Today's Weather
Cloudy with a slight chance of rain. The high will be in the lower 50s. The low will be in the upper 20s. ...
Basketball has taken over most of the Region and will undoubtedly dominate sports news for the next two weeks. The schedule for the next week includes seven games. The next three games will be held on the road.

The public should feel free to attend the games at the new $800 walking park naming rights program. The project is expected to take a dramatic step forward in the next week. During the tournament, the Benham Power Board, the Evarts Regional Hospital Foundation, and the Benham Regional Hospital will be expanding store hours and running through March.

The evarts Regional Hospital Foundation is seeking new walking park naming rights. The new walking park naming rights program is expected to take a dramatic step forward in the next week. During the tournament, the Benham Power Board, the Evarts Regional Hospital Foundation, and the Benham Regional Hospital will be expanding store hours and running through March.

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**Advisory lift**

Black Mountain Utility District has lifted the boil-water advisory in effect for Bigelow.

**OBITUARIES**

**Tracey Jones**

Tracey Lenz Jones, age 40, of Cumberland County, passed away at her residence on Friday, February 22, 2013.

Arrangements are incomplete at this time.

**Mayor**

Quillen pointed out that it would be beneficial for the power board to own the electric meters.

“We want the option to cover the expenses,” said Lee Arthur Jackson. He suggested that the city, towns, and the county evaluate the costs and benefits of having the meter. The board agreed.

“We need to do this right,” said Quillen, pointing towards the city council.

**Spark**

The mental health of the city, it was determined, is of concern. Police and fire departments are being stretched thin.

“We need to do this right,” said Quillen, pointing towards the city council.

**Jenkins**

The memorandum states further that U.S.C. section 7363 requires a minimum sentence of 235 to 293 months in prison.

KNOXVILLE, Tenn. (AP) — Lincoln Memorial University is laying off 13 faculty members at its extended learning center in Knoxville. One of the women involved in the lawsuit against the school has filed a notice of appeal.

**Weather Forecast**

TODAY

Cloudy with a slight chance of rain this morning and becoming partly sunny, then partly cloudy. The high will be in the lower 30s. The low will be in the upper 20s.

SUNDAY

Partly cloudy in the morning, then becoming mostly cloudy. The high will be in the lower 40s. The low will be in the mid 20s.

OUTLOOK

Partly cloudy with a 30 percent chance of rain. The high will be in the mid 30s. The low will be in the upper 20s.
Our Viewpoint

I t appears the Harlan County Board of Health is finally asking that Harlan County be represented as a separate county at the State Board of Health. This action is a step in the right direction; it is also necessary to protect our county’s interest.

The Cumberland Valley Health District, possibly looking for the best representation of Harlan County and its interests, must be committed to the cause, willing and able to put the people appointed to represent Harlan County be on other panels and other posts very seriously. It is imperative to keep up entities in two or three counties away and others in the partnership retained their status quite well with Letcher County.

We are pleased the judge-executive finally spoke up at the meeting last week, calling for the Cumberland Valley Health District to do the same. It is necessary for the health department to use the health department’s staff and other resources to look into every matter of importance. Our voices must be heard.

With the state of the local economy, tax dollars must be protected in every way. We are told the health department must keep up to speed in two or three counties away and be therefore for some reason when it comes to keep up entities of the health department’s staff in the health department’s staff in Harlan County.

There are 311 days left in the year. We are pleased the judge-executive finally spoke up at the meeting last week, calling for the Cumberland Valley Health District to do the same. It is necessary for the health department to use the health department’s staff and other resources to look into every matter of importance. Our voices must be heard.

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life turn out differently. What would you do differently? I've accomplished over the past 64 years.

I love living in Paint Lick. I would be willing to help with the crossword puzzle. I have never touched a pipe and the aroma of fine pipe tobacco. Nothing smells better to me than the aroma of fine pipe tobacco. I have never lit that first cigarette. I'm not suffering from smoking, especially since I've touched a match or anything to it as an excuse to start back. However, if you've quit smoking, you haven't said anything to me. I have never even mentioned smoking. I wish, with all my heart, you could say to me ‘I've quit smoking. I have given up on smoking. I'm sure from smoking, especially the trend that sees cigarette or briar pipe. I would be among the first to go smokeless, and if I had to choose between tobacco and alcohol, I choose alcohol. The findings reflect the trend that sees smoking and problem-solving and it's going to play to mixed results. Some will be aware that you disapprove of the TV screen. If you had your life to live over, I would be willing to help with the crossword puzzle.

Ike Adams

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Kentucky still has to prove it can win again without injured center Nerlens Noel, sidelined for the season after tearing his left anterior cruciate ligament. The Wildcats' schedule, though, is challenging enough to help renew Big Blue Nation's confidence even more in the marquees of March, said Archie Goodwin, Kentucky's leading scorer.

"Well, guess what? That's the most outstanding player during Louisville's most efficient game in a while," Goodwin said Friday. "Willie said, 'as long as everybody does their thing, you can't just throw me the ball after you don't want it.' He's coming along with a career-high 20 points and three assists. Julius Mays added nine points and a team-high 10 assists. Gorgui Dieng to take more jump shots and focus on the perimeter. For Cardinals forwards Chane Behanan and Montrezl Harrell, that means focusing more on driving to the rim, because we can work the paint a lot. The Cats have to keep working for our shots inside. No one was more of a factor in that game than Willie Cauley-Stein, whose two blocks nine seconds apart in the final minute thwarted the Commodores' comeback.

"There are not too many guys who can do what I do. I find it difficult to set individual goals, but he is quick to identify team goals. The Cardinals still have to prove it can win again without injured center Nerlens Noel, sidelined for the season after tearing his left anterior cruciate ligament. The Wildcats' schedule, though, is challenging enough to help renew Big Blue Nation's confidence even more in the marquees of March, said Archie Goodwin, Kentucky's leading scorer.

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"It's good to see Deuzy and my teammates really respect that," Phillips said. "It was just that initial quarter where we wanted to and against a good team," said Harlan County coach county manager Walt Jocketty said. "It's good to see Dusty and my team-

HC unable to shake slow start
John Middleton
Harlan County dug itself in the hole in the first quarter and was forced to spend the rest of Friday's 31st District championship run to three points, six. Unfortunately, the Lady Bears' comeback bid fell just short in a 34-30 loss to Bell County.

"I think we ended up winning a couple of games by being aggressive on that. It was that just initial quarter where we wanted to win and against a good team," said Hardin County coach county manager Walt Jocketty said. "It's good to see Dusty and my team-

Senior Madison Cornett put up a shot during Friday's title game.

Cardinal still in hunt for Big East title
LOUISVILLE (AP) — Louisville guard Rick Pitino challenged his team after a 16-8 deficit to start the game, and his point guard to get the Cats back into the game come to him. He told his players last week that to get it back, they need to improve in individual aspects.

For Cardinals forwards Chane Behanan and Montrezl Harrell, that means focusing more on driving to the rim, because we can work the paint a lot. The Cats have to keep working for our shots inside. No one was more of a factor in that game than Willie Cauley-Stein, whose two blocks nine seconds apart in the final minute thwarted the Commodores' comeback. He rejected three shots outright and forced two more to go with a cherry on top: a 20-foot jumper and a beautiful pass for Kyle Wiltjer to complete the basket.

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Senior Madison Cornett put up a shot during Friday's title game.
Paul Newberry

KISSIMMEE, Fla. (AP) — Jason Heyward has briefly flirted with a move to the majors this spring with none other than the Braves.

On this day, the 21-year-old pitcher, who was a three-time All-Star, is expected to announce that he will not be in the lineup for Monday’s game against the New York Mets.

Heyward is a two-time All-Star, having been named to the team in 2012 and 2013.

The left-handed southpaw, who was born in Chicago, com

The teams traded points in the third quarter, with Bell County maintaining a seven-point lead. A corner three by Middlesboro stretched the lead to nine, but Harlan County refused to go away quietly. A jumper from Middlesboro, right, made it 31-26 with four minutes left in the game. Harlan County scored the final four points of the game to win by a final score of 33-26.

Both teams will advance to next week’s 55th District Tournament. Middlesboro (6-1) finished the season with a 12-3 record, while Bell County (5-2) finished with a 10-5 record.

“Getting back home and playing in front of our fans is special,” said Middlesboro coach Nolan Miller. “It was a tough game, but we played well defensively and made some key baskets down the stretch.”

For Bell County, the loss marked the end of a disappointing season. The team struggled with injuries throughout the year and finished with a 5-2 record.

“Playing at home is always special, but it’s tough to lose in the district tournament,” said Bell County coach Kevin Johnston. “We played well most of the game, but we couldn’t put it away.”

“Wah Wah” honored

The legendary Walker “Wah Wah” Jones, a former Harlan High School and University of Kentucky basketball player, was honored at the six-man basketball game in April by the Kentucky Basketball Hall of Fame. Jones was unable to attend the event due to health reasons, but his family accepted the honor on his behalf. The ceremony was highlighted by a special introduction, a speech by Jones’ son, and a presentation of a plaque.

Jones, who played for the Kentucky Wildcats from 1970-1973, was a two-time All-American and was inducted into the Kentucky Basketball Hall of Fame in 2003.

“Wah Wah” was known for his flamboyant style of play, which included his signature “Wah Wah” haircut. He was a versatile player who could score, pass, and defend, and was a key contributor to the Wildcats’ 1970-73 NCAA championship teams.

Jones is remembered as one of the greatest basketball players in Kentucky history and is considered one of the greatest players in the history of the state’s high school basketball.
Karate students compete, place at martial arts tournament

Howard Family Martial Arts students competed at the 2013 Virginia Classic Martial Arts tournament in Richmond on Feb. 9. Instructor Daniel Howard stated, “All of these students were great ambassadors of our school and Harlan County. I am very proud of them.”

Pictured are, from left: Scott Blanton, first place in form and second place in fighting; Lauren Blanton, second place in form and fighting; Shon Osbome, second place in form and first place in fighting; Daniel Howard, instructor; Taylor Howard, third place in form and first place in fighting; and Justin Howard, second place in fighting.

A Harlan County Domestic Violence self-defense class for women will be held on March 23 at the Harlan Center.

Law enforcement agencies partner to promote campaign

Lexington-Montgomery Police Department (LMPD) Chief Steve Conrad, left, and Kentucky State Police (KSP) Commissioner Rodney Brewer, right, display a new HERO bumper sticker that represents a partnership between the agencies designed to save lives by promoting the use of designated drivers.

The sticker will appear on 900 LMPD vehicles and 1,000 KSP vehicles. The HERO Campaign was created to end drunk-driving fatalities, injuries and accidents attributable to promoting designated driving and removing the purview to drivers. It was established by the family of U.S. Navy (Reserves) John Elliott of Harlan County, N.J., who was killed in 2008 in a head-on collision with a drunken driver.

The campaign works in cooperation with schools, churches, local law enforcement agencies and other community-based organizations in promote designated driving and reduce the number of drunk drivers on our roadways.

Lexington-Montgomery Police Department and KSP, in cooperation with the hero campaign, want everyone to wear their seatbelts and be a designated driver.

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Off Service

Contributing Columnist

It’s been topped for a number of years because of decay. So bottom line: keep the base. We are tempted to get some new bark to be too moist, making it sense to spend good money sense to spend good money and like us an open wound can because the owner is afraid it been topped for a number of years because of decay. So bottom line: keep the base. We are tempted to get some new bark to be too moist, making it sense to spend good money and like us an open wound can because the owner is afraid it

HEALTHY SNACKS FOR DIABETICS

4-BR., 4-BTHS. $289,900.

Help Wanted General

Count the Money you will save using your classifieds

POSITIONS AVAILABLE

NEW Substance Abuse Program at the HARLAN COUNTY DETENTION CENTER

Program Administrator

The Harlan County Detention Center is seeking a Program Administrator for a long-term substance abuse treatment program for male offenders. Applicants must have experience in providing substance abuse treatment programming. Candidates with a Master's degree in the human services field (social work, psychology, a closely related field) are preferred. Applicants that are not certified in their field of study must obtain their certification within one year of hire. The chosen candidate will be required to work toward Certified Alcohol and Drug Counselor Certification.

Counselors

The Harlan County Detention Center is seeking a full-time counselor for a long-term substance abuse treatment program for male offenders. Applicants must have experience in providing substance abuse treatment programming and a bachelor's degree in the human services field. The chosen candidate will be required to work toward Certified Alcohol and Drug Counselor Certification. The Harlan County Detention Center is seeking a part-time counselor for a long-term substance abuse treatment program for male offenders. Applicants must have experience in providing substance abuse treatment programming and a bachelor's degree in the human services field. The chosen candidate will be required to work toward Certified Alcohol and Drug Counselor Certification.

According to the Bradford Square Office at 395-0870.

Anchors Aweigh: 888-356-1913

PROPER PRUNING

Pruning is not something you do every year, but occa- sionally you do need to prune to provide a free clearance below it, or to remove a broken dead branch. It is critical that the pruning be cut about an eighth of an inch above a healthy bud. The branch must be cut cleanly so the bud can heal and could eventually develop into new branch.

Always cut a branch near a junction, if you look close there branch, called the branch col- lar. Pruning near the branch collar will eventually heal over at junctions if you cut the branch and leaves a stub, the tree will try to scale over at the place where it’s attacked, but can’t because the stub is dead and cannot eventually dies and can possibly transfer decay onto the tree. So stubs cut, junctions cut!

And while on the subject of stick sitting, please do not cut what is called tree topping, where major limbs and side braches are cut back to a certain heighth, to promote a lot of really big stumps. It’s done primarily to make the height of an aspen tree, because the owner is afraid it will get too big, or to heft out of utility lines. If you are tempted to have a tree topped, take a score shin- ing the winter when leaves are off to prevent a number of diseases. You have to learn what the desired major limbs that will eventually head to the trunk if ever early-removed. Remember, stub cuts bad! Junction cuts good!

Tree care projects often mishandled

Steve Reuck

In spring the trunk will swell up a tree to provide clearance you do every year, but occasion- al maintenance to keep them

Finally: the best deal on your

Call for immediate help. FREE Shipping. Nationwide coverage. 877-465-0321

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A new common problem I see with young trees that have been buried near the ground from lawn mower or tractor blades. It rots in the protective skin of the tree, and if you use an wound can

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**HOROSCOPE**

Jacqueline Bigar's weekly horoscope for Saturday, February 23, 2013.

**AQUARIUS** (Jan. 20-Feb. 18)
- Tonight: Agree to an offer.
- You might find yourself saying yes to an adventure.
- Your relationship may feel a bit strained.

**PISCES** (Feb. 19-March 20)
- Tonight: You do not have to go far.
- You might need to make a change.
- Your communication may be a bit difficult.

**pisces** (March 21-April 19)
- You might face some unexpected twists.
- Tonight: It could be a hassle to explain.
- Your relationships may need some work.

**APRIL 20**
- Tonight: Wherever you end up.
- You might decide to break up.
- Tonight: You might beDifficult or hard to get a hold of.

**MAY 20**
- Tonight: Where your friends are.
- You might need to make some adjustments.
- Tonight: A good time to make some changes.

**JUNE 20**
- Tonight: To the wee hours.
- You might need to see a therapist.
- Tonight: You might surprise yourself.

**JULY 20**
- Tonight: Wherever you end up.
- You might need to make some adjustments.
- Tonight: You might meet someone.

**AUG. 20**
- Tonight: Agree to an offer.
- You might need to make some adjustments.
- Tonight: Wherever you end up.

**SEP. 20**
- Tonight: Wherever you end up.
- You might need to make some adjustments.
- Tonight: You might need to see a therapist.

**OCT. 20**
- Tonight: Wherever you end up.
- You might need to make some adjustments.
- Tonight: You might meet someone.

**NOV. 20**
- Tonight: Wherever you end up.
- You might need to make some adjustments.
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**DEC. 20**
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Tuesday’s Storytelling event set for today

The Harlan County Library will host the Tuesday’s Storytelling event set for today. The event is geared toward those in need. RAM volunteers will include dental, vision, and other services to the community. These services are offered by the American Civilian Corps, and the Kentucky County Health Department. For more information, contact the Harlan County Emergency Management at 573-4464.

The Singing Cookes will perform on March 5 at the Oven Fork MOUNTAIN at 6 p.m. on Saturday. Sutter won the 7th grade singles title at the tournament. However, the event will be canceled if inclement weather occurs. For more information, call 573-4464.

Barbara Ann Rebecca Sharp Miller will paint a scene of Harlan County at the Mountain Medical Management will present a day-long event of cancer awareness. The event will feature a variety of speakers, including the Rev. Darryl Washington of Union Church of God. A college basketball game between the Kentucky Wildcats and the Ermine State University Bobcats will also be presented in mid-April.

The Harlan County Emergency Management is offering a free OSHA/BCS training program to the community. The training will be held at the Harlan County Extension Office located at 1611 Highway 119 North in Harlan. The training will begin at 6 p.m. on March 4, 5, and 6. For more information, call 573-4464.

The Salvation Army will host a Family Fun Night on March 1, with activities for all ages. The event will be held at the Salvation Army on 2nd Street in Harlan. For more information, call 573-4464.
Attend

The Church Of Your Choice

Harlan County Church Directory

Harlan Health and Rehabilitation Center
200 Medical Center Drive
Harlan, KY 40831
Phone: 606-574-1100
Fax: 606-573-3474

CREECH
Creech Baptist Church
505 Hwy. 3459
Harlan, KY 40831
Phone: 606-573-7353
Fax: 606-573-3474

The Bank of Harlan
344 Bigelow Road
Bledsoe, KY 40806
Phone: 606-574-1100
Fax: 606-573-3474

Kentucky Mine Supply
344 Bigelow Road
Bledsoe, KY 40806
Phone: 606-574-1100
Fax: 606-573-3474

Internet Service
Via Cable Modem
Harlan Community TV
200 N. Main St., Harlan
Phone: 606-574-1100
Fax: 606-573-3474

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Wylene Miniard, Advertising Manager
At 573-4510
When God is no longer enough we tend to get the God's judgment is a takeout of the new and strange and disguised goodness of the living things that are alive, but comes to us in the form of real live acts.

The story begins on "an expert " author John Dillert is one of those biblical stories that defined logical exploration, my passion for God is to make the kingdom of God visible to all of us. In this story, the little girl gets baptized with the Pot. The teacher said, "Put on the life of God's kingdom."

In the classroom, the teacher said, "It is impossible to live without water. The teacher was already in the water, which is a metaphor for the Good Samaritan story. The teacher said, "It is a story about the Good Samaritan, who is a person who helps the teacher who is helpless. The teacher said, "The teacher took the little girl to the water."

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There was a time when an apple was the last place you would look to find a source of vitamin-rich flavors. Today, with a variety of apples, Opals naturally resist browning and ship well, providing you with an endless supply of fresh fruit.

**FRENCH TOAST STUFFED WHOLE GRAIN CANAAN BREAD**

Prep Time: 10 minutes  
Cook Time: 8 minutes

**Nutritional Information Per Serving:**

- Calories 388; Total fat 26.1g; Saturated fat 10.8g; Trans fat 0.0g; Cholesterol 65mg; Sodium 265mg; Total carbohydrate 47.1g; Dietary fiber 3.7g; Sugars 12.8g; Protein 15.6g

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Indianapolis, Ind. — Once you realize that Opal is an apple that you can gobble up, it will open up a whole new world of flavor to you. One of the reasons I love this apple is how it complements a complex flavor that starts sweet and finishes with a slight crunch.

**Tips to take the guilt out of eating out**

1. **As a Christian I have a responsibility to others and doing a job**
2. **As a Christian I have a responsibility to others and doing a job**
3. **As a Christian I have a responsibility to others and doing a job**

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