

Times-Voice Directory



Greg Robinson
Nick Napier
Owners

AUTO PARTS
HUTCH AUTOMOTIVE
615 Hwy 15 North
(Old Western Auto building)
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Fax (606) 666-7548

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Welding • Fabrication • Sandblasting • Exhaust-Muffler Service
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Mobile Welding Custom Fencing and Railing



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Over 30 Years Experience

Jones Lawn Care
Lawn Care At Affordable Prices.

SERVICES INCLUDE:
•Grass Cutting •Weed Eating
•General Property Maintenance
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Contact **Bill Jones**
10 Lois Lane, Hardshell KY 41348
Home: (606) 272-6894



Misc. Directory

MISC Directory

This space is available! Call the *Times-Voice* at 666-2451

SOMEONE CARES ABOUT YOU AT...

Sunday School 10:00 A.M. Worship 11:00 A.M. Sunday Evening 6:00 P.M.	 <p>Where Hope Comes To Life</p>	Wed Services Children's Prog 6:00 P.M. Adult Services 7:00 P.M.
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Located just past the junction of Hwy 52 & 30 West

Will You Be Our Guest This Weekend?

W.R. MILLER & SON, LLC
JACKSON KY.
SAND - GRAVEL - TRUCKING

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Trusting In Jesus

ROBINSON'S
LAWN SERVICE & SMALL ENGINE REPAIR

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PUBLIC NOTICE OF BLASTING SCHEDULE
Application Number: 813-0432

In accordance with Federal Regulations, 30 CFR 715.19, and State Regulation, 405 KAR 16:120, Section 3, Public Notice of Blasting Schedule, Maple Creek, LLC, 3026 Mockingbird Lane, Suite 270 Dallas TX 75205, Phone: (214) 923-5125, shall conduct blasting operations on its 246.80 acre permit located in Breathitt County approximately 1.30 miles southwest of Howards Creek junction with KY 1110. The latitude is 370 26' 19". The longitude is 830 24' 12".

These blasting operations are on-going and will be conducted Monday through Saturday from sunrise to sunset.

Control of blasting area will be maintained by blocking public roads Maple Creek, LLC Access Haulroad "1" to the area 10 minutes prior to the blast. Post detonation access to the blasting area will be allowed only after an inspection determines that no hazards exist. The following is a list of the blasting signals.

WARNING SIGNAL - A one (1) minute series of long blasts from a siren five (5) minutes prior to the blast signal.

BLAST SIGNAL - A series of short blasts from a siren one (1) minute prior to the shot.

ALL CLEAR SIGNAL - A prolonged blast from a siren following the inspection of the blast area.

These blast signals will be audible within 1/2 mile of the point of blast.

Blasting may be conducted at times different from those announced in the blasting schedule when emergency situations arise where rain, lightning or other atmospheric conditions or the safety of the operation or the public requires unscheduled detonation. In the event of an emergency situation should arise, the aforementioned precautions will be followed. Contact the Hazard Regional Office at 556 Village Lane, Hazard, KY 41702, (606)-487-3700.

Building A Healthier Breathitt Co. One Step At A Time

By: James E. Turner, Breathitt Co. Circuit Clerk

Amino Acids are a much talked about subject, but what is being said? Take them and you will get big? Do we really know what they are? We know the body is so very complex, making millions of cells, hormones, antioxidants, enzymes, and chemical messengers every second of every day. So, how are all of these made? They are made or “built” from the “building blocks” called Amino Acids. There are twenty-two of them total, but do such an array of different functions and make thousands of these enzymes, hormones, etc... by forming different combinations with one another. Where do we get Amino Acids? From the protein in our food, which in essence, are long chains of Amino Acids. Every cell in your body is made from Amino Acids. Everything but your teeth and bones is made from the different combinations of Amino Acids. If you can’t believe that just twenty-two Amino Acids can make every cell, hormone, enzyme, antioxidant, and messenger in your body, think about our entire language being made from just 26 letters. Well, it’s that simple.

Now, out of these twenty-two Amino Acids, you have essential aminos and non-essential aminos. There are nine essential aminos; Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, and Valine. The non-essentials are; Alanine, Arginine, asparagine, Aspartic acid, Carnitine, Cysteine, Glutamic acid, Glutamine, Glycine, Proline, Serine, Taurine, and Tyrosine.


You know how the receptors work in receiving hormones, right? Remember, like a «lock and key», well, that’s how these work. Your DNA tells your body which Amino Acids to put together for a specific protein, this could mean two or three combinations or a thousand combinations, but when it is made, it comes together with other proteins and only those of which it was made to go with, like a lock and key. Once aminos are linked together, they form proteins or chains, a “peptide” for example takes two or three aminos.

Another example you can relate to is Arginine combined with Methionine and Glycine forms “Creatine”. So we can dispel the theory of creatine in the fact that your body can only use so much of it and most people are low in these Amino Acids. So, the results people see are true enough, but it is only because they are supplementing their aminos with this creatine and taking a lot of it will not do anything. In fact, if you take an Amino Acid supplement you would most like get better results.

Another good combination is Carnitine, made from Lisine and Methionine, it helps your heart work more efficiently. In fact, your heart contains more Carnitine than any other part of your body. It converts fatty acids into energy in the mitochondria. This protein is very helpful to those with angina or heart failure. It also helps with “Chronic Fatigue Syndrome” and depression, giving you more energy and a better sense of well being. Something we all want, right? It also lowers your LDL (bad cholesterol) and raises your HDL (good cholesterol). Very important stuff here.

Remember, Proteins come from animal foods, meat, eggs, milk, etc... In fact, these are complete, meaning they contain all nine essential aminos. You can get aminos from plant foods, but it is incomplete or only has a few of them and not all nine essentials. There are many important things that Amino Acids do, from faster recovery, more energy, increase muscle and strength gains to quality sleep to a better immune system.

Use QR Code to Search Kentucky Public Notices or go to kypublicnotice.com



Advertise in the Times Voice Call 606-666-2451 for more information.



Jesus
King of Kings
Lord of Lords

A Community Good Friday Service
Jackson First United Methodist Church
April 18, 2025 7 p.m.
EVERYONE WELCOME!

EASTER

EGGSTRAVAGANZA

SAT. APRIL 12TH 2025

12:00 NOON

DOUTHITT PARK

BASEBALL FIELD

FEATURING THOUSANDS OF EGGS, INFLATABLES, AND THE EASTER BUNNY

SPONSORED BY: JACKSON PARKS AND REC. , BREATHITT COUNTY ASAP, JACKSON KIWANIS CLUB, BREATHITT LODGE #649, TARA EPPERSON, CITIZENS BANK AND TRUST, LAUREN BATES, LISA HAYDEN WHISMAN, JEFF NOBLE, JACKSON LIONS CLUB, BONNIE & LUIS RENTAS





The more that Play, the more we Pay!

April 11, 2025

With 50 Players \$1,000 Jackpot and 10 Games Pay \$100 Each

EPT Gaming Machines open 2PM.-11PM.

Paper Pull Tabs begin 2PM.-11 PM.

BINGO starts at 7PM.

Early Bird BINGO is at 6PM.

Located at Jackson Lions Club 1528 Quicksand Rd. Jackson, KY.

Concessions Available

Jackson Lions Club- Charitable Gaming License #ORG0001290