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Friday, April 17, 2009

The Times

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briefs

Commission questions report

by JARRID DEATON
FEATURES WRITER

PRESTONSBURG — A special called meeting of the Prestonsburg Tourism Commission on Wednesday was dominated by discussion about a report concerning the Jenny Wiley Festival's expenses and profits.
Donna Wells Blackburn, chairperson of the Jenny Wiley Festival Committee, presented the report to members of the tourism commission, with Donzell Allen calling attention to the fact that the report appeared to be incomplete in regards to a horse show held during the festival.
The document showed a loss of \$7,000 for the horse show, with the tourism commission giving funding in the amount of \$10,000 for the festival. Blackburn said that some information, including possible money made from the show, was left off the report.

"I would like to know what you made on the horse show," Allen said. "It's inconceivable to put in over \$10,000 and only have \$4,000 coming in. I think this report is totally incomplete."

Blackburn agreed that

(See REPORT, page three)

2 DAY FORECAST

Today
Sunny

High: 74 • Low: 44

Tomorrow
Mostly sunny

High: 74 • Low: 48

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

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

Rogers headlines busy day at Archer Park

by SHELDON COMPTON
STAFF WRITER

PRESTONSBURG — A mixed bag of events took place at Archer Park in Prestonsburg Wednesday that centered around programs which have been the focus of U.S. Rep. Hal Rogers for the past several years.

Dignitaries, national, state and county officials and other groups, as well as private individuals, gathered for check presentations to Prestonsburg Tourism and Operation UNITE.

Tourism director Fred James accepted

a check for \$500, given as part of Tour SEKY, a program that began the Redbud Trails program in 2004.

Redbuds were planted along the entrance to the park shortly after the check presentations.

The tourism department plans to fund the design of a Redbud Quilt Block. SEKY has funded several quilt blocks in the region to date.

Another group that received funding was Operation UNITE. Karen Engle accepted a donation of \$500 from Saint

(See ROGERS, page two)



U.S. Rep. Hal Rogers spoke to a group at Archer Park in Prestonsburg Wednesday. Rogers, along with several other officials, were on hand to see local programs receive funding and to commend the efforts of PRIDE volunteers and organizers.

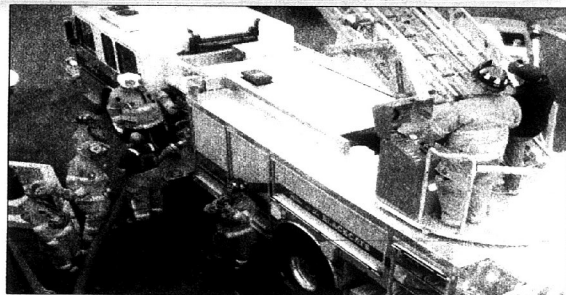
photo by Sheldon Compton

NEW EQUIPMENT



photo by Sheldon Compton

Members of the Prestonsburg Fire Department tried out their newest piece of equipment, an aerial fire truck city officials say will vastly improve both response time and their ability to offer more effective forms of rescue.



Firemen train on new truck

by SHELDON COMPTON
STAFF WRITER

PRESTONSBURG — Members of the Prestonsburg Fire Department spent the better part of Wednesday morning testing their newest truck.

But this is no typical fire truck, says David Kalv, a salesman for American Fire Equipment and a captain of a Mason County fire

department with decades of experience fighting fires.

"This is the highest quality ladder truck available," Kalv said Wednesday. "A truck like this will last for years and years."

The specs for the truck are impressive enough before seeing it action.

A 2009 Spartan Chaise, the truck boasts a 75-foot galvanized, aerial ladder and what is known as

a waterless pump that produces 1,500 gallons of water every minute from an average hydrant.

"Before there were two trucks doing the one job this truck takes care of," Kalv said. "There was one for the water pump itself, but this truck encompasses both of those functions."

And the performance during

(See TRUCK, page two)

Hall pleads guilty to drug charges

by SHELDON COMPTON
STAFF WRITER

LONDON — An Eastern Kentucky man has admitted in heading an elaborate drug ring that brought millions of dollars worth of prescription pills into the region.

Timothy Wayne Hall, 46, pleaded guilty to federal charges of conspiring to cross state lines to Philadelphia and Michigan and bring back over 200,000 pills into the area.

Hall was indicted on the charges this past summer following his arrest in 2007. Others named in the indictment who also pleaded guilty in the case were William Marsillet, Kenny Darryl Hamilton and Kimberly Hall. These were included in a superseding indictment.

Also named in the superseding indictment were physicians Randy Weiss, Lloyd Stanley Naramore and pharmacist Thomas F. Stark.

Of those named in the superseding indictment, Kenny Darryl Hamilton has been sentenced, while the others, like Hall, have entered pleas.

The original indictment named several others, many of whom have also been sentenced in the case. Those sentenced who were involved in the drug ring and who have already been sentenced were Damon Newsome, Alfred Lee King, Mark William King, Shirley R. King, Woody Hamilton, Casey Honaker Collier, Alexander Hall, Brenda Hall, James Eddie Hall and Misty Duncan.

(See GUILTY, page two)

Hudson leads paper to prestigious award

by JARRID DEATON
FEATURES WRITER

WASHINGTON, D.C. — A prestigious journalism award given to The Washington Times has a local connection in the form of the reporter that led the investigation.

Audrey Hudson, the daughter of Ann Latta, of Prestonsburg, and the sister of former Floyd County Times reporter Jack Latta, led the newspaper's 10-part series "Disposable Heroes" that won the Society of Professional Journalists' Sigma Delta Chi award for public service.

The series disclosed what many view as the unethical treatment of veterans during a Veterans Affairs medical experiment.

One of the people focused on in the series



Audrey Hudson

(See AWARD, page two)

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Funds allocated to help public defenders continue services this year

FRANKFORT — Gov. Steve Beshear announced Thursday that through a series of cost-cutting measures and reallocation of existing funds, the Department of Public Advocacy (DPA) has enough money to continue operating through the end of June.

"We acknowledge that this is a short-term fix to a broader funding problem," Gov. Beshear said. "However, the services provided by this agency are too important to allow them to be discontinued for the remainder of this fiscal year. The entire judicial system would be jeopardized."

"Working with the General Assembly, I am committed to finding funding to address the budget needs of both the prosecutors and the DPA next fiscal year," Gov. Beshear said. "We will face another difficult budget next year, but the criminal justice system is — and must remain — a top priority."

The Beshear administration has been working with DPA over the last several weeks to address their fiscal challenges. To address the budgetary shortfall this year, steps taken will include:

- Reducing expenditures to minimal levels;
- Continuously monitoring and evaluating the need for any expenditures between now and June 30;
- Implementing a hiring freeze on all positions in the agency for the remainder of

the fiscal year;

■ Delaying payment on a series of bills until the beginning of the next fiscal year; and

■ Allocating an estimated \$2 million from the State Salary and Compensation Fund to allow the DPA to operate through the end of the year.

"We appreciate the Governor's time and attention to our needs and applaud his decision to ensure our constitutionally mandated services continue through this year so that our vital role in representing our clients, keeping the courts functioning and in ensuring public safety for Kentuckians continues," said Public Advocate Ed Monahan. "We are also fortunate to have a Governor who will be working with us on our future funding needs."

Commonwealth and County Attorneys' offices throughout the state also faced a budget crunch this year, but unlike the DPA, prosecutors were able to call upon the legal authority to furlough employees to help address any shortfall. As a result, representatives of the Commonwealth and County Attorneys indicated that they have already taken steps to deal with this year's budgetary shortfall and are focused on next year's budgetary issues.

Mike Foster, Christian County Attorney, president of the Kentucky Association of Counties and a member of the Prosecutors

Advisory Council stated that "prosecutors have attempted to deal with this budget crisis by implementing over \$5 million in budget cuts during the current fiscal year ending June 30, 2009 through a series of layoffs, furloughs and the transmittal of local funds to the State Treasury."

"Unfortunately, Prosecutors are now confronted with an additional shortfall of \$4.7 million in the Fiscal Year beginning July 1, 2009. Additional cuts of this magnitude would totally devastate the criminal justice system in the state of Kentucky."

Foster further stated "we truly appreciate Governor Beshear's commitment to addressing these critical issues and the budget shortfalls that created this crisis."

Proposed legislation that would have allocated an additional \$4.7 million each to DPA and Commonwealth and County Attorneys did not pass in the recently completed legislative session. That raised questions about whether the Governor has the authority to appropriate funding on his own to prosecutors and DPA.

However, Gov. Beshear said it was not necessary to resolve that issue since this solution reallocates existing funds. The more important issue, he said, is the long-term funding of the criminal justice system — a solution that will require work from both the executive and legislative branches.

Obituaries

Bill Campbell

Bill Campbell, 81, of Lake Road, Prestonsburg, died Tuesday, April 14, 2009, at the Pikeville Medical Center.

Born May 30, 1927, in Floyd County, he was the son of the late Will and Susan Calhoun Campbell. He was a retired welder and minister. He was preceded in death by his wife, Ruth Allene Castle Campbell.

Survivors include three sons: Gregory Campbell and Gene David Campbell, both of Prestonsburg, and Bill Campbell Jr., of Florence; two daughters: Teresa Marie Wells of Lexington, and Diana Lynn Campbell of Parkersburg, West Virginia; a brother, Elzie Campbell of Prestonsburg; a sister, Allie Hall of Prestonsburg; and seven grandchildren: Craig, Erin, Kerry, Heidi, Brandon, Michael, and Andrea; and four great-grandchildren: Mark, Chase, Sydney, and Ethan.

In addition to his parents and wife, he was preceded in death by his brothers and sisters: Alvin, Arthur, Wess, Earl, and Lee Campbell; and Martha Huffel, Sis Ramey, and Anna Mac Ramey.

Funeral services were held Thursday, April 16, at 11 a.m. at Nelson-Frazier Funeral Home, in Martin, with Rev. Bill Campbell and Rev. Roger Ford officiating.

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

Visitation was at the funeral home. (Paid obituary)

George William "Bill" Rorrer

George William "Bill" Rorrer, 70, of Prestonsburg, died Monday, April 13, 2009, at Cabell-Huntington Hospital, in Huntington, West Virginia.

Born August 30, 1938, in Hi Hat, he was the son of the late Guy Kelly Rorrer and Margaret Fralcy Rorrer. He was a retired Flavor Rich Dairies salesman, and a member of the Auxier Free Will Baptist Church.

He was preceded in death by his wife, Donna Powers Rorrer.

Survivors include three daughters: Pat Lemaster and Stephanie Hall, both of Prestonsburg, and Tammy Hammonds of Lincoln Park, Michigan; a sister, Nora Elkins of Prestonsburg; four grandchildren: Ricky, Jessica, Kaitlyn and Brayden; and three great-grandchildren: Zack, Will and Cova Ann.

In addition to his parents and wife, he was preceded in death by a brother, Guy Rorrer Jr.

Funeral services will be held Friday, April 17, at 1 p.m., at the Auxier Free Will Baptist Church, with Bobby Joe Spencer officiating.

Burial will be in the Auxier Relocation Cemetery, under the direction of Nelson-Frazier Funeral Home, in Martin. Visitation is at the church. (Paid obituary)

Harold man charged with attempted kidnapping

by JARRID DEATON
FEATURES WRITER

PRESTONSBURG — A Harold man has been arrested after allegedly attempting to kidnap a minor under the age of 18 in Prestonsburg.

Brian K. Justice, 38, was arrested last week and charged with criminal attempt of kidnapping a minor.

According to the police report, Justice allegedly asked the minor boy to get into his car and go for a ride. The boy reportedly ran to Prestonsburg High School, where he used the phone to call the police.

Floyd County Attorney Keith Bartley said this is the second time that Justice tried to entice the youth into his vehicle, with the previous inci-

dent occurring around a month ago.

"The minor ran away both times," Bartley said. "This time, he gave police a real good description of what the suspect looked like and what he was wearing and the vehicle that he was driving. It made it easier for police to identify him."

Justice was transported to the Floyd County Detention Center, where he is currently held on a \$50,000 cash bond. A motion was filed earlier this week to reduce the bond and a hearing will be held on the motion today.

A preliminary hearing for the case against Justice is scheduled for April 20.

Report

■ Continued from p1

bending the trunks under the pressure.

"There are more safety features with this truck and newer technologies," added Kalv. "And this will make rescues more effective now that firefighters are far less challenged in rescuing those trapped, for instance, in two-story buildings."

Members of the fire department took part in early training sessions in February of this year as well and will undergo further instruction if needed, said Kalv.

The report needed to be completed and resubmitted to the commission at the next meeting. Blackburn also told the commission that bad weather and the economy were major factors in the poor turnout for the horse show.

Prestonsburg Mayor Jerry Fannin agreed with Blackburn and said that he had considered canceling the event due to the weather.

Also at the meeting, the commission voted to give \$1,000 to the Friends of Middle Creek to be used to fund the Battle of Middle

■ Continued from p1

Creek reenactment. The group, which received \$300 from the tourism commission last year, asked for \$2,000 to help fund the battle this year. After a brief discussion, the members voted on \$1,000.

Funding for an upcoming golf tournament was also approved by the commission in the amount of \$1,000, as well as \$1,000 for the Floyd County Emergency and Rescue Squad annual bass fishing tournament, scheduled to take place at Dewey Lake on May 2. The first-place prize for the event is \$3,000.

■ Continued from p1

Rogers said the success of the PRIDE program has been a situation where "we all sung from the same page in the songbook."

Turner had spoken earlier in the afternoon of a similar outlook about Rogers' programs.

"We have to have good teamwork," said Turner, a former basketball coach. "We always have to have good teamwork. The programs he (Rogers) brings have done nothing but make this area better. I'm proud to be a part of his team."

Marshall also echoed the idea of a community effort in his statements Wednesday.

"We want to build and achieve things in Floyd County," he said. "There are things we can achieve, but we have to have the help like you see here today."

Truck

training sessions Wednesday morning showed the justification for the \$479,000 price tag, said Fire Chief Bobby Carpenter.

The truck was positioned just outside city hall with the electronically maneuverable hose aimed at a vacant field that was once the playground at the old Prestonsburg Elementary building. When the water blasted through, the distance reached hundreds of feet and the power of 1,500 gallons per minute snapped branches from nearby trees.

Rogers

Joseph of Martin Hospital.

The money will, among other initiatives, be used for UNITE's "Shoot Hoops Not Drugs" program that is returning this year with former UK basketball player Jeff Sheppard heading up free basketball camps.

"This will be a great thing for the youth of this area," said Karen Engle, UNITE director. "Sheppard is one of the few role models who can say, 'I

have never had drugs of any kind in my body.'"

But these were not the only events taking place at the park Wednesday. In addition, there were several volunteers on hand for PRIDE Spring Cleanup efforts.

The park itself was the focus for cleanup and Rogers who joined others such as state Sen. Johnny Ray Turner, Rep. Hubert Collins, Floyd Judge Executive R.D. "Doc"

Marshall and Prestonsburg Mayor Jerry Fannin, was there to make statements in support of the continued work by those involved with the program.

"You can see the results of your work," Rogers told volunteers at the park. "It was appalling to see the trash and litter on the roadways and all the trash. So many have bent over backwards, waded the creeks and climbed the banks to make this possible."

■ Continued from p1

ing." Filner said. "Many Americans assume that our country is taking adequate care of our veterans, but we're not, and we depend on the media to expose the truth and build support for change."

The award will be presented to The Washington Times and Hudson in August.

Award

was James Elliott, a veteran of the Iraq war, who suffered from post-traumatic stress disorder. Elliott was involved in a near-fatal confrontation with police after suffering a psychotic episode. According to The Washington Times, Elliott had been treated by Veterans Affairs with a smoking-cessation drug known to cause possible side effects including what Elliott is reported to have experienced.

"The Washington Times made a significant investment to take a watchdog role and ensure the government takes care of these brave men and women who are worthy of our deepest gratitude and highest respect," Hudson said in a comment published in The Washington Times. "I am humbled and honored to be a part of this team investigation that has been recognized by the Society of Professional Journalists. We are committed to standing up in our reporting for those who have no voice, which is the highest value of journalism, and

a tradition at our paper."

Rep. Bob Filner, chairman of the House Veterans' Affairs Committee, praised the paper and Hudson's reporting in a quote published in The Washington Times.

"We cannot do our oversight job without the kind of investigative journalism exemplified by Audrey Hudson's report-



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Guilty

■ Continued from p1

The drug ring functioned from 2001-2007, with Hall sending others to clinics in Philadelphia and Michigan, paying cash for office visits, and then taking thousands of prescriptions for methadone tablets and 80 milligram Oxycontin pills. The drugs were then brought back to Kentucky and resold.

U.S. Attorney Roger West described the effects of the drug ring on the area in an interview Wednesday as "disastrous."

The 200,000 pills would have an estimated street value of millions of dollars, federal prosecutors said.

According to court statements, Hall would coordinate to send others to clinics in the two states, where physicians Weiss and Naramore would

write prescriptions, some of which were later filled by Stark.

The Lexington-Herald Leader, which reported on Hall's plea Thursday, said there were patient files on 144 people from Eastern Kentucky at the clinic in Philadelphia, according to Randy Hunter, one investigator in the case.

Court documents also have statements from Damon Newsome, indicted along with Hall in the conspiracy, saying the examinations, when they were performed at all at that clinic, were " cursory and fraudulent."

West has said the investigation continues, while Hall could face between 20 years to life in prison for his part in overseeing the operation. He is set for sentencing on Aug. 6.

Gospel Singing

THE SLONE FAMILY
at the

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6:00 p.m.

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16	Andy Coahran	88	Frankie Lynn George
23	John B. Powell and	90	Robert Beatty
	Myra Powell	95	Vonle Martin
24	Rick Branham	38	Keith Couch
33	Karen Gibson	56	Regina Mitchell
41	Kelly Hall	61	Tammy Marsillett
49	Nicole Wooten	71	Brennan Davis

Some units may be taken out of auction. Photo ID required to bid.
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For the Record

Marriage Licenses

Stephanie Audreona Adkins, 19, of Printer, to Larry Dale Carroll, 28, of Harold.
Ashley Faith Powers, 24, of Cromwell, Ind., to Justin Jay Mast, 28, of Cromwell, Ind.
Katie Allen, 17, of Langley, to John Wesley Rose, 18, of Hueysville.
Edna Fae Farmer, 61, of Jackson, Miss., to Ronald Duward Strait, 77, of Jackson, Miss.
Janice Marie McDowell, 39, of Allen, to Robert Leroy McDowell, 41, of Allen.

Civil Suits Filed

Deutsche Bank National Trust Company vs. John T. McCoy; complaint.
Midland Funding LLC vs. Kevin Potter; complaint.
Rebecca Hamilton vs. Sammy Hamilton; petition for legal separation.
Shannon Little vs. Christopher Little; divorce.
Teresa Bentley vs. Samuel Bentley; petition for healthcare insurance.
Lisa Ferguson vs. Kenneth Fitch; petition for healthcare insurance.
Tonya Darby-Combs vs. Timothy Combs; petition for healthcare insurance.
Jenny Fitch vs. Gary M. Fitch; petition for healthcare insurance.
Timothy Samons vs. Sherry Samons; petition for healthcare insurance.

Betty Kendrick vs. Royce Kendrick; divorce.
Citimortgage Inc. vs. Robin Prince; complaint.
Tina Bowling vs. Francis Ogbolu; complaint.

Small Claims Filings

Jerry Combs vs. Donnie Shepherd; debt collection.
Buy Here Pay Here Furniture Finance vs. Dean Poe; debt collection.
Cash Express vs. Charles T. Robinson; debt collection.
Adam Thompson vs. Columbus Stone; debt collection.

Charges Filed

Jennifer Ganz, age unlisted, Pickerington, Ohio; flagrant nonsupport.
Brian Keith Justice, 38, Harold; criminal attempt (kidnapping).
Richard Hull, 49, Langley; alcohol intoxication, disorderly conduct, terroristic threatening, resisting arrest.
Doris L. Noble, 51, Dwayne; operating a motor vehicle while under the influence of alcohol or drugs, driving DUI on a suspended license, reckless driving, criminal mischief.
Jessica S. Wright, 34, Prestonsburg; theft by deception.
Bill David Barnett, 31, Eastern; public intoxication, disorderly conduct, second-degree assault, unlawful imprisonment.

Linville Glen Isaac, 48, Martin; theft by failure to make required disposition of property.
Miranda Jo Roberts, 30, Banner; theft by unlawful taking.

Kenneth L. Hayden, 22, Prestonsburg; possession of marijuana.
Larry D. Coutler, 61, Lexington; carrying a concealed deadly weapon, operating a motor vehicle while under the influence of alcohol or drugs.
John Cory Patton, 32, Allen; public intoxication.

Debbie A. Johnson, 36, Martin; menacing, terroristic threatening.
Justin Kyle Bryant, 19, Martin; public intoxication.
Robert E. Mahaska, 58, Martin; alcohol intoxication.

Tonya Cynthia Shepherd, 43, David; intentional breach compulsory attend - parent, custodian or guardian.
Hatty Jones, age unlisted, Prestonsburg; intentional breach compulsory attend - parent, custodian or guardian.
James Hoover, age unlisted, Eastern; fourth-degree assault.
James R. Hoover Jr., age unlisted, Eastern; fourth-degree assault.

Inspections

Wayland Fountain, Wayland, regular inspection. Violations noted: lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods, lack of numerically scaled thermometers for checking cooking and holding temperatures of potentially hazardous food. Food not protected during storage, food not protected during preparation, lack of effective hair restraints, food contact surfaces not properly constructed, food contact surfaces not properly maintained, nonfood contact surfaces not properly maintained, cloths used for food and nonfood contact surfaces not stored and rinsed frequently in water sanitizing solution, food contact surface of equipment and utensils not clean, floors not in good repair. Score: 89.

Prestonsburg Senior Citizens, Prestonsburg, regular inspection. Violations noted: no violations noted. Score: 100.
Criders Grocery, Prestonsburg, regular inspection. Violations noted: lack of accurate thermometers in all refrigeration and freezing units, storing potentially hazardous foods, lack of numerically scaled thermometer for checking cooking and holding temperatures of potentially hazardous food, food contact surface of equipment and utensils not clean, nonfood contact surface of equipment and utensils not clean, floors not in good repair, floors not in good repair. Score: 95.
Riverview Health Care, Prestonsburg, regular inspection. Violations noted: all plumbing not maintained according to law, floors not in good repair, unnecessary articles in or around the establishment. Score: 97.
Dinosaur Playland, Prestonsburg, regular inspection. Violations noted: nonfood contact surfaces not properly maintained, cloths used for food and nonfood contact surfaces not stored and rinsed frequently in water sanitizing solution, floors not properly covered. Score: 97.

Property Transfers
Lacy D. Shepherd to Charles F. Heckel, Eddie Carol Heckel, and John Timothy Hunt, property located at Cow Creek.

Terrie L. Shepherd to Charles F. Heckel, Eddie Carol Heckel, and John Timothy Hunt, property located at Cow Creek.

James Spears to Nina Hall, property located at Tackett Fork.
Padra Spears to Nina Hall, property located at Tackett Fork.
Zella Faye Wells to Rodney Nelson, property located at Richmond Subdivision.

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4/17/09 - 4/23/09
Cinema 1—Starts Friday, April 17
HAUNTING IN CONNECTICUT (PG-13) Mon-Sat: 7:00-9:00; Sun: (1:30) 7:00-9:00.
Cinema 2—Held Over
FAST AND THE FURIOUS 4 (PG-13) Mon-Sat: 7:00-9:00; Sun: (1:30) 7:00-9:00.
Sunday Matinee—Open 1:00; start 1:30

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Cinema 1—Held Over
OBSERVE AND REPORT (R) Mon-Sun: 7:10-9:25; Fri: (4:25) 7:10-9:25; Sat-Sun: (2:10-4:25) 7:10-9:25.

Cinema 2—Held Over
MONSTERS VS. ALIENS (PG) Mon-Sun: 7:05-9:15; Fri: (4:15) 7:05-9:15; Sat-Sun: (2:05-4:15) 7:05-9:15.
Cinema 3—Starts Friday, April 17
STATE OF PLAY (PG-13) Mon-Sun: 6:50-9:20; Fri: (4:20) 6:50-9:20; Sat-Sun: (1:50-4:20) 6:50-9:20.

Cinema 4—Held Over
KNOWING (PG-13) Mon-Sun: 6:50-9:20; Fri: (4:20) 6:50-9:20; Sat-Sun: (1:50-4:20) 6:50-9:20.

Cinema 5—Held Over
DRAGON BALL EVOLUTION (PG) Mon-Sun: 7:00; Fri: (4:25) 7:00; Sat-Sun: (4:25) 7:00.

Cinema 6—Starts Friday, April 17
17 AGAIN (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 7—Held Over
HANNAH MONTANA (G) Mon-Sun: 6:50-9:25; Fri: (4:25) 6:50-9:25; Sat-Sun: (1:50-4:25) 6:50-9:25.

Cinema 8—Starts Friday, April 17
CRANK 2 (R) Mon-Sun: 7:15-9:30; Fri: (4:30) 7:15-9:30; Sat-Sun: (2:15-4:30) 7:15-9:30.

Cinema 9—Held Over
FAST AND THE FURIOUS 4 (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 10—Held Over
HAUNTING IN CONNECTICUT (PG-13) Mon-Sun: 7:15-9:30; Fri: (4:30) 7:15-9:30; Sat-Sun: (2:15-4:30) 7:15-9:30.

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Average diet is too high in sodium

The Kentucky Department for Public Health (DPH) is reaching out to the public and health care providers to educate more people about the dangers of consuming too much sodium, particularly among those at risk for or currently struggling with high blood pressure.

A new study from the Centers for Disease Control and Prevention (CDC) shows that more than 2 out of 3 adults fall into a risk group recommended for lower sodium intake. These groups include people who have been diagnosed with high blood pressure, African-Americans, mid-aged people and older adults. Yet, the study found, in 2005-06, the estimated average sodium intake among Americans was 3,436 mg a day - more than double the recommended amount for most people.

"Studies have shown that a diet high in sodium content can contribute to high blood pressure," said William Hacker, M.D., DPH commissioner. "By lowering the sodium content in our diets, we can possibly control blood pressure and reduce the risk of developing heart disease. This

is yet another example of how nutrition and lifestyle choices can contribute to overall well-being."

The Dietary Guidelines for Americans 2005 recommends that adults, in general, should consume less than 2,300 mg of sodium per day (about one teaspoon). People considered at risk for hypertension should consume no more than 1,500 mg per day.

A diet high in sodium increases the risk of having high blood pressure, also known as hypertension. According to DPH, hypertension is a major cause of heart disease and stroke, diseases that claimed the lives of 13,879 Kentuckians in 2005.

"Hypertension is a significant risk factor for all forms of atherosclerotic vascular disease (hardening of the arteries), and increased salt intake contributes to high blood pressure. The mere presence of atherosclerotic vascular disease places a patient in jeopardy for premature death or major disability," said Patrick Withrow, M.D., a Paducah cardiologist and member of the Lieutenant Governor's Task Force on Cardiovascular Health. "Often, people are hes-

itant to scale back on their salt intake due to the impact on the taste of food. I've found, with many of my patients, if they are willing to make the change to low salt, their personal tastes often change within two months."

"Reducing the amount of salt in a person's diet is recommended for anyone with high blood pressure and is our first line of defense in treating people who are considered to fall into the category of prehypertension," said Hacker. "We strongly urge that the health care community discuss sodium consumption with patients, particularly those who fall into high risk groups."

Choosing foods like fresh fruits and vegetables, requesting that restaurants prepare foods without added salt, and reading the nutrition label of foods before purchasing them can improve health for all adults.

For more information on sodium intake and other components of a heart healthy diet, contact DPH at (502) 564-7996 or visit the department's website at <http://chfs.ky.gov/dph/info/dp/qi/cd/default.htm>

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Spring Swing 2009 Golf Scramble

(4-Man best ball)

at StoneCrest Golf Course, Friday, April 24, 2009

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Community Trust Bank

Fitzpatrick Baptist Church



Nelson-Frazier Funeral Home



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Golf Digest Magazine
"Golf Course Challenge"
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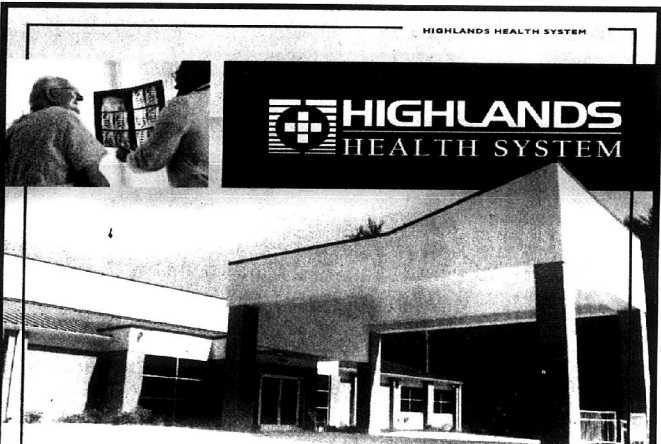
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Viewpoint

Amendment 1

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

Guest View

1 lucky president, 3 unlucky pirates

Jimmy Carter sent the Delta Force to rescue hostages, and their helicopters crashed. Ronald Reagan sent peacekeepers to Lebanon, and 241 of them died when their barracks were blown up. Bill Clinton sent the Army Rangers to hunt down Somalia warlords, and the result was "Black Hawk Down." George W. Bush invaded Iraq, and we're still there.

Barack Obama, on the other hand, sent the Navy to the Somali coast to rescue a hero from pirates and came out smelling like a rose. As we've noted before, for all his other gifts, President Obama also appears to have that first quality that Napoleon looked for in his commanders: He is lucky.

Lucky in that his first military crisis involved a handful of rag-tag pirates who (a) stupidly attacked a rare American-flagged vessel; (b) abandoned ship for a lifeboat, which lifeboat (c) ran out of gas causing them to (d) allow the USS Bainbridge to tie a line to them, which line was (e) shortened to a sniper-friendly 30 meters.

Lucky in that one of the pirates put a gun at the hostage's back and triggered the rules of engagement for use of deadly force. Lucky that three crack SEAL snipers simultaneously executed three remarkable shots at 30 meters from the fantail of a destroyer to a bobbing lifeboat in choppy seas and took down the pirates.

Lucky, even, in that it all occurred on the slow Easter weekend news cycle, and that the merchant captain who was rescued, Richard Phillips of the Maersk Alabama, is a handsome, bearded sea dog who had remarkable courage of his own. The line for book and TV deals starts here.

Now, alas, comes the hard part. There are an estimated 1,000 Somali pirates working the coasts off that tragic, lawless nation, splitting their booty (an estimated \$125 million last year alone) with various warlords and corrupt officials. They're still holding a dozen ships and 200 hostages for ransom.

Piracy also is a large and continuing problem in Australian and Indonesian waters, but in Somalia it is truly a growth industry. Maybe the only growth industry. Everyone agrees something should be done about it. Nobody agrees on what should be done or who should do it.

It's not really an American problem most of the time. The pirates who commandeered the Maersk Alabama last Wednesday were very stupid. More than 40,000 merchant ships sail the world's oceans. Fewer than 100 are American-registered or "flagged." Most ships fly "flags of convenience," paying taxes and fees in countries like Panama or Liberia, where laws are lax.

The sea is so vast and regulations are so chaotic — nonexistent in some areas — that piracy is a low-risk proposition. Cargo may be worth tens of millions of dollars. Shipping companies — some of which are owned by different kinds of pirates — are more than willing to pay a couple of million to ransom their crews and cargo.

They are loath to arm their crews or put deck guns aboard their vessels. To many of them, piracy is like bunker fuel: part of the cost of doing business. Until they're required to get serious, the problem will continue.

This is one of those vexing international problems that the international community is so poor at solving, but that's where the job lies. Piracy is yet another form of international terrorism, requiring a coalition of the willing. So far, most of the willing are missing on the high seas.

— St. Louis Post Dispatch



Guest Column

A legislative perspective

by HOUSE SPEAKER GREG STUMBO

Years from now, when we look back on Kentucky's growing role in helping the country become more energy independent, the first few months of this year will undoubtedly be considered a pivotal time.

First, back in late January, a former Kentucky couple donated \$20 million to the new alternative energy center at the University of Louisville. This money — the largest individual gift ever received by our state's public universities — will go a long way to putting the state at the forefront of cutting-edge research of renewable energy sources like biofuels, wind and solar. It will be an ideal complement to the groundbreaking work we are already doing with clean-coal technology and conservation.

Our work in this field doesn't end there, however. In the last week or so, we officially set our sights on its next frontier: designing and building batteries that meet today's needs and eventually make it possible for them to replace gasoline-powered engines.

To get us there, Governor Beshear made not one but two major announcements. On Monday, he said the state would be partnering with a national coalition that, with proposed funding from the federal and state government, would make Kentucky a leader in producing lithium-ion batteries for our vehicles. These are the same batteries that already run our cell phones and laptop computers.

If this center gets the go-ahead as expected, it would lead to potentially 2,000 new jobs in the Hardin County

area and perhaps many more as companies move here to take advantage of what this site could provide.

A few days before this announcement, Governor Beshear said that the state, the University of Kentucky, U of L and the prestigious Argonne National Laboratory would create a national research and development center that will focus on the next generation of car batteries.

As the lab's director noted, our country dominated this industry for decades, but lagged in developing the batteries now installed in hybrids like the Toyota Prius. The new center, to be located just north of Lexington, will search for ways to power vehicles so they can travel as far on electricity from an outlet as they could on a tank of gas.

Argonne's presence in Kentucky should be a boon for clean-coal technology, since the lab has pursued research to boost this also-growing industry. As I noted during the press conference, even the best batteries in the world need electricity, and with half of the nation's power coming from our plentiful coal reserves, there is a strong incentive to find better ways to use this homegrown resource.

Overall, I believe these twin announcements will have as big an impact on the state as Toyota did when it came to Kentucky in the late 1980s.

Our prominence in the auto industry, in fact, is a key reason why Kentucky was chosen in part for these new ventures. Only two states produce more vehicles, and neither of those can boast of being within a day's drive of 69 vehicle assembly plants and 4,800 auto-related manufacturers.

A day after the announcement with Argonne, the state recognized more than a dozen buildings that have

Worth Repeating ...

If the only tool you have is a hammer, you tend to see every problem as a nail.

— Abraham Maslow

earned the prestigious ENERGY STAR designation. There are now 45 of these in Kentucky, all of which have taken steps to significantly cut their energy use. These buildings range from small to nearly 200,000 square feet, and from new to those 70 years or older.

Many more state government buildings are scheduled to follow suit after Governor Beshear finalized regulations in February that call on new construction or major renovations to meet stringent energy-saving requirements. The General Assembly set this in motion during the 2008 Regular Session.

This year, one of the legislature's most significant new energy laws will lead to a study of just how much natural gas and petroleum we have on state-owned lands. There are some estimates that it could be worth as much as \$40 million annually.

When we get the report late this year, the legislature will then decide what steps to take. There certainly are no plans to disturb pristine areas, but there should be ways to tap these resources responsibly. First, we have to see exactly where the resources are.

As these and many other examples show, there is a lot of energy surrounding energy research in Kentucky. It may still be a while before all of the power we need can be found here at home, but the way to get there is becoming increasingly clear.

I encourage those who have any questions or comments about these issues to contact me. My address is Room 303, Capitol Annex, 702 Capitol Avenue, Frankfort, KY 40601.

You can also leave a message for me or for any legislator at 800-372-7181. For the deaf or hard of hearing, the number is 800-856-0305.

I hope to hear from you soon.

The Times

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Faith and Family



Skip a lunch, send a net, save a life

World Malaria Day is April 25

NASHVILLE — The people of The United Methodist Church are marking the lead up to April 25, World Malaria Day, with a renewed call to members and friends to support Nothing But Nets, a grassroots anti-malaria effort which allows anyone, for \$10, to send a lifesaving bed net to a family in Africa. Bed nets protect children and their families from the bites of malaria-infected mosquitoes.

"Malaria is a crisis that is threatening many of God's children across the

globe," said Bishop Thomas Bickerton, referring to malaria's rank as Africa's leading killer of children under age five. "Insecticide-treated mosquito nets are the most scientifically proven way to stop its spread."

Bickerton, chairperson of The United Methodist Church's Global Health Initiative, joins with the people of The United Methodist Church in urging everyone to forego a lunch out, and to direct that \$10 savings toward the purchase of a bed net.

"We're asking people to 'skip a

lunch, send a net, save a life,'" said Bickerton.

Dubbed "To Lunch or Not to Lunch?" the campaign highlights how \$10, the cost of lunch, is all that it takes to provide a potentially lifesaving bed net to an African family. A \$10 donation at

umcnothingbutnets.org covers the cost of the bed net, its distribution, and education on its use.

New downloadable resources are available at umcnothingbutnets.org for churches to use for World Malaria Day 2009, including a bulletin cover, door hanger, web banner, poster, and postcard.

Inspired by a column by sports-writer Rick Reilly, Nothing But Nets'

founding partners include the people of The United Methodist Church, the United Nations Foundation, the National Basketball Association's NBA Cares, and Sports Illustrated. To date, Nothing But Nets has raised \$25 million, enabling the distribution of 2.5 million bed nets.

Seven-year old Hannah Skelton of Caldwell United Methodist Church in Caldwell, N.J., raised \$400 for Nothing but Nets after she learned of the plight of children in Africa from her pastor, the Rev. Jeff Markay. "He told us kids were dying... and I really wanted to help," said Hannah.

Hannah emptied her piggy banks and then scoured the house to find spare coins when her parents prom-

ised to match whatever she could raise. Then she began calling family members and friends to ask if they could help her raise money for nets. "Nets can help because mosquitoes can't get in the nets," said Hannah.

When Hannah took the money to the bank and shared her story with the bank teller, she got \$10 more. Hannah is continuing her quest to raise money and says she will continue to give through her allowance. "I am trying to get everyone in Africa to have a mosquito net," she said.

For more information on malaria or to make a contribution to Nothing But Nets, visit umcnothingbutnets.org, or call 888-252-6174.

Kim's Korner: 'It's time to get your happy back'

by KIM LITTLE FRASURE

Wednesday morning, in the wee hours when the eyes popped open and refused anymore shut-eye, the remote was grabbed and channel surfing began.

Stopping to watch this petite lady with such spunk and zeal her words caught my attention, "People, it is time the church gets their happy back". It was Beth Moore, a well-known author and teacher of the gospel.

Her teaching this particular morning really hit home and made so much sense to me. As Christians, one of our main responsibilities is to let God's

light shine through us and let those who are lost see His love shining and spilling out and over onto them.

Yet so many of us and so many times, we "Christians" are walking around in gloom and doom and, "Oh, woe is me." How then, pray tell, are "WE" doing what is expected if our happy has been lost and our grumpy old sad sack faces are being spread about?

Last Sunday, Easter Sunday, our youth group at Faith Fellowship portrayed a skit bringing to those in attendance a most powerful perspective — the torment and

torture our Lord and Savior endured so that we may have life and have it more abundantly.

How we as Christians can have the audacity to moan, groan, gripe and complain after the stripes He took upon His back and nails driven in His hands, chained and hung on a cross makes a knot rise in the gut so big and so tight it's unreal.

Jesus gave His life for us. He sent us His Word and healed them. And delivered them from their destructions. (Psalm 107:20)

"The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life and have it more abundantly." (John 10:10)

An abundance of joy, an abundance of peace, an abundance of strength, a life of total abundance!

Don't let the fiery darts of trials and tribulations, or people whose lose tongues and

unfair treatment steal, kill or destroy what Jesus endured for your happiness.

Love one another, be kind to one another, and let His light shine to one another. "Happy are the people who are

in such a state: Happy are the people whose God is the Lord!" (Psalm 145:15)

It is time to get your happy back!

"Til next week, God bless you and yours.



Kim Little Frasure

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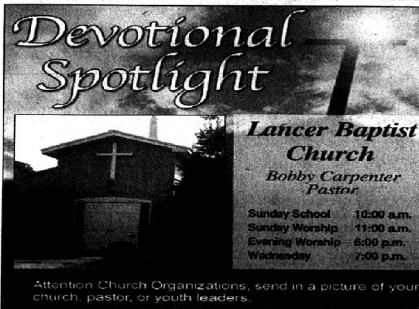
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Floyd County Devotional Page

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



Devotional Spotlight

Lancer Baptist Church
Bobby Carpenter
Pastor

Sunday School 10:00 a.m.
Sunday Worship 11:00 a.m.
Evening Worship 6:00 p.m.
Wednesday 7:00 p.m.

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

ASSEMBLY OF GOD

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

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

New Bethel Assembly of God, Burning Fork Rd., 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 6 p.m.; Wednesday, 7 p.m.; Arnold Turner, Minister.

Auxiliary First Baptist, Auder: 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 Karmel 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, 1102: Wednesday, 11:30 a.m.; Vera Joiner, 886-3863, ext. 67267.

Bonanza Free Will Baptist, Abbott Creek Road, Bonanza: Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Jimmy D. Brown, Minister.

Brandy Keg Free Will Baptist, Corn Fork: Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Roger Musick, 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 Free Will Baptist, Goble Roberts Addition: Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; John L. Blair, Minister.

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

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

Service, All Welcome 7 p.m. Pastor Mark Hunt, 606-4783-2698.

Faith Bible Church, an independent Baptist Church, located on 1428, between Allen & Martin: Sunday School, 10 a.m.; Sunday Morning, 11 a.m.; Sunday Evening, 6 p.m.; Wednesday Bible Study & Prayer, 6 p.m.; Pastor, Rev. Bob Wierman.

Faith Free Will Baptist, 1/4 mile above Worldwide Ego. on Rt. 1428: Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Elder Donnie Patrick, Minister.

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

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

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

Fitzpatrick First Baptist, 1063 Big Branch, P.O. Box 410: Prestonsburg, KY 41053; 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.

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

Garrett Regular Baptist, Route 550, Garrett: Worship Service, 10:30 a.m. and 6:30 p.m.; Wednesday, 6:30 p.m.; Willie Crace, pastor; Phone 358-4275.

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

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

Katy Friend Free Will 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 Free Will Baptist, Lackey: Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Johnny J. Collins, Minister.

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

Left Beaver Regular Baptist Church across from Gethsemane Church: 4th Saturday & Sunday 10:00 a.m. Odd Saturday 10:00 a.m.; Gary Compton, Pastor.

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

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

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

Little Branch Free Will Baptist, Esli: Sunday Service, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; James (Red) Morris, Minister.

Martin Free Will 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.; Gabe Bracken, Minister.

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

William's Baptist, 2194 Ky Rt. 1428, Prestonsburg: Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Donald Crisp, Minister, home phone 285-3385.

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William's Baptist, 2194 Ky Rt. 1428, Prestonsburg: Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Donald Crisp, Minister, home phone 285-3385.

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

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

Rock Fork Free Will Baptist, Garrett: Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Wendell Craiger, 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, Huysville: Worship Service, 2nd & 4th Sunday 10:30 a.m.; Pastor, Allen Chaffins, phone 946-2123.

Sammy Clark Branch Free Will 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 Free Will Baptist: Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Philip Rayne, Pastor.

Tom's Creek Free Will 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, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Jody Spencer, Minister.

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

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

Wheelwright Free Will Baptist, Wheelwright Junction: Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Louis Ferran, Minister.

CATHOLIC
St. Martha, Water Gap: Mass: Sunday, 11:15 a.m.; Saturday, 5 p.m.; Sunday: Father Robert Dammron, 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 Kipper, Ministers.

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

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

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

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

Weeksbury Church of Christ: Sunday School, 10 a.m.; Worship Service, 10:45 a.m. and 6 p.m.; John Burke, 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 E. 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 Point First Church of God, 671 Little Point Road, East Point: Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Charles Hoater Jr., Minister.

The Ligon Church of God of Prophecy, Saturday Services: 7:00 a.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, Slip Bays Room Carriage House: Main, Paintsville: Sunday Service, 11 a.m.; WKLW (600 am) 12:05 p.m.; Rolland Bentrup, Minister.

METHODIST

Auxiliary United Methodist, Auxier: Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.; Mearl Musick, Minister.

Betsy Layne United Methodist, next to B.L. Gymnasium: Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.; Rev. Jim Adams, Minister.

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

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

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

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

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

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

Salsbury United Methodist, Prior: 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.; Rev. Jim Adams, Pastor.

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

Vogel Day United Methodist Church, Harold: Sunday School, 10:00 a.m.; 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, 7 p.m.; John Jay Fain, Minister.

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

Free Pentecostal Holiness, Rt. 122, Upper Burton: Sunday School, 10 a.m.; Worship Service, 6 p.m.; Friday, 7 p.m.; Louis Sanan, Minister; David Pike, Associate Minister.

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

Parkway First Calvary Pentecostal, Floyd and Magoffin County Lines: Worship Service, 6:30 p.m.; Mike D. Caldwell, Minister, 287-6262.

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, 358-9263; 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 Mt., 10:00 a.m.; Sunday School, 11:20 a.m.; Relief Society/Priesthood/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 Carriere, Bishop.

OTHER

Pastor Alta Johnson welcomes everyone to attend services at the **CHURCH OF GOD OF PROPHECY TRAM TUCKY**. 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 Stutenberg, Pastor 889-0905.

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

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

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

Faith Worship Center, US 460, Paintsville: Worship Sunday evening, 6:30 p.m.; Wed., 6:30 p.m.; Lavonne Lafferty, Minister.

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

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

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

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

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

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

Town Branch Church: Sunday School: 10 a.m. except for first Sunday in each month; Worship Service, Sun. morning 10:00 a.m.; Evening 6:30 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 Aiken.

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

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

Traylor Chapel Community Church, formerly the old Price Odd Service building, located 1 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, 114, Rising Sun Lane, Prestonsburg, Ky 41653: 11:00 a.m. Wednesday, 6:30 p.m. Pastor D.P. Curry.

Church of God of Prophecy, Sunday School: 10 a.m.; Worship Service 11 a.m.; 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 G. Tussey, Pastor.

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FLOYD COUNTY Sports

Friday, April 17, 2009

Inside
■ UK Basketball • B2

Sheldon Clark moves to 60th District

Departure of David, Piarist prompted shakeup

by STEVE LEMASTER
SPORTS EDITOR

INEZ - Two districts in the 15th Region will have different looks next season following the move of one school. Sheldon Clark, a member of the 57th District in the 15th Region in basketball, has been re-assigned to the 60th District for two years, beginning with the 2009-10 school year. The realignment will be evaluated after a two-year

period. The motion passed by an 18-0 vote of the Kentucky High School Athletic Association Board of Control at its April meeting. The move takes Sheldon Clark out of the five-team 57th District with Johnson Central, Paintsville, Lawrence County and Magoffin County, and places it in the three-team 60th District. The new 60th District alignment will include Pike County Central, Belfry, Phelps and Sheldon Clark. Currently, the 15th Region includes a pair of three-team districts, something the Association tried to avoid in

its last realignment at the end of the 2004-05 school year. Since that time, however, the David School left the Association and Piarist was unable to field varsity teams for district competition each year, creating the need for a move. David and Piarist are both located in Floyd County. The KHSAA Board of Control previously had approved a one-year experiment for schools of the 59th and 60th Districts, both three-team districts, to combine into one "super district" for post-season basketball play in 2008-09.



ON THE MOVE

Hilary Stone (left), who played both midfielder and fullback for her Floyd County U16 team on Saturday, raced a Belfry player to the soccer ball. Several of the Floyd County youth soccer teams will return to action during the upcoming weekend. More photos from Saturday appear inside on Page B2.

Bumps in road to Rockford

by RICK BENTLEY
TIMES COLUMNIST

ROCKFORD, Ill. - Tuesday was a fun day.

We left on Monday for the national bowling tournament and got halfway through the 10-hour journey from Pikeville to this lovely little town, which meant Tuesday was the day to finish it up.

Something else you should know: Unlike my previous five trips to the national bowling tournament, I'm not traveling with the group this year. This time around, because I have at least one and maybe two other places to go once I leave here, I drove.

On Monday I followed the bus to Shelbyville, Ind., a town in the vicinity of Indianapolis. Tuesday morning, things changed. The teams were going to have one final practice and lunch before they left, so I got up and came on to Rockford on my own, just me, my "trusty" Tom and a whole boatload of CDs.

There's one more thing you should know: Nobody will ever know I can make a simple trip so adventurous. If you don't believe me, ask Kelly Wells about our nice, relaxing drive back from Savannah a couple of years ago. Or anyone who's ever heard my flying stories.

Now, here we go. Ol' Tom asks a couple of

(See ROAD, page two)

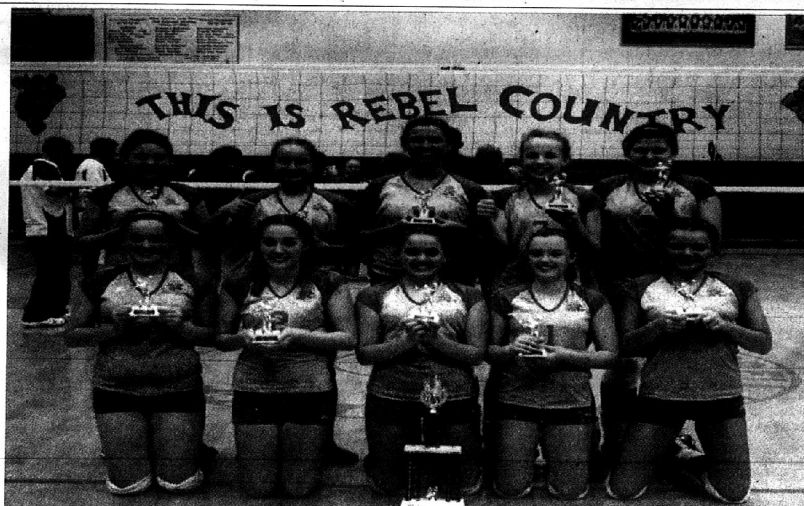
NKU, Owensboro picked as state tourney sites

TIMES STAFF REPORT

LEXINGTON - Northern Kentucky University's Regents Hall has been selected as the host facility for the 2009 KHSAA State Volleyball Tournament, and Owensboro's Jack C. Fisher Park will once again host the State Fast-Pitch Softball Tournament for the 2010-11 seasons. Both sites were approved by the KHSAA Board of Control at its April 14 meeting.

The State Volleyball Tournament will return to a venue that played host to the event on four previous occasions (1983, 1992, 2005 and 2007). The KHSAA State Volleyball Tournament is scheduled for Oct. 30-31, 2009. The regional draw for the event is listed online at www.khsaa.org/volleyball.

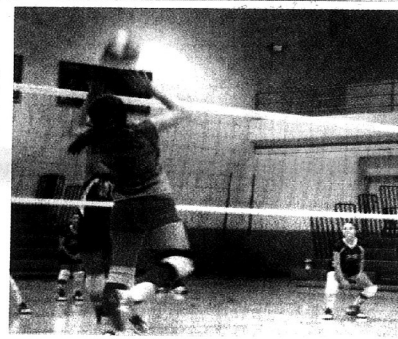
Jack C. Fisher Park in Owensboro has played host to the State Fast-Pitch Softball Tournament in 1997-98, 2004-05 and 2008-09. The complex contains four lighted fields and has received accolades as the National Softball Association's Park of the Year in 2003, 2004 and 2006. The KHSAA State Fast-Pitch Softball Tournament is scheduled for June 11-12, 2010, with a 2011 date to be determined.



VOLLEYFEST 2009

Above: Allen Central Middle captured the latest Volleyfest championship. Volleyfest 2009 was held Saturday. The team is pictured. Front row (left to right): Katie Dingus, Clara Jones, Molly Thorneberry, Courtney Hodge and Laken Tackett. Second row (left to right): Brandy Crum, Jeni Dingus, DeShea Elliott, Rachel Moore and Katie Kendrick.

Right: Lady Rebel Clara Jones prepared to tip the ball for Allen Central during this year's Volleyfest.



UK WR/QB Cobb returns to contact

TIMES STAFF REPORT

LEXINGTON - Wide receiver/quarterback Randall Cobb took his first full contact of spring practice on Wednesday and came out in good shape. Coach Rich Brooks said following the morning workout at the Tim Couch Practice Fields.

Cobb has been recovering from an injured knee that required arthroscopic surgery in December. He

had been participating in non-contact work prior to Wednesday's practice.

"Not at all," Brooks said when asked if Cobb favored the joint any during practice. "He got tackled several times. He looked like he came out of it fine."

Cobb is playing at wide receiver primarily but also is seeing time at quarterback and as a punt returner in order to take advantage of his versatile playmaking skills. Cobb started at all

three positions at various times during his freshman season in 2008 and earned SEC Coaches' All-Freshman team at the quarterback position.

In other news, redshirt freshman tailback Coshik Williams sustained a bruised shoulder during practice. He will be evaluated on a day-to-day basis. UK's starting quarterback, junior Mike Hartline, has shown improvement in the elbow tendinitis that has

hampered him recently.

"He (Hartline) is not as crisp throwing the ball but it did settle down a little bit," Brooks reported. "Now he has to get back in the groove of throwing again."

The annual Blue-White game is nearing for the Kentucky football program.

Kentucky will return to the practice field on Friday. The team's second major scrimmage of the spring will be on Saturday.

District Softball: Betsy Layne upends Lady Rebs

by STEVE LEMASTER
SPORTS EDITOR

EASTERN - Betsy Layne defeated host Allen Central 5-2 on Saturday in a Floyd County Conference/58th District softball matchup.

As a team, Betsy Layne had 34 at-bats. The Lady Cats produced six hits. Megan Hamilton delivered a triple for the Lady Cats. Lindsey Martin and Samantha Stewardson each had a double for the visiting team. Kendra Case led Betsy

Layne on the basepaths with three steals.

Betsy Layne never trailed. The Lady Cats built an early lead and never dropped off. Betsy Layne pushed across three runs in the first inning and added two more during its fourth plate appearance.

Pitcher Keturah Tackett tossed the Lady Cats past Allen Central.

Shea Spurlock absorbed the pitching loss for the Lady Rebels.

Betsy Layne defeated Sheldon Clark in the opening

round of the 15th Region All "A" Classic on Thursday, April 9. More on the opening round victory follows.

Betsy Layne II, Sheldon Clark 6. Betsy Layne reserved a spot in the 15th Region All "A" Classic semifinals with an 11-6 win over Sheldon Clark. The Lady Cats managed eight hits. Amby Tackett and Megan Hamilton had a double apiece for the Lady Cats. Hamilton was the most aggressive baserunner for Betsy Layne, swiping three bags in the

tournament tilt.

The Lady Cats led 3-1 at the end of the first inning and never had to play from behind.

Sheldon Clark pulled to within one run of Betsy Layne in the fifth inning (6-7) but couldn't move out in front of the Lady Cats. Betsy Layne answered the Sheldon Clark surge with four runs of its own in the sixth inning.

Betsy Layne was back on the diamond Wednesday night, facing Shelby Valley in the 15th Region All "A"

Classic semifinals. In another tournament game, Paintsville was facing Allen Central. The 15th Region All "A" Classic games ended too late to make this edition.

15TH REGION SOFTBALL STANDINGS

INSIDE
• PAGE B2

Lady Cats level Knott Central in four innings

Betsy Layne battles back, but falls to host Pikeville

by STEVE LEMASTER
SPORTS EDITOR

BETSY LAYNE - Host Betsy Layne didn't waste any time establishing an early lead over Knott County Central Wednesday evening during a high school softball meeting. The Lady Cats rolled past Knott Central, defeating the visiting 14th Region team 13-0 in four innings.

The Lady Cats led 5-0 at the conclusion of the first inning and owned an 1-0 advantage following its second at-bat.

Betsy Layne plated its 13 runs on nine hits. Megan Hamilton had a triple for the Lady Cats.

Host Betsy Layne was able to move runners around the bases. As a team, Betsy Layne swiped 16 bases. Samantha Stewardson had a team-high five steals for the Lady Cats. Lindsey Martin swiped four bases in the convincing win.

The Lady Cats led 13-0 at the end of the third inning.

"We played really good and got some good hits," said Betsy Layne Coach Gloria Mullins. "Our bats are really picking up and hopefully we will continue to hit and come away with a lot more wins."

Earlier in the week, Monday, Pikeville edged Betsy Layne 9-8. The Lady Cats dropped the road game despite scoring eight runs on nine hits.

Megan Hamilton had two doubles for the Lady Cats. TJ Tackett tapped a triple for Betsy Layne in the softball game.

Hamilton and Martin swiped a pair of bases for the Lady Cats. Betsy Layne nearly completed a successful comeback bid. Pikeville led 6-0 when the first inning ended and carried a 7-0 lead into the third frame. Betsy Layne nearly pulled even with the home-standing Lady Panthers. The Lady Cats scored four runs in the third inning, one in the fourth and two in both the fifth and sixth innings.

"We started off very slow," Mullins added. "We got down on ourselves and had to fight back. I have told the girls that we have to play from beginning to end. We can't let a team jump out in front of us. We fought back but came up one run short in the end."



photo courtesy Pikeville College/Rick Bentley
Pikeville College bowlers Becky Sullivan and Kim Yioulos (pictured from left to right) have been honored as second-team All-Americans.

Two Lady Bear bowlers honored during banquet

TIMES STAFF REPORT

ROCKFORD, Ill. — Two Pikeville College bowlers were honored Wednesday night at the Night of Champions banquet on the eve of the 2009 USBC Intercollegiate Team Championships.

Junior Becky Sullivan and freshman Kim Yioulos were named second-team All-Americans by the National College Bowling Coaches Association, while Yioulos was named an honorable mention All-American by the Bowling Writers Association of America.

"These two young women have been outstanding from the very start of the season," said Ron Damron, coach of the Lady Bears. "They have given us everything they have and I'm very pleased to see them recognized for their accomplishments. They are very deserving."

Sullivan, a native of Greer, S.C., was ninth in the nation with her average of 195.826 over the 2008-09 season. She finished in the top 10 in six of the 10 events in which she bowled, with two Top 5 finishes and medalist honors in the Striking Knights Invitational in Louisville, an event in which she bowled an incredible 53.368 higher than the tournament average.

That figure, called average differential, was a strong category for Sullivan all season. Her differential of 24.009 was also ninth in the country this season.

Yioulos, a freshman from Rochester, N.Y., finished seventh in the country with an average of 197.611 for the year. She finished in the Top 10 in

seven of her 10 tournaments this season, including five Top 5 finishes. She was the overall champion in two tournaments: The Orange & Black Classic which was hosted by Pikeville, and the Raider Classic. Both tournaments were held in Beavercreek, Ohio.

Her average differential was 25.942, good for eighth in the country.

The NBCCA honors 15 bowlers, with five named honorable mention All-Americans, five to the second team and five first-teamers. The BWAA recognizes eight — three honorable mentions, four national runners-up and a bowler of the year.

The 2009 USBC Intercollegiate Team Championships will be held Thursday through Saturday at Cherry Bowl in Rockford. The 16 men's and women's team which qualified through four sectional events last month will each bowl 32 Baker games on Thursday. They will then be seeded one through 16 and compete in a double-elimination tournament Friday and Saturday. The winners of each bracket will compete in a single best-of-three championship on Saturday afternoon to determine the national champions.

The Lady Bears are the defending national champions and have three players back from the 2008 team. They are competing in their eighth straight IBCs.

The Bears have qualified for the second straight year after winning their sectional tournament, and are in their fourth IBCs.

The IBC will be televised at a later date by CBS College Sports.

Road

questions before he lays out the path. One is do you want the shortest path, the straightest or something else. Regardless, there are three options. Mine is set on the shortest.

The other is, "Do you want to avoid toll roads?" I chose no.

Big mistake. Biiitttttt mistake.

I left Tuesday morning and headed out, all the while noticing that I was getting closer and closer to Chicago. Ron Damron hadn't mentioned anything about the Windy City, and while I was kicked back reading and thinking of ways to aggravate Ron's wife Sheila in our previous trips, I was pretty sure Chicago was never in the picture.

Never fear, I thought. Tom was saying we'd turn about 32 miles before Chicago.

No problem. Until, that is, I made the turn. And the road signs kept featuring Chicago, the country's third largest city. Still, thought I, the worst that can happen is I'll take one of those loops around the city. No biggie.

And then I drove through Gary, Ind., a town known to me for three things: It was the birthplace of Michael Jackson and his family; it has an

incredibly high crime rate; and it's all but in Chicago.

Next thing I knew, to my left — and when I say my left, I mean it in the "within three lanes of traffic" way — was US Cellular Field. Home of the White Sox.

The Chicago White Sox. And for the next 30 minutes, I drove through the heart of downtown Chicago, alternating between turning the CDs on and off and giving my Tom Tom

increasingly nasty looks. The problem was the road never seemed to straighten out. It was say to turn in 4.2 miles, and then I'd do that expecting it to say turn in 50 miles, only to get 1.2 instead. I was constantly shuffling deftly across the four lanes of traffic so I could follow Tom's "stay left" or "stay right" instructions.

The only good things about this were that we never came to a standstill, and I never missed a turn. I navigated straight through this monstrosity of a city.

Finally, I cleared town, noticed of Tom was giving me the 50.4 mile mark for my next turn and I had nothing but open road ahead of me. The other good news was that all I had left on my trip was 52 miles, meaning it was a

straight shot to my hotel's exit.

And then I commenced breathing again.

I immediately called Ron, who was safely on the bus and in need of something — someone — to laugh at, who said I indeed shouldn't have gone through Harry Caray's favorite town, but that it may in fact have been the shortest route:

While I was 50 miles from home, so to speak, he still had nearly 200 miles.

Then there's this: The business office probably won't be pleased to know I have about \$10 in toll receipts to pay. And there was a good story there too.

I don't carry a lot of cash these days. My debit card works everywhere around, so I just rely on it. I headed out this morning with about \$57 in cash: Seven of my own and the 50 Ron had given me for meals.

So I rolled up to an 85-cent toll with a small handful of change and the 50.

Realizing the handful of dimes, nickels and pennies totaled nowhere near the toll, I handed the lady the 50. She laughed. "How close can you get?" she asked.

I counted. "Forty-nine cents," I said.

"Give it to me," she said, handing me back the bill.

Continued from p1

"Now go on."

And on I came. Lesson learned, as always: No simple trip with me is ever simple.

But the good news is by 2:30 local time I'd rolled into the Clock Tower Resort and Convention Center and was relaxing on my bed. The team showed about 5:30.

The way I've got it figured, as long as our bus driver Steve Sullivan doesn't turn it over to me and expect me to get us to the bowling center, things will work out fine.

15TH REGION SOFTBALL

Team	Overall Record
Johnson Central	8-1
Lawrence County	7-3
Prestonsburg	7-5
Magoffin County	6-1
Shelby Valley	5-0
East Ridge	5-2
Betsy Layne	5-4
Pikeville	4-3
Paintsville	4-4
Belfry	3-2
Allen Central	3-3
Phelps	1-2
South Floyd	1-5
Pike Co. Central	1-7
Sheldon Clark	1-8

Cousins signs with Wildcats

TIMES STAFF REPORT

LEXINGTON — The University of Kentucky men's basketball program received a National Letter of Intent from DeMarcus Cousins, Coach John Calipari announced on Wednesday.

Cousins, a senior at LeFlore High School in Mobile, Ala., is rated as the top power forward

in the country according to Rivals.com.

The 6-9 Cousins averaged 26 points and 12 rebounds as a senior, earning Parade All-American honors as he led the LeFlore Rattlers (29-3) to a berth in the Class 5A state semifinals. He played in the McDonald's All-American Game in Miami earlier this month, as well as the Nike

Hoops Summit in Portland last week as a member of the 2009 USA Junior National Select Team.

Cousins joins Kentucky Mr. Basketball Jon Hood (Madisonville) and Daniel Orton (Oklahoma City, Okla.) as members of UK's 2009 signing class.

The late signing period runs from April 15 through May 20.

Patrick Patterson to enter NBA draft

TIMES STAFF REPORT

LEXINGTON — Kentucky forward Patrick Patterson will test the NBA waters but will not hire an agent.

The 6-foot-9 sophomore said Wednesday he wants to get a feel for his draft status before making a decision. By

not signing with an agent, Patterson could return to Kentucky. The draft is June 25.

Patterson averaged 17.9 points and 9.3 rebounds and was named to the All-SEC first team. New Kentucky coach John Calipari said he believes Patterson would benefit from another year in

school but encouraged him to go through the process.

Patterson is the second Kentucky player to submit his name for the draft. Guard Jodie Meeks has also declared for the NBA draft but has not hired an agent.

Players have until June 15 to remove their name from the draft.

Team	Overall Record
Paintsville	9-2
Johnson Central	9-4
Belfry	7-2
Lawrence County	7-4
Magoffin County	6-2
Phelps	4-2
Prestonsburg	4-7
Pike Co. Central	3-5
Allen Central	3-7
Pikeville	3-7
East Ridge	2-2
Shelby Valley	2-6
Sheldon Clark	2-6
Betsy Layne	1-5
South Floyd	1-6

ATHLETES OF THE WEEK

Brandon Mulkey,
Betsy Layne Baseball

Samantha Stewardson,
Betsy Layne Softball



of Prestonsburg

SPORTS FAN OF THE WEEK



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

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



FLOYD COUNTY U19 SOCCER

Above: Floyd County U19 fullback Nicholas Conn, having made the tackle and gained possession of the ball, surveyed the field ahead of him during Saturday's game against Belfry. Teammates Devin Clifton and Cody Burgess are pictured in the background.

Left: Floyd U19 midfielder Andrew Brown scored three of his team's six goals in its win.

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FLOYD COUNTY Lifestyles

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DINNER DIVA

Food court

I get a lot of emails from people who are (understandably) nutritionally confused. How do you decipher the claims of some of these things? The biggest question I get is regarding the butter/margarine debate. Check this out:

Dear Dinner Diva,



Leanne Ely

But what about the saturated fat? And what about those margarines that don't have trans fatty acids and have Omega 3 fatty acids in them? They sound like they're a better choice.

Confused in Boise

Dear Confused,

I understand all the confusion. The food industry has been working overtime to let itself off the trans fatty acid problem and give margarine a better name. Well, maybe some of that is so, but I say stick with foods that have been around since your great, great grandmother and you'll never go wrong. So that means eat BUTTER. Yes, it's got saturated fat, but you don't eat much. I do this personally by using whipped butter and going easy. My cholesterol is just fine and I know I'm eating something my body will recognize as food. Too much of anything, even real, good food, is a problem!

Here is something I wrote years ago explaining the problem—Pretend with me, for a minute, that I am a nutritional attorney defending a bottle of olive oil in a non-fat Court of Food. I am giving closing arguments to Judge Dinner Saver. Shhh...come on into the Food Court, and take a listen:

"Judge, let me just summarize the defendant's right to be included in a healthy diet by giving the Court these facts:

Fact One: A developing child (before and after birth and throughout childhood) must have fat for normal brain development.

Fact Two: Olive oil is a monounsaturated fat that reduces the bad cholesterol (LDL) while not affecting the good cholesterol (HDL).

Fact Three: It satiates and helps with that "full" feeling—helping people not to over eat.

Fact Four: It helps keep skin and hair healthier longer.

Fact Five: It helps food taste better." I said motioning dramatically to my client, the olive oil.

The Judge was unmoved and eyed me like a piece of lettuce lodged in her tooth.

"Everything you say maybe true, Ms. Dinner Diva, but isn't it true that oils are unstable?" she said, arching her eyebrows and drawing out the last word for emphasis.

"That is true, Judge. But this is easily overcome by purchasing the right oil. For example, a cold pressed or expeller pressed oil most often found in health food stores, is always a good oil and is labeled as such. Never mind the instability problem—if the oils are stored correctly in the refrigerator after opening, their fatty acids are preserved and no more rancid oil!" I said triumphantly, taking my seat. But I could see the Judge wasn't willing to back down and asked the question I had been dreading.

"Well, margarine is made from oil and yet you told me earlier that it was hydrogenated and a bad choice! So you have the audacity

(See DIVA, page four)

Flags raised in remembrance of prisoners of war, missing in action

FRANKFORT — The Kentucky Transportation Cabinet joined veterans from across the commonwealth Wednesday to help preserve the memory of American men and women lost during foreign combat.

Flags to honor the nation's prisoners of war and missing in action were raised at rest areas and welcome centers throughout the state.

"We are proud to fly these flags as solemn

reminders of the great sacrifice so many have made to defend the United States of America," said Transportation Secretary Joe Prather. "Let us never forget the price so many have paid in service to all of us."

"Prisoners of war are casualties that can all too often be easy to forget," said Stephen Stewart, commander of American Legion Hardin Post 113. "The image of crosses lined in neat rows at

Arlington and other national cemeteries reminds us of the high cost of freedom. In any gathering of veterans, the scars of war wounds and missing limbs remind us of the sacrifices of those who have fought for freedom."

The POW/MIA flags will be flown at 24 rest areas and welcome centers across the commonwealth.



FAMILY MEDICINE

Calcium, dietary changes may treat bone loss — page B4

GETTING NOTICED

Tommy Webb Band gains exposure

by JARRID DEATON
FEATURES WRITER

LANGLEY — Tommy Webb has already made a name for himself in Eastern Kentucky with his brand of bluegrass, but now, Webb, a resident of Langley, is making waves on the national music scene.

The Tommy Webb Band, formed in 2005, is starting to get exposure across the country after signing with Rural Rhythm Records, which will release the band's new album, Heartland, on April 21. The band released two albums with Kentucky-based Kindred Records before signing with the new label.

In May of 2007, the band released an album titled Eastern Kentucky which received critical acclaim from a large number of reviewers.

Tommy Webb is a wonderfully talented and exciting new artist that I've become a big fan of," said Grace Muldoon, with World Wide Bluegrass. "It's bands like his that keep the heart of Bluegrass music beating strongly."

Webb started singing and playing guitar at 15, performing jam sessions

with some friends in the area where he lives. After high school, Webb started playing guitar with The Pine Top Ramblers, and also with a group called South Creek. Later, Webb joined Onlyne, a group he performed with for several years.

Webb sings lead and plays guitar in The Tommy Webb Band, and also plays banjo during some performances, with Kenny O'Quinn, a mandolin player, taking over for lead guitar. Chris Goble is the regular banjo musician for the band and also sings harmony. The bass player is Danny Stiltner, who also performs harmonies on the songs.

Along with a regular concert schedule, the band also plays benefit concerts, including the Ernie Thacker Benefit Show held last year in West Virginia. The concert also featured bluegrass legends Melvin Goins, Charlie Sizemore and Dave Evans.

The band has shows upcoming in Kentucky, Indiana, Ohio, Tennessee and Missouri.

For more information on The Tommy Webb Band, visit the band's website at <http://www.thetommywebb-band.com>.



UNITE partners with Fish & Wildlife to expand school archery programs

CAMPTON — The Kentucky Department of Fish & Wildlife Resources will partner with Operation UNITE and school systems across southern and eastern Kentucky to expand the successful and rapidly spreading National Archery in the Schools Program (NASP), Congressman Harold "Hal" Rogers said Tuesday.

"The goal is to get our youth involved in something positive before they get interested in drugs," said Fifth District Congressman Harold "Hal" Rogers. "We can arrest drug dealers and provide treatment for addiction, but it's far easier to reach a child with positive activities before they fall prey to that lifestyle."

Rogers joined Fish & Wildlife Resources Deputy Commissioner Hank Patton and Karen Engle from UNITE in making the announcement at Campton Elementary as part of his 13-county tour across southern and eastern Kentucky.

"Programs like this don't happen without strong partnerships," Rogers said. "The state has provided much needed guidance, curriculum and even club sponsors to make this project a reality."

NASP is a physical education and cross-curriculum in-school course designed to also engage those students who may not take part in regular school sports activities. It has been so successful that 850 schools in Kentucky have participated in this program.

The partnership will result in more trained archery club sponsors through the state along with additional resources for start-up equipment from Operation UNITE's community coalitions.

One of the first steps to expanding NASP in the Fifth Congressional District is to get enough sponsors trained. Patton said that the first of three regional Beginning Archery Instructor courses will be conducted on Wednesday, May 6, from 8:30 a.m. to 3:30 p.m. at Mendon High School in Hazard. No archery experience is required.

Other training courses will be scheduled in the London and Prestonsburg areas.

Any school system that can't find an archery

club sponsor will be able to utilize an officer from Fish & Wildlife, Patton assured.

In addition, any UNITE community coalition wishing to support an archery club by incorporating drug-free messages and activities may apply for money through the semi-annual funding process, Engle said, adding that UNITE has awarded \$33,580 to 22 Archery In The Schools programs in 12 counties within the Fifth Congressional District.

"This is money sought by UNITE coalitions to support after-school clubs. We know some communities have obtained funding from other sources to support archery programs as well," said Engle. "This is such a worthwhile activity that allows youth, who do not have an interest in or skills for the major sports teams, to become involved in a fun school program."

Schools that have implemented NASP have seen very encouraging results. "Participating students have exhibited marked improvements in self-esteem, confidence, self-discipline, structured programs and self-worth — all qualities that lead to an all-around better student, and an enriched student body," Patton noted. "We have also documented improvements in attendance, behavior and on-task behavior."

The two-week educational program, called "Archery: On Target for Life," has been offered to Kentucky students in grades 4-12 for the past four and one-half years, said Jennie Richardson, state archery coordinator for the Kentucky Department of Fish & Wildlife Resources. Written by the state Department of Education curriculum specialist, the curriculum holds interesting and creative possibilities for integration with core content in social studies, mathematics, visual arts, history and English/language arts.

On hand for Tuesday's program was Tim Farmer, host of "Kentucky Afield," the nation's longest running outdoor television show, who conducted an archery demonstration involving the congressman, state and local officials and members of Breathitt County's NASP team.

Farmer, a life-long Kentuckian, has been an outdoor lover since childhood. A motorcycle accident in 1984 left him without use of his right arm, but his strong will and adaptability enabled him to continue doing the many things he loved — including shooting a rifle cross-shouldered, tying a fishing line with his mouth and shooting a bow and arrow with his teeth.

"Just as Farmer has overcome his physical limitations, many youth in southern and eastern Kentucky face their own seemingly insurmountable barriers — such as the pressure to use drugs," Engle said. "Providing opportunity, hope and positive role models is one way we are working to guide these young people toward a brighter future."

"After school clubs, such as archery, give students another outlet for their interests," Engle continued. "That's why UNITE is supporting this initiative so strongly. Any student can participate without regard for ability or socio-economic factors."

During the program Engle honored Richardson with a plaque of appreciation for her dedication to the NASP program and service to the youth of the commonwealth.

Richardson, a national champion archer, began integrating the hobby into her middle school math class while teaching at Whitley County Middle School during the late 1990s. Her successful archery program soon garnered attention from state officials. As a result, the "On Target for Life" curriculum was launched by the Kentucky Department of Fish and Wildlife Resources in 2001.

The following year she became state coordinator.

"Those who have been involved in the NASP program since its inception are quick to attribute its meteoric growth in great part to Richardson's early energetic leadership and unbridled enthusiasm for archery in Kentucky's program, helping pave the way for a thriving national effort," J.R. Absher wrote in a 2007 article for U.S. Archer magazine.

(See ARCHERY, page four)



Family Medicine

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

Q After my last routine bone density scan, my doctor said I have osteopenia. I don't understand why I got this. At 65-years-old, I am petite and thin. I walk a lot and do aerobics regularly. I don't think my mother had this, nor do any of my sisters.

A The good news is that catching this early bone loss can help prevent the more serious disease, osteoporosis. Your doctor is right to recommend bone density scans for women 65 and older.

Osteopenia occurs when bones begin to lose their mineral density.

Bone mineral density (BMD) naturally diminishes with age. Your BMD peaks around age 30 and begins to drop about 10 years after that. The stronger your bones are at age 30, the longer it takes for your BMD levels to fall to osteopenia and osteoporosis levels.

Men generally have higher bone density rates than women, and menopause speeds up bone loss. As a result, women are about five times more likely to develop osteopenia than are men. By the time we reach 80 years old, 90 percent of women and 50 percent of men develop either osteopenia or osteoporosis.

Calcium, dietary changes may help treat reader's bone loss

Additionally, African-Americans tend to have higher BMD levels than European-Americans and Asian-Americans and are, therefore, less prone to either of these disorders.

As someone who regularly exercises and has no family history of osteopenia, how could you have gotten this? Although activity levels and genetics can both affect your risk level, other factors may be at play. Many medications, such as long-term steroids and some seizure medications, can increase your risk. Smoking, excessive alcohol consumption and a diet low in calcium or vitamin D can all lead to osteopenia. Finally, although maintaining a healthy weight greatly benefits your health overall, thin, petite women are more likely to get osteopenia.

Osteopenia treatment slows bone loss to prevent osteoporosis. Some doctors prescribe medications, but in

most cases, the bone loss of osteopenia is too minimal to require drugs. This probably means that your doctor will recommend — in addition to the exercise you are already getting — some dietary changes as well as calcium and vitamin D supplements.

Increasing calcium and vitamin D intake is usually a cornerstone of treatment. For most adults, a daily intake between 1000 and 1500 mg of calcium and 400-800 IU of Vitamin D is both safe and effective. You can find calcium supplements at most pharmacies, but look for the kind with vitamin D, as your body needs that to absorb the calcium.

You can also get the recommended calcium and vitamin D through a healthy diet. Dairy products such as yogurt, milk and cottage cheese are rich in both, as are fish, fish oils and green leafy vegetables. Avoid cola-based drinks and tobacco products, as

both have been linked to higher risk of osteopenia.

Continue your aerobic exercise and walking program, and work in some light weight-lifting as well. And, because you also get vitamin D from sunlight, take your exercise outside when possible. Unless you have a fair complexion, 30 minutes of sunlight a day — ideally before 10 a.m. or after 3:00 p.m. — is recommended. Be sure to consult your family physician before making dramatic changes to your exercise regimen.

□□□

Family Medicine(r) is a weekly column. To submit questions, write to: Martha A. Simpson, D.O., M.B.A., Ohio University College of Osteopathic Medicine, P.O. Box 110, Athens, Ohio 45701, or via e-mail to: readerquestions@familymedicine-news.org.

Rental Central

by TOM DOTY
TIMES COLUMNIST

One Oscar winner and two low budget films were the best bet for renters this week.

■ **"The Reader"** — Kate Winslet won an Oscar for her performance here and it was well deserved. She stars as a woman who is on trial for war crimes performed in Nazi Germany and the trial attracts a law student who realizes that she is a woman he had a passionate affair with during the war when he was a teenager. The story is revealed via flashback during the course of the trial and it's pretty good for a spot-slugger.

■ **"The Spirit"** — Comic book fans will undoubtedly be disappointed in this adaptation of Will Eisner's most famous character, as adapted by fellow funny book scribe, Frank Miller. The problem is too

much emphasis on flashy visuals with little attention to characters. Eisner's story concerned a rookie cop who is killed in the line of duty and returns as the titular hero, who wages a one-man war on crime. The film remains faithful to that vision but should have been more of a film noir and less of a splashy action fest. That said there are plenty of sultry vixens here and a sharp turn by Samuel L. Jackson as the bad guy, but the film never gains any momentum.

■ **"Splinter"** — Four people are trapped in a gas station by a deadly beast in this sci-fi thriller that brings back the "monster movie." Tons of claustrophobic tension are wrung out of the scenario, as the characters must figure out what they're up against and learn to work together. The monster is cleverly filmed so

that you only see bits and pieces of it, which adds to the overall effect. Good stuff despite the fact that it premiered on the "Sci-Fi Channel," which only goes to prove that even a busted clock is right twice a day.

■ **"Solo"** — A low budget doesn't hurt this low key crime drama that focuses on a hit man who wants to quit the life. He soon realizes that there isn't a retirement option in his line of work and now he can't be trusted by his employers. Good stuff here, with an emphasis on character and mood. Colin Fries (Corkman) makes for a solid lead.

Next week promises to offer more virtuoso performances, which include Frank Langella in "Frost/Nixon" and Mickey Rourke's comeback role in "The Wrestler."

Diva

Continued from p3

to tell the food court to eat BUTTER!" she bellowed, startling the poor olive oil.

I sighed and shifted nervously in my chair. "Here we go again," I thought. Slowly rising to my weary feet, I pitch one more time.

"Honorable Judge, while it is true that butter is a saturated fat, it is still real food and is digestible by the body. If it is eaten in mass quantities, it will be problematic both for your thighs and your heart. Margarine, on the other hand, is hydrogenated oil with fake colors and flavors. This is a product filled with trans-fatty acids which will actually RAISE LDL levels and reduce the HDL levels. Not only that, but the trans-fatty acids will age you faster than sitting in a tanning booth with your face slathered in bacon grease." I said, slamming the well-oiled table with my open hand.

Judge: Dinner. Saver removed her glasses and rubbed her eyes and sat for a moment. The tension could be cut with a butter knife.

"Thank you, counselor," said the Judge finally. "Obviously, we can all use all the help we can get with our health and as far as I'm concerned with regard to the Non-Fat People vs. Olive Oil case dismissed!" She slammed her gavel down and smiled for the first time.

A cheer went up in the audience. The safflower oil and peanut oil embraced as the butter melted in its chair. It was emotional for every oil and almost every fat... however, the Crisco and margarine left in a huff.

□□□

For more help putting dinner on your table check out Leanne's web site www.SavingDinner.com or her *Saving Dinner Book Series* (Balkanline) and her *New York Times Best Selling book, Body Chatter* (Farrar) Copyright 2008 Leanne Ely. Used by permission in this publication.

REVERSE PSYCHOLOGY Super Crossword

- ACROSS**
- 1 Beat into shape
 - 6 Rent
 - 11 Light touch
 - 14 Baseball's Maglie
 - 17 Ed of "Married ... with Children"
 - 19 Novelist Leonard
 - 21 Actress Hagen
 - 22 Nav. rank
 - 23 Start of a remark by
 - 24 Actor Chaney
 - 26 Margaritas, Mexico
 - 29 Nutritional abbr.
 - 30 Deck of destiny
 - 31 "... Coming" (199 song)
 - 33 Holy
 - 37 Tranquil
 - 38 Part 2 of remark
 - 41 Like Kojak
 - 42 Chilliwack's
 - 43 See 35
 - 44 Slippery swimmer
 - 45 Orthodox mage
 - 49 Pakistani language
 - 50 — Carta
 - 51 Shoe type
 - 52 Pindaric poem
 - 53 Hum bug?
 - 54 Midwestern rulers
 - 56 Floth —
 - 57 Energy source
 - 58 Plant disease
 - 60 End of End of
 - 62 Prelim remark
 - 63 Part 3 of remark
 - 68 Alaskan city
 - 69 "Unouch-able" Ness
 - 71 "Seinfeld" character
 - 73 — vera
 - 74 Cheerleader's maneuver
 - 76 Hands (out)
 - 78 Gnome's kin
 - 80 Troop grp.
 - 81 Puppeteer
 - 83 Brown's dog
 - 82 Florida city
 - 84 Maugham's "The Razor's —"
 - 85 Disney dog
 - 87 — standstill
 - 88 Jereamy of "Bridgeshead Revisited"
 - 89 Combat mission
 - 91 Give off
 - 93 Speaker of remark
 - 95 Fix
 - 98 One of the
 - 100 Smell — (be auspicious)
 - 101 Gather
 - 102 Fast flier
 - 103 Singer
 - 104 Large tub
 - 107 End of remark
 - 115 Canterbury can
 - 116 Past city
 - 117 Peanut
 - 118 Natural gas component
 - 131 Son of Isaac
 - 132 Inc. in England
 - 133 Unexpected obstacles
 - 134 Related
 - 135 With
 - 143 Across, famed puppeteer
 - 144 "M.A.S.H." extras
 - 145 Urban transport
 - 146 Tourists' neckwear
 - 147 "Night tiger" street
 - 148 Current
 - 149 Impresario
 - 150 Hurok
 - 10 Before, to
 - 11 Sousa- phone's
 - 12 Tucked in
 - 13 Soft tone
 - 14 Induce the
 - 15 Chief's shield?
 - 16 Leroy or
 - 17 Lehmann
 - 18 Actress
 - 19 Davidovich
 - 20 Reason d—
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The Times CLASSIFIEDS work for you!

sell — buy — rent — hire — find

Local Rates Include Online

only \$5.50 for the first three lines, \$1.00 each additional line
Bargain Basement - Items under \$100 - 3 lines, half price
Yard Sale Ads - 1 Day \$5.00 - 3 days \$12.00
 (30 words or less)

"For Sale Special"
 3 lines/
 3 days only

\$16

The Best Way To Write An Ad:

- Begin with a key word (item for sale, etc.)
- Use descriptive words to identify your items
- State your price or terms
- Include a phone number and/or e-mail address

NAME _____

ADDRESS: _____

PHONE #: _____

5 Easy ways to place your ad:

1. Call: (606) 886-8506, LeighAnn Williams
2. Fax: (606) 886-3603
3. E-mail: classifieds@floydcountytimes.com
4. Stop by: 263 S. Central Avenue, Prestonsburg
5. Mail: P.O. 390, Prestonsburg, KY 41653

Our hours: 8 a.m.-5 p.m.

DEADLINES

Wednesday's paper @ Mon., noon
 Friday's paper @ Wed., 5 p.m.
 Sunday's paper @ Thurs., 5 p.m.

Visa - MC - Discover
 Check

Write your ad here:

(approximately
 18 letters
 per line)

CREDIT CARD:

Our CLASSIFIEDS Will WORK For You!!!

The FLOYD COUNTY TIMES does not knowingly accept false or misleading advertisements. Ads which request or require advance payment of fees for services or products should be scrutinized carefully.

AUTOMOTIVE

Hicks Auto Sale

1998 S-10, 4 cylinder, 5 speed, \$2,500.
 1997 Cadillac SLE, 110,000 miles, \$3,995.
 2001 Jeep Cherokee \$4,295
 98 Oldsmobile Bravada \$3,500
 2000 Ford Windstar \$3,500
 2000 Plymouth Voyager \$3,295
 1994 Chevy Blazer \$3,495
 1998 Chevy Malibu \$2,995
 2003 Windstar \$2,850
 2003 Malibu with sunroof. Loaded \$4,500

1995 F-350 8 cylinders, white, utility truck for sale. Over hauled engine and transmission, good body. Call 263-4018 or 226-8996. Also real old church pew.

Employment

Employees needed - Steam Cleaner. Heavy Equipment. Must have valid driver's license and up to date Surface Mining papers. MET papers is a plus. Call Monday thru Friday between 9:00am and 5:00pm. 606-886-1759.

Benchmark Family Services, a private foster care agency in Prestonsburg, Kentucky, is seeking a qualified Case Manager. Qualified candidates will have completed a B.A./B.S. in a human services related field such as Psychology, Social Work, or related field. This person will support and coordinate services for foster parents/families who are the direct care-takers of the youth we serve. Skills needed for this position include extraordinary interpersonal skills, supervision, attention to detail and deadlines, basic computer competency, and effective communication. Please notify Benchmark Family

Services at 606-886-0193 if interested.

Dollar Mart Management - Retail management experience necessary. Apply in person at Dollar Mart or send resume to Dollar Mart 270 Dogpatch Center, London, KY 40741.

Dental Assistant needed: No experience required - will train - computer experience would be helpful but not necessary. Send resume to 415 N. Lake Drive Ste 201, Prestonsburg, KY 41653.

Immediate opening - Medical office needing front desk receptionist. Full time position with benefits package. Call 606-437-4100 to schedule interview.

Webb Medical group now accepting applications for a physician assistant or nurse practitioner to work in after-hours clinic on Friday, Saturday and Sunday. Call Webb Medical group 606-874-0009.

Local contractor looking for experi-

enced concrete finisher. Must have own transportation and hand tools. Pay based on experience. Phone 606-886-8373 or 606-477-9307.

Papa John's now hiring drivers & pizza makers. Apply in person. Call 886-2800, only. 8am - 5pm. 1-606-788-0402.

We have openings for certified nurse aids at Prestonsburg Health Care center. We offer competitive wages and benefits. Call 606-886-2378.

Now hiring for a legal secretary. Must at least have a high school education, excellent written and verbal communication skills, knowledge of Word Perfect and at least two years of legal experience. Pay will be based on experience. Please send resumes to PO Box 390, Prestonsburg, KY 41653.

Furniture

PUBLIC NOTICE
 Notice is hereby given that Prestonsburg Industrial Corporation, of Prestonsburg, KY 41653, has filed an application with the Natural Resources and Environmental Protection Cabinet, to place fill material within the floodplain. The site is located along Cliff Road, approximately 0.5 mile from the intersection of KY Route 1428 and Cliff Road, at latitude 37°41'34.42" N, and longitude 82°46'40.69" W. Any comments or objections concerning this application shall be directed to: Kentucky Division of Water, Water Resources Branch, 200 Fair Oaks Lane, Fourth Floor, Frankfort, KY 40601. Phone: (502) 564-3410.

PREMIER ELKHORN COAL COMPANY

Myra, KY
 is now accepting applications for the following position:
Scale Person/Auger Operator, with minimum 2 years operating computerized scale system and auger sampling system. Must also perform minor repairs to scale and auger systems. Requires KY Surface Mine Certification. Applications will be accepted at: Kentucky Department for Employment Services, 138 College Street, Pikeville, KY 41501.
 Premier Elkhorn Coal Company is an Equal Opportunity Employer.

Debt Management Center

Overwhelmed with mortgage payments, credit cards, medical bills & other bills?

Give us a call. Maybe we can help.

JOHNSON LAW FIRM, P.C.
 Conveniently Located in the Tarkenton Building Front Door Parking
 126 Roberts Circle, Suite 2 - Pikeville, KY 41502
 606-437-4488 • 877-713-1104

Will accept best offer to purchase Call Webb Medical Group 606-874-0009.

For Sale: Over 200 VHS movies new and old. Cabinets included. Make offer, also 60 hard covered books. Latest authors like new plus book shelf make offer. Also have golf clubs, balls, tees and towels for \$150. In good condition. Call 889-0324.

REAL ESTATE

Houses

House for sale by owner in Emma. Quiet neighborhood. 2 story brick 4 br. 3 baths with 2 car garage. Move in ready. Call 874-1090 to see.

House for sale. With acreage. Great location. 63 Hammers Rd. 2 Well kept 4 br. 2

bath, ranch, hardwood / carpet. Call for details 1-859-273-1887 or 1-859-351-1086.

Sale or lease

Glovanis building in Martin is vacated. Good Location. Reasonable rent. If interested call 285-3025 Monday - Saturday 9 am - 5 pm.

Office space for rent. 3,000 sq ft, 2 bath, 10 individual rooms suitable for professional office. Call 794-6204 for more information, located on 1320 North Lake Drive, Prestonsburg, Ky. Downtown from Jerry's

RENTALS

APARTMENT

Apartment for rent. \$125.00 weekly. \$100 deposit. All utilities are paid. Call 886-

7918.

2 br apartment for rent. Located in Prestonsburg. \$700 a month. Includes utilities. Plus deposit. Call 794-0249.

Apartment for rent. 2 br, 1 bath with large rooms. Partially furnished. \$350 month plus deposit. Located 1 mile south of Wayland. No pets. No HUD. Would consider land contract. Call 226-1925 or 886-8583 or 358-9344 leave message.

1 Br apartment for rent. 4 miles west of Prestonsburg on Rt 114. \$500 month includes utilities. Call 886-6061.

886-1997.

For Rent: Two room efficient apartment fully furnished with bills paid. Located in Prestonsburg. Ideal

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

A Newly remodeled 1 br Apartment for rent. Located on old 114 behind the Mtn Arts Center in Prestonsburg. No pets and no HUD. Call 606-205-9510 or 606-263-4323

Houses

2 1/2 story cedar A-frame home on 5 acres of land. Located 2 1/2 miles out of Prestonsburg city limits on Spurlock creek. City water.



PRESTONSBURG HEALTH CARE CENTER

147 Highland Avenue,
 Prestonsburg, KY 41653

Has Immediate Full-Time Openings for:
 CNAs • LPNs • RNs

If you would like to join a team that is making a difference in the landscape of long-term care, Please call 606-886-2378, or stop by to complete an application.

HIGHLANDS REGIONAL

The Medical Center of Eastern Kentucky

Come grow with us !!
 Medical Staff Coordinator
 Full-Time

This position reports directly to the President & Chief Executive Officer (CEO), however a high degree of communication and coordination throughout all levels of the organization enables the position to function effectively. The position is responsible for all administrative functions of the organized medical staff. This includes maintaining a contemporary system of credentialing and recertification. Matters pertaining to the administration of medical affairs are done in a manner consistent with the Medical Staff Bylaws, Rules and Regulations. Compliance with Federal, state and other regulatory bodies is the responsibility of the Medical Staff Coordinator. The Medical Staff Coordinator establishes, with the assistance of the Chief of Staff, CEO, Medical Director service practices and procedures that are in accordance with the Joint Commission on Accreditation of Healthcare Organization's standards. The MSC assures that all administrative needs of the Medical Staff are met in accordance with the Medical Staff Bylaws and Administrative Policies.

High school or a technical school. Two years college preferred. Should include courses in office skills and business English. At least five (5) years experience with at least (2) years in a medical setting. Board Certification (Certified Medical Staff Coordinator) or (Certified Provider Credentialing Specialist) preferred. Knowledge of medical legal issues and laws and regulatory agency requirements and standards. Computer experience required.

- Nine (9) Paid Holidays
- 401k Retirement Plan
- Medical/Dental Insurance
- Life Insurance

Interested applicants may apply to the Human Resources Department

Highlands Regional Medical Center
 5000 Kentucky Route 321, Prestonsburg, KY 41653

(606) 886-7531 • Fax (606) 886-7534

E-mail: tclark@hrcmc.org

Highlands is an equal opportunity employer.



DO YOU SEE A DIFFERENCE?

THEN YOU SEE THE POWER OF COMMUNITY COALITIONS.

They help community groups organize resources and fight to keep kids away from drugs. Contact a community coalition and find out what your group can do.

www.helpyourcommunity.org
 or 1-877-KIDS-313

YOU GET MORE WHEN YOU GET TOGETHER

Office of National Drug Control Policy

Ad Council

3br, w/d, dish washer, 2 full baths, full underground basement, security system, 16x36 carpet and outside storage. No pets, \$850 month. Shown by appointment only. Call 606-785-0770. Leave message.

3 BD 2BA, Log Home behind Porter school in Hager Hill, KY Central H/A low utility bills. Fireplace, porch, barn, \$990.00 month. Call 850-322-1155. Available now. See photos at www.YesFLA.com.

2 br, 2 ba house for rent. 2 car carport. 2 miles up Abbott. \$700 month plus \$700 deposit. No pets. Call 886-3662 or 226-0322.

3 br house for rent. With refrigerator, stove, washer & dryer. No HUD. No Pets. \$500 month

plus utilities and \$300 deposit. Call 874-2887.

Mobile Homes

No down payment to qualified landowners. First time home buyers our specialty. FHA financing for limited time. Call to be pre qualified. 877-310-2577.

Government will pay you up to \$8,000 to buy a new home. Don't miss your share of the stimulus bail out. No gimmicks. No Hype. Call for info 866-597-2083.

View our new homes on display at www.4aluvhome.com my46. Call 606-474-2083. For more info.

0 Denials, Gov loan program. Call for approval 276-

679-1100.

\$ 8,000 from Govt for new home. Call 276-679-1100.

0 Refusals. All lot models must go. Make offer. Call 276-679-1891.

4 bedroom 2 bath. In divorce battle. Help save my credit. Call 276-679-1892. 4-15 4wks

0 Repairs, damaged home, insurance repaired. Save 1000's. Call 276-679-1893.

Owner financed land/home. 500 deposit. Terms negotiable. Call 276-679-1100.

Special FHA Finance Program \$0 Down if you own land or use family land. We own the bank your approved. Call.

866-597-2083.

4 Bedroom double wide. Delivered & set up. Footers, heat pump and skirting. \$49,000. Call 606-864-5252.

Land home package. Financing available. You can finance. Garage or carport, septic, water and electric, porches, sidewalks and decks. You pick the home & land. Crossland homes will do the rest. Call 606-864-5252.

Application hot line. 606-864-5804. All applications accepted! Own a new home. Call 606-864-5804.

Approved! For Government financing. 2 or 3 br double wide. Delivered & set up on your lot! With payments. Hundreds below renting. Call 606-864-5252.

Crossland homes is your FHA certified dealer. If you have 2 yrs job time anywhere, KY little or no credit let the government and crossland homes deliver you a new home. Call or come to qualify. Call 606-864-5252.

1st time home buyer check! The IRS will give you 10 % down up to \$8,000. In a check mailed to you! You can still get the money this year. Let Crossland homes show you how to get the money now. Call 606-864-5252.

2 br mobile home for rent. Located North of KY 797's junction with KY Route 122, and located 0.05 mile west of Newman Branch of the Left Fork of Beaver Creek.

LOTS FOR RENT Dwaile Mobile home Park. off US 23 near Prestonsburg. Nice quiet community. Restrictions apply. 606-377-2357

Legals

NOTICE OF INTENTION TO MINE Pursuant to Application No. 836-0306 Amendment No. 2

In accordance with KRS 350.077.

PUBLIC (LEGAL) NOTICE ADVERTISEMENT FLOYD COUNTY EMERGENCY PLANNING COMMITTEE

Pursuant to Section 324, Title III of the Federal Superfund Amendments and Reauthorization Act (SARA) of 1986 (PL 99-499), the following information is provided in compliance with the Community Right-to-Know requirements of the SARA Law, and the open meetings and open records provisions of Kentucky Revised Statutes. Members of the public may contact the Floyd County Emergency Planning Committee, at P.O. Box 1421, Prestonsburg, Kentucky 41653, or by calling 606-886-9678. The Floyd County Emergency Planning Committee conducts meetings at the Floyd County Health Department, or at other locations, in accordance with the Kentucky Open Meetings Law. Members of the Public may request to be notified of regular or special meetings as provided in KRS 61.820 and KRS 61.825. Records of the Planning Committee, including the county response plan, material safety data sheets, and inventory forms, or any follow-up emergency notices as may subsequently be issued, are open for inspection, and members of the public who wish to review these records may do so, 8 a.m.-4 p.m., Eastern, 5 days a week, at the Floyd County Emergency Management Office, as required by the Kentucky Open Records Law. The local 24-hour telephone number for purposes of emergency notification, as requested by SARA, is (606) 433-7711.

notice is hereby given that The Elk Horn Coal Company, LLC, 544 South Lake Drive, Prestonsburg, KY 41653, has applied for an amendment to an existing surface and underground coal mining and reclamation operation, located 0.50 mile west of Hi Hat, in Floyd County. The amendment will disturb 61.7 surface acres, and will underlie an additional 3,494.8 acres, making a total area of 3,556.5 acres within the amended permit boundary.

The proposed amendment area is approximately 0.00 mile west of KY Route 797's junction with KY Route 122, and located 0.05 mile west of Newman Branch of the Left Fork of Beaver Creek.

The proposed amendment is located on the McDowell U.S.G.S. 7 1/2 minute quadrangle map. The surface area to be disturbed is owned by The Elk Horn Coal Company LLC. The operation will underlie land owned by The Elk Horn Coal Company LLC. The operation will affect an area within 10 feet of Newman Branch public road. The operation will not involve closure of the public road.

The amendment

has been filed for public inspection at the Department of Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, 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 the application. All comments, objections, or requests for a permit conference must be received within 30 days of today's date.

NOTICE OF INTENTION TO MINE Pursuant to Application Number 836-9027

In accordance with KRS 350.055, notice is hereby given that Matt/Co, Inc., 439 Meadows Branch, Prestonsburg, Kentucky 41653 has applied for a permit for a refuse disposal and reclamation operation affecting 57.26 surface acres located 1.8 miles north of Emma in Floyd County.

The proposed operation is approximately 1.51 miles north from KY 194 Cow Creek Road's junction with KY 1428 and is located

on Sand Branch of the Levisa Fork.

The proposed operation is located on the 2 1/2 acre USGS 7 1/2 minute quadrangle map. The surface area is owned by Alma Land Company. The application has been filed for public inspection at the Department of Natural Resources' Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, Kentucky 41653. Written comments, objections, or requests for a permit conference must be filed with the Director of Mine Permits, #2 Hudson Hollow Complex, U.S. 127 South, Frankfort, Kentucky 40601. This is the final advertisement of the application. All comments, objections, or requests for a permit conference must be received within 30 days of today's date.

NOTICE OF INTENTION TO MINE Pursuant to Application No. 836-5440, Renewal

In accordance with KRS 350.055, notice is hereby given that The Elk Horn Coal Company, LLC, 544 South Lake Drive, Prestonsburg, KY 41653, has applied for renewal of a permit for an underground coal mining operation, located 0.3 mile west of Craynor, in Floyd County. The opera-

tion will disturb 2.41 surface acres, and will underlie 537.65 acres, and the total area within the permit boundary will be 540.06 acres.

(2) The operation is located on the 1.15 mile southwest of KY 979's junction with the Mink Branch Road, and is 0.3 mile west of Mink Branch.

(3) The operation is located on the McDowell U.S.G.S. 7-1/2 minute quadrangle map. The surface area to be disturbed is owned by The Elk Horn Coal Company, LLC. The operation will underlie lands owned by David Akers, Sam Morton, Jerry Hamilton, The Elk Horn Coal Company, LLC, Don Howell, Linda Hamilton, Claydon Hamilton, Henry R. Keathley, John Keathley, Donna Hamilton, Darrin Carroll, Phil Hall, Flora Preston, Ray Hall, Purvis Hamilton, Blaine Newman, Eugene Stone, Thomas Hamilton, Larry Stone, Preston Stone, Ossie Reynolds, Wavis Alley, Blenkinship, Earnestine McKenzie, Charles Baxter, Emil Carroll, and Mize Hamilton.

(4) The application has been filed for public inspection at the Department of Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Suite No. 6, Prestonsburg, KY 41653. Written comments, objections or request for a permit conference must be filed with the Director, Division of Permits, No. 2 Hudson Hollow, U.S. 127 South, Frankfort, KY 40601.

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