 a.m. Rev. Vicki Poole, pastor.

SEVENTH DAY ADVENTIST
Seventh-Day Adventist, 5 miles West on Mountain Parkway, Church Service, 9:15, Sabbath School, 10:45, John Baker, Pastor, 358-9283; Church, 886-3459, leave message. Everyone welcome!
THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS
The Church of Jesus Christ of Latter-Day Saints; Sacramento Mtg., 10:00 a.m.; Sunday School, 11:20 a.m.; Relief Society/Preisthood/Primary, 12:00 p.m.; Wednesday, 6 p.m. Church Meeting House address, Hwy. 80, Martin, KY 41649; Meeting House telephone number: 285-3133; Ken Caniere, Bishop.

OTHER
Pastor Atha Johnson welcomes everyone to attend services at the CHURCH OF GOD OF PROPHECY TRAM KENTUCKY. Sunday school 10 a.m., Worship service 11 a.m.
Drift Independent, Drift; Sunday, 11 a.m.; Thursday, 6:30 p.m.
Grace Fellowship, Prestonsburg (next to old flea market), Sunday School, 10 a.m. Worship, 11 a.m. Bill Stukenberg, Pastor 889-0905.
Faith Deliverance Tabernacle, West Prestonsburg; Sunday School, 10:30 a.m.; Thursday, 7 p.m.; Don Shepherd, Minister.
Faith 2 Faith, Harkins Ave., West Prestonsburg; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Thurs 7 p.m. Randy Hagens, Minister. 886-9460.
Faith Fellowship, Allen, Ky. Sun. School, 10 a.m.; Worship Service, 11 a.m.; Sun. Evening, 6 p.m.; Wed, 7 p.m. Carl & Missy Woods, Pastors.
Faith Worship Center, US 460, Paintsville; Worship Service, 11 a.m.; Thursday, 6 p.m.; Buddy and Maude Frye, Minister.
Full Gospel Community, (formerly of Martin) moved to Old Allen; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Sunday evening, 6:30 p.m.; Wed., 6:30 pm.; Lavinone Lafferty, Minister.
Lighthouse Temple, Main St. and Hall St.; Worship Service, 12 p.m. and 7 p.m.; Wednesday/Friday, 7 p.m.; Roy Cosby, Minister.
Living Water Ministries Full Gospel Church, Rt. 3, just before Thunder Ridge; Wednesday, 7:00 p.m., Sunday Evening, 6:00 p.m. Pastor: Curt Howard.
Martin House of Worship, Old Post Office St.; Worship Service, 7 p.m., Saturday/Sunday.
Old Time Holiness, 2 miles up Arkansas Creek, Martin; Sunday School, 11 a.m.; Worship Service, 7 p.m.; Friday, 7 p.m.; John W. Patton, Minister.
Spurlock Bible (Baptist), 6227 Spurlock Creek Rd., Prestonsburg; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Jim Stephens, Minister. 886-1003.
Town Branch Church; Sunday School 10 a.m. except for first Sunday in each month; Worship Service, Sun, morning 10:00 a.m.; Evening 6 p.m.; Wednesday, 6 p.m.; No Sunday night services on first Sunday of each month. Tom Nelson, Minister.
The Father House, Big Branch, Abbott Creek; Sunday School, 10 a.m.; Worship Service, 6 p.m.; J.J. Wright, Minister.
The Tabernacle, Rt. 321 (Old Plantation Motel), Christian Educator, 10:00; Sunday Morning, 11:00; Sunday Evening, 7:00; Wednesday, 7:00; Pastors, Paul and Ramona Alken.
Youth Fellowship Center, Wheelwright; Monday-Tuesday, 6 p.m.; Thursday, 7 p.m.
Zion Deliverance, Wayland; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m. Prayer Line: 358-2001; Darlene W. Amette, Pastor

Taylor Chapel Community Church, formerly the old Price Food Service building, located 1/4 quarter mile above Worldwide Equipment, Rt. 1428. Sun. Bible Study, 10 a.m.; Sun. Morning Service, 11 a.m.; Sun. Evening, 6:30 p.m. Kenny Vanderpool, Pastor.
International Pentecostal Holiness Church, 10974 N. Main St., Martin; Rev. Ellis J. Stevens, Senior Pastor.
Rising Sun Ministries, 78 Court Street, Allen, Ky.; Sunday, 10:30 a.m.; Wednesday, 6:30 p.m. Pastor: D.P. Curry.
Church of God of Prophecy, Sunday School 10 a.m., Worship Service 11 a.m., Sunday Night - 6 p.m., Wednesday Night - 6 p.m. Pastor Glenn Hayes. West Prestonsburg.
House of Refuge, Rock Fork; Sunday Evening Worship 6 p.m., Monday Bible Study 7:30 p.m., Wednesday Prayer Meeting 7:30 p.m., Bill B. Tussey, Pastor

ERT EAST KY METAL
506 Bucks Branch, Martin 1-800-264-9813
US 23 Prestonsburg 1-800-446-9879

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1989 Crown Victoria for sale. Good condition \$1,200. Call 874-2421 or 226-5583

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For Sale 2002 Pontiac Sunfire 2-door, white automatic with sunroof. \$6,200 Call 874-2745 or 874-9703.

For Sale: 1987 Dodge ram B-250 Van. (Fair Condition) 1 owner. Can be used for passenger or cargo transport. \$1,295. Call 285-9112.

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EMPLOYMENT

HIGHWALL MINER JOBS AVAILABLE:

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Prestonsburg Health Care Center has an opening for a full time 6P-6A LPN or RN. Also full time and part time CNA. We offer competitive wages and excellent benefits. If interested please stop by or send a resume to 147 N. Highland Ave. Prestonsburg Ky 41653 (beside Prestonsburg elementary) or call 886-2378.

Service Technician needed. Needs to have general knowledge of plumbing, electrical and carpentry. Manufactured home experience preferred but not necessary. Pay based on experience. Bluegrass State Home Showcase. 874-1050.

Accounting Position: Auto dealership serving Ford and Chevrolet is seeking a qualified Accountant, a CPA preferred, for a Controller position at an Auto Dealership... Compensation and Benefits commensurate with experience. Great staff with bonus and Growth potential. Fax your resume to: Auto Dealer (866) 266-0378.

Local industrial distributor requires the services of an experienced delivery truck driver. Class B CDL required as well as experience with forklifts. Clean driving record a must. Local delivery only. M-F. This is a full time job with competitive pay and an excellent benefits package (including health/ dental/life ins., 401 (k) and bonus). Send resumes and / or letter detailing experience to: Delivery Truck Driver, Po Box 100, Banner, Ky 41603

Battery repair man needed. Amount paid depends upon experience. If interested call 377-2032.

Positions available for RN's, LPN's, CNA full time. Also available laundry & house-keeping part time.

Looking for babysitter to come to home to care for 1 child. Must provide references & must be able to pass criminal background check. Located in Prestonsburg. Please call 886-0744 or 794-5880 for more information.

Baptist Learning Center has openings for (teachers, assistants, cook) Apply in Church Office. Glenda Blackburn, Director.

General workers needed for various job such as: Endloader operator, backhoe operator. Welding both gas and electric. Must be familiar with reclamation and permits. Must have references from last three employers. Drug test will be required. Salary will be negotiated. Send resumes to PO Box 318 McDowell, Ky 41647

Hiring now for an experienced floral designer. Call 874-1703. 2 wks 01/09

Abbott Engineering, Inc has an immediate opening for a **Rodman R. Baumgartner, S P H R** "mailto:dbaumgartner@hqmmail.com" "dbaumgartner@hqmmail.com (859) 806-1517 Fax (859) 523-5564 PO Box 910844 Lexington, KY 40591-0844

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 P.O. Box 990, Allen,

House for sale: Located at 145 hibiscus Ct, Prestonsburg. First left past BSADD. Brick ranch style, 3br with garage and large covered patio. Private almost an acre lot. Newly remodeled throughout with new light fixtures. New floor coverings and new warranted central heat and air. Beautiful and ready to move in as soon as we close. \$115,000 For more info call 886-8977.

WELDING POSITION AVAILABLE.
PAY RATE RANGES FROM 8PER HR TO 17 PER HR DEPENDING ON EXPERIENCE.
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MONDAY-FRIDAY
8:00AM-5:00PM
285-9358

Paintsville, Ky from Monday - Friday between 8:00 am to 4:30 pm.

Independant Sales Agent wanted. Call 1-606-424-9593 or fax resume to 285-3272.

Office personell needed. Must have experience or business degree. For more information call 606-478-9501.

AVON Sign up for 10.00 and Receive Free gift. Earn pocket or career money, you decide. Call Jency at 886-2082

Human Resource Director - We are looking for the right person to be a part of the management team who has a track record of building a culture of team work. The successful candidate will have human resource experience preferably in health care experience and be certified as a PHR or SPHR or whose combination of education and experience will give them the best opportunity for success. Interested candidates should send their resume to: **Pikeville Healthcare Center David R. Baumgartner, S P H R** "mailto:dbaumgartner@hqmmail.com" "dbaumgartner@hqmmail.com (859) 806-1517 Fax (859) 523-5564 PO Box 910844 Lexington, KY 40591-0844

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 P.O. Box 990, Allen,

LPN position available at Mt Manor of Paintsville. Excellent wages and benefits. Apply in person at 1025 Euclid Avenue,

Ky. 41601. Phone inquiries not accepted.

Carpenters wanted for housing renovations in Floyd Co. Min 5 years experience, hand tools & transportation required. Minimum \$12.00 per hour to start. Long term opportunity if willing to travel. call Luke @ 717-682-8816.

Heavy Equipment Steam Cleaning Company needs employees. Must have valid drivers license and up to date surface mining papers. Mine Emergency Tech. is a plus. Call Mon. Thru Fri. 9:00 a.m. to 5:00 p.m. (606) 886-1759 if no answer leave message.

3 Caret diamond bracelet for sale. \$250. Call 791-0107.

Merchandise

BOOK FOR SALE **Korners of inspiration** (A collaboration of Kim's Korners). Priority mail \$13.30, shipping UPS \$20.00, allow 2-4 weeks for delivery. To order send check or money order to Kim Frausre 955 Abbott Mountain Road Prestonsburg Ky 41653, or email klfrasure@bell-south.net

2- 6 ft glass display cases for sale. Also 2- 5 ft wood cabinets for sale. Call 886-3142. 9am-5pm

For Sale Antiques: Antique John Deer Disc Harrow \$600. Antique G.E. Refrigerator \$350. Antique Horse Drawn Plows \$200. Antique Clawfoot Bathtub \$125. Antique double Washtub with Wooden Ringer \$125. Call 874-2421.

For Sale: Beautiful Maggie SoHero wedding

• FOR SALE •
Large Shop Building
9,000 sq. ft. under roof. 9 rollup doors, approx. 3.5 acres level land. Tractor/trailer accessible, 3-phase power to the building. Located 6 miles from Allen red light at Cow Creek. \$150,000.
Call 437-1656 or 433-3077

IMMEDIATE OPENING:
Local industrial distributor requires the services of an experienced delivery truck driver. Class B CDL required as well as experience with forklifts. Clean driving record a must. Local delivery only. M-F. This is a full-time job with competitive pay and an excellent benefits package (including health/dental/life insurance, 401(k) and bonuses). Send résumé and/or letter detailing experience to:
Delivery Truck Driver,
P.O. Box 100, Banner, KY 41603
EOE, M,F,D,V

gown size 12 original cost \$1600, selling \$500. Call 606-886-9626. If interested please leave message and number.

For Sale: Beautiful purple prom dress. Size 26W. Originally paid \$400 for dress asking \$100. Call 424-3794.

3 Caret diamond bracelet for sale. \$250. Call 791-0107.

BOOK FOR SALE A book by Donald Crisp "Growing up on Bucks Branch". In Floyd county, on sale now!!! \$12.50 plus shipping and handling. Contact Donald at 285-3385.

Animals

AKC registered Boxer pups. Asking \$350. Tails docked - dew claws removed - shots & wormer up to date. Call (606) 298-2529. Both male & female.

Appliances

Murrell's Appliance Used refrigerators, ranges, washers, dryers, & more with 90 day free warranty. Delivery available. Stone Coal Rd Garrett, Ky. 606-358-9410

For sale: Side by side refrigerator, refrigerated brand. White in color w/ water & ice maker. Excellent condition. Also HP desktop computer w / all accessories. Please call 794-1176.

Furniture

Paladin Sofa and chair for sale.

Retails for \$3,300 set. 1 1/2 yrs old. Will sale for \$1,000. Call 358-9407.

Sofa & /Chair for sale. Newly apolstered. \$450 Must see to believe. Beautiful!!! Call 1-859-6283 or 1-422-5597.

Misc.

4 Wheels for 1995 3000 GT. Rims and tires \$500. Also 1996 Honda XR80 used very little \$500. Call 886-8775

Computer monitor, keyboard, mouse, & scanner / printer. Call 785-4282 for details.

Tanning Bed for sale. Call 886-8843 or 791-2727.

REAL ESTATE

Homes For Sale

3 Bd house for sale. 1 1/2 bath new kitchen & app. Commercial bldg also located

2 houses for sale in upscale neighborhood. Located at 270 sunshine Lane and 288 Sunshine Lane in Wells Edition of Pike County. Located just off four lane. Call 437-1950 or 424-1150.

3 br house for sale. Located above Wayland with central heat and air. 2 car garage plus extra storage with 1 1/2 bath. \$59,900 Call 358-4541 or 424-0379.

on property. Located on Middle Creek. Call 8886-2699.

For sale by owner. 3 br,1 bath completely remodeled. Close to new school. Great Hwy access. No money down. Financing available. Estimated monthly payment \$600mth with taxes and insurance included. For more information call 606-265-1734.

House for sale. 3,500 square ft. Large lot. Off hwy114. Call 886-8366

2 houses for sale in upscale neighborhood. Located at 270 sunshine Lane and 288 Sunshine Lane in Wells Edition of Pike County. Located just off four lane. Call 437-1950 or 424-1150.

Brick & Stone House for Sale. Four bedrooms, two and a half baths. 2900 square feet. Desirable location in Trimble Branch. Reasonably priced.

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 Must be a graduate from an accredited school of nursing. Must be licensed in the state of employment. A valid driver's license is required.

Interested persons may apply at 327 Correctional Road, Wheelwright, KY 41669, online at www.correctionscorp.com

Otter Creek Correctional Center is an equal opportunity employer M/F/D/V

Management Position available with Gearheart Communications Customer Service Manager

Qualified applicants will possess leadership qualities; 4 year degree with 3 to 5 years of customer service management experience or equivalent combination of education and experience.

Apply at 20 Laynesville Rd. or www.gearheart.com

Call 886-2020

HOUSE FOR SALE
Newly constructed house for sale located at Abbott Creek. Vaulted living room ceiling, 3 BR, bonus room, fireplace, with cherry hardwood floors and cabinets with spacious attached garage. Located 4 miles from us 23. Panoramic view located in new subdivisions. \$210,00 asking price Seller willing to help with closing costs! Call 606-285-0054 606-791-0719, evenings 606-377-6042

Sale or Lease

Apartment building for sale by owner. Located near HRMC. Call 889-9717, for more information.

4 Unit apartment building plus storage for sale. Good location. Call 886-8366.

Prestonsburg business for lease. Great location on the main road, close to downtown and the courthouse. lease as is or change, many possibilities. ie restaurant, sports bar, office complex. ample parking. May consider selling. Call 791-3663.

Beauty shop for rent. Equipped with 3 stations and tanning bed. Would consider renting for commercial use other than beauty shop. Rt. 122 1 mile South of Martin across from Garth Technical School. Must have references. 285-9112.

Commercial property 12 acres next to Walmart & McDonald's in Prestonsburg. 886-3023 after 5pm.

FOR SALE
Property for sale between Prestonsburg and Painstville. Also, double wide for rent. \$500 plus deposit. Call 606-789-6721 or 792-792-6721. No pets.

FARM FOR SALE
Floyd county 75 acres more or less, rt. 1100 off US 23 East Point Upper Little Paint. Lum Derossett Branch. Call 606-325-4430 or 606-325-2809. Level- Sloping and timber. HUNTERS PARADISE!! Could be made into a subdivision.

Rentals

2br 1 bath house for rent at Martin. Lg yard \$350..mth. \$350 deposit. Call 789-3724 or 791 9331.

APARTMENT

Town house apt for rent. 2 br 1 bath. Stove and refrigerator. City limits at 23 & 80. \$525 mth plus utilities with \$300 deposit. 1yr lease. NO PETS. Call 237-4758

1 br Apt. Appliances & utilities furnished located between Prestonsburg and Paintsville. \$500 mth \$250 deposit. LIKE NEW. Call 791-6016.

2 br Apartment for rent including stove, refrigerator, washer and dryer. Located at 286 US Hwy 23 North Prestonsburg. Call 874-0032. \$500 mth plus \$250 security deposit.

Apartment for rent.

2 & 3 bedrooms. Behind woods grocery. Stop in or call 874-2380.

Apartment for rent on US 23 at level. 2bd, 1 bath \$350 mth \$350 security deposit. 1 yr lease. NO PETS. Call 478-8100.

Large Unicourt Apt for rent located at Stanville on US 23. 2br, 2 bath walk in closet. 1yr Lease. No pets. Please call 606-478-8100.

1, 2, and 3 bedroom apartments for rent. Call 886-8366.

1 Br efficiency apartment for rent located on 1428. No pets, NO HUD \$475 month utilities included. \$225 security deposit. Call 606-262-4296.

3br apt for rent. 2 baths, parking for trucks. Will rent to contractors. Mt Parkway 6 miles from Prestonsburg. Call 886-8366

Townhouse 2 BR 1 Bath w/d hookup 2 car garage \$575 per month plus utilities plus deposit. Call 606-477-2783

For rent furnished studio apt. Suitable for one person. Near college. Utilities included. Deposit required. No pets. Also 1 br unfurnished Apt. Call 886-3565 or 874-9976.

Efficiency Apt for rent. \$375 mth. \$375 deposit. Must be paid before moving in. Call 285-9003.

1Br furnished apartment located 3 miles from Prestonsburg. Call 358-9483 after 6:00 pm or 794-9484.

Apt. For rent: 1 and 2 BR apartments on Rt. 321 near Porter school. Central heat and air, washer and dryer hookup. \$375 per month plus references and deposit. Seniors welcomed! Call 789-5973.

Houses & town houses for rent. Also one bedroom. NO PETS. Located in Prestonsburg. Call 886-8991.

Furnished 1 bed room Apt. Central heat & air. Rent starting at \$375. month, + \$300. deposit water included. Located near HRMC. 606-889-9717.

Houses

House For Rent - 4 BR, at Allen, Ky. Central H / Ac \$800.00 per month + security deposit. Call 794-0249

4 br house for rent or sale. 2 1/2 baths. 20 acres with barn, garage. 8 miles from Prestonsburg. Call 859-745-1556

2 br central H / AC Martin, Ky \$500 month plus deposit. Call 794-0249

3 br 2 bath house located at Betsylayne. 2 car garage w / extra storage Also fireplace, all appliances. \$1,000 mth. Call 606-434-2852.

House for rent. \$550. Per month. Also apt for rent \$450mth. Both located at Betsy Layne area. No pets. Deposit required. Call 606-478-9501

2 Br house for rent on Cracker bottom at Martin. Call 886-9246.

7 room house for rent in Martin.

Recently renovated. 2 Br 1 bath. Stove, refrigerator, washer and dryer. \$500 mth plus utilities. \$300 deposit. References required. NO HUD. NO PETS. Call 285-3140.

Mobile Homes

16x60 mobile home for rent. Nice lot with storage building. 1 mile from walmart. \$500. mth plus utilities. Call 886-0226 after 5:00pm

Extra nice 3 br for rent. Located on Cow Creek. \$425 per month plus utilities and security deposit. Call 606-874-2802.

2 Br Mobile home for rent located on Cliff Road, Fannin Lane Prestonsburg. Call 886-3047 or 226-3047.

3 BR 2 bath MH for rent with large deck.. Located at 315 Adams Cemetery Road. Call 791-8617 or 791-4471. \$450 per month.

Mobile home for rent. 14x60 2 br all appliances total electric, private lot & garage on Arkansas Creek, Martin. \$425 month plus utilities. Serious inquires only please. NO HUD. CALL 886-6665.

Your dream home built to specs. Need a home? Lot clearance sale going on. Government home loans. Limited time only. Love your land? Hate your home? We take trades. Need a new home. Slow credit, bad credit, even bankruptcy. We can help! New homes for less than the average car payment. Call 874-1050.

LEGALS

NOTICE OF INTENTION TO MINE Pursuant to Application Number 836-0349

In accordance with the provisions of KRS 350.055, notice is hereby given that Miller Bros. Coal, LLC, P.O. Box 990, Allen, Kentucky 41601, has applied for a permit for a surface coal mining and reclamation operation, affecting 295.0 acres and will underlie an additional 433.0 acres, located 1.8 mile southwest of

Grethel, in Floyd County. The proposed operation is approximately 0.8 mile west from Frasure Branch Road junction with KY Route 979, and located in Frasure Branch of Mud Creek.

The proposed operation is located on the McDowell U.S.G.S. 7-1/2 minute quadrangle map. The operation will use the contour strip and highwall/auger methods of mining. The surface area is owned by The Elk Horn Coal Company, LLC, Stelton & Eugenia Reynolds, Parson Heirs, Bobby Lawson, Thomas Kidd, Palmer Hamilton, Lewis Moore Heirs, Richard Moore, Miller Bros. Coal, LLC, Greeley Newsome, and Miller Bros. Coal, LLC et al. The operation will underlie surface area owned by The Elk Horn Coal Company, LLC, Stelton & Eugenia Reynolds, Parson Heirs, Thomas Kidd, Palmer Hamilton, Lewis Moore Heirs, Richard Moore, Miller Bros. Coal, LLC, Greeley Newsome, and Miller Bros. Coal, LLC, et al. The operation will affect an area within 100 feet of public road, Frasure Branch County Road, but no closer than 0' of Frasure Branch County Road. The operation will not involve relocation or temporary closure of the public road. The application has been filed for public inspection at the

Department for Natural Resources, Division of Mine Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Prestonsburg, Kentucky 41653. Written comments, objections, or requests for a permit conference must be filed with the Director, Division of Permits, No. 2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601. This is the final advertisement of this application; all comments, objections, or requests for a permit conference must be received within 30 days of this date.

PUBLIC NOTICE

Notice is hereby given that Floyd Skeans, P.O. Box 248, Dwale, KY 41621, has filed an application with the Natural Resources and Environmental Protection Cabinet, to place a fill only to the floodway, and construct houses. The site is approximately 4 miles west of Prestonsburg, on Ky. Route 114, in Floyd County, Kentucky. No encroachment upon the floodway channel of Middlecreek will occur. Comments or objections concerning this application should be directed to: Kentucky Division of Water, Water Resources Branch, 14 Reilly Road, Frankfort Park, Frankfort, KY 40601. Phone: (502) 964-3410.

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Become a Kentucky organ & tissue donor. Sign the back of your drivers license or place a Donor Dot on it - & tell your family of your wishes.

For information contact: 1-800-525-3456, or www.trustforlife.org



Kentucky Circuit Court Clerks Association Organ And Tissue Donation Awareness

SOUTHERN WATER & SEWER DISTRICT REQUEST FOR PROPOSALS MEDICAL INSURANCE COVERAGE

The Southern Water & Sewer District, (Southern Water) is requesting proposals from qualified insurers to provide the District with medical insurance coverage for its employees.

Background: The District is seeking proposals for medical, dental, and vision insurance. A listing of current individuals who are employed by the District and insurance limitations and specs may be picked up at the McDowell office.

Basic information about the District:

Current No. of Customers: 7,700
Governing Structure: Special District, created pursuant to KRS Chapter 74, governed by a 5 member Commission
Service Area: Southern Floyd County/Right Beaver section of Knott County Harold-Betsy Layne Area Water and Sewer
Utilities:

Submission of Proposals

The District will accept proposals for medical insurance coverage as outlined herein until 4:00 p.m., January 23, 2008. All bid packages will be reviewed and selected based on the lowest cost and best service to be provided. All proposals must include at least five references of current customers, or the proposal will not be considered. Proposals must be mailed or hand delivered to the following address:

SOUTHERN WATER & SEWER DISTRICT MEDICAL INSURANCE PROPOSAL Attn.: Paula Johnson, Chairperson 245 KY Route 680 P.O. Box 610 McDowell, KY 41647

Any questions or concerns may be addressed to: Hubert Halbert at the above address, or by calling (606) 377-9296.

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FLOYD COUNTY Around Our Schools



May Valley students 'red hot'

May Valley Elementary staff greeted students in the early hours of the morning to congratulate them on their "Red Hot" CATS testing performance. The school is ranked second in the state. Excellent work, MVE students!

ACMS Library receives grant

The Kentucky Book Fair, Inc., has awarded a \$1,000 grant to the Allen Central Middle School Library to be used to purchase a core health collection for students.

Kentucky Book Fair were used to help support the ACMS school library, as well as 10 other Kentucky libraries.

Since the inception of the Kentucky Book Fair in 1981,

over \$300,000 has been awarded to Kentucky libraries through this non-profit organization.

Congratulations, ACMS Library!

ACMS students attend Kentucky Youth Assembly

Allen Central Middle School represented eastern Kentucky well this fall at the Kentucky Youth Assembly, in Frankfort.

The Kentucky Youth Assembly is a Youth in Government program designed to provide hands-on experience in the Executive, Legislative, and Judicial branches of government. The overall goal of the conference is to teach the mechanics of government and

to impress upon students the importance of active participation to the success of a democracy. For three days, students play the various roles integral to the operation of a state government, including state representative, senator, member of the press, Supreme Court justice, Governor, and more.

At the conclusion of the conference, ACMS was presented top honors for "Best Bill." The bill authors were

Kaitlyn Belamy, Megan Brown, and Barbara Coleman. Kaitlyn Belamy was also recognized as "Outstanding Speaker." Sixth grader Cameron Stephens was also recognized for his speaking during the conference. Allen Central Middle School KYA is sponsored by Mr. Brad Short and Mr. Jeremy Hall. Assisting with the bills were Mrs. Rebecca Ratliff and Miss Sally Hotelling.



First grade students in Deborah Walker's class had a sweet time building gingerbread houses. Students read author Jan Brett's *Gingerbread Baby*, spelled compound words, studied geometric shapes, learned the history of gingerbread and designed their houses. High school mentor, Kristan Little helped students with their creations.



What is a hero?

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

Afterschool programs
 Helping kids find the hero within.

Two schools receive Youth Literacy Grant

McDowell Elementary and Betsy Layne Elementary Schools are the recipients of a Dollar General Store Youth Literacy Grant. Each school will receive \$3,000 to be used

to upgrade the computerized component of their Accelerated Reader and STAR Programs to a web based AR Enterprise. Only four grants were awarded statewide and

the two Floyd County Schools were among them.

Congratulations go out to McDowell and Betsy Layne Elementaries!

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