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The Times

Serving the citizens of Floyd County since 1927

APR 26 2012

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Year

Vol. 86

WEATHER

Cloudy
today. High of 66.
Low of 46

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FRIDAY, APRIL 27, 2012

75 cents

Floyd pulls in \$95 million for roads

Ralph B. Davis
Managing Editor

FRANKFORT — Floyd County will see \$95 million headed its way for road projects, following the legislature's passage of a new two-year road plan. The bulk of that money — \$80 million — will be spent on continued construction of the Minnie-to-Harold Route 680 connector.

"This has been in the road plan for more than a quarter-century, so to say that I'm pleased to see it move this far forward is an understatement," House Speaker Greg Stumbo said. That money includes \$48.4 million to be spent in 2013 on constructing a section of the road from Route 122 to Little Mud Creek Road, as well as \$31.3 million on another section from Little Mud Creek

Road to Tackett Fork. Of the second amount, \$2.75 million will be spent in 2012 for right-of-way acquisition, \$550,000 will be spent in 2012 for utility relocation, and \$28 million will be spent in 2014 for construction. The remaining \$15 million in Floyd County's portion of the road plan will be spent on a host of smaller projects, including six new bridges over

Cow Creek, Beaver Creek (both left and right forks), Brushy Creek at the Floyd/Pike county line and Little Paint Creek near the Floyd/Johnson county line. There is also money for a new left-turn lane at the intersection of Route 122 and Route 680 at Minnie and an improved exit on Route 80 at Garrett. As reported earlier, Floyd County will also be receiving over \$4 million

for 61 coal severance tax-funded projects, bringing the county's haul from this year's regular and special legislative sessions to just shy of \$100 million. "I am glad that Speaker Stumbo and I were able to work with local officials to identify these projects and to obtain this money for Floyd County," state Sen. Johnny Ray Turner said. Stumbo said the total amount of state funding

headed to Floyd County is good news, especially in a lean budget year. "While this year's budget required a lot of tough decisions, we are fortunate that the funding for both of these programs remained strong," Stumbo said. "The end result will give us a lot of opportunities during the next two years to truly invest in projects needed for our region."

Grant to begin work on Martin sewage plant

Jack Latta
Staff Writer

MARTIN — At Tuesday's city council meeting it was announced the city of Martin has been awarded grant money to improve and rehabilitate its sewers and lift stations.

According to Brett Fisher, an engineer on the sewer project, the city was awarded an LPDM grant through FEMA to rehabilitate the sewers.

The \$1.5 million grant will be used in part on the sewers, the lift stations and the plant. When asked if there was money to fix the plant, Fisher said, "We're going to do as much as we can. A million-and-a-half only goes so far." Fisher said the city now needs to acquire interim financing to pay for the rehabilitation projects. He said financing is needed because FEMA grants operate by reimbursing the city for specific receipts of money spent up to \$1.5 million.

The city of Martin came under fire earlier this year when the county accused the city of dumping sewage directly into the county's waterways. According to officials with the Department of Environmental Protection, the city had incurred numerous citations and fines over the last half dozen years for violations relating to its sewage plant.

Jeff Cummins, acting director of enforcement for Department of Environmental Protection, said last month when asked for status that his office has been in discussions with the city of Martin for several months, though he adds that until an agreement is reached, he can't comment on those discussions. "It's a serious case, a significant case," said Cummins. "Our biggest concern is the public health risks."

Cummins says that while the city of Martin could face significant penalties, his office is more interested in bringing the plant into compliance.



Berry Hall sat in silence at jurors read out the verdict of murder.

photo by Jack Latta

Hall guilty of murder

Jurors rule defendant mentally ill at time of crime

Jack Latta
Staff Writer

PRESTONSBURG — After four weeks of trial Berry Hall was found guilty Thursday of intentional murder in the 2008 deaths of Lisa and Alan Tackett.

The jury took little time in returning a verdict, reappearing in court less than four hours after they were given instructions. All total, Hall was found guilty of two counts of intentional murder, but with mental illness, for the deaths of Lisa and Alan Tackett. He was also found guilty of four counts of first-degree wanton endangerment, but with mental illness.

The addition of the tag of "but with mental illness," does not change the scope of the charge or limit the possible punishments he could receive, but rather indicates that if incarcerated, the defendant is entitled to mental health treatment. Hall can still face anything up to and including the death penalty.

Closing arguments were given by the prosecution and the defense Thursday morning in the Floyd County Circuit Court murder trial of Berry Hall. Defense attorney Will Collins told jurors that there is no question as to what happened on March 20, 2008, when Hall shot Lisa and

Alan Tackett, but that the question of why remains. "This was a horrible, horrible crime," said Collins. "Of that, there is no doubt."

Hall now faces sentencing for the 2008 double murder of Lisa and Alan Tackett. The defense tried to convince the jury that Hall, because of depression and anxiety, was not mentally stable at the time of the shooting. Hall took to the stand in his own defense Monday and blamed the late Dr. Charles Hieronymous, who treated Hall for depression.

"Those two people are dead because he gave me Prozac," Hall

See MURDER | 10

Imprisonment charge dropped

Ralph B. Davis
Managing Editor

PRESTONSBURG — A West Virginia man, who had been charged with unlawful imprisonment and a variety of drug and traffic charges, saw the imprisonment charge dropped, after the lead witness requested it be dismissed.

Jonathan A. Holloway, 27, of Kenova, W.Va., was arrested April 8 and charged with unlawful imprisonment, failure to wear a seat belt, endangering the welfare of a minor, operating a motor vehicle under the influence of drugs/alcohol, driving on a DUL-suspended license, two counts of possession of a controlled substance, possession of drug paraphernalia, and possession of marijuana.

In the police report, police say Lency L. Bowling told a store clerk at an Ivel gas station that he, another adult and a baby were being held against their will by Holloway, who had told them "he would kill the child if he was stopped by law enforcement."

Bowling, however, disputes the claim by police. He told The Floyd County Times that a trooper told him Holloway could be charged with kidnapping or unlawful imprisonment, but that he requested the trooper not file that type of charge.

County Attorney Keith Bartley told The Times Bowling has since filed a signed affidavit, requesting the imprisonment charge be dropped. Bartley's office complied with the request.

Holloway has since pleaded guilty to the other charges, Bartley said. He was sentenced to 180 days in jail. After he serves his jail time, he will be required to undergo treatment for addiction at the Prestra Center.

Bowling said getting treatment for Holloway was the sole reason for calling the police. Bowling, a pastor, told The Times that Holloway had been going

See CHARGE | 10

May Valley group seeks Martin annexation records

Jack Latta
Staff Writer

MARTIN — More than 20 teachers and staff from May Valley Elementary were in attendance Tuesday night at the Martin City Council meeting, seeking some clarification in regard to occupational taxes.

According to Vicki Stone, who spoke on behalf of the May Valley group, the teachers and staff were there to make an open records request for minutes and documents concerning the school's annexation in 2007.

Stone says that despite

May Valley being annexed in 2007, the school receives no services from the city, such as water or sewer.

"We pay \$51,000 a year out of May Valley," said Stone. "We get no services."

The problem, says Stone, is that the city has raised occupational taxes twice since that 2007 annexation.

According to Stone, they had made an open records request before but were told that it was not "the official" request.

City attorney Clyde Johnson told the teachers that the city would respond to the request in three days, but that it could take up to

30 to get them the information.

According to the Kentucky Open Records Act of 1992, the city has three working days to respond directly to an open records request. Depending on the volume of information requested, short responses can be free, but information of any length usually will have a copying fee, not to exceed 10 cents per page.

Stone and the teachers present said they shouldn't have to pay the occupational tax if they school is not receiving any benefits from the city.

Seeking Solutions



Area leaders gathered Thursday at the Mountain Arts Center to discuss policy and issues affecting the region, during the first day of the East Kentucky Leadership Conference. The conference concludes today.

photo by Ralph B. Davis

Obituaries

Lillian Blackburn
Lillian Blackburn, 81, of Prestonsburg, wife of Isaac Blackburn, died April 22, 2012, at her residence.
Born Jan. 30, 1931, at Endicott, to the late Henry and America Setser Crider, she was a homemaker.

In addition to her husband, she is survived by a son, Kevin (Meshay) Blackburn, of Endicott; a daughter, Brenda (Billy) Burchett, of Endicott; daughter-in-law, Diane Crider; two sisters, Margie Maynard, of Columbus, Ohio, and Hattie Mae Maynard, of Middleburg; and two grandchildren, Christel

(Kevin) Long and Justin Alan Burchett.

In addition to her parents, she was preceded in death by a son, Donald Blackburn, and two brothers, Millard Crider and Erwin Crider.

Funeral services for Lillian Blackburn will be held at 11 a.m. Wednesday, April 25, at Nelson Frazier Funeral Home, in Martin, with Rev. Jim Smith and Rev. Mark Hunt officiating. Burial will follow in the Blackburn Family Cemetery, at Endicott.

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

www.nelsonfrazierfuneralhome.com

Vicene Chaffins

Vicene Chaffins, age 63, of Hueysville, passed away Monday, April 23, 2012, at the Kindred Hospital, in Louisville.

She was born Jan. 21, 1949, at Hueysville, the daughter of the late Bert and Avenelle Sexton Shepherd.

She was preceded in death by her husband, David Roger Chaffins.

She is survived by sons, David Clayton Chaffins, of Fort Wayne, Ind., Sheridan Roger Chaffins, of

Hueysville, and Willie Hyatt Chaffins II, of Martin; daughters, Sherlene Marie Frick, of Albion, Ind., and Davinia Lela Chaffins, of Lexington; brothers, Steve Shepherd, of Indiana, and Bruce Turner, of Pensacola, Fla.; sisters, Marlene Conley, of Gunlock, and Bernice Turner, of South Carolina; and six grandchildren.

Burial will take place in the Chaffins-Howard Cemetery, Rock Fork, Garrett, on Thursday, April 25, at 3 p.m., under the kind and professional care of the Hall Funeral Home, of Martin.

Danny Day Slone

Danny Day Slone, 47, of Prestonsburg, husband of Roseanna Rose Slone, died Monday, April 23, 2012, at Cabell Huntington Hospital.

Born June 15, 1964, in Martin, to Dan Day Slone, of Prestonsburg, and Arminia Dolly Slone, he was a food tech worker for the Floyd County Board of Education. He was a member of Auxier Freewill Baptist Church and also attended Fitzpatrick Freewill Baptist Church.

In addition to his wife and father, he is survived by two daughters, Danna Slone

and Krystal Gail Slone, both of Prestonsburg; a stepdaughter, Sharon Perkins, of Ivel; a sister, Deanna Collins, of Prestonsburg; and four grandchildren, Kaylee, Alyssa, Haley and Ryan.

Funeral services for Danny Day Slone were held Thursday, April 26, at Auxier Freewill Baptist Church, at Auxier, with Bobby Joe Spencer, Tommy Reed and Shane Powers officiating. Burial followed in Davidson Memorial Gardens, at Ivel.

Nelson Frazier Funeral Home, of Martin, was in charge of arrangements.
www.nelsonfrazierfuneralhome.com

Records

MARRIAGE LICENSES

Deborah Allen Blanton to Roger Blanton, both of Salyersville.

Brittany L. Jarrell, of Printer, to Dustin T. Evans, of McDowell.

Natasha Marie Nixon to Benny Ray Slone Jr., both of McDowell.

Reta Ann Newsome of Grethel to Gerald Dean Newsome of Laurel, Ohio.

Dakota Channing Moore, of Bowling Green, to Andrea Danielle Tackett, of Beaver.

Community Trust Bank v. Melissa Moore - contract.

Capital One Bank v. Angela D. Conley - contract.

Capital One Bank v. JeAnn Burke - contract.

Capital One Bank v. Susie Johnson - contract.

Porfolio Recover Associates v. Rich Blackburn - contract.

Taxco LLC v. James Frasure - contract.

Silver Slate v. Natural Resources Partners, et al - contract.

Billie Dean Patrick v. Benjamin Patrick, joint petition for annulment of dissolution of marriage.

Nationstar Mortgage v. Jimmy Nelson, et al - foreclosure.

Commonwealth of Kentucky v. The David School - enforcement of civil investigative demands.

CHARGES FILED

Oscar Adkins Jr., 27, Grethel -

third-degree burglary, receiving stolen property.

Selina Lawrence, 19, Martin - criminal possession of a forged instrument.

Justin E. Crum, 23, Mousie - public intoxication of a controlled substance, theft of identity, giving false name to police, second-degree forgery.

Linda Johnson, McDowell - alcohol intoxication, giving false name, theft of identity.

Jessie Akers, 35, Grethel - theft by failure to make required disposition.

Jamie Creech, 31, Prestonsburg - first-degree possession of a controlled substance, third-degree possession of a controlled substance, controlled substance prescription not in original container, reckless driving.

David J. Slone, 38, Wayland - first-degree rape.

Charles Jason Brewer, 33, Jackson - theft by unlawful taking - shoplifting.

Phyllis Ke Martin, 54, Hi Hat - theft by deception - cold checks.

Billy Shawn Hall, 35, Prestonsburg - theft by unlawful taking.

Anna J. Webb, 37, Tomahawk - theft by unlawful taking - shoplifting.

Cody Allen Bentley, 18, Printer - theft by unlawful taking - shoplifting.

Shasta Nicole Daniels, 19, Printer - theft by unlawful taking - shoplifting.

Sheldon Rice, 18, Hueysville - alcohol intoxication.

James Noble, 30, Minnie - third-degree criminal mischief, fraudulent use of a credit card, theft by unlawful taking.

Frankie Lynn George, 36, Prestonsburg - theft by unlawful taking.

Otis Anderson, 61, Pikeville - stopped/parked on limited access highway, failure to wear seat belt, operating motor vehicle under the influence of drugs/alcohol, no insurance card, no/expired registration.

Requetta Parker, 26, Wheelwright - theft by unlawful taking - shoplifting.

Frankie Lynn George, 36, Prestonsburg - fleeing/evading police, public intoxication of a controlled substance.

Austin Edward Howard, 31, Garrett - alcohol intoxication.

Tiffany Daniels, 23, Stanville - alcohol intoxication.

Mark Jones, 47, Russell - alcohol intoxication.

Virgil S. Meade, 33, Dingess - alcohol intoxication.

Franklin Bentley, 20, McDowell - first-degree disorderly conduct.

PROPERTY TRANSFERS

James Akers to Judy Meade,

property location not listed.

Kenny Lee Akers to Jennifer Renee Akers, property location not listed.

McKinley E. Akers to Larry Dean Boyd, property location not listed.

Stevie Akers to Diana Ross and Lauren Casey Ross, property location not listed.

Appalachian Land and Leasing LLC to Kentucky Power Company, agreement.

Archer Music Enterprises Inc. to Prestonsburg City Utilities Commission and City of Prestonsburg, easement.

Beverly Jo Blackburn, Constance Blackburn Miller, Ladonna Blackburn Miller, Mark Miller, William David Miller, Roger Jurich and Sheryl Blackburn Jurich to Carlene Wiley Burchett, Kenneth Gary Burchett, Bernadette Burchett Corn and Phyllis Burchett Walker, property location not listed.

Tina Marie Brew to Jason Rogers, property location at Wheelwright.

Vicky Lynn Bryan, Greg R. Derossett, Cathy Runnels, Tyler Wayne Runnels and William Pierce Runnels II to Jerry Fannin, property location not listed.

Greg Compton to Sherry Compton, property location not listed.

Patrina Compton to Gregory

Hunt, property location not listed.

William S. Kendrick master commissioner, James M. Allen, Rita Allen and First Guaranty Bank to First Guaranty Bank, property location not listed.

Gracie Ann Johnson to Jimmy Johnson, property location not listed.

William S. Kendrick master commissioner, William G. Parker and Onestart Bank FSB to Deutsche Bank National Trust Company, property location not listed.

Myrtle McIntosh to Genive Shipley, property located at Branhams Creek.

Judy Meade to James Akers, property location not listed.

Annie Mosley to Dinah Lynn Bowling and Janice Isaacs Hall, property location not listed.

Jeanne Vance and Stuart Vance to Allen Rose and Shelia Rose, property location not listed.

Ernie Wakeland, Lorine Wakeland and Lorna Wakeland to Larry D. Boyd, property location not listed.

Estate of Lemuel Williams and Loretta Williams administratrix to Paul David Williams, property location not listed.

Beyond the Beltway

'Attack Girls' Swim Team vs. the Undead'

Tom Doty
Times Columnist

The 1970s never died. They just moved to Japan, as evidenced by this energetic genre mish-mash that pits a bunch of young ladies, in swimsuits, against their zombieified faculty.

It all starts with a well-paced scene that finds a young lady swimming in the school pool. The camera work is very good, as you slowly realize she isn't alone. Luckily, she just winds up with a handful of dead hair (goose but not dead). This wink at the audience gets broader as the film goes on and provides an actual menace.

The story starts with the swim team at an all-girls school, as they get ready for their first meet. They have plenty of obstacles, such as a virus running rampant throughout the campus, as well as a coach who is fine with using corporal punishment as an incentive to work harder.

Into this atmosphere comes

Aki. She is the new kid in school and rocks a nasty set of "Franken Bangs" as well as an inability to make friends.

Her timing couldn't be worse as the school's staff have succumbed to a chemical which gives them strange tastes and abilities. The negative here is that they begin to attack the student body, though they now can judge like circus clowns. Their ability to communicate is severely impeded, as they can only speak in pidgin English. Luckily, the swim team is unaffected, as the toxin becomes inert around chlorine. Swallow all of that and the rest of this is cake.

Meanwhile, Aki is befriended by a swim team stalwart named Sepala. The two bond over similar birthmarks and leap to the conclusion that they are sisters who were separated at birth and raised by foster parents. They celebrate by engaging in a tryst that earns this one the equivalent of a hard "R" rating.

Together, the reunited sisters assemble the swim team and go on the hunt for their

evil educators. What follows are some gruesome set pieces, as these two groups go at it with chainsaws, baseball bats and slide rulers. The gore is plentiful and any sense of story goes out the window as we soon learn that this is all the elaborate plan of twin scientists who also happen to train female "water assassins" in their spare time.

You have to love a movie that exists only to entertain its audience. Even if that audience is out there, too. I have to admit that I liked this flick as well as the two others, movie it was packaged alongside, "Zombie Self-Defense Force" and "Zombie Hunter Rika" are also senseless programmers that laddle on the gore and spoon out the logic, but who cares? Even dirty fun is fun.

Keep body wash and a beach towel nearby, and it will be safe to watch these features and still respect yourself after a good wash.

Best line: "I don't like the water. I've got bad memories of it."
2011, unrated.

Rental Central

Tom Doty
Times Columnist

April goes out on a lame note with a quartet of releases that were, at best, reasonable time-wasters.

"Contraband" — Mark Wahlberg stars as a smuggler who gets drawn back into the game when his brother-in-law winds up in debt to a nasty mobster (Giovanni Ribisi, who is very good here). He assembles his old crew and goes to South America to bring back counterfeit currency, but things go south in a hurry. A good cast is mostly wasted here, as a lot of clichés are trotted out.

"Let the Bullets Fly" — Chow Yun-Fat returns to bullet-laden action flicks with this period piece about an adventurer who targets a mobster

who runs an island empire. Lots of bullets fly, so the title is spot on, but the film does not engage the audience and is awfully hard to follow.

"Cinema Verite" — HBO produced this look at the first family to live under a media microscope, the Louds. They were followed around by cameras for two years (starting in 1971). The result was an inside look at an American family as it navigated changing times. The series was pretty amazing, as the activist mother eventually learned her husband was not faithful. Unfortunately, this film is only modestly successful. Perhaps we are too used to seeing dirty secrets explode across the small screen. Too bad, as the movie assembles a very talented cast, with James

Gandolini as the director who examines Diane Lane and Tim Robbins (as the Louds).

"The Innkeepers" —

A 100-year-old inn is set to close just as the spirits of several guests arrive to make life miserable in this deliberately paced horror flick from Ti West. The scares take their time here, as the film stops to create characters for a half-hour before putting them through their paces. Good stuff from a director who has continued to impress since his debut feature, "The Roost." Worth a look, but don't expect CGI or snappy dialogue. This one gets by with good pacing and a few gotcha jump scares.

Next week brings "Joyful Noise" and more action with "Haywire."

Riverview Health Care Center

4th Annual Golf Scramble

Friday, May 4th, 2012, at STONECREST GOLF COURSE

- 2 HOLE IN ONE CHANCES TO WIN \$10,000
- LONG DRIVE CONTEST
- CLOSEST TO THE PIN CONTEST ON ALL FOUR PAR 3 HOLES
- PUTTING CONTEST FOR ANOTHER CHANCE TO WIN \$10,000.00
- LOTS OF DOOR PRIZES
- AND A 50/50 RAFFLE GIVE AWAY

Date: Friday, May 4th, 2012

Location: StoneCrest Golf Course, 918 Clubhouse Dr.

Prestonsburg, KY

Shotgun Start: 9:00 a.m.

Format: Four-Person Scramble

Lunch and Prizes awarded at the end

Club Rules: No metal spikes, shirts must have collar

Information: For more information contact Nathan Thomas, chaplain or Missy Allen, Administrator at 606-886-9178

Please come out and support our Facility with a day of Fun, Prizes, and Food



Physical Therapy Services

428 Second Street Paintsville, KY 41240

OPEN HOUSE/APPRECIATION DAY

Please come and join us for refreshments to welcome

Danny Hamilton II, P.T.

As he has been given the privilege to continue the tradition of the same excellent, caring service to patients and the community.

Wednesday
May 2, 2012
3 p.m. to 6 p.m.

We will also honor and celebrate the 32 years of service and devotion provided by Deb (Tharp) Hatherill, P.T. and Linda Omer, P.T.

www.floydcountytimes.com

Calendar

Calendar items will be printed as space permits

Editor's note: To announce your community event, you may hand-deliver your item to The Floyd County Times office, located at 263 S. Central Avenue, Prestonsburg; or mail to: The Floyd County Times, P.O. Box 390, Prestonsburg, KY 41653; or fax to 606-886-3603; or email to: cfctimes@floydcountytimes.com. Information will not be taken over the telephone. All items will be placed on a first-come, first-served basis as space permits.

Appalachian Community Theatres presents "Aladdin Jr."
Appalachian Community Theatres will present its latest production, "Aladdin Jr.," at the Mountain Arts Center. Public performances are scheduled for May 4 and 5, at 7 p.m. School matinees will take place May 7 and 8, at 9:30 and 11 a.m. Tickets are available from the MAC at (606) 886-2623 or www.mactarts.com.

VIP EVENT: Prior to the May 5 performance of "Aladdin Jr.," Appalachian Community Theatres will hold a VIP backstage pass special event, from 5 to 6:30 p.m. Each child will receive a special VIP lanyard to go backstage and meet the cast of the show, and will make a snack to take with them into the 7 p.m. Tickets for the special event are \$20. To order tickets, call Kim Reynolds at (606) 226-1964. Tickets can also be purchased at the door, but pre-orders will receive first priority.

Relay for Life fundraisers

Fitzpatrick Baptist Church will be having a motorcycle ride, Saturday, May 12. The ride will leave Fitzpatrick Baptist Church at 9 a.m. and travel through Norton, Va. This will be an all-day event. Cost is \$50 per bike. Contact Tonya Parler, (606) 886-6204, for more information.

Ritzpatrick Baptist Church will be having a spaghetti dinner on Sunday, May 20, immediately after church. Dinner is \$10 and includes spaghetti, salad, garlic bread and a dessert. Contact Tonya Parler, (606) 886-6204, for more information.

St. Joseph - Martin will be having its annual Relay for Life yard sale at 9 a.m., Tuesday, May 1, across from the hospital, in the Sleep Lab yard.

Highlands Regional Medical Center will be having a yard sale in the HR parking lot on Saturday, May 5.

Highlands Regional Medical Center will be hosting a "Deal or no Deal" game on at noon, Friday, May 18, in the hospital atrium. Contact Joshua Johnson at Highlands for more information.

Veterans representative

A veterans benefits field representative will be at the Floyd County Public Library, in Prestonsburg, Wednesday, May 2, from 9 a.m. to 3 p.m. Veterans and their dependents will receive assistance filing for state and federal veterans' benefits. The service is provided free of charge by the Kentucky Department of Veterans Affairs. To apply, veterans need to furnish copies of pertinent documentation to verify eligibility. For further information, call (866) 447-2926 to speak with a veterans benefits field representative.

Clothes and household giveaway

The Middle Creek Volunteer Fire Department Ladies Auxiliary will give free clothes and household items to anyone in need on Friday, April 27, from 9 a.m. to 6 p.m., and Saturday, April 28, from 10 a.m. to 4 p.m., at the old Middle

Creek Fire Department on Route 114. For more information, call Dearl Faye Holbrook at (606) 886-8481 or (606) 226-3525. Donations of any kind will also be accepted.

Two-day revival

The Upper Salt Lick United Baptist Church, at Hueysville, will hold a two-day revival Saturday, April 28, at 7 p.m., and Sunday, April 29, at 10:30 a.m. The evangelist will be Bro. Olie Smith. For more information, call (606) 785-2976.

Four-day revival

The Upper Salt Lick United Baptist Church, at Hueysville, will hold a four-day revival, May 2, 3, 4 and 5, at 6 p.m. nightly. The evangelist will be Bro. Lee Combs. For more information, call (606) 785-2976.

Communities Against Drug Addiction

Floyd County Communities Against Drug Addiction meets noon the third Tuesday of each month, on the third floor of the Floyd County Health Department.

Lunch will be provided to those who RSVP to Mike Vance at (606) 226-2075 or Mike Vance@suddenlink.net, Carol Jo May at (606) 285-6692 or cjmay@olwh.org, or Leslie Howell at (606) 263-4370, (606) 339-7358 or speak@suddenlink.net.

Hillbilly Armdrop Drags

The Hillbilly Armdrop Drags will take place May 4 and 5, at Combs Airport, on Route 321 between Paintsville and Pikeville.

May 4 will feature tech, test and tune at 2 p.m., grudge matches at 4:30 p.m. and cruise-in at 6 p.m. featuring classics, exotics, muscle cars, rat rods, bikes and anything with an engine and wheels. Gates open at 5 p.m.

May 5 will feature tech at 8 a.m., test and tune at 10:30 a.m., and armdrop drag racing at noon. Gates open at 10 a.m.

Admission is \$5, with children 12 and under free. A pit pass is an additional \$5.

Johnson reunion

The Mary and Green Johnson family reunion will be held Saturday, May 26, at the Weeksbury Community Center Park. Please bring a covered dish. For more information, call (270) 737-2629 or (937) 866-7937 or locally (606) 452-2473.

Community Homecoming

The Maytown Community Homecoming will be held Memorial Day weekend, May 25 and 26. Registration will begin Friday, May 25, at 10 a.m., in the old school building. There will be a gospel sing at 7 p.m., Friday night, at Graceway Church. Saturday, May 26, will begin with breakfast from 8 to 11 a.m. and an afternoon meal from 2 to 4 p.m. Meals will be catered and the \$22 per person fee must be paid in advance. Saturday activities will take place in the old lunchroom. On Saturday night, the evening program will feature the Valentine's from Lexington. Admission will be \$5 at the door.

Send mail reservations by May 2 to Betty May, 363 Wilson Creek, Langley, KY 41645. For more information, call (606) 285-3362.

Floyd County Job Club

The Floyd County Job club meets every Thursday, from 11 a.m. until noon, at the Floyd County Public Library, in Prestonsburg. This free job club is sponsored by Eastern Kentucky Concentrated Employment Program, Big Sandy Area Community Action Program and the Office of Employment and Training. At the

club, you will get job leads, job search advice and networking opportunities that will help you get hired. All are welcome and first-time visitors are invited to come 30 minutes early for a new member orientation. Call (606) 886-2948, for more information.

Allen VFD membership drive

Allen Volunteer Fire Department is now holding a membership drive. Meetings are held every Monday night, at 6:30 p.m., at the station. Please stop and help your volunteer fire department or call Chief Roy Compton at (606) 791-1790.

Volunteer mentors wanted

Mentoring for a Second Chance is a jail-based service program designed to help reduce recidivism and promote positive growth, by linking nonviolent offenders with a mentor from the local community. M2C is looking for local men who are motivated to make a difference in the life of an individual while having a positive impact on the community.

If you or someone you know is interested in becoming a mentor, contact mentor coordinator Joshua Kinzer, (606) 886-4439, (606) 339-8878, or jkinzer@M2Comp.org.

Veterans service officer

VFW Post 5839 in Lancer will have a service officer available every Wednesday, from noon until 4 p.m. Some services offered will be initial claim filing, upgrades, appeals, permanent and total claims and others. Contact (606) 886-9428 or (606) 297-1973 for more information.

Free Parenting Class

To determine eligibility, call John 791-9887.

Autism Awareness & Support Group

2nd Monday of each month, Galvarys, Call Church, Lancer, (6-7 p.m.). Contact: Billie Chain, eastkyautismawareness@gmail.com

Autistic Children Support Group plans monthly meeting

Support group for Guardians of Autistic Children will meet the first Thursday of every month at the Haven of Rest, 1601 Airport Road, Inez. Call 606-298-0520 for information.

Non-profit agency needs foster parents

Non-profit agency in need of foster parents in your area. Financial compensation/ bonuses, free foster parent trainings, mileage reimbursement, and 24/7 support are available. All foster children get a medical card, free school lunches, and clothing vouchers/ other reimbursements. Call for more information, at 606-886-0163 or visit our website at www.benchmarkfamilyservices.org/

Auxiliary Learning Center offers home repair aid

Need help with home repairs? The Auxilium Lifetime Learning Center can help. We are now taking applications for home repairs. If you or someone you know are low income and need help with repairs on your home, please call 606-886-0709 for your application, or stop by the office at 21 South River Street, Auxilium. Office hours: Monday-Friday, 8:00-4:00. Must provide proof of income and ownership.

FCCH offers Body Recall exercise classes

The Floyd County Health Department offers Body Recall gentle exercise classes every Monday, Wednesday, and Friday, at 9:30 a.m. at May Drive, just off 1428,

and at 10:30 at the First Presbyterian Church in Prestonsburg.

Classes are free and open to the public. Call 886-2788 for more information.

Become a volunteer with Victim Services Program

You are more likely to be hurt by someone whom you know rather than be assaulted on Kentucky's streets by a total stranger. Learn to assist victims of sexual assault, child abuse and domestic violence by becoming a Volunteer with Victim Services Program. Call today to receive an application for our free training program.

Call the Volunteer Coordinator at (606) 886-4323 for further information or to request an application. (The Victim Services Program is a program of Mountain Comprehensive Care Center.)

OutPatient Drug Treatment Program and Education

Narconon warns parents that abuse of addictive pharmaceutical drugs with youth is, on the rise with deadly consequences. Learn the signs of drug abuse.

Call Narconon for a free brochure on the signs of addiction for all drugs. 877-379-0208.

Auxilium Community Center

Free GED classes, Monday, Tuesday and Wednesday, from 10 a.m.-12.

Free Bible Lessons

Write to: Bible Way Outreach, Ministry, P.O. Box 3371, Kingsport, TN 37664. Lessons completely free of charge to all interested.

Need help with

addiction?

Lifeline of Floyd County "Conquer Chemical Dependency" is a Christ-centered 12-step program offering support to those who are coping with addiction and learning to live drug-free lives. The support group meets on the following schedule:

Mondays, at Minnie (beside pharmacy), from 7-8 p.m.

Mondays, at Little Mud, Spruce Pine School, from 7-8 p.m.

Tuesdays, in Prestonsburg, in the Van Ark Building, from 2-3 p.m.

Tuesdays, at David, The David School, from 3:30-4:30 p.m.

Wednesdays, at Allen Baptist Church, from 7-8 p.m.

Thursdays, at Allen Baptist Church, from 7-8 p.m.

For more information, call Shirley Combs at (606) 434-8400, or Tom Nelson at (606) 478-2836.

Need Help With Home Repairs?

The Auxilium Lifetime Learning Center can help! We are now taking applications for home repairs. If you, or someone you know, are low income and need help with repairs on your home, please call 606-886-0709 for your application, or stop by the office at 21 South River Street, Auxilium. Office Hours: Monday-Friday, 8-4.

Hope in the Mountains

Hope in the Mountains will host public meetings on Mondays, at 9 a.m., at the junction of U.S. 23 and Rt. 80, on Water Gap Rd. behind the Trimble Chapel Church.

Meetings focus will be to offer information in regard to community resources available to women seeking

freedom from drug abuse.

Family members are also welcome to attend. The Hope initiative proposes to help women break free from addictive lifestyles to become self-respecting contributing members of society.

Call 874-2008 or 788-1006 for more information.

Democratic Woman's Club

The Floyd County Democratic Woman's Club meets the third Monday of each month at 6 p.m., at Prestonsburg City Hall.

Have an 'Out of this World' birthday party!

The East Kentucky Science Center is now offering a fun and distinctive party venue for kids of all ages. The Birthday Party package includes rental of a classroom and admission to exhibits and planetarium programs. Must be booked two weeks in advance; limit 40 guests. Call 889-8260 for more information.

Prestonsburg Rotary Club

Prestonsburg Rotary Club meets on Thursdays, 12 noon to 1 p.m., at Reno's Roadhouse. For additional information, contact Paula Howard, 263-3225, or Tommie Layne, 886-4585. Everyone welcome.

'Earn While You Learn'

The Big Sandy Area C.A.P. office is taking applications for its "Senior Training Program." You must be 55 or older to apply. In Floyd, call 886-2929; Johnson, call 789-6515; Magoffin, call 349-2217; Pike, call 432-2775; and in Lawrence, call 638-4067.

The Floyd County Times

2012 GREAT EASTER EGG HUNT

"We want your opinion!"

By now, many of you already know about the fate of our beloved \$500 Easter Egg. For those of you who don't, the egg has been inadvertently buried under several tons of dirt in a construction area in the Mud Creek area. We regret that this has occurred and we would love to hear from the community about what YOU think we should do to resolve the problem.

Here's how to do it!

Visit our website and vote in our online poll at www.floydcountytimes.com, or simply cast your vote below and return this ballot to our office.

Remember, we're counting on you to decide, so let your voice be heard!

☐ Start a new contest with a new \$500 Egg immediately
 ☐ Double next year's Prize Egg to \$1,000
 ☐ Donate the prize money to charity

The deadline for voting is Wednesday, May 2nd at 5:00 pm.

Results will be published online Thursday, May 3rd and in the May 4th edition of The Times.

Timepoint

Amendment I

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 It's time to fix our broken unemployment insurance system

Marianne Hill

Out of work? Odds are you're also out of luck as far as unemployment benefits go. With the national unemployment rate expected to remain above 8% until late next year, millions of workers are applying for unemployment benefits, but most do not qualify. Only about 40% of those filing for benefits received them in 2011 and in several states the percentage of recipients was much lower than that. In addition, the federal government in February cut back on the duration of extended benefits and states are reducing benefit amounts and duration as well. This gaping and growing hole in our social safety net inflicts severe hardships on the families of wage earners who have lost jobs.

What could be more basic to the economic security of workers than unemployment insurance? Don't working men and women have a right to expect that their employment insurance will actually offer some meaningful protection?

The percentage of workers qualifying for unemployment insurance (UI) benefits has shrunk since the 1960s as a result of changes in the workforce and more restrictive eligibility requirements. Nationally, about 30% of today's workers are employed part-time, part-year, or are classified by employers as independent contractors. It is hard for these workers to qualify for benefits under current requirements, which in many states include a base period formula that doesn't take into account work done most recently.

Single mothers who are heads of families, in particular, are likely to find they cannot meet eligibility requirements. If they are let go because they take time off for family emergencies or other compelling family reasons, they may not qualify for UI. Or they may work only part-time, while their children are in school, because they can't afford childcare. But as part-time workers whose hours are being cut, they cannot qualify for any benefits in several states. This is wrong.

The unemployment rate has averaged 9.0% or more for three years. As of March 2012, 12.7 million Ameri-

cans were unemployed, not including the thousands of discouraged workers who have stopped seeking employment. Unemployed workers are more likely to lose their homes and their savings than are their peers. Most lack health insurance. But though the short-term cost to these families is high, it can be even higher in the long run: the mental and physical health of these families suffers as does the educational achievement of their children. In addition, neighborhoods, communities and local businesses are adversely impacted.

From an economic development perspective, it makes sense to improve access to benefits. Besides the multiplier effects of the added spending, UI protects a region's investment in human capital. This is especially critical for cutting-edge firms that begin small but go on to become the giants of the next generation. The failure rate of these start-ups is high and a strong UI system helps to keep an experienced workforce in the area.

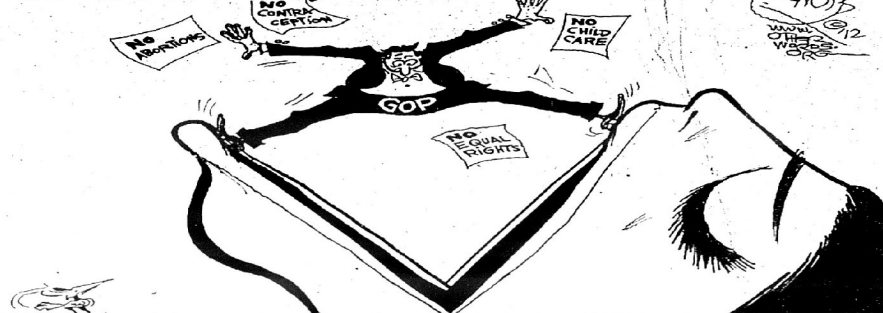
UI also dampens the impact of recessions by stabilizing spending. What's not to love? The cost is modest, averaging less than \$34 per employee monthly — although if coverage is expanded to include the majority of the unemployed, an increase in the UI tax base may be needed.

Several states, faced with shrinking insurance trust funds, have unfortunately opted to reduce benefits rather than adjust their outdated tax bases. Yet only the first \$15,000 of earnings or less is subject to the UI tax in 34 states.

It's time the economic security of our workforce moved up in our ranking of priorities. Working men and women have a right to unemployment insurance that, when they need it, will help them keep food on their plates, a roof over their heads and of equal importance — in their hearts, the conviction that America cares.

Marianne Hill is an activist with a Ph.D. in economics.

GENDER GAP



Beyond the Beltway

The freedom to fear

Donald Kaul
OtherWords

Serious commentators are telling us not to assume that the Supreme Court is going to find "Obamacare" unconstitutional just because the conservative justices gave the government lawyer a hard time when the case came before the Court last month.

Somewhat that doesn't make me sleep better at night. This is the same Court that gave us the Citizens United decision, which opened the sluice gates of special-interest money that flooded a political system that was already awash in it. The ruling was the Court's worst decision since Dred Scott in 1857, which ruled that no Americans of African descent, whether enslaved or free, were U.S. citizens.

You think that the Court is going to find mandatory health insurance unconstitutional? Nah.

In the first place, you had four votes against the plan right out of the gate. Justices John Roberts, Antonin Scalia, Clarence Thomas and Samuel Alito are old-fashioned conservatives. The only change they believe in is change that takes us back to the 18th century.

In the second place, the high court's lone swing judge, Justice Anthony Kennedy, was one of the more hostile questioners. "You are changing the relationship of the individual to the government," he told the government's lawyer.

So forget about it, you health care fans, the vote is going to be 5-4 against

the Affordable Care Act.

The only real question is whether the justices will strike down the entire plan or just the compulsory mandate. That's the part that requires people to buy insurance or pay a fine.

I say it doesn't make much difference. The only way you can pay for the other provisions of the bill — providing coverage regardless of pre-existing conditions, extending coverage to the poor — is by making everyone pay for it.

Without the mandate, the bill for uninsured people shows up at the emergency room after an auto accident or a heart attack, or with severe diabetes or cancer, will be paid — as it is now — by the rest of us. Those of us with insurance will continue to pay higher insurance premiums and hospital bills than we should.

Apparently, that's the way a near-majority of American people want it. According to polls, nearly half of American oppose the mandate.

Oddly enough, however, 85 percent favored requiring insurance companies to cover pre-existing conditions.

In other words, the American people want health care, they just don't want to pay for it. There's a lot of that going around.

Let's review. According to the Supreme Court majority, we can't prevent anyone from carrying a gun into a school, church, or Fourth of July picnic.

And we can't stop billionaires from buying up our system of democracy

by the board foot, shoveling unlimited amounts of money into Super PACs, which then buy vicious ads aimed at their favorite candidate's opponent.

And now it looks like we can't provide health care insurance to people in our society who need it but can't afford it.

That apparently is the New Freedom. Instead of those freedoms from want and fear that FDR articulated in 1941, we've got the freedom to want and fear. The Republican revolution is complete.

There was a time when I thought that this radical conservatism we're seeing was a temporary fad. I thought it was something we'd grow out of, like a teenager with bad hair.

I mean, after all the Republican agenda is mainly about low taxes for the rich, paid for by cutting services for the not-rich. How can you win an election with a platform like that in a country where the services for the poor aren't that great in the first place and the rich are getting richer all the time?

But a lot of people seem to be buying it. And even if it doesn't happen this time, even if President Barack Obama is re-elected, it won't be over.

The Grover Norquist and Koch brothers of the world will still be there with their bags of money and a Supreme Court willing to let them spend it.

OtherWords columnist Donald Kaul lives in Ann Arbor, Michigan. otherwords.org

The Usual Eccentric A bee for my bonnet

Will E. Sanders
Creators Syndicate

Sometimes I look at the world with wonder and amazement, marveling over the vast culinary discoveries achieved by the greatest minds history has to offer. Like the discovery of peanut butter by George Washington, our founding father and first American president, I understand that Mr. Washington also was an inventor of several other noteworthy items, but none more delicious as crushing peanuts into a fine paste.

Or perhaps I am just confused again about American history.

Another leap for mankind took place in 1948 when some guy named Aaron "Bunny" Lapin engineered one of the first propellant-driven versions of whipped cream. He later named it Reddi-wip, which is the only consumable condiment that I am aware of that actually has a cryptic warning on the side announcing that improper use of Reddi-wip could be fatal.

What's that you say? Weird sounding gases like nitrogen and isobutene combining with spoiled, whipped milk flying out of a highly pressurized aerosol can that explodes at 120 degrees Fahrenheit and fires with the velocity of a bazooka? Yes, I agree, an outstanding benchmark in human achievement.

And then there is honey, which is absurd and easily the most disgusting creation in the world.

I refuse to sugar coat it any longer, honey is nothing but bee vomit.

Of course, it's not called bee vomit. Even in the early years of civilization our ancestors realized "bee vomit" was, at best, a public relations nightmare.

What I want to know is how many varieties of animal or insect puke some poor soul swallowed before learning that bee vomit is the preferred vomit of the animal kingdom.

I enjoy envisioning what that taste-testing process was like.

"Dolphin vomit? Oh man, that's horrible. Let's try this, camel vomit. I'm getting nauseous. I might as well try the cat vomit, but it seems my dog can't get enough of it."

I am a bee vegan of sorts. I do not eat, consume or digest anything that comes from bees. Unlike an actual vegan, however, I don't ram my social agenda and dietary misadventures down society's throat. I realize that if you find the taste of insect vomit to be suitable and fulfilling, then that is your choice and not mine.

Bees make their money and livelihood through vomiting, which is exactly how Paris Hilton makes her living, minus the honey production.

Being bulimic probably pays double if you are a bee, but I am sure there are just as many shiftless slacker honey bees just going through the motions. I bet it is difficult to call in sick to work if you are a honey bee.

Sick bees listen boss, I can't come in and pollinate flowers and help oxygenize the atmosphere today. I have the flu and I'm puking everywhere.

Queen bee: Are you kidding me,

Gary. What do I keep telling you? You're a bee, that's what you do."

At the dark, ugly heart of the matter my fierce disdain for honey draws from the simple conclusion that most stinging insects are jerks and bees are the perfect example.

Everyone in the world knows if a bee stings you he — or she, in the case of a bee, which is what scientists call a female bee — keels over and dies. Everyone already knows that except the bees, and the bees need to know this more than anyone!

Don't you think the bees should have figured this out by now? Or maybe they have and they just don't care. Well, that sure sounds like a jerk move to me. Only a jerk would do something like that.

I should know because one time a bee stung me in the armpit. The thing about an armpit sting (in case you are ever placed in such a situation) is when a bee flies down a shirt sleeve one is naturally inclined to shut one's armpit. This is a great strategy, unless the bee gets trapped in your armpit as a result and stings you there.

Fact: the armpit pit is the worst part of the body to experience a bee sting. I understand honey also makes for a great home remedy for wounds, burns and even insect bites and stings, in addition to promoting the healing process, but I am not interested. The thought of rubbing honey all over my armpit is enough to make me throw up.

To contact Will E. Sanders email him at willsanders.com.

The Times

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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



Maytown 1st Baptist Church

Rev. Robert (Bob) Varney

Sunday School 10:00 a.m.
Worship Service 11:00 a.m.
Evening Worship 6:00 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.; **Lone Vannucci, Minister.**

In Victory Assembly of God, West Prestonsburg: Sunday School, 10:00; Worship Service, 11:00 & 6:30; Wednesday Evening, 6:30; **Gary Shroy, 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, 1/4 mile S. of Prestonsburg, intersection of Rt. 60 and U.S. 23: Sunday School, 10:30 a.m.; Worship Service, 11 a.m. and 6:00 p.m.; **Midweek Thurs., 7:00 p.m.; J.M. Sloce, Minister.**

BAPTIST

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

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

Bail Branch Regular Baptist Church, Mousley Ky: Worship Service, 9:30; Every third Sat. and Sun. of each month; **Roger Hicks, Pastor; Ralph Howard, Asst. Pastor.** Contact Kermit Newsome 606-377-6881 for more information.

Benedict Baptist, Sick 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.; **Devo, Pastor, Minister.**

Big Sandy Community and Technical College Baptist Student Union, 1102, Wednesday, 11:30 a.m.; Vera Jorner, 886-3863, ext. 67267.

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

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

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

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

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

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

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

Endicot Freewill Baptist, Buffalo: Sun. School, 10 a.m.

ARE YOU SEARCHING FOR TRUTH AND THE MEANING OF LIFE?

This is what I have worked for!
I know it will also work for you!

1. Hear the Word (Rom. 10:17)
2. Believe in Christ (John 8:24, 14:1-3)
3. Turn from Sin (Luke 13:3, Rom. 6:12-26)
4. Confess Christ (Acts 8:37, Matt. 10:32-33)
5. Be Baptized (Mark 16:16, Acts 2:38-42, Matt. 28:19-20)
6. Walk in Newness of Life (Rom. 6:1-23)

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www.catholich.org

Saint Joseph Martin

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

CHRISTIAN

First Christian, 560 North Arnold Avenue; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Jim Sherman, Minister.

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, 606-470-2898

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 Weiman

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

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

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

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

Fitzpatrick First Baptist, 1003 Big Branch, P.O. Box 410, Prestonsburg, KY 41653: Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Pastor Tommy Reed

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

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

Greith 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, 5:30 p.m.; Larry Patton, pastor. Phone 358-9610

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

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

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

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

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

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

Liberty Baptist, Denver: Sunday Service, 10 a.m.; Wednesday, 11 a.m. and 6 p.m.; Wednesday, 6 p.m.; Marie Lilla, Minister.

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

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

Martin Branch Freewill Baptist, East, Sunday Service, 10 a.m.; Worship Service, 11:15 a.m. and 7 p.m.; Wednesday, 7 p.m.; James (Red) Morris, Minister.

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

Maytown First Baptist, Main St., Maytown: Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6 p.m.; Rob 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.; Slade Sirois, Pastor.

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

Lighthouse Baptist, 2124 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

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

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

Salt Lick United Baptist, Salt Lick, Hueysville: Worship Service, 2nd & 4th Sunday, 10:30 a.m.; Pastor, Allen Chaffin, phone 945-2123.

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

Stevens Branch Missionary Baptist, Stephens Branch: Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.

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

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

Tom Moore Memorial Freewill Baptist, Cliff Road: Sunday School, 10 a.m.; Worship Service, 11 a.m.; Sunday Service, 5:00 p.m.; Evening Service, 6:00 p.m.; No Service the 1st Sunday of each month; Wednesday, 7 p.m.; Jody Spencer, Minister.

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

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

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

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

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

Hueysville Church of Christ: Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Chester 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.; Lone 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, 56 Turkey Creek Rd., Langley: Sunday Bible Study 9:50 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 Caudil, Minister.

Community Church of God, Arkansas, Cedar: Martin, Worship Service, 11 a.m.; Friday, 7 p.m.; Elud 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, Minister.

Garrett Church of God, Garrett: Sunday School, 10 a.m.; Worship Service, 11 a.m.; Family Training Hour - Thursday 7 p.m.; Bill B. Tusey Jr., Pastor.

Landon's 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 Port: Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Jeff White, Pastor.

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

EPISCOPAL

St. James Parish, 566 University Drive, Prestonsburg, KY 41653: (606) 886-8046, Sunday Coffee Hour, 10 a.m. Morning Worship, 11 a.m. Wednesday evening worship, 7 p.m. Office Hours: Mon. 10 a.m.-2 p.m. Flower and Stan McGraw. www.dox.net/stjames/ Visit us on Facebook!

LUTHERAN

Our Savior Lutheran, Sipp Bayes Room Cottage House Motel, Paintsville: Sunday Service, 11 a.m.; WKLV (600 a.m.) 12:05 p.m.; Ronald Rupp, Minister.

METHODIST

Auxier United Methodist, Auxier: Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.; Meart Smith, Minister.

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

Allen Christ United Methodist, Allen: Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 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.; Jeffrey Lambert, Pastor.

Elliott's Chapel Free Methodist, Rt. 979, Beaver: Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Phil 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, 10 a.m.; Worship Service, 10:55 a.m.; Youth Service 6 p.m.; Rev. Jim Adams, Pastor.

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

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

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

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

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

Drift Pentecostal, Drift: Sunday School, 10 a.m.; Worship Service, Saturday, 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 Harney, Minister.

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

Free Pentecostal Deliverance, Ext. 46 off Mt. Parkway at Campton: Worship Service, Saturday and Sunday, 7 p.m.; Pastor, David Pike.

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

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

Parkway First Calvary Pentecostal, Floyd and Magoffin: Country Line, West Prestonsburg, 6:30 p.m.; Mike D. Caldwell, Minister. 297-6262

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

Free Pentecostal Church, Duple: 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, Prestonsburg: Sunday School, 9:30 a.m.; Worship Service, 11 a.m.

SEVENTH DAY ADVENTIST

Seventh-Day Adventist, 5 miles West on Mountain Parkway: Church Service, 9:15; Sabbath School, 10:45; **Jake, Pastor, 358-9263; Richard 386-3459, leave message. Everyone welcome!**

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

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

OTHER

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

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

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

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

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

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

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

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

Lighthouse Temple, Main St. and Hall St. W. Service, 12 p.m. and 7 p.m.; Wednesday and Fri., 7 p.m.; Roy Cooby, Minister.

Living Water Ministries Full Gospel Church, Rt. 1st just before Thunder Ridge: Full Gospel Church, Sunday Evening, 6:00 p.m.; Pastor: Curt Howard.

Martin House of Worship, Old Post Office Bldg., West Prestonsburg: Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 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.

Spout Creek Bible Baptist, 625 Spout Creek Rd., Prestonsburg: Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Jim Stephens, Minister. 886-1003.

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

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

The Tabernacle, 266 South Lake Drive

FRIDAY,
APRIL 27, 2012

fcsports@floydcountytimes.com
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FLOYD COUNTY

SPORTS

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standout
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On Dewey Lake: Fields wins Tug Valley Bass Anglers tourney

Times Staff Report

PRESTONSBURG - The Tug Valley Bass Anglers held its second tournament on Dewey Lake Sunday. There was a tremendous turnout as 27 anglers competed in the event. In the end, veteran fisherman Lynn Fields finished ahead of his fellow anglers.

Dewey Lake was at normal summer pool and the water was perfect with stained conditions in the back of the lake and clear water on the lower end at the dam with a tempera-

ture of 63 degrees.

Weather for the tournament was a little chilly. A cold front came in Friday night dropping the temperatures for the weekend. With moderate winds, misting rain all day and an air temperature around 50 degrees it wasn't too bad. The fishing still seemed to be prespaw. The fish were scattered and were caught on the main lake and in the creeks.

The main pattern for this tournament was to pitch or flip soft plastics to shallow cover as well as throwing shad imitations, including crank-

baits and spinnerbaits.

The top finishers from the tournament were as follows: 1st — Lynn Fields (3 fish) 7.49 lbs.; 2nd — Mitch Salmons (2 fish) 4.87 lbs.; 3rd — Bryan Fields (1 fish) 4.69 lbs.; 4th — Brandon Staten (2 fish) 4.37 lbs.; 5th — Lacy Edmiston (2 fish) 4.18 lbs.; 6th — Greg Maynard (1 fish) 3.26 lbs.; 7th — Keith Pacific (1 fish) 2.57 lbs.; 8th — Chris Stepp (1 fish) 2.47 lbs.; 9th — Gary Varney (1 fish) 2.44 lbs.

Sponsors for the Tug Valley Bass Anglers fishing club include Elliott Supply & Glass, Borders

Sporting Goods, TMK Security and Personnel, Young Brother's Electric, Perry Distributors, Fat Boy's ATV Lodging, Muncie's Auto Recycling, Robinson Repairs, Pigeon Creek Log Company, City Insurance, Nanack Mini Warehouse & Storage, Omega Insurance Agency, Little B's Reel Service and Custom Painting, Atlas Copco, Smith Adjusting, Don's Street Machine, Extreme Sounds, Thoroughbred Steakhouse, AGC Flat Glass, Trey K Electric, Wallen Puckett & Anderson, SKS Security Solutions, Blizzard



Lynn Fields (pictured) claimed first-place in the Tug Valley Bass Anglers fishing club's latest tournament on Dewey Lake.

Industrial Supply Company, Geoscan, BASCO En-

terprises Inc. and Great Outdoors Marine.

Allen Central defeated rival South Floyd

EASTERN - The Allen Central High School baseball team was scheduled to play Breathitt County High School Thursday evening, weather permitting. Allen Central was carrying a two-game winning streak into the matchup. Earlier in the week, Allen Central defeated both Leslie County and county foe South Floyd. The Rebels recorded a convincing win over 58th District/Floyd County Conference counterpart South Floyd on Wednesday, topping the Raiders 11-1 in five innings.

The Rebels led 4-0 at the conclusion of the second inning. Allen Central put the game completely out of South Floyd's reach in the top half of the fifth inning, scoring seven runs.

South Floyd plated its lone run in the bottom half of the fifth inning.

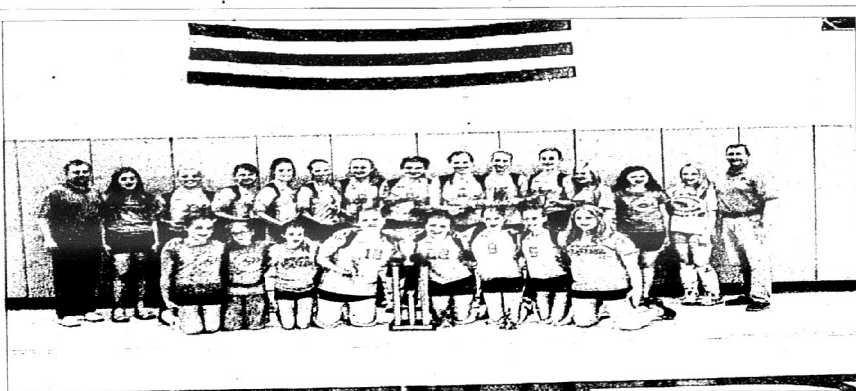
Allen Central scored 11 runs on nine hits.

Dillon Lawson, Josh Handshoe and Cameron Hamilton each had two hits for the Rebels. Lawson and Hamilton had two RBI each for the Allen Central club.

Jimmy Helton drove in South Floyd's lone run. Handshoe was the winning pitcher, excelling for the Rebels.

South Floyd hurler Dakota Justice suffered the loss. Softball: Knott County Central defeated the South Floyd Lady Raiders 10-2 Tuesday night. The Lady Raiders dropped their second straight game.

South Floyd is scheduled to host Sheldon Clark on Monday. First pitch for the South Floyd-Sheldon Clark softball game is set for 6 p.m.



Allen Central Middle School captured the Floyd County championship Wednesday night.

Allen Central captures county middle school volleyball title

STEVE LeMASTER
SPORTS EDITOR

HI HAT - The Allen Central Middle School volleyball team defeated Betsy Layne 2-0 (21-10, 21-8) Wednesday night to claim the Floyd County volleyball title.

"This was a great tournament win for this team and our program," Allen Central Coach Barry Maynard commented. "It topped off a remarkable season. I cannot say enough about the individual contributions we had all season from our players."

The tournament championship win gave the Rebels a perfect 17-0 record in the conference.

Katie Kendrick led Allen Central (31-2) with 14 kills. Kendrick went error-free in the championship match.

Hayley Pinson and Sarah Grindrod slammed in two kills each for the Rebels. Jannah Halbert dished out a squad-best seven assists and Kelsie Jackson set up two for Allen Central in the winning effort. Emily Johnson and Pinson added one assist each for the Rebels.

"This team played up the entire tournament and never backed down — they are an amazing group of young women," Maynard added.

The Rebels hit .880, recording 18 kills and managing three team blocks. Allen Central stopped 47 Bobcat volleys for 88 percent while earning three digs. Kendrick thrived at the net, registering two blocks. Chelsea Austin blocked one for the Rebels.

Defensive balance has been the key for Allen Central this season

and covering the floor became the team's trademark.

Kendrick returned 13 and had a dig. Haley Smith returned four and earned a dig. Halbert turned back four with a dig and Austin returned seven. Johnson and Breanna Thompson returned four each while Pinson, Grindrod and Jackson returned three each.

"Without defense, there is no offense," Maynard exclaimed, following team's win.

Serving was a key factor for Allen Central and has been all season. The Rebels served for 93 percent in the championship match.

Austin and Pinson led the Allen Central volleyball team with four service aces each. Jackson landed

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Lady Blackcats hold off foe Allen Central

STEVE LeMASTER
SPORTS EDITOR

PRESTONSBURG - The host Prestonsburg Lady Blackcats notched their second, straight win on Tuesday, outlasting 58th District/Floyd County Conference foe Allen Central 15-13 at StoneCrest Park.

With the win, Prestonsburg improved to 5-11 overall and 4-1 in the 58th District/Floyd County Conference.

Allen Central, which swept a doubleheader from Cordia last week, dropped to 2-12 overall and 0-3 in the district/conference.

Haley Howell was the winning pitcher for the Lady Blackcats. Helping her cause at the plate, Howell delivered a double and single for the Prestonsburg softball team.

Allyson DeRossett and Jessica Lafferty had two doubles apiece for the Lady Blackcats.

Allison Conley and Haley Allen added two singles each for Prestonsburg, which defeated a Floyd County foe for the second straight outing.

Taylor Hackworth, Kate Rose and Jordan Bach each had one single for Prestonsburg in the winning effort.

Elizabeth Campbell led the Allen Central offense with a double and a single.

Allen Central is scheduled to host Prestonsburg on May 7.

Floyd U10 Girls edge over Montgomery County

Times Staff Report

PARIS - The FCKY U10 girls' soccer team traveled to Paris this past Saturday to face the Montgomery County soccer club. The Floyd County squad prevailed, edging host Montgomery County unit 3-2.

FCKY got on the scoreboard first with a goal from Beth Burchett in the 2:08 minute mark of the first half. Makayla Ousley got the second goal of the game at the 3:56 mark to make it 2-0 in FCKY's favor.

MCFC scored its first goal of the game at the 22:42 minute mark of the first half to tie the half-time score at 2-1 with FCKY out in front.

Hope Auxier recorded three saves for Floyd County in the first half. MCFC, however, outshot the Floyd County team 5-2 in the first half.

The second half included a goal by each team with the first one being scored by MCFC at the 13:53 mark to tie the

game at 2-2. Lauren Johnson was able to get out on a breakaway run but was fouled from behind in the box and Burchett converted the penalty kick at the 15:31 mark to set the final score.

Auxier had another stellar half as she was responsible for six saves to give her nine.

MCFC had seven shots to four for FCKY in the second half. The defense, led by Grace Trusty, Alison Campbell, Haley Shepherd and Jillian Kidd, enjoyed another superb outing. Midfielders Brittany Music and Konstance McCarty did an excellent job of controlling the ball for FCKY. The forwards, Beth Burchett, Makayla Ousley, Cleo Wells and Lauren Johnson, kept the pressure on MCFC's defense the whole game.

The win moves FCKY's Kentucky Select Soccer League record to 3-0-1. FCKY will be back in action this Saturday as it travels to Lexington to take on state power LFC.



Beth Burchett and Makayla Ousley worked for the Floyd County U10 team in its latest contest against Montgomery County.

MSC Softball Tournament: Pikeville outlasts Cumberlands in eight innings

Times Staff Report

DANVILLE — Junior Kayla Morgan pitched all eight innings to lead the University of Pikeville past the University of the Cumberlands 5-4 in the play-in game of the Mid-South Conference tournament at Millennium Park on Wednesday afternoon.

The Bears got the lead when junior Hannah Vinson singled in the top of the eighth to score freshman Brandi Jo Howard with the go-ahead run. Howard led the inning off with a walk and moved to second when freshman Shamy Williams laid down a sacrifice bunt.

Pikeville (17-32) will now play top-seeded Lindsey Wilson at 11 a.m. on Thursday in the opening round of the double-elimination tournament.

Cumberlands (10-40) took the early lead with a pair of runs in the bottom of the second on a two-run home run by designated player Jessica Speake.

The Bears answered with a pair in the top of the third to even the count. Catcher Sierra Kiser led off with an infield single and moved to third on a ground-rule double by shortstop Kayla Cantrell. Kiser scored

on a passed ball and Cantrell tied it off a ground out by Howard.

The Patriots regained the lead in the bottom of the fifth when Speake's infield single scored pinch-runner Emily McIntire.

In the top of the sixth, the Bears took a short-lived lead. It began when Williams was hit by a pitch with one out. One out later, it appeared the Pats had gotten out of the inning when Vinson struck out but she was safe at first on a passed ball.

Sophomore Emily Castle singled in Williams, and an error on the play allowed Vinson to put the Bears in front when she scored from first to make it 4-3.

The game was tied in the bottom of the frame when Ashleigh Hopf drew a bases-loaded walk to score catcher Brittany Lovelace.

Pikeville won the game despite being out-hit 14-5. Vinson had two, including the double. Cantrell doubled while Castle and Kiser singled.

Morgan survived the 14 hits and four walks thanks to striking out six in the win.

Rebels oust Allen, advance to title match

STEVE LEMASTER
SPORTS EDITOR

HI HAT - The Allen Central Middle School volleyball team defeated No. 4 seed Allen Tuesday night in the semifinals of the 2012 Floyd County Volleyball Tournament at Raider Arena. The Rebels topped the Eagles in two games, prevailing 21-15 and 21-14 to earn their third straight appearance in the county championship match.

Offensively, Allen Central overpowered the Allen squad, blasting in 26 kills while hitting .820 as a team. The Rebels served at a blistering 93 percent,

recording 11 aces. The setters committed only three errors in 51 offensive sets and dished up 20 assists (39 percent). Defensively, Allen Central stopped 97 Eagle point attempts, returning 89 percent of everything the Eagles served or hit at it in the postseason contest. The Rebels also earned nine digs in the process. Allen Central's strong defense allowed its offense to run smoothly.

Katie Kendrick led the Rebels (30-2) with 13 kills, three service aces and three digs. Fellow middle Chelsea Austin recorded six service aces, four kills, two partial blocks and a dig.

Sarah Grindrod also added four kills and two digs and Hayley Pinson smacked in two kills and an ace for the Rebels.

Jannah Halbert pitched in with 16 assists and two kills while Emily Johnson had one kill and an assist for the Allen Central volleyball unit.

Seventh-grader Kelsie Jackson chipped in with three assists and two digs as the Rebels prevailed. Breanna Thompson earned one dig and also had an ace for the Rebels.

Allen Central advanced to play Betsy Layne in the championship match.



KHSAA to host Hall of Fame induction

Times Staff Report

LEXINGTON — The Dawahares/KHSAA Hall of Fame will celebrate its 25th anniversary with the induction of the 2012 class on Saturday (April 28) during the induction banquet at the Bluegrass Ballroom in the Lexington Convention Center. Festivities will begin with a social hour and silent auction starting at 5:30 p.m. Dinner will begin at 6:30 p.m., followed by the induction ceremonies.

This marks the 25th year that the Dawahares family has sponsored the KHSAA Hall of Fame and induction banquet. To date, 403 former participants, coaches, officials, administrators, media and contributors have been honored.

The 2012 Class includes Alvin Ratliff, Libby Burr, the late Tim Cahill, Randy Embry, Maxine Graham, Joe Hood, Kim LaBelle, Jim McDaniels, Marvin Moore, Jim Perrin, Alvin Ratliff,

James Tucker and Randy Wyatt.

In addition to the class of 2012, all living previous Dawahares/KHSAA Hall of Fame inductees have been invited back to share in the celebration and will be recognized.

Tickets may be purchased by calling Butch Cope or Marsha Day at the KHSAA at 859-299-5472. Single tickets are \$50 or a table of 10 may be purchased for \$500.

NATIONAL DAY OF PRAYER RIVERVIEW HEALTH CARE EVENT

**MAY 3, 2012
Pancake Breakfast 7:30 A.M.
Riverview Health Care Center
Public Invited**

The theme of this year's National Day of Prayer is "One Nation, Under God," based on Psalm 33:12 which says: "Blessed is the nation whose God is the Lord." This event is being held to honor the Lord Jesus Christ and to pray for His guidance and blessings on our nation, our leaders and our people.

Those participating in this year's National Day of Prayer event are:
Greg Stumbo, Speaker, House of Representatives

Doc Marshall, County Judge Executive

Jerry Fannin, Mayor, City of Prestonsburg

Norm Marcum, Instructor, Adams Middle School

Bill Donovan, Corporate Accounts Manager, World Wide Equipment

Richard Greene, Pastor, Licking River Baptist Church

David Bentley, Case Worker, Adult Protective Services

Chris Waugh, Floyd County Court Clerk

Josh Byers, Publisher, Floyd County Times

Calvin Setser, Army, Retired National Guard

Nathan Thomas, Chaplain, Riverview Health Care

Missy Allen, Administrator, Riverview Health Care

Additional Speaker To Be Announced

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Katelyn McFarlane (Grove City, Ohio) is the latest signee for the University of Pikeville women's soccer program.

Ohio standout

Times Staff Report

PIKEVILLE — A native of the Columbus, Ohio, area will play soccer at the University of Pikeville next season.

Katelyn McFarlane, a senior at Christian High School in Grove City, will play soccer and pursue her college degree after signing

a scholarship with UPIKE.

"Katelyn is not only a standout on the soccer field but also is an outstanding student," said Bears' Coach Gary Warford. "She has the height and abilities as a left-footed defender to come in and make an immediate impact on this program."

"Playing for a qual-

ity high school program as well as club, she will come in as a freshman with a very high soccer IQ."

McFarlane was a three-year letter winner at Grove City Christian and was the team's co-captain last year. She has been selected to play for AIST's Elite U21 team that will represent the US in the 2012 United

World Games in Munich.

She is currently on the Blast U18 team and last year played for the Phoenix Crew Juniors U17 team.

She plans to be a pre-medicine major at Pikeville. She is a member of the National Honor Society and the National Society of High School Scholars.

Bunt squeezes Bears out of MSC tourney

Times Staff Report

CAMPBELLSVILLE — A sacrifice bunt in the bottom of the 10th inning ended the season for the University of Pikeville Bears in a 4-3 loss to the University of Rio Grande in the Mid-South Conference tournament on Wednesday afternoon.

Pikeville took a 3-1 lead in the top of the sixth but saw the Red Storm tie it in the bottom half. The game was locked until it ended with the bunt.

Rio Grande got on the scoreboard in the bottom of the second when designated hitter Brian Suerdick doubled with one out and scored on a single by left fielder Ethan Abell. The Bears answered with a tally in the top of the third frame when senior Jason Rosen singled and scored as part of a double

steal to even the count.

It stayed that way until the top of the sixth when the Bears took the lead. Centerfielder Brad Andrews reached with a one-out single and moved to second on a walk by first baseman Pat O'Brien. Right fielder Nate Goodwin gave the Bears the lead with a single to right to plate Andrews. After catcher Luke Wright singled to load the bases, designated hitter Chris Morford scored O'Brien with a sacrifice fly to right to make it 3-1.

The lead, however, would be short-lived. Second baseman Grant Tamane led off the bottom of the inning with a single to center. Two outs later he was batted into scoring position and moved to third when first baseman Kyle Findley singled to right. Suerdick moved to score Tamane to make it 3-2, and Jacob

Cooke, running for Findley, scored on a double steal to tie the game at 3.

It stayed that way until the bottom of the 10th, and again, Suerdick was in the middle of the action. His sacrifice bunt scored pinch-runner Donaldson with one out to end the game.

All seven of Pikeville's hits were singles. Rosen picked up two of them in his final performance in a Bears uniform. Andrews, O'Brien, Goodwin, Wright and Morford also had hits.

Senior Chris Noble went all 9-1/3 innings for the Bears. He allowed 10 hits and walked four while striking out three.

Anthony Bond pitched a 1-2-3 10th to get the win for Rio in relief of Mike Deitsch, who allowed seven hits and struck out three in the first nine innings.

Drillers roll past Rampage

Times Staff Report

PIKEVILLE — The Eastern Kentucky Drillers secured an early 36-0 lead and were never challenged on Sunday, April 15, defeating the visiting Rome Rampage 82-13 at the East Kentucky Expo Center.

Eastern Kentucky carried a commanding 49-6 lead into halftime.

Veteran Eastern Kentucky quarterback Al

Holland thrived, completing 13-of-16 passes for 289 yards and eight touchdowns.

Aric Evans was Holland's top target, reeling in seven receptions for 189 yards and a league-record six touchdown catches.

The Eastern Kentucky defense had two touchdowns, two interceptions, eight pass breaks and four sacks.

Eastern Kentucky's

dominant defense only allowed 118 yards.

Miguel Cordoine and Curtis Chatman each had an interception return for a touchdown.

Shawn Lewis and Elery Moore had 1.5 sacks apiece for the Drillers.

The Eastern Kentucky indoor football team will host its next home game Saturday night at 7:30 p.m.

Title

From Page 6

ed two service aces and Smith added one for the Rebels.

"There is one word I can use to describe these girls — amazing," Maynard confided. "Their love for this sport and their desire to be the best simply astounds me. Everyone, particularly the support provided by the parents and Allen Central's faculty and staff, contributed to this team and this program's success. The girls want to play — they want

Allen Central to win and give 120 percent towards achieving that goal. It was

simply a remarkable season by a group of remarkable young ladies."

Floyd County Animal Shelter

Pet of the Week

This week's celebrity is nationally known Magistrate, Warren Jarrell, who is pictured with "CHINA," a one year old female Shih Tzu mix. China is looking for a new home, preferably in the Left Beaver area of Floyd County.

545 Sally Stephens Branch • Prestonsburg, Ky
606-886-3189

Visit us online at
www.floyd-countytimes.com

RIVERFILL 10
218 S. FINE ST., PIKEVILLE, KY 40360
606-432-2957

04/27 - 05/04/12

CINEMA 1
THE KAVAR (R)
Mon-Thurs 5:00 - 9:20
Fri (4:15) 7:00 - 9:15
Sat-Sun (2:00-5:15) 7:00 - 9:15

CINEMA 2
LUCKY ONE (PG-13)
Mon-Thurs 5:15 - 7:20 - 9:20
Fri (4:20) 7:05 - 9:20
Sat-Sun (2:15 - 4:20) 7:05 - 9:20

CINEMA 3
FIVE YEAR ENGAGEMENT (R)
Mon-Thurs 5:15 - 7:20 - 9:20
Fri (4:15) 5:50 - 8:15
Sat-Sun (2:15 - 4:20) 5:50 - 8:15

CINEMA 4
CABIN IN THE WOODS (R)
Mon-Thurs 5:15 - 7:20 - 9:20
Fri (4:30) 7:15 - 9:30
Sat-Sun (2:15 - 4:20) 7:15 - 9:30

CINEMA 5
PIRATES BAND OF MISFITS (PG)
Mon-Thurs 5:20 - 7:20 Fri (4:30) 7:00
Sat-Sun (4:30) 7:00

CINEMA 6
PIRATES BAND OF MISFITS 2D (PG)
Mon-Thurs 6:00
Fri 6:00
Sat-Sun (2:15) 6:00

CINEMA 7
CLOSED

CINEMA 8
CLOSED

CINEMA 9
CLOSED

CINEMA 10
THE THREE STOOGES (PG)
Mon-Thurs 5:20 - 7:20 - 9:20
Fri (4:20) 7:20 - 9:20
Sat-Sun (2:20 - 4:20) 7:20 - 9:20

MIDWINTER SHOWING OF "THE AVENGERS"
THURSDAY 5/3/12

Horoscope

ARIES (March 21 to April 19) The often skeptical Aries might find that an answer to a question is hard to believe. But check it out before you chuck it out. You might well be surprised at what you could learn.

TAURUS (April 20 to May 20) Your resolute determination to stick by a position might make some people uncomfortable. But if you're proved right (as I expect you to be), a lot of changes will tilt in your favor.

GEMINI (May 21 to June 20) You might feel conflicted between what you want to do and what you should do. Best advice: Honor your obligations first. Then go ahead and enjoy your well-earned rewards.

CANCER (June 21 to July 22) That financial matter still needs to be sorted out before you can consider any major monetary moves. Pressures ease midweek, with news about a potential career change.

LEO (July 23 to August 22) A workplace problem threatens to derail your well-planned project. But your quick mind should lead you to a solution and get you back on track without too much delay.

VIRGO (August 23 to September 22) An opportunity opens up but could quickly close down if you allow pessimism to override enthusiasm. A trusted friend can offer the encouragement you need.

LIBRA (September 23 to October 22) You've come

through a difficult period of helping others deal with their problems. Now you can concentrate on putting your energy to work on your own projects.

SCORPIO (October 23 to November 21) Forget about who's to blame and, instead, make the first move toward patching up a misunderstanding before it creates a rift that you'll never be able to cross.

SAGITTARIUS (November 22 to December 21) Good news for the traveling Sagittarian who enjoys galloping off to new places: That trip you put off will soon be back on your schedule.

CAPRICORN (December 22 to January 19) A mood change could make the gregarious Goat seek the company of just a few friends. But you charge back into the crowd for weekend fun and games.

AQUARIUS (January 20 to February 18) A decision you made in good faith could come under fire. Best advice: Open your mind to other possibilities by listening to your challenger's point of view.

PISCES (February 19 to March 20) You can avoid being swamped by all those tasks dangling from your line this week by tackling them one by one, according to priority. The weekend brings good news.

BORN THIS WEEK: You have a fine business sense and a love of the arts. You enjoy living life to its fullest.

CLASSIFIEDS work for you!
Over 18,000 Readers every issue!

5 Easy ways to place your ad:

1. Call (606) 886-3189
2. Fax (606) 886-3189
3. Email classifieds@floydcountytimes.com
4. Stop by 101 S. Main St., Room 101, Pikeville, KY 40360
5. Mail P.O. Box 100, Pikeville, KY 40360

The Times

The Best Way to Write An Ad:
Be brief and to the point.
Use simple words to describe your ad.
State your price clearly.
Include a phone number and a mail address.
Use the following format:

NAME
ADDRESS
CITY
STATE
ZIP

Our CLASSIFIEDS Will WORK For You!!

Legals

PUBLIC NOTICE
NOTICE OF INTENTION TO MINE

Pursuant to Application Number 836-5589, Renewal

In accordance with the provisions of KRS 350.055, notice is hereby given that Laurel Mountain Resources, LLC, 1374 HWY 192 E, London, KY 40341, has applied for renewal of a permit for a underground coal mining operation located 2.27 miles southwest of Grethel in Floyd County. The operation affects a total permit acreage of 800.19 acres.

The operation is located approximately 0.6 miles southwest from Little Mud Creek Road's junction with Emmitt Lawson Road, and located on the Little Mud Creek. The surface area is owned by The Elkhorn Coal Company, LLC. The operation underlies land owned by The Elkhorn Coal Company, LLC, Emmitt Lawson, Rudolph, Parsons, Mrs. Delta, Brown, Klein Stumbaugh, Cleveland Tackett, Gilie Mao & Free Tackett, Lee Tackett Estate, Randall & Cheryl Evans, Don Harrison & Judy Howell, Frieda Sammons, Vernon Cornett, Zion Church, William Hall, Glen & Willa Tackett and Claude Howell.

The renewal application has been filed for public inspection at the Department for Natural Resources, Division of Mine Reclamation and Enforcement's Prestonsburg Office, 3140 South Lake Drive, Prestonsburg, KY 41653. Written comments, objections, or requests for a permit conference must be filed with the Director, Division of Mine Reclamation and Enforcement's Prestonsburg Office, 3140 South Lake Drive, Prestonsburg, KY 41653, or requests for a permit conference must be received within 30 (30) days of today's date.

Legals

PUBLIC NOTICE
NOTICE OF INTENTION TO MINE

Pursuant to Application Number 836-8070, Renewal

In accordance with KRS 350.055, notice is hereby given that Kentucky Fuel Corporation, P.O. Box 130, Highway 550, Middlesboro, Kentucky 41659 has applied for a renewal to an existing surface area owned by Consol of KY, Inc., and CSGX. The operation affects approximately 5.00 surface acres.

The operation is approximately 0.75 mile northwest from KY Route 550's junction with KY Route 7 and approximately 0.4 mile east of the Right Fork of Beaver Creek.

The operation is located on the Madison 3, S. 33.7 1/2-minute quadrangle map. The operation will disturb surface area owned by Consol of KY, Inc., and CSGX. The operation consists of a coal preparation facility.

The renewal application has been filed for public inspection at the Department for Natural Resources' Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, Kentucky 41653-1410. Written comments, objections, and requests for a permit conference must be filed with the Director, Division of Mine Reclamation and Enforcement's Prestonsburg Office, 3140 South Lake Drive, Prestonsburg, KY 41653, or requests for a permit conference must be received within 30 (30) days of today's date.

Legals

PUBLIC NOTICE
NOTICE OF BOND
RELEASE
Pursuant to Permit
No. 836-03552
Phase II & Phase III
Release

In accordance with the provisions of KRS 350.095, notice is hereby given that Clarence Hayes, LLC, P.O. Box 157, 158 Layne Drive, Betsy Layne, KY 41605, intends to apply for a phase II and III bond release on permit number 836-03552, which was last issued Dec. 16, 2011. The application covers an area of approximately 4.98 surface acres located 0.8 miles North of U.S. 23/60's intersection with KY Rt. 979, in Betsy Layne, KY.

The operation is on an unnamed tributary of the Levisa Fork of the Big Sandy River, on Layne Hill Drive in Betsy Layne, KY. The operation is located on the right side of U.S. 23, 7 1/2 minute Quadrangle Map at latitude 32° 56' and longitude 82° 53' 59".

The bond now in effect is a letter of credit for \$5,000.00. 100% of this bond is being requested for the application.

Reclamation work performed includes: grading, seeding and mulching, and successful establishment of the post mining land use of residential development, which was completed August, 2010.

All comments, objections, and requests for a public hearing or informal conference must be filed with the Director, Division of Field Services, #2 Hudson Hollow, Frankfort, Kentucky 40601, by June 5, 2012.

A public hearing on the application has been scheduled for June 6, 2012 at 11:00 am at the Department for Mining Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Betsy Layne, KY 41653. The hearing will be cancelled if no request for a hearing or informal conference is received by June 5, 2012.

PUBLIC NOTICE

Pursuant to KRS 231.040, application for a permit to operate a place of entertainment has been made by Harold E. Moadie, Jr. The name of the proposed business of entertainment is COYOTE DEN INC., the nature of this business will be, Music-DJ-Live Band/Pool Tables and Entertainment, location is 2813 Ky. Rt. 331, Prestonsburg, KY, 41653. Pursuant to KRS 231.070, the Floyd County Attorney shall investigate whether the applicant lacks good moral character, or whether the applicant, within the last two (2) years prior to the date of filing the application has been convicted in Kentucky of maintaining a public nuisance. Pursuant to KRS 231.080 any person desiring to oppose the permit shall file with the County Clerk no later than May 17, 2012, in writing, allegations that show cause as to why the applicant shall not be granted. Said written information shall be signed, dated and reflect the current address of said person providing the information.

Pursuant to KRS 231.080, a hearing has been scheduled for May 17, 2012. At the hour of 2:30 p.m., or as soon thereafter as same can be heard before the Floyd County Judge/Executive at the Floyd Justice Center, 2nd Floor in Prestonsburg, Kentucky. The Floyd County Judge/Executive shall hear evidence in support of or in opposition to the granting of the permit.

HON. KEITH BARTLEY
FLOYD COUNTY ATTORNEY

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ANNOUNCEMENTS

Notices

Ray Wilcox
Estate Sale
911 Furde Gap, Auxler
Furniture, Kitchenware,
Glassware
85 Years Floyd Countian,
Piano
Tools, Bush Hog, Dual
Axle Flatbed Trailer
To many items to list
Fri & Sat May 4-5
8-5
No Early Sales

SERVICES

FINANCIAL

EDUCATION

ANIMALS

AGRICULTURE

MERCHANDISE

Miscellaneous

FOR SALE KING SIZE MATTRESS, 84x2055
\$74.00

Yard Sale

Five family yard sale - May 3rd, 4th and 5th. In front of Home Furniture across from Food City. Rain or Shine. Lots of children's clothing, over 200 Thomas the Train items, including a train truck for under the bed and a train table. Also several large girl toys. Play kitchen set.

YARD SALE

2 FAMILY YARD SALE, TUESDAY MAY 1ST, BEGINNING AT 8:00 A.M. - 4:00 P.M. ELEC TRIC STOVE, MISC. ITEMS & GLASSWARE. AT THE KMC CENTER & TONY HALL LOCATED AT 309 MIDDLEBRANCH RD. MCDOWELL, KY.

Yard Sale

Household items, Wall mirrors, tools, women's clothes and much more.
Located at 64 Mayo Branch on Lake Road in Prestonsburg May 2-3-4 From 9am to 4pm

RECREATIONAL VEHICLES

Motorcycles

FOR SALE
2004 YAMAHA ROAD STAR SILVERADO, 11,000 MILES, MINT CONDITION, Air table, 5,700.00. CALL 606-422-0336

AUTOMOTIVE

Autos

HICKS AUTO SALES
DAVID ROY
"Good Titles"
1999 Oldsmobile silhouette van 115,000 miles \$3,200
98 Dodge Ram 4x4 quad cab
1995 GMC Sierra 4wd extra cab
1998 2r2 s10
1998 Chevy Tracker 3.000
2003 Wide Glide H. D.
12,000 miles \$3,200
2007 Yukon SLT Loaded
100,000 miles \$15,500
"Rebuilt Titles"
1999 Ford Taurus \$2,900
2003 range rover
2003 Ford Taurus \$3,300
2006 Chevy Silverado crew cab \$9,800
2004 Ford Escape \$5,500
CALL 606-886-2842

98 Dodge Ram 4x4 quad cab

1995 GMC Sierra 4wd extra cab

1998 2r2 s10

1998 Chevy Tracker 3.000

2003 Wide Glide H. D.

12,000 miles \$3,200

2007 Yukon SLT Loaded

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1998 2r2 s10

1998 Chevy Tracker 3.000

2003 Wide Glide H. D.

12,000 miles \$3,200

2007 Yukon SLT Loaded

REAL ESTATE SALES

Cemetery Plots

For Sale live plots Davidson Memorial Gardens (Ivel, KY) Call 606-358-9191

Houses For Sale

House for sale 2 1/2 bedroom, 1 bath, located on Ky Rt. 7, Wyland. Call 606-262-2278

Bank Foreclosures with and without land. Some are move in ready. Call 888-597-2083

Doublewide trailer with lot and pool for sale 1 1/2 mile up Abbott 888-0893

FOR SALE

2 HOUSES FOR SALE LOCATED AT MARTIN, KY. CALL 606-265-0426 OR 606-791-2716

FOR SALE

HOUSE FOR SALE LOCATED AT 520 NORTH ARNOLD AVE. 4 BR, 3 BATHS, ON 120 ft. lot. call 859-230-8501 or 859-338-1175

House near Prestonsburg for sale 3br 1 bath very good condition. Asking \$74,000. Call 888-0199

New land improvement Packages. Call To Key Housing! Your land or family land. Call Now To Apply 888-597-2083

Ranch house, 1 acre lot, 4 BDRM, 1 & 1/2 bath, natural gas, city water. Price, KY, Asking \$249,000. Call 791-2301 or 377-6741

Land / Acreage

125 Acre farm located in Salt Lick, Knott Co. \$112,500. Call 933-307-0003

Lots

Large mobile home lot, suitable for doublewide, for rent located on private lot. Call 888-8366

REAL ESTATE RENTALS

Apartment/Townhouses

2 APTS. FOR RENT - UNFURNISHED 1 BR, 1 BATH APARTMENT WITH HARDWOOD FLOORS & FIRE PLACE. 2nd APT. IS AN UNFURNISHED 2 BDR, 2 BATH. BOTH LOCATED BETWEEN PRESTONSBURG & HIGH SCHOOL & COMMUNITY COLLEGE. APPLICATION, DEPOSIT, NO PETS. CALL 888-3565 OR 888-0099.

Furnished apartments for rent also a furnished house. Also two bedroom house in town Prestonsburg Very Clean. Suitable for 2 working people. No drugs, No pets. Near Prestonsburg J.W. Lake. Out of state workers welcome. Call 606-205-0218 or 606-886-3941

TOWNHOUSE APARTMENT FOR RENT 2BR, 1 BATH, STOVE, REF, DAW, W/D. HOOK UP, CITY LIMITS US 23 & 60. \$55.00 A MONTH PLUS \$50.00 DEPOSIT. NO PETS. RENT LEASE CALL 606-237-4758 OR 606-625-0134

For rent, 1 Bdrm Apt. close to Prestonsburg. No HUD or PETS. Call 263-4323, or 205-9510. References Required.

Apartment/Townhouses

Large apartment for rent. Located on US 23 at Stanville. 2 br, 2 bath. Walk in closets. Large living room area. 1 yr lease. NO PETS. \$650 per month. \$650 security deposit. Call 606-434-4008 or 606-478-8100

Apartments/Townhouses

Apt. for rent one or two bedroom furnished includes utilities. Call 888-8366

small apartment located in Prestonsburg above Shamrock Glass. One bed one bath, one year lease 400 per month 400 deposit. No Pets 606-434-4008 or 606-478-8100

Small furnished trailer For Rent, suitable for 1 or 2 people. Just off of Mountain Park on old 114. No Pets. Call 606-886-8724.

Two bedroom Apt. in Prestonsburg \$700 includes utilities call 606-794-0249

Commercial

Offices for rent 199 N. Lake Drive 978 Sq. Feet. Rent includes utilities. Free Parking. Call 606-886-2391

Houses For Rent

3 BDRM, 2 Bath, Trailer for rent, located Salt Lick Hueysville, KY. Call 606-358-4303 for more info.

For Rent: 3 bedroom Mobile Home located at Banner, \$500 per month plus utilities and \$300 Deposit. Call 874-2887 or 424-9487

one bedroom apt. for rent Call 358-3469

Trailer for rent, 2 bedroom, total electric, stove, refrigerator, on semi private lot. No HUD, NO PETS, close to Jenny Wiley State Park. Call 888-8705

Two bedroom Trailer for rent Newly remodeled. No Pets. Call 888-9317 or 791-9311

MANUFACTURED HOUSING

Rentals

FOR RENT 2 BR MOBILE HOME NEAR PRESTONSBURG. CALL 606-874-0875 OR 606-226-9792

FOR RENT 3 BR, 2 BATH HOUSE WITH 1 BR APARTMENT LOCATED IN TOWN. NO PETS. NO HUD. CALL 888-8591

Trailer Lot for Rent in Blue River, nice lot in court all city utilities. Call 606-886-9317 or 791-9311

RESORT PROPERTY

EMPLOYMENT

Help Wanted- General

KY Homecare/Big Sandy

Home Care Nurse Aide or 1 Year Experience

Darlene Walker 606-886-2374 or 1-800-775-2729

Martin area and surrounding area

1-1/2 mile Permanent Position 37.5 Hrs/Wk 8:00 am-4:00 pm \$15.00

\$8.00 per hour for Temp. Status

90 day Probationary Period Mileage Reimbursement

100 miles through June 2012

Reliable Transportation Criminal Records Check and Drug screen Required before employment

Deadline for applications are April 30, 2012.

Call for application or apply in person at Big Sandy Area Development Office in Prestonsburg, KY. Contact person: Darlene Walker

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Help Wanted- General

Occupational nursing company is recruiting RN & P/R NRS to perform basic first

aid at a business near Langley, KY. Strong assessment skills and ER / ICU experience will benefit the applicant. Interesting and low stress work environment. Call 888-268-6344 or fax resume to 740-268-6374. Or e-mail: nursingcorps@yahoo.com. www.nursingcorps.com.

Help Wanted- General

Security guard position open, hulting exp. Call 858-7579 Ask for Flatty or Romeo

Wanted pipe welders for positions in Mississippi. Call 733-307-0003

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Rosenberg named '2012 Advocate of the Year'

LEXINGTON — Floyd County health advocate Jean V. Rosenberg, Floyd County Health Department, was honored as the 2012 David B. Stevens, M.D. Smoke-free Advocate of the Year at the annual Spring Conference hosted by University of Kentucky's Kentucky Center for Smoke-free Policy on April 11 at the Doubletree Suites in Lexington.

The advocate of the year is recognized for excellence in promoting secondhand smoke education and smoke-free policy.

In 2005, Rosenberg began working part-time for the Floyd County Health Department as a Program Specialist to increase awareness of the dangers of secondhand

smoke (SHS). During that time she established the Breathe Easy Floyd County Coalition. This group of local community members actively works to provide education on the effects of SHS exposure and visibly supports local smoke-free initiatives.

On Nov. 1, 2009, the city of Prestonsburg implemented a 100 percent comprehensive smoke-free ordinance covering all workplaces and enclosed public places. Rosenberg served at the helm of local efforts that propelled the law forward.

Rosenberg has lived in Floyd County with her husband, John, and children, Michael and Ann, since the early 1970s.

She received a BA from Earlham College and a nursing degree from Prestonsburg Community College. Known for being tenacious but widely respected, she has been active in local advocacy efforts including founding the Floyd County Meals on Wheels program, establishing childbirth preparation classes, and supporting a number of educational initiatives.



Ellen Hahn, Rosenberg, Dr. Melissa Walton-Shirley, a cardiologist from Glasgow, and last year's Smoke-Free Advocate of the Year award winner, Jean Rosenberg.

Murder

From Page 1

said. "It was Charlie's fault. He was the one that done negligent. I told him that stuff wasn't right, told him it was causing anger."

In his closing argument, Collins told jurors that Hall's confused testimony was a result of his ongoing mental illness and his inability to accept what he did. Collins told jurors Hall is not trying to mislead anyone about his actions. "He's not trying to hide it from you; he's trying to hide it from himself."

According to Collins, the prosecution "cherry-picked" its evidence, including a second interview with Hall that took place at the jail. Collins said the interview showed an audibly shaken and crying Hall. The prosecution offered testimony of that interview, but never introduced the recording into evidence.

Collins cautioned the jury that they are not charged with having sympathy for the victims or their children, but to

weigh the facts of the case. "You're not brought here to express the outrage of the community. Your job here is to rule on the facts."

Collins described Hall before the murder as hard worker, a good family man and parent and said, "Berry Hall, except for that one horrible moment, was a good man."

Commonwealth's Attorney Arnold Brent Turner focused his closing argument on the deliberate nature of Hall's actions, and how he seems to deflect blame.

"This defendant is the type of person who doesn't like to be held accountable," said Turner.

Turner told the jurors that Hall had the oldest and most frequent of motives — anger, frustration and hatred.

"He hated these people," Turner said of Hall's feelings toward the victims.

"He was tired of it. It wasn't insanity, it wasn't extreme emotional disturbance, it wasn't Prozac, and it wasn't demons."

"He didn't like them, he

didn't like them living next to him, and he got rid of them," said Turner. "Or as the defendant's doctors testified, 'He eliminated the stressors.'"

During the course of the trial, the prosecution has worked to prove that, despite Hall's depression, he was still aware of the criminality of his actions and showed intent to kill Lisa and Alan Tackett.

"You aimed that gun through the scope, you're saying at the ground, but somehow when you pulled the trigger, you shot Lisa just about right in the heart, didn't you?" Turner asked Hall when he took the stand on Monday.

"Yeah, I know that. [That's] how come I didn't understand how I hit that girl in the heart right there," said Hall.

"Well, isn't the logical explanation because that's where you were aiming? When you're trying to kill somebody, that's where you shoot them, isn't it?" asked Turner.

"Well, yeah, that's a good point," Hall conceded.

Family members of the victims were present Thursday for closing arguments and openly wept in the audience as Turner described the violent nature of Alan and Lisa Tackett's deaths.

Turner said that according to the law, we can't shoot people who "make us angry."

Turner referred to Hall's confused, often rambling testimony "pathetic" and "ridiculous" attempts to shift blame and avoid responsibility.

"He said so many ridiculous and laughable things, that I gave up last night trying to prepare my closing," Turner said. "If I wanted to address every stupid and unbelievable thing he said, we'd have to extend the trial another week."

Turner also blasted attempts by the defense counsel to paint Hall as a caring person by bringing the children to his home after the shooting.

"Yeah, kids, I murdered your parents in front of you, but I'm here to help," Turner said mockingly. "The idea that he cared anything for those kids is garbage."

In closing, Turner told jurors that in the four years since the shooting, at no time has Berry Hall shown, "even the slightest hint of remorse."

Following the closing arguments, two jurors were removed from the pool, bringing the number to 12. Those 12 were then retired to the jury room to begin their deliberations.

According to Judge Johnny Ray Harris, the jury could have chosen to find Berry Hall guilty of murder, guilty of murder (but with mental illness), guilty of wanton murder, guilty of wanton murder (but with mental illness), guilty of first-degree manslaughter, or guilty of first-degree manslaughter (but with mental illness), not guilty, or not guilty by reason of insanity.

There are also four counts of wanton endangerment with regard to the victims' children who were in the home at the time of the shooting. The jury could have found Hall guilty of first-degree wanton endangerment, guilty of first-degree wanton endangerment (but with mental illness), not guilty, or not guilty by reason of insanity.

On Wednesday morning, Hall's defense attorneys announced they had rested their case and were ready to proceed to closing arguments.

Court will reconvene Friday to hear sentencing evidence. Jurors are expected to retire for sentencing Monday, so as to avoid being sequestered over the weekend.

Charge

From Page 1

through some difficult, including several deaths in his family and the breakup of his marriage, and he fell in with "the wrong people," who convinced him to use drugs "for the first time in his life."

Bowling also criticized the police response, saying one of the officers at the scene pointed a gun at Holloway's car, which contained a baby at the time, and handcuffed the preacher so tightly, it cut his wrists.

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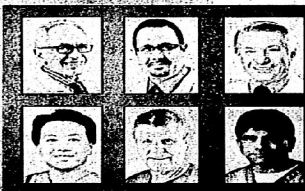
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10 Warning Signs

of Alzheimer's
Disease

TRAVEL TIPS

Precautionary measures
older travelers must consider



Fearfulness or feelings of anxiety are changes in mood and personality that could indicate Alzheimer's disease.

THE 10 WARNING SIGNS OF ALZHEIMER'S DISEASE

Few families are fortunate enough to say they have not been impacted by Alzheimer's disease. A progressive, degenerative disease of the brain, Alzheimer's impairs thinking and memory, accounting for 50 to 80 percent of dementia cases according to the Alzheimer's Association.

Though many people's experiences with Alzheimer's disease involves an elderly relative, the disease is not exclusive to the elderly. Up to 5 percent of people with the disease have early-onset Alzheimer's, which most often appears when someone is in their 40s and 50s. In 2011, 59-year-old Pat Summitt, the all-time winningest coach in NCAA basketball history and a beloved figure on the campus of the University of Tennessee, revealed that she had been diagnosed with early-onset dementia, Alzheimer's type. That announcement opened the eyes of men and women across the country, who might otherwise never have known that dementia could strike so early or to someone who seemed as healthy as Summitt, who vowed to continue coaching despite the diagnosis. Because it can strike men and women even if they aren't elderly, it's important to know these 10 warning signs of Alzheimer's, courtesy of the Alzheimer's Association and the Alzheimer Society of Canada.

1. Memory loss that disrupts daily life.

Memory loss is one of the most common signs of Alzheimer's. This is especially so if men and women forget things that happened very recently, which can negatively impact their daily lives. Additional signs include forgetting important dates and events; asking for the same information over and over again; or relying on memory aides such as reminder notes or even family members for things individuals could once remember on their own.

2. Difficulty planning.

Some people might start to exhibit difficulty following a plan or working with numbers, be it following a recipe or paying the monthly bills. Concentration is often difficult for those exhibiting symptoms of Alzheimer's.

3. Difficulty completing familiar tasks.

Daily tasks such as driving to work or remembering the rules of a familiar game will prove difficult for people with Alzheimer's.

6. New problems with words in speaking or writing.

People with Alzheimer's might experience trouble holding or joining a conversation. An example is stopping in the middle of a conversation and having no idea how to continue. They might also struggle with vocabulary, often having trouble finding the right word to express what they're thinking.

7. Misplacing things.

People with Alzheimer's might put things in unusual places and then experience difficulty retracing their steps to find those items. This tends to occur more frequently over time, and they often accuse others of stealing items they simply can't find.

8. Decreased or poor judgement.

Poor judgement, such as not visiting the doctor or mishandling finances, is another warning sign for Alzheimer's. These poor decisions can extend to personal grooming, which men and women with Alzheimer's might neglect.

9. Withdrawal from society.

4. Disorientation with regards to time and/or place.

Nearly everyone has had momentary lapses where they forget what time it is or what day it is. But such lapses are not momentary for people with Alzheimer's, who might even get lost on their own street and not remember how to get home.

5. Trouble understanding images and spatial relationships.

Some people with Alzheimer's have difficulty reading, judging distance or determining color or contrast. For example, a person with Alzheimer's might walk past a mirror and not realize he or she is the person in the mirror.

Men and women with Alzheimer's might start to withdraw from society, removing themselves from social activities, projects at work or hobbies. Avid sports fans might no longer be able to follow their favorite team, while social butterflies might grow reclusive.

10. Changes in mood and personality.

People with Alzheimer's might experience mood swings for no apparent reason and can become anxious, confused, depressed, fearful, or suspicious. Acting out of character might also be indicative of Alzheimer's.

More information about Alzheimer's disease is available at www.alz.org and www.alzheimer.ca.



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Assessing your abilities as an aging driver

When a person first earns a driver's license, they've earned more than just the right to legally operate an automobile. To many drivers, a driver's license is symbolic of freedom and self-sufficiency. The significance of a driver's license never truly dissipates, which makes it difficult for aging men and women to address their abilities as a driver and whether or not they can still safely share the road with other motorists. Though many drivers can safely stay behind the wheel well into their golden years, others begin to recognize their skills are starting to diminish as they approach senior citizen status. For those who want help gauging their abilities as a driver, some self-examination can help.

Assess your eyesight

Healthy eyes are essential to being a safe driver, and drivers can assess their eyesight in a number of ways. In addition to visiting an eye doctor for an eye examination, drivers should look for signs that they're having difficulty with driving. If signs and street markings aren't so easy to read anymore, you might need a new prescription for eyeglasses. When the glare of headlights at night makes it difficult to see, your driver's seat might need to be adjusted or you might want to consider antiglare eyeglasses that make it easier to see at night.

Assess your comfort level

Safe drivers are also comfortable drivers. To assess your comfort level as a driver, ask yourself the following questions before getting back behind the wheel.

- Is it troublesome to look over your shoulder

and change lanes?

- Has steering become difficult?
- Has your reaction time when switching from the gas pedal to the brake pedal decreased?

If you can answer "yes" to any of the questions above, then it could be that you're beginning to lose strength, coordination and/or flexibility, which can make it more difficult to operate a motor vehicle. Answering "yes" doesn't mean you have to give up your driver's license. In fact, your doctor might be able to prescribe therapies or medicines or suggest a fitness regimen that can make it easier for you to comfortably drive a car. In addition, if you're having trouble steering or operating a motor vehicle in any way, you might just want to find a vehicle that's easier to drive, such as one with an automatic transmission that has power steering and brakes. When assessing your comfort level, also examine your mental state while driving. If other drivers make you uncomfortable or traffic signs are confusing, this can make it difficult to safely operate an automobile. Such feelings when driving could also be a side effect of a particular medication, so discuss the issue with your doctor to see if that's the case and if there are any alternatives.

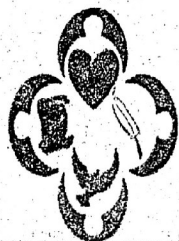
Honestly address loved ones' concerns

Aging drivers are often the last to notice if their abilities behind the wheel are starting to diminish. Loved ones are often put in the position of talking to aging drivers about their abilities, and this can cause friction. If loved ones have expressed concern about your abilities as a driver, honestly address these concerns, even if it's initially hurtful or embarrassing to do so. Your loved ones



Aging drivers should weigh a host of factors when determining if it's still safe for them to be on the road.

are sharing their feelings out of genuine concern for your well-being, so don't look at it as an assault on your self-sufficiency. Some organizations, including the AARP and AAA, offer driving classes for mature drivers to help them more adequately handle the challenges aging drivers might face. Aging drivers face obstacles they may or may not be prepared for. When such challenges arise, that doesn't necessarily mean it's time to stop driving entirely. Instead, honestly weigh a host of factors before deciding if it's still safe for you to be behind the wheel.



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What's next after retirement?

Scores of people spend their working days dreaming of the moment they are eligible for retirement. They may have retirement counted down to the minutes and seconds, particularly if they've been in a job that hasn't been the most enjoyable. But many people find that once they retire they do not know what to do to fill their time. Boredom actually may be a side effect of retirement, and some people actually want to go back to work.

Much of the focus when planning for retirement concerns finances. All other factors take a backseat. Therefore, there may be emotional issues that arise during retirement, and retirees are not always prepared to deal with such issues. Having a post-retirement plan in place can mean the difference between happiness and having a hard time adjusting, according to experts. Here are some tips that can help anyone ease into the golden years.

Establish goals. After working for years, the idea of setting goals can seem counterintuitive. But goals can give life direction and have you looking forward to things in the future. Goals also motivate retirees to get up in the morning now that a commute to work isn't part of the daily schedule.

Donate time or money. Giving back to others, whether to the community or to a charitable organization, can feel good and give retirees some structure. Volunteering your time at a place can give life some sort of purpose

outside of a job.

Start a home-based business. Just because you retire doesn't mean you have to fully retire. Now may be the opportunity to start a business venture you have always dreamed about, whether that is something hands-on or just serving as a consultant.

Try new things. Part of goal-setting is to add things to the list you've never done before, which can boost feelings of excitement. You may discover a new interest that becomes a passion. Now that you have time to explore new hobbies, they might prove more rewarding.

Meet with people. Part of what makes work fulfilling is the opportunity to get out of the house and interact with others who are not members of your family. It's easy to fall into a rut when you are not being mentally stimulated by conversation from different people.

Realize it's alright not to love retirement. Just because the grass seemed greener in someone else's yard, doesn't mean it always turns out to be that way. It is OK to accept that maybe retirement isn't entirely what you expected and to make changes that can enable the experience to be better.



Getting out with friends or former coworkers can help banish boredom associated with retirement.

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Reducing risk for heart disease could save your life



Limiting alcohol consumption to no more than one or two drinks per day is one way to reduce risk for heart disease.

Heart disease doesn't discriminate, affecting men and women regardless of their age or where they live. In the United States, cardiovascular disease is the number one cause of death, according to the American Heart Association. North of the border, one Canadian dies from heart disease or stroke every 7 minutes. So says the Heart & Stroke Foundation of Canada, a charity that annually spends millions of dollars researching heart disease and promoting healthier lifestyles.

For most men and women, the prevalence of heart disease is no great surprise. Nearly every adult can point to a loved one who has dealt with heart disease. Many men and women can even point to a friend or family member who lost their battle with heart disease. That familiarity should make people even more willing to adopt a heart-healthy lifestyle, something the AHA admits is the best defense against heart disease and stroke. Though not all risk factors for heart disease can be controlled, there are ways to reduce that risk considerably.

Control your blood pressure

High blood pressure is the number one risk factor for stroke and a major risk for heart disease. Blood pressure measures the pressure or force of blood against the walls of your blood vessels, also known as arteries. Having your blood pressure taken is a routine on most doctor visits, but many people are unaware what the number actually measures. The top number measures the pressure when the heart contracts and pushes blood out, while the bottom number is the lowest pressure when the heart relaxes and beats. Blood pressure that is consistently above 140/90 is considered high. A normal blood pressure is one between 120/80 and 129/84.

Because of the relation between blood pressure and heart disease and stroke, men and women must take steps to control their blood pressure. Having your blood pressure checked regularly is a good start. Once you get checked, reduce the amount of sodium in your diet, replacing high-sodium snacks with healthier fare and monitoring sodium intake during the day. The Heart & Stroke Foundation recommends eating less than 2,300 mg of sodium per day, and that includes salt added when making meals or eating at the table.

Maintaining a healthy body weight and successfully managing stress are additional ways to control blood pressure.

Limit alcohol consumption

The AHA notes that excessive consumption of alcohol can contribute to high triglycerides, produce

irregular heartbeats and eventually lead to heart failure or stroke. There is some evidence that people who drink moderately have a lower risk of heart disease than nondrinkers. But it's also important to note that people who drink moderately also have a lower risk of heart disease than people who drink excessively. So when it comes to alcohol, moderation reigns supreme. One or two standard drinks per day is enough depending on gender. The Heart & Stroke Foundation suggests that women who drink should not drink more than nine drinks a week, while men should not exceed 14 drinks in a single week.

Of course, if there are extenuating circumstances then all bets are off. Men and women with liver disease, mental illness or a personal or family history of alcohol problems should avoid alcohol entirely. In addition, those taking certain medications should avoid alcohol consumption as well. For the latter group, discuss alcohol consumption with your physician when he or she writes you a prescription.

Quit smoking

The decision to smoke tobacco is the decision to invite a host of potential physical ailments, not the least of which is heart disease. Smoking contributes to the buildup of plaque in the arteries, increases the risk of blood clots, reduces the amount of oxygen in the blood and increases blood pressure. As if that's not enough, smoking also harms those around you. According to the American Cancer

Society, secondhand smoke is responsible for 3,400 lung cancer deaths among nonsmokers in the United States each year. In Canada, nearly 8,000 nonsmokers lose their lives each year from exposure to secondhand smoke.

What might surprise some people, however, is how quickly quitting smoking can reduce a person's risk for heart disease. According to the Heart & Stroke Foundation, within 48 hours of quitting a person's chances of having heart disease have already started to go down. For those who successfully avoid smoking for one year, the risk of a suffering a smoking-related heart attack has been cut in half. After 15 years, the risk of heart attack is the same as someone who never smoked at all.

Embrace physical activity

People who are physically inactive are twice as likely to be at risk for heart disease or stroke than people who are physically active. The AHA notes that research has shown that getting at least 30 minutes of physical activity on five or more days of the week can help lower blood pressure and lower cholesterol while helping to maintain a healthy weight. If starting from scratch, even light physical activity can provide some health benefits. Gradually work your way up to more demanding activities, and make physical activity a routine part of your daily life.

More information on heart disease and stroke is available online at www.heart.org and www.heartandstroke.ca.

Osteoarthritis

affects millions of aging men and women

While there are many benefits to getting older, few people associate the aging process with all the good things that occur as a person approaches their golden years. Instead, aging is more often associated with aches and pains than grandkids and trips around the world.

Though such associations are unfortunate, they are rooted in the reality that aging often comes with a few ailments. One such ailment many older adults deal with is osteoarthritis, which, according to the Centers for Disease Control and Prevention, affects more than 12 million men and women over the age of 65 in the United States alone. In Canada, one in 10 adults has osteoarthritis, proving this most common form of arthritis does not discriminate based on geography. But as prevalent as osteoarthritis might be, the millions of men and women currently living with the condition are proof that it doesn't have to ruin a person's golden years. In fact, learning about osteoarthritis, its risk factors and prospective treatment options can help those men and women currently living with the condition or those concerned about developing it down the road.

What is osteoarthritis?

Osteoarthritis, or OA, is also referred to as degenerative joint disease. The most common type of arthritis, OA occurs when cartilage begins to wear away. Cartilage is an essential part of each joint, helping

to absorb shock and enabling the joint to move smoothly. OA most often occurs in the body's weight-bearing joints, which includes the hips, knees and spine.

When a person has OA, the cartilage in a joint stiffens and loses its elasticity, which makes it more susceptible to damage. Joints will be stiff in the morning, a stiffness that can last roughly 15 to 20 minutes. As the day progresses and the joints are used more and more, the pain can intensify and swelling can occur. This is typically because, as the joint's cartilage continues to deteriorate, the tendons and ligaments are stretching and causing pain.

Are there symptoms of OA?

There are symptoms of OA, but these can vary greatly from individual to individual. Some people experience few symptoms of OA even if X-rays indicate their joints have undergone significant degeneration. In addition, the pain associated with OA isn't necessarily constant, and some people can go years without experiencing any OA-related pain. Such instances are most common among people with OA of the hands and knees.

Those who do exhibit symptoms of OA can do so in a variety of ways. Men and women with progressive cartilage degeneration in their knee joints might become bow legged or develop a limp, which will worsen as the cartilage continues to degenerate.

OA of the spine often causes pain in the neck or lower back. Severe pain can be

caused by bony spurs that form along the spine, and numbness and tingling of affected body parts can result as well. Men and women with OA of the hands can also exhibit symptoms, which are usually bony deformities along the joints of the fingers. Heberden's node is a bony enlargement at the small joint of the fingers that occurs because of bone spurs resulting from OA in that joint. A bony knob that occurs at the middle joint of the fingers, known as Bouchard's node, is also quite common among men and women with OA of the hands. While neither of these nodes is especially painful, they are associated with limited motion of the affected joint. Patients with OA at the base of the big toes might notice the formation of a bunion, something that researchers suggest is possibly genetic, as it can be found in numerous female members of certain families.

The Arthritis Society in Nova Scotia notes that, early on, men and women with OA will find their symptoms are typically only triggered by high impact activities. However, eventually the pain can be triggered by daily activities and might not subside until men and women get adequate rest. Some people even feel pain for most of the day, including when they are attempting to fall asleep at night.

Can OA be treated?

OA can be treated, but men and women must recognize that it cannot be cured. As mentioned above, some people's symptoms can disappear for years at a time. But they will return, and treatment, if it was ceased, must then continue.

OA is most common among people who are overweight, so one of the most effective ways to reduce pain from OA is to lose weight and get regular exercise. This takes pressure off of joints that are being heavily taxed. To lose weight, choose a low-fat diet that features plenty of vegetables, fruits, lean proteins and whole-grains. For a more specific diet, consult a physician.

Though exercising when pain from OA is significant might seem counterintuitive, exercise is actually great for the joints. Each person is different, so consult

a physician before beginning a new exercise regimen. However, don't shy away from aerobic exercises, including walking, swimming or even riding a bicycle, or strength-training exercises like weightlifting, which makes the muscles stronger and more capable of supporting the joints. And as with any exercise routine, don't forget to stretch.

Another treatment option for joints

hurting because of OA is the application of a heating pad or a cold pack. Cold and heat can be applied several times per day (always cover the skin with a towel prior to application to avoid skin damage). But those nursing an injury should only apply cold for the first few days.

Medications are another treatment option for OA. Discuss medications, which can include over-the-counter anti-inflammatory pills, such as Advil, Aleve or Motrin, prescription medications, and corticosteroid injections, with a physician who can help determine the best course of action.

While surgery is not a necessary course of treatment for the majority of OA sufferers, for some it is. Surgical options can be a minimally invasive arthroscopic procedure, a joint fusion surgery wherein the joint is removed and bones are held together with screws, pins or plates, or a complete or partial joint replacement. Another surgical option is an osteotomy, a procedure where a section of the bone is cut and removed to improve joint alignment and stability.

More information about OA is available at the Arthritis Society Web site at www.arthritis.ca.



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Live comfortably on a budget



Living on a fixed income requires making changes to avoid running out of money.

only will the expenses be less, there's a good chance the complex will offer maintenance — further saving you on unexpected expenses. Consider downsizing your car as well. Rather than making high monthly payments for a brand-new auto at the dealership, you may be able to get a preowned vehicle for a lower payment schedule. Or you may have enough in savings to pay for the used car outright, saving you the expense of a monthly payment.

Consider shopping at consignment stores. Consignment stores are popping up in all different areas, including exclusive cities and towns. Shopping consignment stores no longer carries the stigma it once did. Many times the merchandise in consignment stores is brand new or has only been used once. This could be the ideal place to turn for housewares, clothing, accessories, and even gifts for others. The prices are typically marked well below retail value, and you may find some well-known brands.

Shop store sales. With the popularity of shows teaching others how to save big with coupons, many people believe this is the best way to save at grocery stores. However, the people doing the couponing are often capitalizing on buying in bulk and clipping mass amounts of coupons — not practical for senior households. It could be in your best interest to simply shop for the items you buy frequently at the store that is selling it at the lowest price. It may increase the number of stops on your shopping trip, but you can get a really good deal in the process.

Get crafty. Sometimes things that are sold at stores for a high price can be replicated at home easily with just a few materials. From tufted headboards to curtains to decorative pillows, chances are with a little ingenuity you can make these items yourself. Or, enlist the help of a friend or family member to assist you in a project that is slightly beyond your level of expertise.

Living on a fixed income can require reassessing priorities and making a few changes to the household budget.

Seniors are one of the fastest-growing segments of the population, as medical advancements have increased life expectancies considerably. Many Baby Boomers have entered retirement age and are joining the ranks of other seniors on fixed incomes. This means they'll also have to implement strategies to live comfortably on less money.

Statistics Canada states that as of a 2005 survey, the average net worth of individuals age 65 and older was roughly \$303,000. This amount is characterized by money in savings, income provided by pensions and government assistance. In the United States, the average income of seniors in 2008 was around \$29,000, well below the national poverty average, according to the Congressional Research Service tabulations of data from the March 2008 Current Population Survey.

Upon retirement, many retirees are faced with quite a reduction in income and the stark reality of making ends meet with this new level of income. Those who are successful are often those who are adapting and are able to budget cleverly. Here are some ideas to do just that.

Set priorities. What are the necessities that you absolutely cannot skip on? These may include a mortgage or rent, utility bills and any other loan payments that have already been established. These amounts will have to be deducted from monthly income before you will discover just how much money will be leftover for other things.

Downsize. There is the option to cut back on certain things to free up more money. Many people find it is wise to sell their home and move into a smaller condo or apartment. Not

Precautionary measures older travelers must consider

Whether retired or simply an empty nester, older men and women often love their increased opportunities to travel and see the world. Without kids to cater to or college tuition to pay, men and women approaching retirement age, or those who have already passed it by, find themselves with more free time to take to the highways and skyways and experience other cultures.

While traveling is a great way to make the most of one's golden years, traveling as an older adult isn't the same as it might have been back when you were a carefree teenager or twenty-something backpacking through Europe. Before setting out to see the world, older travelers should consider a host of factors.

Documentation

Older travelers tend to travel abroad more



Traveling as an older adult might require more caution and planning than it does for young jetsetters, but such measures won't diminish the joy of your travels.

than they do domestically, so be sure all documentation, including passports for each traveler, is up-to-date. If you're traveling for an especially long period of time, be sure your passport is valid beyond the length of the trip. The United States Department of State also notes travelers must determine if the country they plan to visit requires a visa to enter.

In addition to passports and any visas you might need, make sure your driver's licenses and auto insurance policies are current and will remain so through the trip. This is important for travelers who plan on renting a car during their vacation. Don't forget to bring your driver's license and proof of auto insurance (as well as contact information for your insurance company should an accident occur) on your trip.

Climate & Geography

It's also important to consider geographical conditions before establishing any travel plans. Older men and women tend to have more health issues and might even be on prescriptions that can make it challenging to travel to certain areas. Before committing to a trip, consult your

physician about the possible effects a certain climate might have on you personally. Some people might be sensitive to altitude and therefore unable to travel to high-altitude locations without putting themselves at serious risk.

When considering climate and geography, don't overlook a region's history or likelihood of natural disasters. If a given destination has a history of hurricanes, earthquakes or tsunamis, then consider that before making plans. It's still possible to enjoy such destinations, but you'll want to travel when such storms or natural disasters are not in season.

Luggage & Wardrobe

When traveling, it might be comforting to overpack because it can give you the feeling you're prepared for any situation that might arise. But don't pack so heavily that your luggage becomes a nuisance to take from place to place. If you're traveling to especially tourist-friendly regions, keep in mind such locales often have all a traveler needs should he or she have forgotten something or experiences an emergency. When packing your clothes for a trip, keep your wardrobe as conservative as possible. Anything too flashy could draw the attention of con artists or thieves, as tourists often make for easy marks. But don't forget to pack some formal attire as well, as clothing that is too casual might make it hard for you to gain access to certain tourist destinations or restaurants.

Contact Information

While a vacation is an escape for many people, you don't want to escape from the world entirely. Make sure loved ones back home have your itinerary and know where you will be staying should an emergency occur. If traveling abroad where you won't have cell phone service, choose resorts or hotels with Internet access and ensure friends or family members you will check in periodically via e-mail. While staying in touch might not be reminiscent of the carefree travels of your youth, doing so will help your loved ones rest easy and will prove invaluable should something unexpected occur.

When traveling, older men and women should consider a host of factors before making plans and always make safety a priority.

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