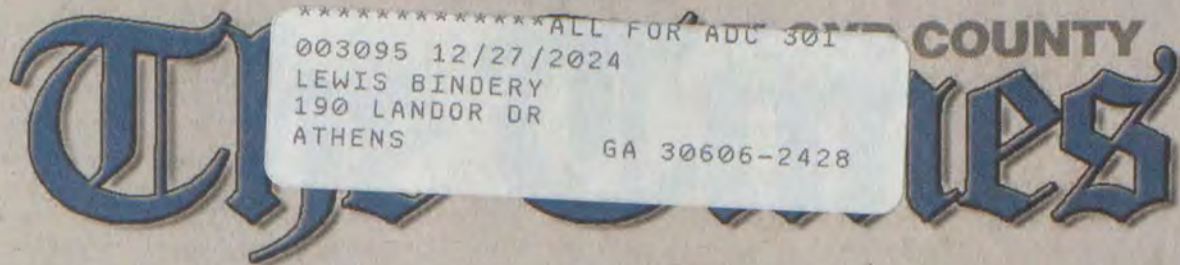




All Star tournament

page A11



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briefs

Man arrested after chase, cruiser crash

by TOM DOTY STAFF WRITER

GARRETT — A Hueysville man was arraigned Thursday after being charged with fleeing police in a car chase that saw him allegedly damage a sheriff's department cruiser.

Otis Gene Shepherd was arrested following a Wednesday evening episode which began when he was observed crashing into a telephone pole in front of an officer's home in Garrett. Sgt. Terry Chaffins responded to the call and pursued Shepherd into West Garrett, where he was eventually stopped after damaging a cruiser operated by Deputy Kevin Shepherd.

In a report filed by Shepherd, he noted that he barely got out of his parked cruiser when Shepherd hit it. He observed that Shepherd appeared intoxicated and was very irate, yelling and cursing at the officers.

Shepherd was charged with fleeing police, two counts of wanton endangerment, operating a motor vehicle under the influence, disorderly conduct and resisting arrest.

At his arraignment, Shepherd was issued a \$10,000 partially secured bond and ordered to return to court for a preliminary hearing on July 17.

Grand jury indicts aide, blasts school system

by TOM DOTY STAFF WRITER

PRESTONSBURG — The Floyd County Grand Jury indicted a former May Valley Elementary teacher's aide Friday, charging him with nine counts of criminal abuse and six counts of perjury.

The grand jury also issued a report on their findings which chastised the staff at the school and county education administrators for failing

to "protect the safety and well being of the children by not taking immediate action to attend to complaints."

The grand jury indicted Marty Mullins, 35, following more than a year of investigation which included reviewing documents and listening to over 14 witnesses in the case, which dates back to 2002 and has already seen a civil suit brought against the school which was set-

(See INDICTMENT, page two)

Text of grand jury statement

The following is the text of a Floyd County grand jury's statement regarding the abuse case against Marty Mullins.

We the members of the Floyd County Grand Jury,

after months of obtaining evidence by listening to over 14 witnesses, reviewing stacks of documents and deliberating for days, con-

(See STATEMENT, page two)

BOND LOWERED



Deborah Wallen saw her bond reduced from \$250,000 to \$100,000 full cash after a hearing in circuit court Friday.

eBay theft defendant gets some relief on bond

by TOM DOTY STAFF WRITER

PRESTONSBURG — One defendant in the eBay theft cases appealed her high bond in circuit court Friday and saw her bond reduce somewhat, as it was brought down to \$100,000 cash after originally being set in district court at \$250,000.

Deborah Wallen, 36, of Prestonsburg, who is facing six counts of receiving stolen prop-

erty in the case, appeared for the hearing with her attorney, Jerry Patton. County Attorney Keith Bartley stood in for the commonwealth.

Patton began the proceedings by making his case for Wallen. He said that she was accused of the lowest level of felony crimes and that there has been no testimony that Wallen ever entered the victims' homes. Gora Wicker, the codefendant, has been hit with several theft

charges but thus far Wallen has only been charged with receiving stolen good from Wicker's neighbors which were subsequently sold on eBay, with the exception of items recovered at her Bull Creek home. He said that Wallen was being held for an exorbitantly high bond which was tantamount to a jail sentence. He further argued that Wallen hasn't been convicted of

(See THEFT, page two)

Spears strikes plea deal in sex abuse case

by TOM DOTY STAFF WRITER

PRESTONSBURG — A Prestonsburg man accused of rape and sodomy of a child under the age of 12 pleaded guilty to amended charges in circuit court Friday, following a recommendation by the commonwealth that he serve six years in jail and register as a sex offender.

Johnny Spears, 52, will be formally sentenced Sept. 8 after admitting

that he was guilty of the amended charges, which included two counts of unlawful transaction with a minor. He also pleaded guilty to one count of sexual abuse and must submit to three years of supervised probation upon his eventual release and register as a sex offender.

Spears admitted to suicidal thoughts at his hearing which have manifested themselves as a loss of appetite. Judge John D.

(See PLEA, page three)

Stumbo ruled out of Fletcher case

by JOE BIESK ASSOCIATED PRESS

FRANKFORT — A judge disqualified Attorney General Greg Stumbo on Friday from any involvement in a case against Gov. Ernie Fletcher, who is under indictment for allegedly rewarding political supporters with state jobs.

Special Judge David Melcher ruled that prosecutors from Stumbo's

office, however, can remain on the Franklin County District Court case. He said the attorney general's office has jurisdiction.

"The attorney general himself shall play no role in the prosecution of the defendant, and is hereby disqualified from prosecuting or participating in the prosecution of this case," Melcher said in the

(See STUMBO, page three)

Miners say mine safety rooted safe attitudes, not new laws

by SAMIRA JAFARI ASSOCIATED PRESS

HARLAN — Leon Napier was a hardworking man, but he admits that sometimes he and his buddies cut corners while mining underground. Maybe a ventilation curtain wouldn't stay up, maybe a coal-cutting machine was driven through a shortcut instead of on safe pathway.

Mostly, he says, the shortcuts were taken to speed up production.

"To run coal the right way — the safe way — you won't run as much coal," says Napier, 46, who retired three years ago after working 28 years in eastern Kentucky's coal fields.

After two major coal mine disasters this year, new federal and state laws have been passed to save miners from explosions,

fires, rockfalls and other hazards. But some longtime miners, like Napier, say it's going to take more than doubling up air packs and escape drills to create a safer working environment.

It's going to take a change in attitude.

"Until we get mine managers to take the responsibility for their employees and start caring about human lives, that's not going to matter," said Carl Potter, an Oklahoma-based mine safety consultant.

Allen Turner, a Harlan County miner also acknowledged workers should also take safety more seriously.

"You can do things to make your job easier, but it's not necessarily safer," he said.

The new federal Miner Act, and recent state laws passed in coal mining states like

Kentucky, West Virginia and Illinois, come within months of the Sago mine explosion in January, when 12 West Virginia miners died.

With Appalachia still reeling, a May 20 explosion at the Kentucky Darby Mine No. 1 in Harlan County killed five more miners. The number of miners killed this year has already reached 33 — 11 more than in 2005.

While investigators probe the Sago and Darby fatalities, lawmakers scrambled to pass laws designed to increase the chance of survival in the event of another disaster.

Kentucky's law, effective Wednesday, will require mine managers to report within 15 minutes a serious injury or fatality to state officials; have two air

(See MINE SAFETY, page three)

A glance at Kentucky's new mine safety law

Key points of Kentucky's new mine safety law, with effective dates:

Effective July 12:

In the event of a fatality or serious injury at a mine, a mine supervisor has 15 minutes to report the incident to the state Office of Mine Safety and Licensing.

All underground mines must provide each miner with an additional air pack that contains at least an hour of air.

Miners must participate in escapeway drills once every 90 days.

No mine supervisor shall terminate or discipline a miner for reporting unsafe mining practices to regulatory agencies.

Effective Sept. 1:

Each underground mine must have a two-way communication system, such as telephones, between the surface and underground operations.

Effective Jan. 1:

Emergency action plans must be submitted with each application of a mine license to operate an underground coal mine.

2 DAY FORECAST Today Isolated storms High: 84 • Low: 64 Tomorrow Scattered storms High: 84 • Low: 65 Get up-to-the-minute weather forecasts at floydcountytimes.com

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TV Listings

SUNDAY MORNING/AFTERNOON JULY 9, 2006

Table of TV listings for Sunday Morning/Afternoon (July 9, 2006) across various channels (TBS, NBC, PBS, ABC, WGN, CBS, FOX, ESPN, DSC, TNT, A&E, TNN, NICK, USA, FAM, LIFE, ESPN2, AMC, HGTV, SCIFI, HIST, TOC, HBO, HBO2, HBO3, MAX, DISN, SHOW, TMC).

Best Bets

SUNDAY, JULY 9 1:30 p.m. ABC World Cup Soccer

Watched by millions and played by many more, the most popular sport in the world crowns its champion today in the World Cup soccer final live from Berlin.

3:30 p.m. TNT NASCAR Racing

The improvements have been slow in coming, but now the No. 8 Chevy team of Dale Earnhardt Jr. is among the Chase contenders...

8 p.m. HISTORY True Caribbean Pirates

Arr! After the kids watch the new "Pirates of the Caribbean" movie, show them this special filled with true tales of adventure on the high seas.

SUNDAY EVENING JULY 9, 2006

Table of TV listings for Sunday Evening (July 9, 2006) across various channels (TBS, NBC, PBS, ABC, WGN, CBS, FOX, ESPN, DSC, TNT, A&E, TNN, NICK, USA, FAM, LIFE, ESPN2, AMC, HGTV, SCIFI, HIST, TOC, HBO, HBO2, HBO3, MAX, DISN, SHOW, TMC).

9 p.m. CBS Movie: Saving Milly

Not your mother's disease-of-the-week movie, this touching docudrama tells the story of journalist Morton Kondracke and his wife, Milly, an activist stricken with Parkinson's disease.

9 p.m. COMEDY Chappelle's Show

We like Dave Chappelle's humor, so we were as bummed as everyone else when he walked away from his hit show...

10 p.m. SHOWTIME Brotherhood

It may be always sunny in Philadelphia, but it's always gray in a certain neighborhood in Providence, R.I. We're talking about morals, though, not weather.

MONDAY EVENING JULY 10, 2006

Table of TV listings for Monday Evening (July 10, 2006) across various channels (TBS, NBC, PBS, ABC, WGN, CBS, FOX, ESPN, DSC, TNT, A&E, TNN, NICK, USA, FAM, LIFE, ESPN2, AMC, HGTV, SCIFI, HIST, TOC, HBO, HBO2, HBO3, MAX, DISN, SHOW, TMC).

8 p.m. AMC Movie: The Sting

Paul Newman and Robert Redford repeated their 'Butch Cassidy and the Sundance Kid' teamwork in Oscar's best picture of 1973, a devilishly entertaining comedy.

8 p.m. TCM Movie: Tom Jones

Serious students of Brit lit might take issue with this 1963 adaptation of Henry Fielding's novel. Let them go reread the book...

9 p.m. LIFETIME Movie: Not Like Everyone Else

We'd watch Alia Shawkat read the phone book, so it's a major treat to see what the young 'Arrested Development' alumna can do with a meaty story like the one in this docu-drama.

TV Listings

Best

Continued from p7
role, as does the underrated Illeana Douglas as her mom.

TUESDAY, JULY 11
8 p.m. CINEMAX

Movie: Raising Arizona

Just your standard boy-meets-girl flick, except that the boy (Nicolas Cage) is a small-time thief, the girl (Holly Hunter) is a cop, and they have a rather unconventional way of starting a family. When they discover they can't have kids, the Mrs. persuades her hubby to steal one from a set of quintuplets. Hey, there are five; Mom and Dad won't miss one. The Coen brothers of 'O Brother, Where Art Thou?' fame wrote and directed this 1987 comedy.

8 p.m. TCM

Movie: Butch Cassidy and the Sundance Kid

A Western for folks who don't like Westerns, this delightful 1969 classic lives on in the hearts of its two leads: Paul Newman, who named his children's charity after the film's Hole-in-the-Wall Gang, and Robert Redford, who named his film institute after his character. Katharine Ross and Ted Cassidy -- better known as Lurch from 'The Addams Family' -- also star in the tale of two outlaws coping with the taming of the American West.

10 p.m. check local listings
PBS P.O.V.

Keep your SpongeBob, kiddies; we'll take Tintin. The boy reporter with the odd hairdo -- front cowlick? Prewar Mohawk? -- has been entertaining comic readers for decades with his wild adventures. But what about the guy who created him? There's a lot of Georges Remi, aka Hergé, in Tintin, as you'll see in 'Tintin and I,' based on interviews the reclusive cartoonist gave in 1971. Clever cartoon work puts Hergé in his creation's world.

WEDNESDAY, JULY 12
9 p.m. check local listings
PBS American Masters

Chances are you grew up singing Woody Guthrie's songs -- 'Riding in My Car' and 'This Land Is Your Land' come to mind -- but how much do you know about the man? Prepare to be educated and entertained by this biography of the great American troubadour, lavishly illustrated not just with his music but with his artwork. Pete Seeger, who knew and performed with Guthrie, and Bruce Springsteen, who recently did an album of Seeger covers, comment. Good stuff.

9 p.m. TNT

Nightmares & Dreamscapes: From the Stories of Stephen King

Hey, it's hot out. You could use a few goose bumps. How about an eight-episode anthology of Stephen King stories, brought to the little screen with big-screen sensibilities and star power? William Hurt stars in the opener, 'Battleground,' a Twilight Zone-ish tale of toy soldiers who come to life and attack the hit man who killed their creator. Best to answer nature's call before it starts, as it airs without commercials.

9:30 p.m. TCM

Movie: Queen Kelly

If you only know Gloria Swanson as the deluded, aging ex-star in 'Sunset Boulevard,' here's a chance to catch her in her heyday. Erich Von Stroheim directed this 1929 silent classic, which casts Swanson as an orphan who catches the eye of a prince and the wrath of his half-mad royal fiancée. Von Stroheim -- later Swanson's costar in 'Sunset' -- was fired before the film could be properly finished, but don't worry; you won't be left hanging.

THURSDAY, JULY 13
9 p.m. NBC The Office

See, this is why you should never share a secret with the likes of Michael (Steve Carell). To keep Michael from telling everyone else at the office about his feelings for Pam (Jenna Fischer), Jim (John Krasinski) has to be his boss's best buddy. And if you've seen the show, you know that's not the easiest job in the world, especially when he wants to do lunch at Hooters. Jim's uncomfortable as heck, but that's where the laughs come from.

10 p.m. FOOD

Throwdown With Bobby Flay

Bobby Flay can't resist a challenge. In this new series, he subjects himself to a new one every week. In each episode, cameras descend on an award-winning cook or baker, allegedly to shoot a profile. They're really there to capture the action when Flay reveals himself and throws down the gauntlet -- er, oven mitt. He'll take on the master in a cook-off of the latter's specialty, and may be the best chef win.

10 p.m. NBC Windfall

We weren't crazy about this show at first, but its cheesy goodness

TUESDAY EVENING TV listings grid for July 11, 2006. Columns include time slots from 5:00 to 12:30 and various channels like TBS, NBC, PBS, ABC, WGN, CBS, FOX, ESPN, DSC, TNT, A&E, TNN, NICK, USA, FAM, LIFE, ESPN2, AMC, HGTV, SCIFI, HIST, TOC, HBO, HBO2, HBO3, MAX, DISN, SHOW, TMC.

WEDNESDAY EVENING TV listings grid for July 12, 2006. Columns include time slots from 5:00 to 12:30 and various channels like TBS, NBC, PBS, ABC, WGN, CBS, FOX, ESPN, DSC, TNT, A&E, TNN, NICK, USA, FAM, LIFE, ESPN2, AMC, HGTV, SCIFI, HIST, TOC, HBO, HBO2, HBO3, MAX, DISN, SHOW, TMC.

THURSDAY EVENING TV listings grid for July 13, 2006. Columns include time slots from 5:00 to 12:30 and various channels like TBS, NBC, PBS, ABC, WGN, CBS, FOX, ESPN, DSC, TNT, A&E, TNN, NICK, USA, FAM, LIFE, ESPN2, AMC, HGTV, SCIFI, HIST, TOC, HBO, HBO2, HBO3, MAX, DISN, SHOW, TMC.

TV Listings

FRIDAY EVENING JULY 14, 2006

Table of TV listings for Friday Evening, July 14, 2006. Columns include time slots from 5:00 to 12:30. Channels listed include TBS, NBC, PBS, ABC, WGN, CBS, FOX, ESPN, DSC, TNT, TNN, NICK, USA, FAM, LIFE, ESPN2, AMC, HGTV, SCIFI, HIST, TOC, HBO, HBO2, HBO3, MAX, DISN, SHOW, and TMC. Shows listed include Home Improvement, News, Wheel of Fortune, Jeopardy!, Dateline NBC, Law & Order, The Tonight Show, and many others.

Best

Continued from p 8 worked its magic and sucked us in. The travails of our instant millionaires continue with Sean and Tally's (DJ Cotrona, Peyton List) bonding over Zoe's passing disrupted by a revelation about where her share of the winnings are going. Owing a business together proves difficult for Peter and Cameron (Luke Perry Jason Gedrick), as if their marital issues weren't enough, in this new episode.

FRIDAY, JULY 14 8 p.m. AMC

Movie: The Day the Earth Stood Still

One of the most intelligent science-fiction movies yet made, director Robert Wise's 1951 classic doubles as a cautionary tale about nuclear war. Michael Rennie is superb as a human-looking alien who lands in Washington, D.C. with his traveling companion: a metallic robot that can disintegrate weapons with its laser "eyesight." Patricia Neal and Billy Gray ("Father Knows Best") play earthlings who befriend the visitors.

8 p.m. CMT

Summerfest

If you went to Summerfest, Milwaukee's monster music festival, chances are your ears are still ringing. If you didn't, here's your chance to catch three of this year's hot acts. This special showcases Lynyrd Skynyrd's performance, and CMT's mini-Summerfest continues Saturday with Hank Williams Jr. and Sunday with rising star Dierks Bentley ("What Was I Thinkin'"). Southern rock, old- and new-school country, does it get any better?

9 p.m. ABC

Kyle XY

There's nothing wrong with a little cross-promotion between a network and its sister cable channel, especially if it gives extra exposure to a good show. This mystery series from ABC Family definitely qualifies, so kudos to big brother ABC for giving it a spot. If you're just tuning in, it's the tale of a teen (Matt Dallas) of mysterious origins whose learning to be a "real boy." To quote an old commercial, try it; you'll like it.

SATURDAY, JULY 15 8 p.m. FX

Movie: The League of Extraordinary Gentlemen

An "X-Men" for bookworms, this enjoyable and fanciful 2003 adventure has a group of literary heroes saving the world via their unique talents. Sean Connery heads the cast as explorer Allan Quatermain, who fights an Armageddon-planning villain with help from Tom Sawyer (Shane West), Captain Nemo (Naseeruddin Shah), the Invisible Man (Tony Curran), Dr. Jekyll (Jason Fleming) and ever-young Dorian Gray (Stuart Townsend). Peta Wilson also stars.

8 p.m. NBC

Saturday Night's Main Event

Are you ready for some rassin'? Folks without access to cable and pay-per-view get a real treat tonight: two hours of all-star WWE action on good old broadcast TV. Wrestlers from all three WWE series -- "Monday Night RAW," "Friday Night SmackDown!" and "Extreme Championship Wrestling" -- including Triple H, Kurt Angle, John Cena and Trish Stratus, are slated to take part. So kick back and enjoy ... but watch out for flying chairs.

8 p.m. TNT

Movie: GoodFellas

Brooklynite Henry Hill (Ray Liotta) takes the gangland route to fame and fortune in Martin Scorsese's masterful 1990 exploration of organized crime. By turns violent and funny, relentlessly profane and unfailingly stylish, this adaptation of Nicholas Pileggi's book "Wiseguy" boasts an over-the-top, Oscar-winning performance by supporting actor Joe Pesci. Robert De Niro and Lorraine Bracco also star.

8 p.m. USA

Movie: Pirates of the Caribbean: The Curse of the Black Pearl

Johnny Depp reportedly channeled hard-living Rolling Stones guitarist Keith Richards for his Oscar-nominated portrayal of Jack Sparrow, a charming but disreputable pirate recruited by a young man (Orlando Bloom) whose true love (Keira Knightley) has been abducted by an accused buccaneer (Geoffrey Rush). The dazzling Depp is a walking special effect in his own right, but the technical visual dazzlement only enhances the rush of this 2003 adventure.

10 p.m. HBO

Cedric the Entertainer: Tying You Higher

The man born Cedric is kept busy acting in movies ... at years, but he's a stand-up guy at his roots. In his first HBO solo special, he offers his humorous insights on such serious subjects as gas prices, Osama bin Laden and gay marriage, as well as lighter topics such as sports, music and holidays. A troupe of dancers, the Cedibles, provides some visual diversion.

SATURDAY MORNING/AFTERNOON JULY 15, 2006

Table of TV listings for Saturday Morning/Afternoon, July 15, 2006. Columns include time slots from 9:00 to 4:30. Channels listed include TBS, NBC, PBS, ABC, WGN, CBS, FOX, ESPN, DSC, TNT, TNN, NICK, USA, FAM, LIFE, ESPN2, AMC, HGTV, SCIFI, HIST, TOC, HBO, HBO2, HBO3, MAX, DISN, SHOW, and TMC. Shows listed include The Brothers, Kenny the Shark, Dragon Tales, Lilo & Stitch, Saturday Early Show, Bratz, CBS Decision, SportsCenter, Mega Machines, TNT, A&E, TNN, NICK, USA, FAM, LIFE, ESPN2, AMC, HGTV, SCIFI, HIST, TOC, HBO, HBO2, HBO3, MAX, DISN, SHOW, and TMC.

SATURDAY EVENING JULY 15, 2006

Table of TV listings for Saturday Evening, July 15, 2006. Columns include time slots from 5:00 to 12:30. Channels listed include TBS, NBC, PBS, ABC, WGN, CBS, FOX, ESPN, DSC, TNT, TNN, NICK, USA, FAM, LIFE, ESPN2, AMC, HGTV, SCIFI, HIST, TOC, HBO, HBO2, HBO3, MAX, DISN, SHOW, and TMC. Shows listed include Scary Movie 3, American Pie Presents: Band Camp, Wheel of Fortune, Jeopardy!, Saturday Night's Main Event, Law & Order: Criminal Intent, News, Saturday Night Live, and many others.

GOOD HEALTH, Great Flavor

FAMILY FEATURES

With the right ingredients, recipes can deliver good health and great flavor. Check out these good-for-you, great-tasting sweet potato recipes using canola oil!

Sweet potatoes are nutritional powerhouses. An important source of beta-carotene, vitamin C, potassium and fiber, they also contain just 140 calories. Sweet potatoes are a versatile vegetable that can be used in both sweet and savory recipes. Really. Just like canola oil.

Use canola oil in any recipe that calls for vegetable oil, and you'll get excellent nutrition and incredible functionality. Canola oil has the lowest saturated (bad) fat of all popular vegetable oils and contains no trans fat or cholesterol. Canola oil is high in monounsaturated (good) fat and contains omega-3s and vitamin E.

These nutrient-packed recipes are quick and easy to make, and best of all, they are good for you and taste great. Share them with family and friends.

The Quick Sweet Potato Pie With Honey-Walnut Topping and a Cookie Crust will delight your guests with its naturally sweet filling and cookie crust. The Roasted Vegetable Minestrone Soup is packed with flavor and goes great with the Sweet Potato Biscuits. The biscuits are so moist from the canola oil and sweet potatoes, you'll want to double the batch.

For more great recipes, go to www.canolainfo.org and www.sweetpotato.org.

Roasted Vegetable Minestrone

The roasted veggies with the prosciutto add many wonderful flavors to this earthy, rich Italian soup.

- 2 sweet potatoes, peeled and cut into chunks
- 1 medium zucchini, cut in chunks
- 1 medium yellow squash, cut in chunks
- 1 medium eggplant, peeled and cut into chunks (about 1 1/4 pounds)
- 5 Roma tomatoes, cut into chunks
- 1 red onion, cut into chunks
- 6 garlic cloves, peeled
- 1/4 cup canola oil
- Salt and pepper to taste
- 2 ounces prosciutto, diced
- 1 tablespoon dried oregano leaves
- 1 tablespoon dried basil leaves
- Dash red pepper flakes
- 2 bay leaves
- 1 (14 1/2-ounce) can whole tomatoes in juice, broken up
- 9 cups chicken broth
- 1 (16-ounce) can cannellini or other white beans, rinsed and drained
- 2/3 cup uncooked ziti pasta
- Grated Parmesan cheese, optional

Preheat oven to 400°F. Line baking sheet with foil and on it place sweet potatoes, zucchini, yellow squash, eggplant, tomatoes, red onion and garlic. Toss vegetables with canola oil. Add salt and pepper to taste. Roast 45 minutes to 1 hour, stirring vegetables after 30 minutes. Remove from oven and set aside.

In large non-stick pot coated with canola oil cooking spray, cook prosciutto, oregano, basil and red pepper flakes over medium heat 1 minute, stirring constantly. Add bay leaves, tomatoes, chicken broth and beans. Bring mixture to boil and add pasta. Lower heat and simmer 15 minutes or until pasta is done. Add vegetables, remove bay leaves and check seasoning. If soup is too thick, add more chicken broth or water. Serve with Parmesan cheese if desired.

Makes 12 cups

To freeze: Cool to room temperature. Transfer to freezer containers, label and freeze.

To serve from freezer: Thaw. Reheat in non-stick pot over low heat until warmed through or reheat in microwave oven. If soup is too thick, add more chicken broth or water. Serve with Parmesan cheese if desired.

Roasted Vegetable Minestrone and Sweet Potato Biscuits



Canola Oil Conversion Guide

	Solid Fat	Canola Oil
Reduce fat in your baking by replacing the solid fat with canola oil. Not only will you reduce the total fat by up to 10 percent, but also you will be using a lower saturated fat that contains no trans fat. Use this guide to convert your recipes:	1 cup	3/4 cup
	3/4 cup	2/3 cup
	1/2 cup	1/3 cup
	1/4 cup	3 tablespoons

Note: This conversion makes most baked goods moist with a soft texture, so it's not recommended for a crisp cookie recipe.



Quick Sweet Potato Pie With Honey-Walnut Topping

A traditional sweet potato pie with an indulgent topping makes the ultimate cozy treat.

- 1 (15-ounce) can sweet potatoes, drained and mashed, or 1 cup cooked and mashed fresh sweet potatoes
- 1/3 cup light brown sugar
- 1/2 teaspoon ground cinnamon
- 1 tablespoon canola oil
- 2 eggs
- 1/3 cup evaporated skimmed milk
- 1 teaspoon vanilla extract
- Honey-Walnut Topping (see recipe)
- Cookie Crust (see recipe)

Preheat oven to 350°F. In mixing bowl, beat together sweet potatoes, brown sugar, cinnamon, canola oil and eggs. Gradually add milk, beating until creamy. Pour into Cookie Crust. Bake 40 to 45 minutes, or until pie is set. When done, remove pie from oven and spread Honey-Walnut Topping evenly over top. Return to oven and broil until topping is bubbly and golden brown. Watch carefully.

Makes 1 pie

Honey-Walnut Topping

This broiled honey nut topping is the perfect finish to the pie.

- 1/4 cup light brown sugar
- 1 tablespoon canola oil
- 2 tablespoon honey
- 3/4 cup coarsely chopped walnuts

In medium non-stick pot, combine brown sugar, canola oil and honey. Cook over low heat until sugar dissolves, stirring constantly. Add walnuts and stir until well-coated.

Cookie Crust

No rolling required, and this recipe can be used for roll-out cookies too.

- 1 cup all-purpose flour
- 1/2 cup confectioners' sugar
- Dash salt
- 1/4 cup canola oil
- 1 egg
- 1 tablespoon milk

Sift flour, sugar and salt together into large bowl. In separate small bowl, whisk together canola oil, egg and milk. Pour liquid ingredients over dry ingredients and quickly stir together, just until combined. Spoon mixture into 9-inch pie plate and press onto bottom and up sides of plate. Add filling.

Note: Cookie crust may be baked unfilled at 350°F for 10 to 12 minutes.

Sweet Potato Biscuits

These biscuits are tender and brightly colored, with a hint of sweetness.

- 2 1/4 cups all-purpose flour
- 3 tablespoons sugar
- 1 tablespoons baking powder
- Dash salt
- 2 eggs
- 3 tablespoons canola oil
- 2 tablespoons milk
- 1 (15-ounce) can sweet potatoes, drained and mashed, or 1 cup cooked and mashed fresh sweet potatoes

Preheat oven to 425°F. Line baking sheet with parchment paper. In large bowl, combine flour, sugar, baking powder and salt. In separate bowl, whisk together eggs, canola oil, milk and mashed sweet potato. With fork, stir together moist and dry ingredients, just until combined. Turn out onto well-floured board and knead once or twice to form ball. Roll out to 1/2 inch thick. Cut into biscuits using 1 1/2-inch cookie cutter. Place biscuits on prepared baking sheet. Bake 12 to 15 minutes or until golden brown and cooked through.

Makes 12 biscuits

FLOYD COUNTY Sports

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Elk drawing deadline July 31

TIMES STAFF REPORT

FRANKFORT – It's simple. There's roughly 5,700 elk, but only 200 hunting permits. The deadline to enter for this year's Elk Hunt Drawing is July 31. The cost to apply is \$10.

Drawn licensed hunters who live in Kentucky will be required to pay another \$25 for a permit to hunt.

Non-Kentucky residents will pay \$300 if drawn.

The permits are available online at fw.ky.gov. Permits may also be obtained in person at any license dealer, or by calling 1-877-598-2401.

The Kentucky Fish and Wildlife Commission has voted to allow handgun hunting for elk beginning this season. The new regulation will allow elk hunting with any handgun with a barrel at least 6 inches long, and firing a cartridge capable maintaining at least 500 foot-pounds of energy at 100 yards with a bullet diameter of .270 or greater. For pistols, this will include some .41-caliber handguns, and handguns equal or more powerful than the .44-caliber magnum.

Many area deer hunters are gearing up for the 2006-2007 seasons. A look at the dates for the various deer seasons follows.

The 2006-2007 Deer Seasons:

- Statewide All Zones:
 Archery – Sept. 2, 2006–Jan. 15, 2007
 Early Youth Weekend – Oct. 14-15, 2006
 Early Muzzleloader – Oct. 21-22, 2006
 Late Muzzleloader – Dec. 9-17, 2006
 Late Youth Weekend – Dec. 30-31, 2006
 Zones 1 & 2:
 Modern Firearms – Nov. 11-26, 2006
 Zones 3 & 4:
 Modern Firearms – Nov. 11-20, 2006

Bag limits remain the same as last year.



photo by Steve LeMaster
Jacob Prater and the rest of the Beaver Creek 11-12-year-old All-Stars finished pool play 2-1.

Floyd County Times Interview: John Gilliam

This week's FCT One-On-One Interview is with Morehead State University football defensive coordinator John Gilliam, both a Prestonsburg High School and MSU graduate.

FCT: What does it mean for you to be able to coach at your alma mater?

JG: When we initially came back it was a big thrill for us. We enjoy the area. Working for the University is a different aspect for us. My wife is also from here. This has become our home. We've been here for a while now and have some great friends.

FCT: You're busy throughout the year, during the season and in the offseason. How's this off-season went?

JG: The offseason becomes more and more important. We refer to the offseason as our second season. We signed 45 kids for the upcoming season and that number should go up another 10. We expect to have 50 or 52 true freshmen.

FCT: Being a Floyd County native, you get the opportunity to recruit in and around your hometown of Prestonsburg. Is Eastern Kentucky always a recruiting destination?

JG: Yes, we're always looking for kids in Eastern Kentucky to join our team. As far as that goes, we're always looking for Kentucky kids. Each year we try to hit all of the schools we can during the recruiting season, especially if a coach has a player he feels can help us.

FCT: Is MSU Football well-received with high school coaches around the state?

JG: It is – we have some great high school football coaches here in Kentucky. They want to see their players succeed and have the best opportunities.

FCT: Kentucky kids fill many roster spots for the MSU football team. What kind of reception do you get from kids when they come in on recruiting trips?

JG: Once the kids get here and see our campus and our facilities, they like what they see.

I think you'll find as many Kentucky kids on our roster as any instate program. Our players

(See INTERVIEW, page twelve)

PERFECT IN POOL PLAY



photos by Steve LeMaster
Behind the pitching of Tate Goble (22), Prestonsburg's 9-10-year-old All-Stars ended pool play Thursday with a 13-3 win over Virgie. Trey Stapleton (00) was one of several P'burg players providing offense.

P'burg 9-10s pound Virgie

by STEVE LeMASTER
 SPORTS EDITOR

PAINTSVILLE – Rain interrupted the Prestonsburg and Virgie 9-10-year-old All-Stars Tuesday evening when they met up in a final round pool play game. The game was halted in the bottom half of the third inning with Prestonsburg at-bat and the game knotted at 2-2. Rain continued Wednesday, ultimately forcing the game to start back Thursday evening. When the final round pool play game eventually resumed, Prestonsburg pulled away. The Prestonsburg All-Stars, behind the strong pitching of Tate Goble and a host of explosive hitters, defeated Phelps 13-3 in five innings. The Mercy Rule-win allowed the Prestonsburg 9-10s to finish pool play perfect at 3-0.

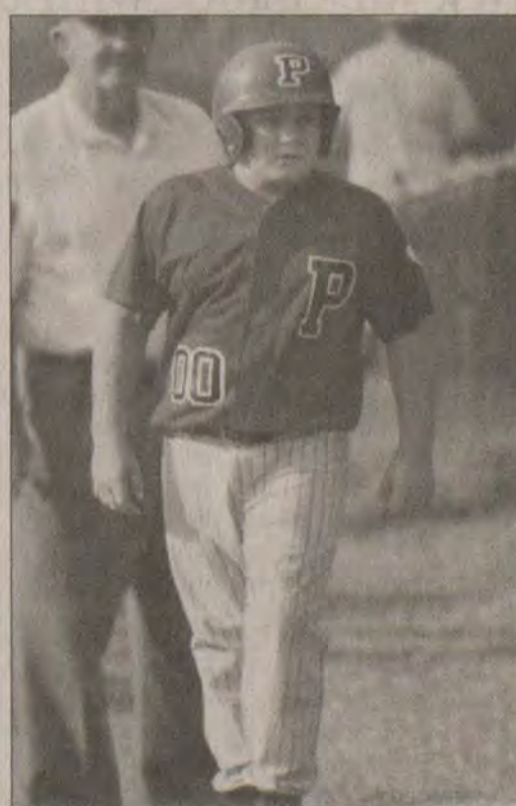
"I can't say enough about our kids," said Prestonsburg Manager Les Stapleton. "They

have worked hard and continue to play hard."

Prestonsburg allowed Virgie to score two runs in the top half of the first inning Tuesday evening. The Prestonsburg All-Stars answered Virgie with two runs of their own in the home half of the opening inning. When the game got going again Thursday evening, Prestonsburg again shook a slow start. Prestonsburg didn't come across with any runs in the third inning, but plated five in the fourth frame. After giving up two runs in the first inning Tuesday, Goble surrendered just one more run Thursday. Virgie got its third and final run in the top half of the fifth inning. The Virgie team never led after enjoying the 2-0 advantage in the first inning.

Goble was strong in going the distance for Prestonsburg. The P'burg starter fanned five batters

(See POUND, page twelve)



Adams, Allen football signup dates announced

TIMES STAFF REPORT

PRESTONSBURG – Signups for the 2006 Adams Middle School and Prestonsburg Junior Football teams will be held Wednesday through Friday (July 12-14) at the Prestonsburg Dairy Queen. Student-athletes who will be entering grades 2 through 8 and intend on playing football during the upcoming season should make plans to register. Signups will be held from 5-8 p.m. each day. For more information, contact Coach Jamie Howell at 886-9797. Conditioning for AMS players in seventh and eighth grades will begin at Archer Park on Monday (July 10) at 6:30 p.m.

Football signups are also set for Allen Grade School. Allen Coach Chuck Rowe has slated Monday (July 10) as the opening day for football conditioning for the upcoming season. Allen Grade School students who are entering seventh and eighth grades and plan to play football during the upcoming season should make plans to attend. Conditioning will begin at 6 p.m. at the Allen football field. For more information, contact Rowe at 874-2165.

Lady Raiders to open against Knott Central

by STEVE LeMASTER
 SPORTS EDITOR

HI HAT – The South Floyd High School volleyball program is fresh off of an appearance in the 15th Region Semifinals and a season that ended with a 20-8 record. The Lady Raiders continue to turn out quality student-athletes as many SFHS volleyball players have moved on to continue their education and playing careers in the college ranks. The SFHS volleyball program has finalized its schedule for the 2006 season. South Floyd will open the season Aug. 8 on the road at Knott County Central.

Eight matches fill the first month of the season for the Lady Raiders. South Floyd, under the guidance of head coach Keith Smallwood, continues to make a

(See RAIDERS, page twelve)

New spec engine, age drop for Grand Nationals

SPECIAL TO THE TIMES

DAYTONA BEACH, Fla. – NASCAR has announced a multifaceted new program for the Grand National Division, which includes the East Series and the West Series. In previous years, local drivers have been among those to thrive in the Grand National Division.

A new spec engine will be available for teams in those divisions, beginning on Aug. 1; the new engine is expected to save teams

considerable amounts of money while delivering stellar performance.

The new spec engine is available through Provident Auto Supply, a North Carolina-based performance parts distributor owned by former Cup Series championship crew chief Gary Nelson, who also worked with NASCAR as Cup Series director, Vice President of Competition and Vice President of Research and Development.

In addition to the spec engine, a composite body

for Grand National cars also is now available for use in the Grand National Division. Composite bodies are currently available from Summit Racing, BSR Products and Eshleman Racing.

The combination of the spec engine, composite body and the option of running either 105- or 110-inch wheel bases, comprise a wide variety of cost-saving initiatives for the Grand National Division, which will serve as a developmental series for up-and-com-

ing future stars of NASCAR.

The sanctioning organization also plans to reduce its minimum driving age to 16 for the Grand National and Modified tours beginning in 2007.

"We're taking these steps with the Grand National Division to reduce the cost of racing at these levels," NASCAR Vice President of Competition Robin Pemberton said. "The combination of the spec engine, composite

(See NATIONALS, page twelve)

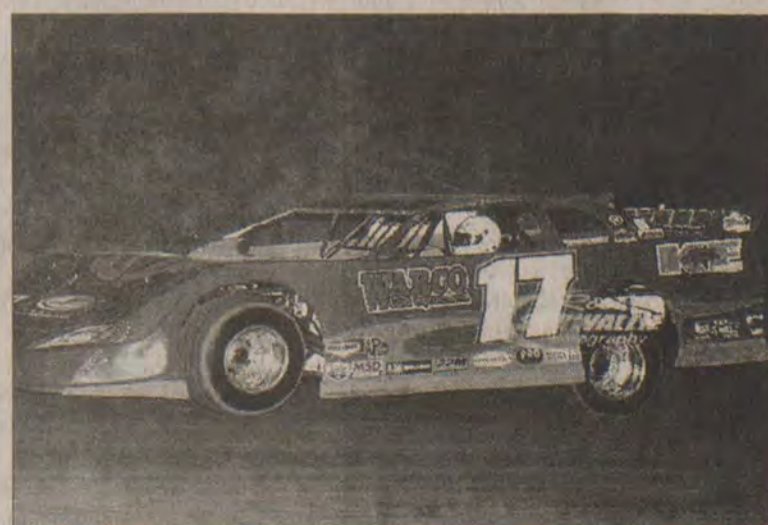


photo by Rick Schwalle
Martin-based driver Shannon Thornsberry continues to race a busy, competitive Late Model race schedule.

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Prestonsburg
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Prestonsburg, KY
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No BIDDER may withdraw his bid within 90 days after the actual date of the opening thereof. If any potential bidder has any questions regarding this sealed bid request, please call David Ellis at (606) 886-6871.

David Ellis,
Superintendent
Prestonsburg
City's
Utilities
Commission

**PUBLIC
NOTICE**

Notice is hereby given that Ottis Hall, 3756 KY Route 979, Harold,

KY 41635, owns the property located near Harold, Kentucky, and has filed an application with the Natural Resources and Environmental Protection Cabinet to construct a fill. The property is located approximately 2.0 miles south of the intersection of KY Route 979 junction with KY Route

1426, near the community of Grethel, on Mud Creek, in Floyd County. Any comments or objections concerning this application shall be directed to: Kentucky Division of Water, Water Resources Branch, 14 Reilly Road, Frankfort Office Park, Frankfort, Kentucky 40601. Phone: (502) 564-3410.

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