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Volume 80, Issue 143 • 75 Cents

## BOBCATS WIN CLASSIC

— page A9

### briefs

## Court upholds injection

The Associated Press

LOUISVILLE — The Kentucky Supreme Court has ruled that the state's lethal injection method is constitutional, possibly clearing the way for at least two inmates to be executed.

Kentucky Death Row inmates, Thomas Clyde Bowling, 52, and Ralph Baze, 49, challenged the state's method of executing condemned prisoners, saying the drug formula used amounts to cruel and unusual punishment.

The ruling handed down Wednesday in Frankfort affirms a prior ruling in Franklin Circuit Court.

Judge Roger Crittenden made no errors in upholding Kentucky's lethal injection method after a lengthy trial in 2005. Justice Donald C. Wintersheimer wrote in the unanimous opinion.

"Thus, the reviewing court should not substitute its opinion for that of the trier of fact in the absence of clear error," Wintersheimer wrote.

Bowling was sentenced to be executed for killing Edward and Tina Earley and shooting their 2-year-old son outside the couple's Lexington dry-cleaning business in 1990.

# Wheelwright sues prison over fees

by JESSICA HALE  
STAFF WRITER

PRESTONSBURG — The city of Wheelwright wants the owners of Otter Creek Correctional Center to hold to an agreement made between the two at the time the prison was being constructed.

A suit was filed Nov. 17 by the city

against Corrections Corporation of America for money allegedly owed after an agreement was made between the two after community members voiced opposition to a high-security prison located within city limits. During construction, it was agreed that the prison would be operated as a minimum security prison due to concerns over possible escapes or other prob-

lems. The prison was operated as a minimum security prison for several years after its completion. At some point during its operation, the prison approached city leaders and asked about the prospect of increasing the security level. After much discussion over increased security measures which were enacted by Corrections

Corporation of America, the two parties agreed that an additional stipend of 50 cents per prisoner per day of confinement would be paid to the city in exchange for its agreement not to object to the change. Otter Creek's warden agreed and the stipend was paid to the city until the prison was

(See FEES, page two)

## PUNISHMENT LEARNED



photo by Alex Smith

Gora Wicker was sentenced to 10 years in prison in Floyd Circuit court on Wednesday. She has 90 days to pay \$10,000 in restitution to the victims and when she is released will have to make payments of \$200 per month for five years.

# Wicker gets 10 years in eBay case; Wallen gets 4

by ALEX SMITH  
STAFF WRITER

PRESTONSBURG — The online marketplace eBay has a slogan that says that whatever it is, you can get it on eBay. For several people who lived near and knew Deborah Wallen and Gora Wicker, the items they were shopping for were theirs to begin with.

After several burglaries were reported in the Abbott Creek area between December

2005 and early June with no arrests made, one of the victims logged onto the website and was surprised to find that several of the stolen items were up for sale.

Prestonsburg Police Department was alerted and the account was traced to Wallen, 36, of Bull Creek, and Wicker, 59, of Prestonsburg. Wicker was arrested at her home on June 6 and Wallen turned herself in two days later.

The seller's account used by

Wicker and Wallen at the time of their arrests had 93 items offered for sale. Ebay records for the account show that more than 1,000 items had been sold and delivered through the account. Prestonsburg Police found over 1,000 pieces of evidence including many items which were packaged and ready to be mailed to other eBay customers.

Both women were sentenced

(See SENTENCES, page two)

# Flu shots promoted for small towns

by ALEX SMITH  
STAFF WRITER

MARTIN — Not many people think of the flu as anything other than a yearly inconvenience that most people suffer through for a week, but according to the American Medical Association there were over 36,000 deaths and 200,000 people hospitalized in the United States last year for influenza.

For this reason, and to get the word out that flu season does not end until late February and early March, the Center for Disease Control is promoting Nov. 27 through Dec. 3 as "National Influenza Vaccination Week." Most area hospitals have been offering low cost flu shots since October, focusing on

the groups who are most at risk, including anyone over the age of 50, younger children, and pregnant women.

Renee Chandler Hall, director of pharmacy at Our Lady of the Way Hospital in Martin, is a proponent of everyone getting a flu shot every year. She said it's especially important for people in smaller communities like many of those in Floyd County to do so because a lot of people know each other and are together a lot in smaller areas, making it easier to spread the virus and spread it quickly.

"All it takes is one person in a home getting it to go to school and infect all their classmates," Hall said. Belinda Stumbo, a regis-

(See SHOTS, page two)

# Wal-Mart workers to join in bell ringing

by JESSICA HALE  
STAFF WRITER

PRESTONSBURG — Everyone recognizes the sounds of the ever present Salvation Army bells during the Christmas holiday season. This year, associates with Wal-Mart are hoping that the Army's red kettles will be a bit fuller after their participation in the "Bells Ringing Across

America" event to celebrate the company's support.

The sound will be unmistakable as associates from Wal-Mart stores, Sam's Club and Neighborhood Markets participate in the event locally from 12 to 12:30 p.m. on Nov. 28.

Associates from all stores across America,

(See BELLS, page two)

# Supreme Court overturns conviction against doctor

by ROGER ALFORD  
ASSOCIATED PRESS

FRANKFORT — A doctor accused of helping supply OxyContin and other powerful narcotics to addicts in Appalachia will get a new trial, the Kentucky Supreme Court ruled Wednesday.

Dr. Fortune J. Williams was sentenced to 20 years in prison after a Lewis County jury found him guilty of four counts of unlawfully prescribing medications.

Justice William Graves said in a 23-page ruling that detectives violated Williams constitutional rights by raid-

ing his medical office without a search warrant. For that reason, the Supreme Court overturned the conviction and ordered a new trial.

Damon Preston, an attorney representing the doctor, said detectives from the local sheriff's department accompanied investigators from the Kentucky Board of Medical Licensure in a search of Williams' office in Garrison.

A state law, which has since been changed, allowed the search by medical investigators without a warrant. However, Preston said detectives were actively participating in the search, telling medical investigators which

files to look for.

"They were playing an integral role, and that presents a problem," said Preston, manager of appeals for the Kentucky Department of Public Advocacy. "That was a violation of the Fourth Amendment. The Supreme Court said to do it properly, they should have gone and gotten a warrant."

Williams was one of more than a dozen doctors in the Appalachian region charged with illegally prescribing drugs at the height of a crackdown by police on black market sales of prescription painkillers.

Federal and state law enforcement agencies began cracking down on way-

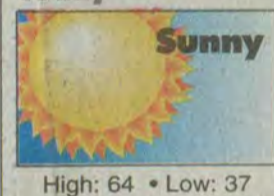
ward physicians in Appalachia in 2000, after OxyContin, a powerful painkiller intended for cancer patients and others suffering from severe pain, began showing up in large quantities on the black market.

Authorities blame the abuse of OxyContin for scores of overdose deaths in the Appalachian region and beyond.

If taken properly, the drug's ingredients are released slowly into the body. But abusers circumvent the time-release by crushing the pills and inhaling or injecting the powder to get the same kind of euphoric high that heroin brings.

### 2 DAY FORECAST

#### Today



High: 64 • Low: 37

#### Tomorrow



High: 64 • Low: 40

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

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# Pikeville College students share college experience

Pikeville College students Ronnie Lee Justice and Justin "Jet" Lincey hope their contributions to Campus Companion, a recently published first-year studies textbook, will provide valuable insight into the college experience.

Written by Jennifer Hurd, Ed.D., and published by Houghton Mifflin, the book was designed to help students transition to college. In 2004, Justice and Lincey were students in a first-year composition class taught by Brad Marcum, Pikeville College's assistant for educational support services. Marcum, who reviews textbooks for Houghton Mifflin, invited them to participate in an upper-class student advisory board which included participants from across the country. Marcum's involvement in the

book project grew out of a presentation that he and his wife, Meg Sidle, Ph.D., Pikeville College's director of Institutional Research and Effectiveness, gave at a student success national conference a few years ago.

"Texts like Campus Companion are important for college students because we still have a large segment of our high school graduates who are not properly prepared for college," said Marcum. "There are a number of reasons for this and colleges and universities, from Harvard and Stanford to our small private schools, recognize that we need to help students succeed at the college level. These texts provide important information about the common pitfalls that hinder students during the first year of college. I enjoyed the student advisory

board feature of Campus Companion since it provides actual student input on these important matters. The students cut right to the point."

The book will be used by students in colleges and universities throughout the country. Both Justice and Lincey are happy to have contributed to the project.

"Many of these books don't tell the whole story about what college is like," said Justice. "I hope this helps students ... even if helps one student."

Justice is a business major from Pikeville and the son of William and Rhonda Justice. He is a red-shirt member of the Pikeville College Bowling team. Lincey of Camilla, Ga., is the son of Kimberly Davis. He is majoring in communication and is a defensive lineman on the Pikeville College football team.



ABOVE: Pikeville College students Ronnie Lee Justice and Justin "Jet" Lincey

## Fees

Continued from p1

forced to close due to a loss of its prisoner base in June 2005.

Later that summer, Otter Creek Correctional Center secured a new prisoner base which meant they were able to reopen. According to the complaint, the stipend was not reinstated by CCA and although there have been discussions, the parties have not

been able to agree upon the amount of or basis for any future payments to be made.

The city is asking for the court to order CCA to continue with the agreement and to pay any amounts that have accrued since the reopening date as well as any future payments. The city is also asking for court costs and attorney fees.

## Sentences

to prison in Floyd Circuit Court on Wednesday, with Wicker receiving the stiffer sentence because she was the one who actually burglarized the victims' homes, while Wallen was sentenced for receiving stolen property.

Wicker was sentenced to 15 years, of which she will serve 10. Wallen was given a 10-year sentence, of which she will serve four and spend the remaining six years on supervised probation. Both women will be required to make monthly payments of \$200 for

five years to pay back the victims following their release from prison, as well as make restitution of \$10,000 each within 90 days of their formal sentencing.

Commonwealth's Attorney Brent Turner said the strategy to use Wallen against Wicker by offering her a shorter prison sentence worked beautifully, as two days after Wallen pleaded guilty to 15 charges of

receiving stolen property on Oct. 23 Wicker appeared in court and agreed to plead guilty to all 19 charges brought against her, which include nine felony burglary charges for breaking into nine separate residences.

"I think it's the worst burglary and theft case that we've ever seen," Turner said. "One of the things that made it so bad with Gora Wicker was the

close relationship with the victims."

David Hereford, one of the victims in the case, said he thought that everyone involved in bringing the two women to justice did a great job.

"I'm like all of the others in this case," Hereford said, "I'm just crushed that anyone would treat us like this."

Continued from p1

Continued from p1

## Shots

tered nurse and infection control nurse at McDowell Appalachian Regional Hospital said the hospital has provided more than 100 vaccinations so far and conducts health fairs to educate people about the signs and symptoms of the flu virus and prevention.

According to the CDC, the flu, an infection of the respiratory tract caused by the influenza virus, affects approximately 5 to 20 percent of the population each year.

Symptoms include but are not limited to headache, extreme tiredness, high fever, chills, dry cough, sore throat, runny or stuffy nose and body and muscle aches.

To avoid catching or spreading the influenza virus, the CDC recommends cleanliness and avoiding close contact with people. If you are sick and can stay away from school or work you are encouraged to do so. If you cannot, take precautions to

stem the spread, such as covering your mouth when you sneeze or cough and frequently washing your hands.

Hall, who said she can see a day in the future when everyone is required to get a yearly flu shot, said getting vaccinated is the easiest way to guarantee a healthy winter season.

"You may not know anyone who has died from it, but the numbers are out there," Hall said.

## Bells

including Wal-Mart in Prestonsburg, will staff the Salvation Army Red Kettles, ringing the bells and collecting donations for the organization's annual campaign.

"It's no secret that our company is a key partner to the Salvation Army, and this year we wanted to do something special to showcase our relationship," said Prestonsburg Wal-Mart Manager Mike Huber. "We hope that members of the Prestonsburg community will come out and join

our associates as they ring the bells on Nov. 28."

The Salvation Army collected \$26 million during the 2005 holiday season in front of Wal-Mart stores and clubs, accounting for nearly 25 percent of the total contributions to the Red Kettle Campaign. Just like last year, Wal-Mart and Sam's Club will support Army volunteers to be stationed outside their front doors from today through Christmas Eve.

Continued from p1

## Obituaries

### George E. Powers

George E. Powers, 88, of Auxier, died Friday, November 17, 2006, at Highlands Regional Medical Center.

Born August 2, 1918, in Lancer, he was the son of the late David and Jinnielee Honeycutt Powers. He was a member of the Auxier Freewill Baptist Church, and a retired coal miner.

He is survived by his wife, Ruby E. Griffith Powers.

Other survivors include three sons and daughters in law: Darrell and Leesa Powers, and Michael and Della Powers, all of Auxier, and Cecil and Ruth Powers of Massillon, Ohio; four daughters and sons-in-law: Brenda Davis of New Comerstown, Ohio, Neva and Tommy Ferrell of Como, Florida, Laverne McClure of Navarre, Ohio, and Georgia and Linard Marsijlett of Prestonsburg; 25 grandchildren, 42 great-grandchildren, and 19 great-great-grandchildren.

In addition to his parents, he was preceded in death by a son, James L. Powers; three brothers: James Powers, Orville Powers, and Elzie Powers; and three sisters: Maggie Hatfield, Mary Belle Clifton, and Sophie Wells.

Funeral services were held Tuesday, November 21, at 11 a.m., at the Auxier Freewill Baptist Church, with Bobby Joe Spencer, David Powers, and Southie Fannin Jr., officiating.

Burial was in Highland Memorial Park at Staffordsville, under the direction of Nelson-Frazier Funeral Home in Martin.

Visitation was at the Church. (Paid obituary)

### Mohamad Alnahhas, M.D. EASTERN KY TENDER CARE PEDIATRICS welcomes



### Dr. Antoin Hana

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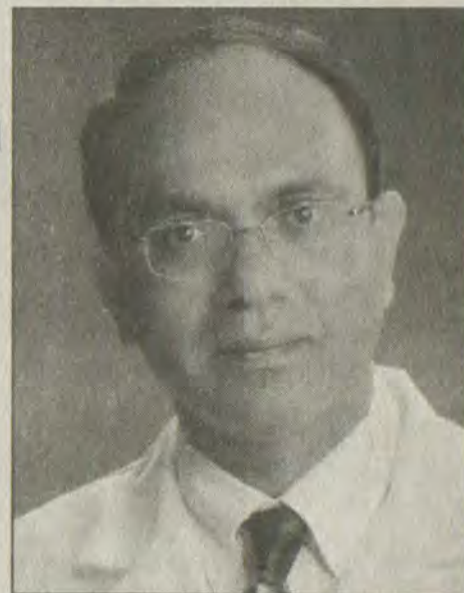
Dr. Hana will be working full-time at Eastern KY Tender Care Pediatrics in Prestonsburg, along with Dr. Mo and Donetta Wallace, physician assistant.

Dr. Antoin Hana completed his residency training in New York at Lincoln Medical Center, an affiliated hospital of Weill Cornell University and worked as chief resident at Bronx Lebanon Medical Center, an affiliated hospital of Albert Einstein Medical Center in New York.

606-886-7517 • Fax: 606-886-7524

### Faruque Ahmed, MD, DO General Surgeon

5230 Ky. Rt. 321, Suite 2  
Riverview Complex  
Prestonsburg, KY 41653  
Phone: 889-8895



Dr. Faruque Ahmed, General Surgeon, has joined the Medical Staff at Highlands Regional Medical Center and opened an office practice in Suite 2 of the Riverview Complex near the Medical Center. Dr. Ahmed is a graduate of the New York College of Osteopathic Medicine and served his Internship and Residency in General Surgery at St. John's Episcopal Hospital in Far Rockway, New York. As a General Surgeon, Dr. Ahmed will perform minor surgical procedures, laparoscopic procedures, and more complicated abdominal procedures.

### Office Hours:

Monday through Friday 9:00 a.m. to 5:00 p.m.

To schedule an appointment, call 889-8895

Open House Wednesday, November 29,  
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# For the Record

### Marriage Licenses

Alice Lee Blair, 24, of Harold, to Brandon Lee Jones, 29, of Van Lear.  
 Brittany Rachelle Vance, of Garrett, to Wallace, D. Calhoun, 18, of Prestonsburg.  
 Paula D. Kennedy, 48, of Weeksberry, to Sherman W. Berger, 49, of Melvin.  
 Phyllis Dee Nechole Hamilton, 20, of Teaberry, to Brandon Keith Hall, 20, of Teaberry.

### Civil Suits Filed

MRC Receivables vs. Brenda Tussey; to collect debt  
 Whitaker Bank vs. Avery Lowe; to collect debt  
 Capital One Bank vs. Larry Mitchell; to collect debt  
 Asset Acceptance vs. Jonathan Howard, Sr.; to collect debt  
 Capital One Bank vs. Margaret L. Bentley; to collect debt  
 Sullivan Colleges System vs. Mary Bailey; to collect debt  
 NCO Portfolio vs. Kathy Miller; to collect debt  
 Hawker Financial vs. Linda C. McCarty; to collect debt  
 Hawker Financial vs. Keith Burchett, Sr.; to collect debt  
 Arrow Financial Services vs. Nedra D. Ward; to collect debt  
 Hawker Financial Corp. vs. Gina M. Hale; to collect debt  
 Midland Funding LLC vs. Tony Bolen; to collect debt  
 Central Financial Services vs. Wynne Grindrod; to collect debt  
 Capital One Bank vs. Alex Hughes; to collect debt  
 Pioneer Credit Co. vs. Keith E. Tackett; to collect debt  
 Pioneer Credit Co. vs. Eric T. Vanderpool; to collect debt  
 U.S. Bank vs. Shemie Trucking, Inc.; motion for writ of possession  
 LaSalle Bank vs. Dianna Smith; to collect debt  
 Angela Mullins vs. Jamie Mullins; dissolution of marriage  
 Walter Fulford vs. Versinda Fulford; dissolution of marriage  
 Barbie Allen vs. Jason Lee

Allen; dissolution of marriage  
 Carl Ray Martin vs. Stephanie Martin; dissolution of marriage  
 Black Acre Enterprises vs. Comas Johnson; to collect debt  
 Emily Ousley vs. Craig Walters; compensatory and punitive damages  
 Michelle Chaffins vs. Shawn Chaffins; petition for child support and health care insurance  
 Sharon Triplett vs. Amy J. King; petition for child support and health care insurance  
 Pamela Kidd vs. Kimberly Castle; petition for child support and health care insurance  
 Kentucky Medical Services Foundation vs. Jesse Akers; to collect debt  
 Astor Collins vs. Barrow Resources, LLC; petition for injunctive relief  
 City of Wheelwright vs. Corrections Corp. of America; to collect debt  
 Kristina Amburgey vs. Ted Amburgey; petition for health care insurance  
 Rocky Newsome vs. Misty Duncan; petition for child support and health care insurance  
 Darla McCormick vs. Sgt. Lyndon Johnson; application to proceed

### Small Claims Filings

Floyd County Housing Authority vs. Mark Anthony Walker; to collect debt  
 Floyd County Housing Authority vs. Lucinda Ashley; to collect debt  
 Floyd County Housing Authority vs. Tammy Blevins; to collect debt

### Charges Filed

Robbie Lee Page, 24; theft by unlawful taking over \$300  
 John Samuel Moore, 61; first-degree sexual abuse, second-degree sexual abuse  
 Jeremy Todd Johnson, 25; speeding 15 mph over limit, operating a motor vehicle under the influence of alcohol or drugs, driving a motor vehicle while license suspended, third offense, failure of owner to maintain required insurance/security  
 Justin Daryl Stone, 27; flagrant non support

Linda Woods Ritchie, 40; facilitation theft by unlawful taking under \$300, second-degree unlawful transaction with a minor, theft by unlawful taking under \$300

Alexander Ray Johnson, 36; first-degree wanton endangerment  
 Linda M. Ritchie, 40; theft by deception over \$300  
 Alexander Ray Johnson, 36; first-degree wanton endangerment

### Inspections

Hyden Mobile Home Park, Prestonsburg, regular inspection. Violations noted: Mobile home lots not properly numbered, mobile home lot size not in compliance, park lacks sufficient number of individual garbage containers. Score: 94  
 South Floyd High School, Hi Hat, regular school inspection. Violations noted: Paint in girls locker room in disrepair, toilet tissue not available in commode stalls, soap not available at hand wash sinks, trash receptacle should be properly covered, several student desks in disrepair. Score: 94  
 Osborne Elementary, Bevinsville, regular school inspection. Violations noted: Waste receptacles in girls restroom and individual stalls should be properly covered, Third grade floor area around water fountain has residue on floor, student desk in disrepair. Score: 94  
 Osborne Elementary, Bevinsville, regular cafeteria inspection. Violations noted: Food not protected during storage, non food contact surfaces not properly maintained, floors not in good repair, employee personal items not stored properly. Score: 95  
 Family Dollar Store, Martin, regular inspection. Violations noted: Lack of accurate thermometers in all refrigeration and freezer units storing potentially hazardous foods. Score: 99  
 Pin Zone Bowling, Prestonsburg; regular inspection. Violations noted: Lack of

accurate thermometers in all refrigeration and freezer units storing potentially hazardous foods, cloths used for wiping spills on food contact surfaces being used for other purposes, sanitary towel or hand drying device not provided at lavatory or hand washing sink. Score: 96

McGuire Trailer Park, Prestonsburg, regular inspection. Violations noted: Mobile home lots not properly numbered, mobile home lot size not of compliance standards. Score: 96

Step Ahead, Bevinsville, regular inspection. Violations noted: Lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods, lack of numerically scaled thermometer for checking and holding temperature of potentially hazardous food, floors not properly constructed, floors not properly covered. Score: 98

East KY Septic Service, Bevinsville, regular inspection.

Violations noted: Unable to provide up to date invoices from customers, records of pumps and disposal not found on truck or produced during investigation. Score: 94

Subway, Stanville, regular inspection. Violations noted: Ceiling tile missing, air conditioning duct missing around area of mop sink in back, employee purse observed stored on food rack next to food items. Score: 98

Huddle House, Betsy Layne, regular inspection. Violations noted: Several containers not properly labeled, dishwashing racks observed stored in direct contact with the floor, garbage containers not properly covered, floor in food prep area in need of cleaning, wall in service area in disrepair. Score: 94

South Floyd High School, Hi Hat, regular inspection. Violations noted: Frozen meat items being thawed in the walk in refrigerator, should be stored on the lower shelf and not above vegetable items

such as lettuce. Score: 97  
 Dollar General Store, Wheelwright, regular inspection. Violations noted: Easily seen thermometers not present in display refrigeration units, food items observed stored in contact with the floor. Score: 97

Vance's Grocery LLC, Beaver, regular inspection. Violations noted: Easily seen thermometers not provided in all refrigeration and freezer units, employee restroom door not self closing, garbage receptacle not properly covered. Score: 95

### Property Transfers

Pearlie Adams to Ulice Bud Rife, property located at Mare Creek.  
 Amarine Conn to Aileen and Michael Collins, property located at Left Beaver Creek.  
 Virgil Ray Conn to Aileen and Michael Collins, property located at Left Beaver Creek.  
 Ricky Gillespie to Leonard

(See RECORD, page eight)

## HOLIDAY EVENTS

NEW MERCHANDISE!! NEW STORES!! NEW HOLIDAY DECORATIONS!!  
 DOWNTOWN SHOPPING IS FUN AGAIN IN PRESTONSBURG!!

### FRIDAY, DECEMBER 1st

- \* Holiday Open House Weekend
- \* Extended Hours til 8:00pm
- \* Refreshments Served
- \* Special Holiday Events at Downtown Water Fountain (starts at 6:00pm)
- \* Candlelight Processional
- \* Christmas Caroling
- \* Tree Lighting Ceremony

### SATURDAY, DECEMBER 2nd

- \* Holiday Open House Weekend
- \* Extended Hours til 8:00pm
- \* Refreshments Served
- \* Holiday Retail Bingo
- \* No purchase necessary
- \* Visit the downtown stores & have a chance to win \$1000 in prizes!
- \* Meet & Greet with Santa | (bring camera, located at Country at Heart, 1-5pm)

### SUNDAY, DECEMBER 3rd

- \* Holiday Open House Weekend
- \* Extended Hours 2:00 - 5:00pm
- \* Refreshments Served
- \* Last Chance to turn in Holiday Retail Bingo at stores (5:00pm)

SANTA CLAUS IS COMING!!

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# FOODLAND Fresh

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## Holiday Savings Sale!!

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Friday and Saturday, Nov. 24 and Nov. 25

Gallon 2%



**United Milk**  
2/\$5<sup>00</sup>



10-Lb. Bag  
**Russett Potatoes**  
\$2.99

Assorted Varieties 6-Pk. 24-Oz.



**Pepsi Products**  
4/\$10<sup>00</sup>



Boneless, Skinless  
**Chicken Breast**  
\$1.68 Lb.



Little Debbie  
**Christmas Snack Cakes**  
Assorted Varieties  
5/\$5<sup>00</sup>



Deli Sliced  
**Kahn's Bologna**  
\$1.88 Lb.



16-Oz. Bag, Frozen  
**Birds Eye Corn or Broccoli**  
2/\$1<sup>00</sup>



12-Count  
**Foodland Brown & Serve Rolls**  
89¢

Assorted Varieties



**Super Crunch Wavy Chips**  
3/\$2<sup>00</sup>



He's gone from football field and gym floor, to the spotlights on the stage. And though he still shines just as bright, he's starting to feel his age.

He may not pass or run the plays, or shoot and dribble the ball, But now you will find him at the "MAC," entertaining one and all!

So if you happen to see Keith around, stop and wish him well, Believe it or not, he's "50" today, but don't worry, I'll never tell.....



# Happy 50th Birthday!

# Viewpoint

Worth Repeating ...

"Before God we are all equally wise — and equally foolish."

— Albert Einstein

## Amendment 1

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

## Guest View

### Editorial roundup

*Cape Cod Times, Barnstable, Mass., on global warming:*  
Two pieces of news on Monday — one on the local stage, the other international — are directly related.

In local news, Provincetown became the first on Cape Cod to endorse a national agreement among mayors to recognize the threat of global warming and advocate for less local use of fossil fuels.

In international news, the U.S. ranked 53 of 56 developed countries in efforts to reduce greenhouse gas emissions.

The correlation between the two stories is that the poor U.S. ranking will not improve until more cities and towns follow Provincetown's action.

A grassroots effort to combat global warming is one of the most effective ways to convince Congress and the Bush administration that it must move toward adopting most, if not all, the standards of the 1997 Kyoto Protocol. ...

*The Dallas Morning News, on change in Congress:*

Did anybody on Capitol Hill notice that we just had an enormously consequential election?

And that voters said pretty clearly that they were sick and tired of Congress' corrupt ways?

From the looks of the congressional leadership balloting last week, you'd almost believe no one in Washington was listening.

The Republicans appeared the deafest. In the Senate, they elected Mississippi's Trent Lott as their No. 2, owing (some GOP senators said later) to his skills as a legislative tactician.

Forget for now the PR unwisdom of returning Ol' Strom's "podna" to leadership. Why is Mr. Lott such a staunch opponent of reforming "earmarking," the process through which legislators quietly fund pet projects? Because he's a pork procurer so ravenous that he puts Jimmy Dean to shame.

... Perhaps the House GOP is counting on Democratic bungling to return them to power. At the rate Speaker-elect Nancy Pelosi is going, they might have a shot. ...

*The Star-Ledger, Newark, N.J., on the Part D Medicare drug program:*

The law that created the Part D Medicare drug program has an onerous clause barring the federal government from negotiating directly with drug makers to get the best price for prescriptions.

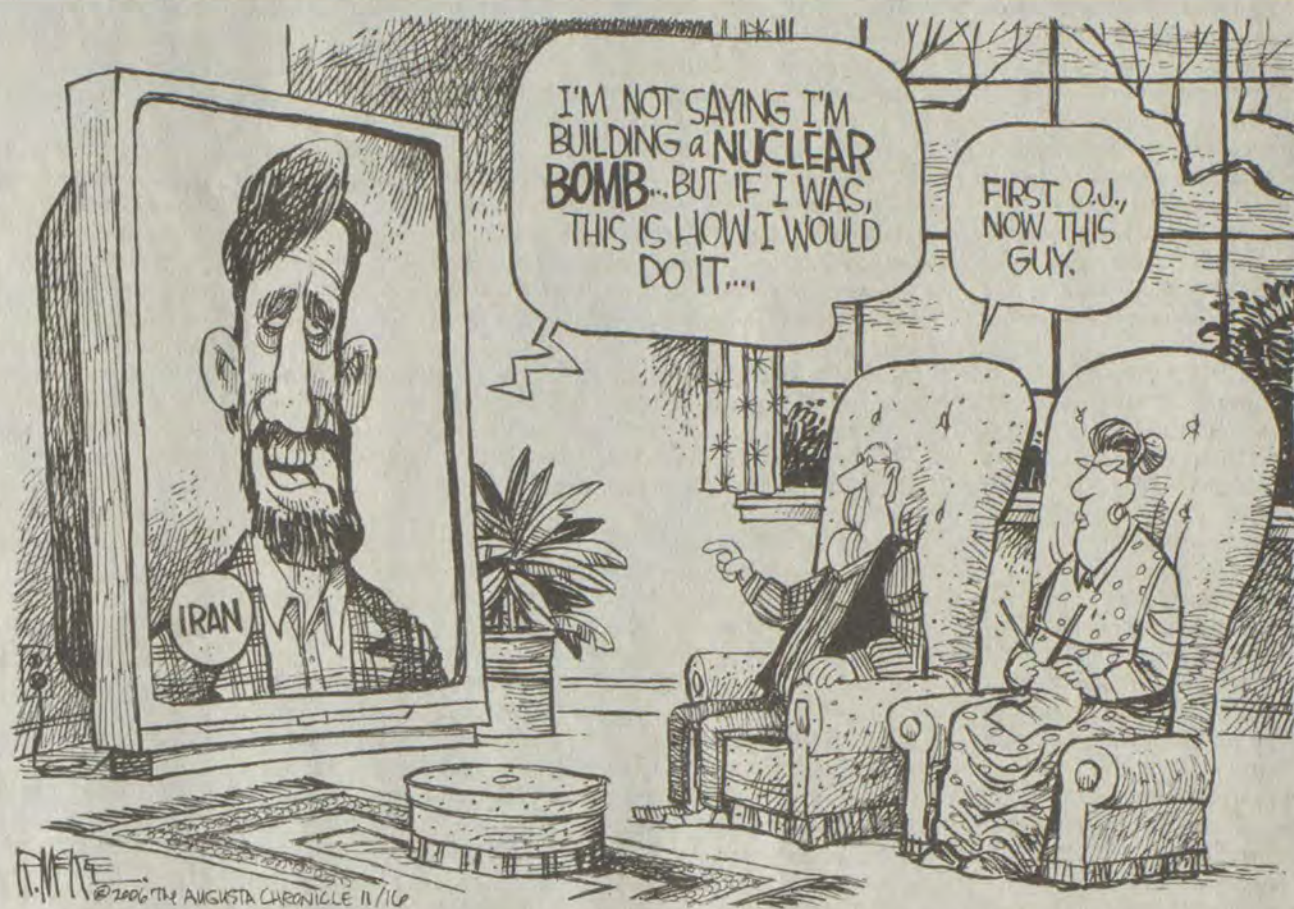
The Democratic leadership in Washington has promised to yank that prohibition in the first 100 hours of the new Congress.

We agree the arrogant clause must go. Government negotiation is not a violation of free-market principles, as President Bush and like-minded Republicans claim. Rather, using the bargaining power of 38 million Part D enrollees epitomizes the free-market philosophy that the biggest customer should get the best deal.

... The biggest hurdle for a Congress set on changing Part D is the Bush administration. The president is likely to veto any attempts at change. Even if Congress could override a veto, Bush and Human Services Secretary Michael Leavitt would have to implement those changes. Leavitt has said he does not want the power to negotiate Part D prices.

We, too, would rather he did not have it.

That power should be in the hands of someone who is not predisposed to make it fail — and that will take more than a change of Congress. It will take a change of administration.



## Guest Column

### Please pass the stuffing and the pesticides

by MARGARET MELLON  
MINUTEMAN MEDIA

The turkeys on our Thanksgiving tables this year are different from the ones the Pilgrims had. But Americans can, if they want, still buy local or organic birds that are closer in kind to the wild ones the Pilgrims ate, and more in tune with a holiday that encourages us to be grateful for the world around us.

The first settlers probably traveled only a short distance to hunt wild turkeys for their feast. Now, nearly all of the 50 million birds Americans will eat on Thursday will come from animal factories, most of which are far away from people's homes. Raising turkeys in a factory setting might make the birds cheaper and available to a large number of consumers. But such farming comes with negative consequences for our health and our environment.

Animal factories are large, concentrated operations with centralized processing and shipping operations. Their rise means that today, the average piece of food has to travel 1,500 miles to go from farm to supermarket. Truck pollution from shipping produce and meat contributes to poor air quality and global warming. Keeping

meat products like turkeys refrigerated or frozen while in transit uses additional energy.

Buying a turkey from closer to home, on the other hand, can ensure that your Thanksgiving meal is helping make the air a little cleaner. And local turkeys from a nearby farm or farmers' market are often fresher than what you can find in a grocery store. Buying local turkeys also helps support local people and their businesses, instead of faraway food corporations.

Another reason to avoid factory turkeys is that unlike the wild birds of old, these need constant doses of antibiotics to stay healthy. Factory animals live closely packed in unsanitary conditions. Owners use antibiotics to fight off infections and to make the animals gain weight. Unfortunately, the antibiotics also make the bacteria that survive in factory farms even stronger. These drug-resistant bacteria have migrated out of the factory and make it harder for doctors to treat our own infections.

To avoid turkeys that have been raised on antibiotics, you can buy a bird at the supermarket with a USDA-certified "organic" label. To earn that organic seal from the U.S. Department of Agriculture, they must be grown without antibiotics. In addition, other organic foods like fruits and vegetables must be grown without synthetic fertilizers or toxic pesticides.

Alternatives to factory-produced turkeys at Thanksgiving could also give you a chance to try something new. Of the 250 million turkeys sold

in the United States every year, 99 percent are the Broad-Breasted White variety. Animal factories reduce the choices consumers have. Because factory farming relies on a small number of breeds, they risk catastrophic losses if disease spreads in just one population of plants or animals. An alternative option is to purchase a "heritage" turkey from a local farm, some of which are descended from turkeys settlers brought to the American colonies. A heritage turkey can bring something unusual to your dinner table and bring more diversity to America's poultry population.

In addition to the turkeys Americans will eat this Thanksgiving, the string beans, apple pies, cranberry sauce, and other fixings can all be made with organic, locally grown ingredients.

If we are what we eat, then our food should reflect our values. Buying local and organic food fits in well with the Thanksgiving spirit of community and togetherness that the holiday evokes. A local, organic, or heritage turkey could make your Thanksgiving much more like the first one.

After all, nobody ate a factory bird there.

Margaret Mellon is the director of the Union of Concerned Scientists' (UCS) Food and Environment Program. Formed in 1969, UCS is the leading science-based nonprofit organization working for a healthy environment and a safer world.



### Letter Guidelines

Letters to the Editor are welcomed by The Floyd County Times.

In accordance with our editorial page policy, all letters must include the signature, address and telephone number of the author.

The Times reserves the right to reject or edit any letter deemed slanderous, libelous or otherwise objectionable. Letters should be no longer than two type-written pages, and may be edited for length or clarity.

Opinions expressed in letters and other voices are those of the authors and do not necessarily reflect the views of the newspaper. Send letters to: The Editor, The Floyd County Times, P.O. Box 391, Prestonsburg, Ky. 41653.

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# Animated 'Happy Feet' isn't afraid to mix in some substance with its style

by **CHRISTY LEMIRE**  
AP MOVIE CRITIC

Like the classic animated Disney movies from decades ago — "Bambi," for example, or "Dumbo" — "Happy Feet" isn't afraid to get a little serious, a little dark. It isn't afraid to mix in some substance with its style.

That's also precisely what makes it so different from the inordinately large number of computer-animated movies that have come storming into theaters this year, despite the fact that superficially it may look so similar. You've got your all-star voice cast (Elijah Wood, Nicole Kidman, Robin Williams, Hugh Jackman), your soundtrack that's chock full of pop tunes (Prince, Beach Boys, Stevie Wonder), and of course, your talking animals.

This time they're penguins — and they're cute. Very, very cute. Irresistible, actually, just as they proved to be in the Oscar-winning documentary "March of the Penguins." (You'll see several images in "Happy Feet" that also appeared in that film, though as director and co-writer George Miller points out, his movie was in the works long before "March of the Penguins" came out.)

Miller and a team of writers and artists vividly bring to life the penguins' mating process



"Happy Feet," a Warner Bros. Pictures release, is rated PG for some mild peril and rude humor. Running time: 98 minutes.

Three and a half stars out of four.

in Antarctica: the choosing of a partner; the laying of an egg; the long, agonizing stretch in which the father protects it from blizzard conditions; and the eventual return of the mother with food for the hatchling. The visuals can be both intimate and breathtakingly grand. The filmmakers sent two research crews to the Antarctic to capture lighting, textures and landscape details to recreate them realistically in their computers; the results are dazzling, unbelievably tactile.

All that work, though, supports a story that has real meaning, that can be deeply poignant, and isn't just a non-stop, madcap frenzy of color, noise and cutesy pop-culture references. This should come as no surprise from Miller, a three-time Oscar nominee who co-wrote and produced the modern classic "Babe."

Young Mumble (Wood) is a little different from the rest of the penguins, the result of being briefly exposed to the elements while he was still in

his shell. He's incapable of belting out his own unique song, something inside every penguin and something his parents both unquestionably possess: His father, Memphis (Jackman), is an Elvis sound-alike; his mother, Norma Jean (Kidman), has that sexy, breathy Marilyn Monroe thing going.

The one talent he's had since day one, his dancing ability, is deemed weird among the other penguins. Even Gloria (Brittany Murphy), his one friend from childhood who happens to have the best singing voice of all, has trouble completely accepting him. So the good-hearted Mumble is nonetheless a total outcast — though he should be the most popular guy on the iceberg with Savion Glover providing his tap moves behind the scenes through stop-motion animation.

Once the fish supply becomes sparse, Mumble begins to think some outside

force is to blame, but the elders (led by a crotchety old man voiced by Hugo Weaving) won't listen and ultimately use his outspokenness as an excuse to exile him for good.

He's not alone for long. Mumble quickly meets a bunch of Latino penguins who are wowed by his dance moves and want to hang out with him. They think he's cool. And with his new amigos, led by the cocky Ramon (Williams, a voiceover veteran who's finally honed his seemingly boundless energy), he's happy and confident for the first time in his young life.

But he's still curious to find out what's happened to all the fish, and he becomes even more suspicious after visiting Lovelace the guru (Williams, again), a soulful, wild-feathered penguin who provides only cryptic answers to his many questions. "Happy Feet" follows Mumble on a journey of discovery, of himself and the world, which can be both harrowing and thrilling. A scene in which he and his new pals go barreling down a steep, snowy slope on their bellies is a wonder of timing and choreography, as is a run-in with a couple of killer whales. (The late Steve Irwin provides the voice of an elephant seal who helps point Mumble in the right direction.)

"Happy Feet" feels more filmic than most animated offerings with its long shots and less frantic pace, a refreshing change for adults. Kids will still love it, though, and many were dancing at their seats during a recent screening. (They don't call it "Happy Feet" for nothing.)

Everything wraps up a bit too neatly at the end, and the eco-friendly message may seem too pat. These are small things to forgive in what is otherwise easily the best animated film of the year.

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| <p><b>Cinema Two • G</b></p> <p><b>HELD OVER</b></p> <p><b>SANTA CLAUSE 3: The Escape Clause</b><br/>Mon.-Sun. 7:05-9:20;<br/>Fri. (4:20), 7:05-9:20;<br/>Sat.-Sun. (2:05-4:20), 7:05-9:20</p>                                       | <p><b>Cinema Seven • PG</b></p> <p><b>STARTS WED. 11/22</b></p> <p><b>DECK THE HALLS</b><br/>Mon.-Sun. 7:05-9:20;<br/>Fri. (4:20), 7:05-9:20;<br/>Sat.-Sun. (2:05-4:20), 7:05-9:20</p> |
| <p><b>Cinema Three • PG-13</b></p> <p><b>HELD OVER</b></p> <p><b>CASINO ROYALE</b><br/>Mon.-Sun. 7:45;<br/>Fri. (4:45), 7:45;<br/>Sat.-Sun. (1:45-4:45), 7:45</p>  | <p><b>Cinema Eight • R</b></p> <p><b>STARTS WED. 11/22</b></p> <p><b>TENACIOUS D IN: The Pick of Destiny</b><br/>Fri. (4:30), 7:15-9:30;<br/>Sat.-Sun. (2:15-4:30), 7:15-9:30</p>      |
| <p><b>Cinema Four • R</b></p> <p><b>HELD OVER</b></p> <p><b>LET'S GO TO PRISON</b><br/>Mon.-Sun. 7:15-9:30;<br/>Fri. (4:30), 7:15-9:30;<br/>Sat.-Sun. (2:15-4:30), 7:15-9:30</p>   | <p><b>Cinema Nine • PG-13</b></p> <p><b>STARTS WED. 11/22</b></p> <p><b>DAJA VU</b><br/>Mon.-Sun. 6:50-9:15;<br/>Fri. (4:15), 6:50-9:15;<br/>Sat.-Sun. (1:50-4:15), 6:50-9:15</p>      |
| <p><b>Cinema Five</b></p> <p><b>HELD OVER</b></p> <p><b>FLUSHED AWAY</b><br/>PG—Mon.-Sun. 7:05;<br/>Fri. (4:20), 7:05;<br/>Sat.-Sun. (2:00-4:20), 7:05</p> <p><b>HELD OVER</b></p> <p><b>SAW 3</b><br/>R<br/>Mon.-Sun. 9:29 baby</p> | <p><b>Cinema Ten • R</b></p> <p><b>HELD OVER</b></p> <p><b>BORATI</b><br/>Mon.-Sun. 7:15-9:30;<br/>Fri. (4:30), 7:15-9:30;<br/>Sat.-Sun. (2:15-4:30), 7:15-9:30</p>                    |

## Rental Central

by **TOM DOTY**  
TIMES COLUMNIST

Most of this week's films didn't play local theaters, but all are worth a look for rental.

"Ice Age 2: The Meltdown" — Ray Romano, John Leguizamo and Denis Leary return to lend their voices to this animated sequel which once again follows the alliance of a woolly mammoth, a sabretooth tiger and a sloth. This time out, the trio must warn the denizens of a valley that the neighboring ice mountain is melting and will flood them out of their homes. Along the way they add a female mammoth (Queen Latifah) and two possums (Sean William Scott and Josh Peck) to their group. Good fun, especially for the kids.

"An Inconvenient Truth" —

Al Gore stars in what is essentially a filmed Powerpoint presentation. Gore does a fine job here of connecting the dots on global warming and does so with wit and ease (he has given this presentation over 1,000 times by his own estimate). Gore eschews politics here and makes a global appeal for common sense. A compelling argument that also makes for interesting viewing.

"Scoop" — Woody Allen returns with this thriller/comedy which is even more unlike his film canon than his last entry, "Matchpoint." Scarlett Johanson stars as a woman who takes it upon herself to investigate an up and coming politician (X-Men's Hugh Jackman) after she is persuaded by the ghost of a dead reporter ("Deadwood's" Ian McShayne). Allen also co-stars

but his incessant hemming and hawing only serves to slow down the action in an otherwise arresting film.

"We're Going to Eat You" — Kung-fu comedies are crossed with gross out cannibal epics here in an early film from Hong Kong producer Tsui Hark ("The Killer"). A government agent is sent to a remote village to arrest a known bandit but must steam up with him when they find that the village is comprised of bloodthirsty cannibals with no clue as to how to attract tourists. Plenty of rousing action scenes ensue as the pair must team with a motley crew to escape the stew pot.

Next week look for the return of Jay and Silent Bob in "Clerks 2" and see a child get shrunk down to insect size to learn a lesson in "The Ant Bully."

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Record

Continued from p3

and Nisa Smith, property location undisclosed.  
Sherry Gillespie to Leonard and Nisa Smith, property location undisclosed.  
Nita Hale to Brent Edward Hale, property location undisclosed.

# Court of Appeals sends state hiring case to district court

by ROGER ALFORD  
ASSOCIATED PRESS

FRANKFORT — The wrong judge dismissed charges against four people indicted in a state hiring probe, the Kentucky Court of Appeals ruled Wednesday.  
A three-judge appeals court panel said the charges, all misdemeanors, should have been dismissed, but not by Franklin County Circuit Judge William Graham who presided over the case because it originated from a grand jury that reported to him. Graham, who has since retired, should have sent the case down to district court, which handles misdemeanor charges.

Graham had dismissed the charges against former Fletcher chief of staff Daniel Groves, Fletcher aide Vince Fields and political supporters Dave Disponett of Lawrenceburg and J. Marshall Hughes of Bowling Green, because they were covered by a gubernatorial pardon.

Prosecutors in Attorney General Greg Stumbo's office had appealed Graham's ruling dismissing the charges. That led to Wednesday's ruling, which essentially changes nothing.

"While a remand to district court will needlessly prolong a case that will immediately be dismissed on the basis of the pardon, we must vacate the circuit court's order as it is without jurisdiction to act," Daniel T. Guidugli wrote in the ruling.

Vicki Glass, spokeswoman for the attorney general's office, declined to comment on the appeals court ruling. Defense attorney Paul Harnice said he agrees that the ruling needlessly prolongs the case.

"All we're doing here is just delaying the inevitable," he said.

Nine current and former members of Fletcher's administration were indicted, most on misdemeanor violations of state hiring laws, before Fletcher issued his pardon on Aug. 29. The pardon was worded to provide blanket coverage for anyone else who might be indicted.

The grand jury, which began investigating the Fletcher administration in June 2005, returned 29 indictments, one of which charged Fletcher with criminal conspiracy, official misconduct and political discrimination.

All the indictments have been dismissed, except one against a former transportation official charged with perjury for allegedly lying to the grand jury.

Fletcher's charges were dropped after an agreement with prosecutors, even though the grand jury concluded that he had approved a "wide-spread and coordinated plan" to skirt state hiring laws so political supporters could be rewarded with jobs.

closed.  
Woodrow Hale to Brent Edward Hale, property location undisclosed.  
Brittany Hall to Teddy Hall, property location undisclosed.  
Oneida Hall to Clays Mill Road Baptist Church, Jeffrey J. Fugate Trustees, Flynn Rogers Trustees and A G Tyra Trustees, property located at Left Beaver Creek.

Elizabeth Herald to Charles Wayne and Delores Reichenbach, property located at Auxier.

Jane Herald to Charles Wayne and Delores Reichenbach, property located at Auxier.

Jane Herald to Michael Paul and Sammie Dora Lee Holbrook, property located at Auxier.

John Herald to Charles Wayne and Delores Reichenbach, property located at Auxier.

John Arnold Herald to Charles Wayne and Delores Reichenbach, property located at Auxier.

John David Herald to Charles Wayne and Delores Reichenbach, property located at Auxier.

Lola Johnson to Fayetta Branham, property located at Burton Village.

Vick McCoy to Brittany Rayann Carol, Letha Nicole Carol and Shawna Kilgore, property located at Arkansas Creek.

Mountain Housing

Corporation to Denise and Eric Thomas, property located at Hill Branch.

James Music to Charles Wayne and Delores Reichenbach, property located at Auxier.

Susan Music to Charles Wayne and Delores Reichenbach, property located at Auxier.

Damon Newsome to G & B Rentals Inc., property located at Harris Street.

Jeannie Newsome to G & B Rentals Inc., property located at Harris Street.

Melodie R. Newsome to Tonya M. Johnson, property located at Eagle Trace Subdivision.

Roger Phillip Rowe to Anthony Stewart Rowe and Peggy Helen Rowe, property located at Right Beaver Creek.

Violet Rowe to Anthony Stewart Rowe and Peggy Helen Rowe, property located at Right Beaver Creek.

Janet E. Sparks to Janet Webb Sparks Trustee, property located at Right Beaver Creek.

Janet Webb Sparks to Janet Webb Sparks Trustee, property located at Right Beaver Creek.

Collis H. Stumbo to Clays Mill Road Baptist Church, Jeffrey J. Fugate Trustees, Flynn Rogers Trustees and A G Tyra Trustees, property located at Left Beaver Creek.

Mazel Stumbo to Clays Mill Road Baptist Church, Jeffrey J. Fugate Trustees, Flynn Rogers Trustees and A

G Tyra Trustees, property located at Left Beaver Creek.

T. R. Stumbo to Clays Mill Road Baptist Church, Jeffrey J. Fugate Trustees, Flynn Rogers Trustees and A G Tyra Trustees, property located at Left Beaver Creek.

T. R. Stumbo Attorney In Fact to Clays Mill Road

Baptist Church, Jeffrey J. Fugate Trustees, Flynn Rogers Trustees and A G Tyra Trustees, property located at Left Beaver Creek.

James Villiness to Ulice Bud Rife, property located at Mare Creek.

Judith A. Villiness to Ulice Bud Rife, property located at

Mare Creek.  
Western Construction Inc. to McDonald Reality LLC, property location undisclosed.  
Curtis Wilburn to Talissa Dawn Newsome, property located at Toler Creek.  
Reba Fay Wilburn to Talissa Dawn Newsome, property located at Toler Creek.

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# Hunter leads Union past Alice Lloyd

TIMES STAFF REPORT

BARBOURVILLE – Senior Max Hunter had a career night as he recorded 33 points and 15 rebounds in leading Union College to a 90-80, come-from-behind victory Tuesday over visiting Alice Lloyd College.

The Ashland native scored 19 points in the second half, matching what his season high was during the 2005-06 campaign. His previous top rebounding outing was 11.

Trailing 42-40 at the half, Union struggled out of the gate and found itself down 60-52 with 13:08 to play. Hubertus von Heyden hit back-to-back buckets to cut the margin to four. After Shawn Newsome put Alice Lloyd up 62-56, Union embarked on a 12-4 run in seizing a 68-66 advantage

with 5:42 remaining. Hunter scored eight of the 12 points during the run.

Betsy Layne High School graduate Preston Simon hit a 3-pointer and followed it up with a jumper to put the Eagles ahead 71-70 with 4:20 to play. However, Aaron Dunaway countered with a basket of his own to put Union up 72-71 at the 4:02 mark as Union began to pull away.

With the exception of a Hunter layup and 3-pointer, the Bulldogs scored the rest of their points from the foul line as it built up a 10-point cushion. Union led by as many as 12 points as it finished with the 10-point win.

The game was close throughout as there were 13 lead changes and five ties.

Both teams spent the evening at the charity stripe. Alice Lloyd connected

on 23 of 27 free throws (85.2 percent), while Union hit 34 of 45 from the line (75.6 percent). Neither team did well from behind the arc, however, with the Eagles missing 18 of 21 tries and the Bulldogs just hitting two of 10 from long range.

After Hunter's stellar performance, Jerrod Gibbons contributed 17 points and five assists, while Dunaway knocked in 10 points and grabbed eight rebounds.

For Alice Lloyd (4-4 overall), Rodney Mitchell led the way with 21 points. Newsome and Daniel Combs scored 15 and 11 points, respectively.

In the first half, Union led 33-25 with 4:45 left in the period. Yet, Alice Lloyd closed the half out on a 17-7 rally to take a 42-40 edge into the break.



Host Union pulled away Tuesday night and posted a 10-point win over visiting Alice Lloyd. Preston Simon (4) is pictured defending for Alice Lloyd. photo courtesy of Union College

## Same scenario for Haywood, Belfry

by RICK BENTLEY  
TIMES COLUMNIST

As the years pass, I suppose it becomes easier for us to realize just how fleeting success really is. It's easy to get caught up in the moment, especially when they come in the days of our youth, and we believe it'll always be that way.

But as time passes, we realize life doesn't always come with enormous amounts of success. That is why it's so important to take advantage of it when it comes. We have to enjoy the moment, to live in the "precious present" as they say.

A few years ago I was blessed to be in Tulsa, Okla., with the women's bowling team from Pikeville College when it won the school's first national championship in a team sport. We were thrilled to say the least. We wanted to enjoy it, to savor every moment of it.

When your school is more than 100 years old and you do something for the first time, it should be celebrated.

That idea, though, was lost on the seven young women who made it happen. They didn't understand why it was so important to many of us in our traveling party. They didn't see why we thought it was such a big deal.

To them, it was a rite of passage. It was something they'd been building toward since enrolling at Pikeville College. They came here and had success at the national level immediately, improving more and more as each year passed until the evening it all culminated with a national title.

I understand that thinking, but

(See BENTLEY, page ten)

# NUMBER ONE



The Betsy Layne Elementary A-Team captured this year's Right Beaver Classic tournament championship.

## Betsy Layne takes Right Beaver championship

by STEVE LeMASTER  
SPORTS EDITOR

EASTERN – Betsy Layne set the tone early on Tuesday in the Right Beaver Classic A-Team boys' basketball tournament championship game versus Herald Whitaker. The Bobcats outscored Herald Whitaker 18-6 in the first quarter and held the Hornets scoreless in the second period. Herald Whitaker didn't have any answers for the bigger, faster Betsy Layne team. The Bobcats took the Right Beaver Classic title in convincing fashion, beating Herald Whitaker 58-28.

Three different players reached double figures for the Harold Tackett-coached Betsy Layne team.

Nathan Martin and Casey Adkins led the way for Betsy Layne. Martin and Adkins nailed three three-pointers between them and scored 17 points apiece.

Dylan Maldonado added 11 points for the Bobcats. Betsy Layne connected on 18 field goals and finished seven-for-10 from the free-throw line. The Bobcats showed excellent long-

(See CHAMPIONSHIP, page ten)

## RIGHT BEAVER CLASSIC HONORS

### C-TEAM

Individual Free Throw: Evan Hall, Emmalena  
Team Free Throw: Betsy Layne  
Cheerleading Winner: McDowell

### B-TEAM

Individual Free Throw: Kory Jarrell, Betsy Layne  
Team Free Throw: Betsy Layne

### A-TEAM

Individual Free Throw: Sheldon Rice, Allen Central  
Team Free Throw: Allen Central  
Cheerleading Winner: Allen Central  
Dance Winners: May Valley

## Hopkins deems inaugural panorama a success

by STEVE LeMASTER  
SPORTS EDITOR

EASTERN – Saturday's First Annual T.J. Compton Panorama featured all four Floyd County high school girls' basketball teams as well as Lawrence County, Cumberland, Boyle County, June Buchanan and Jaeger, W.Va. Allen Central Lady

(See AC, page ten)

## Garrett Christian rolls in opener

TIMES STAFF REPORT

GARRETT – Last Friday night, the Garrett Christian Warriors hosted their first game of the 2006-07 basketball season. Garrett Christian played host to the visiting Oakdale Academy Cowboys and didn't disappoint their fans. After a slow start, Garrett trailed at the end of the first quarter as Oakdale packed a 17-11 lead into the second frame. In the second quarter, however, Garrett got rolling. The Warriors took a 41-29 lead into halftime and continued to control the game in the second half. Garrett didn't look back in the second half, defeating visiting Oakdale 87-57.

Five different players reached

(See GARRETT, page ten)

## C-Team Bobcats claim tourney title

by STEVE LeMASTER  
SPORTS EDITOR

EASTERN – Betsy Layne outscored McDowell 10-4 in the first quarter and held the Daredevils to half-a-dozen points over the final three quarters Monday night on its way to winning the Right Beaver Classic C-Team boys' basketball tournament championship at Allen Central Middle School.

Betsy Layne took an 18-6 lead into halftime. In the second half, Betsy Layne did even more damage, scoring 11 points in each of the last two quarters.

Blake Rogers scored a game-high 18 points for Betsy Layne, outscoring McDowell himself. Rogers reached his game-high scoring total on nine field goals.

Chase Hall also reached double figures for the Bobcats, finishing with 12 points. Hall connected on

the game's only three-point field goal.

Six different players provided scoring for the Bobcats. Dustin Rogers had four points while Blake Spencer, Brian Watkins and Dalton Maldonado netted two each.

The Bobcats struggled somewhat shooting free throws. Betsy Layne was one-of-six from the charity stripe.

Corey Thornsberry led the McDowell scoring effort, finishing the championship game with eight points. Blake Dean and Michael Gayheart rounded out the McDowell scoring with two points apiece.

The Daredevils connected on just four field goals. McDowell shot less than 50-percent from the free throw line, hitting four-of-nine attempts.

The Daredevils never scored more than six points in a single quarter. Betsy Layne held McDowell scoreless in the fourth quarter.



Betsy Layne defeated Floyd County rival McDowell convincingly for this year's Right Beaver Classic C-Team championship.

## Bentley

it's just not something I prescribe to at this point in my life. Time has given me the ability to realize that moments such as that are rare and should be lived to the fullest extent.

I wonder the same thing about the modern-day Belfry Pirates. Belfry has long been the beast of Eastern Kentucky football, there's no doubt. There was a time they were a Triple-A power that bordered on going Four-A and now they're having - even for Belfry - unprecedented success.

Just in the time I've been covering Belfry football, which dates back to the fall of 1989 when the Bucs lost an overtime game on Thanksgiving weekend in the 3A playoffs to Highlands on what is still the coldest night I've ever spent on a football field, the opponents have changed, the classification is different, but one thing remains the same: Whatever level they play on, the title always goes through Belfry.

In my time alone, it's been Clay County and Belfry, then

Breathitt County and Belfry, then Russell and Belfry, then Prestonsburg and Belfry, then Sheldon Clark and Belfry, and now we're seeing some of the same old faces roll around again.

But one thing has been consistent: Philip Haywood and the Belfry Pirates will always be lurking when the title is on the line.

I mention this because it dawned on me this week that the current crop of seniors will remember the Thanksgiving weekends of their youth for

football.

I was told a couple of years ago that the team had a huge Thanksgiving dinner together, prepared by their parents and friends. I thought this was a terrific idea, the culmination of the togetherness and camaraderie their coaches have been begging for all this time.

I'm all about spending holidays with family, but in so many ways, this is their family. They've made it through two-a-days, through training camp and all those sprints and suicide drills. They've worked

hard on the field and off to be the best football team they could possibly be.

This is family, Belfry football.

And for the senior class, it's been as sure as Dallas and Detroit playing on Thursdays and shoppers going crazy on the morning after. Thanksgiving weekend has meant football *Belfry Pirate football*.

The senior class of 2007 has been one of the four best teams in the commonwealth in their class for their entire careers.

They won a state title as freshman, repeated it as sophomores and fell to Russell on this weekend last year.

Tonight's their night for revenge. Tonight the culmination of their high school careers comes in a stadium only they have called home. Tonight's the night. I write this every year this weekend, and it's no less true today: For the Belfry Pirates, it's tonight we do or tonight we die.

Long live the Pirates.

Continued from p9

## AC

Rebel Coach Jennifer Hopkins, headed into her second season of mentoring at her high school alma mater, wanted to do something to honor the late T.J. Compton, a long-time supporter of ACHS girls' basketball. The inaugural panorama entertained several girls' basketball fans who were in attendance.

"The panorama was a huge success," said Hopkins. "The coaches commented on what a good experience it was for their teams for the upcoming season. We had a good crowd support throughout the day. We hope to make it an even bigger event next year. This was a great showcase of girls'

basketball in Eastern Kentucky."

The Lady Rebel head coach also confided that the support for the first annual panorama was also evident.

"I would like to give a special thanks to our sponsors - T&K Signs, Hall Funeral Home, Nelson-Frazier Funeral Home, Pepsi, Knott-Floyd Land, Woodmen of the World and Dairy Queen," Hopkins commented. "We would also like to thank our parents."

The 2006-07 girls' basketball regular-season will tip-off Monday with games being played across the state.

Continued from p9

## Championship

range shooting capability, hitting five three-point field goals.

The Bobcats also played some stout defense.

Betsy Layne held Herald Whitaker to just eight field goals and one three-pointer.

Derek Tackett and Andrew

Roberts added four points apiece for the Bobcats. James Cash and Jason Case pushed in three and two points, respectively.

No Herald Whitaker player scored more than five points. However, eight different Hornets scored points in the

championship game.

Jordan Cobb paced Magoffin County with five points. Montana Bailey, Jesse Minix, Dustin Jenkins and Dylan Manns each had four points for the Hornets.

Herald Whitaker was nine-for-15 from the free-throw line.

Continued from p9

# ATHLETES OF THE WEEK



Courtney Martin, ACHS Volleyball



Casey Adkins, BLES Basketball



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## Garrett

double figures scoring for the Warriors. Garrett's Kyle Green led all scorers with a game-high 24 points. Andrew Zabo followed with 16 points and Robbie Vanderpool added 10.

Wes Prater and Matthew Potter each recorded a double-double for the Warriors. Prater finished with 11 points and 12 rebounds. Potter ended the contest with 11 points and 13 rebounds.

In other Garrett scoring, Jan Hicks netted eight points, Bobby Prater scored three and Ryan Burns added two.

The Garrett Christian basketball team is scheduled to travel to Winchester next week for a game against Winchester Christian Academy.

Continued from p9

## A-TEAM: Adams outlasts MCA 48-39

TIMES STAFF REPORT

MARTIN - The Adams Middle School Blackcats played at Mountain Christian Academy (MCA) Monday night. The Adams A-team opened up to a 28-12 halftime lead and held on to win 48-39. Warren Blackburn led the way for Adams with a game-high 16 points. Blackburn knocked down four three-point field goals in the Blackcat triumph. Alex Griffith added 10 points for Adams and Wil Allen pitched in eight. Zach Spiggle added four points in the win. Seth Carter, Joseph Jamerson, Nate Fraley and Storm Roope each scored two points to round out the scoring for Adams.

Matthew Ison led the MCA Falcons in scoring with 13 points. Alex Hartgrove scored 11 points, John Gullett added seven and Joseph Kidd netted five for the Falcons. Matthew Prater rounded out the MCA scoring with three

points. The Adams A-team opened the season 1-0.

The Adams Middle School B-team defeated the MCA B-team 34-12 as Wes Robinson scored a game-high 14 points. Joseph Jamerson added seven points, Blake Goble scored four and Tyler Shelton three for the B-team Blackcats. Alex Garner, Chase Baldrige and Charlie Joseph each scored two points to round out the scoring for the Adams B-team.

Jacob Bartley led MCA with five points and Matthew Kidd scored three. Jeremy Ousley and Matthew Ison each scored two points and rounded out the scoring for MCA. The Adams B-team also opened its season 1-0.

Adams also prevailed in the C-team matchup. At press time, no scoring information was available on the C-team game.

The Adams C-team is 1-1 following a season-opening loss to Osborne.

## Vols hoping to finish strong against Kentucky

by ELIZABETH A. DAVIS  
ASSOCIATED PRESS

KNOXVILLE, Tenn. - Tennessee ended a two-game losing streak last week, and now coach Phillip Fulmer is looking for the No. 19 Volunteers to finish strong.

Tennessee (8-3, 4-3 Southeastern Conference) ends the regular season Saturday by hosting Kentucky (7-4, 4-3), a team the Vols have beaten 21 straight times.

Tennessee won 39-10 at Vanderbilt last week after losing back-to-back games to LSU and Arkansas while starting quarterback Erik Ainge was sidelined with a sprained right ankle.

"It was good to see them respond and play well versus Vanderbilt. We have a chance to finish the season here with the same kind of beginning we had," Fulmer said Tuesday during his weekly news conference.

"Our focus will be strictly on Kentucky as we go into this last ball game and on us being as good as we can possibly be. We'd like to play our best football game of the season."

The winner will take over second place in the East division behind winner Florida, and the game could clear up the SEC bowl picture. Tennessee and Kentucky are among nine SEC teams eligible for bowls although the league only has agreements to send eight teams to the postseason.

The Vols' potential bowl invitations appear wide open from the Outback Bowl on Jan. 1 to the Music City Bowl on Dec. 29.

"This time of year I know the players get a lot of questions about, 'Hey where are you going to play for the bowl game' and those kind of things. I keep emphasizing to them that the important thing is - just like we started off the season - that we concentrate on the task at hand ... that we play fired up, focused and prepared for this football game. We can't do anything about anything else that's out there at this point except win this football game," Fulmer said.

"Fired up, focused and prepared" was a slogan Fulmer used at the beginning of the season.

The Chick-fil-A Bowl is sending scouts to this week's game as they did at Vanderbilt. The SEC participant for the Dec. 30 game could be determined when Georgia hosts Georgia Tech this weekend.

Since Fulmer took over as head coach at the end of the 1992 season, Tennessee has only been to two bowls that were held before Jan. 1. Last season was the first with no bowl game.

The Vols got some bad news with the injury to starting linebacker Jerod Mayo, who is third on the team with 82 tackles and has a team-high five sacks.

Fulmer said Mayo will not play against Kentucky because of a hurt left knee but could return for the bowl game. Doctors haven't been able to determine what exactly is wrong with his knee, but Fulmer said it is a problem with the bone, not ligament, and may not be a new injury. It has been swollen, and Mayo has been getting around on crutches.

Redshirt freshman Rico McCoy should earn his first career start in place of Mayo.

Tennessee will have safety Antonio Wardlow back from a two-game suspension for his arrest in a disturbance at a nightclub.

The Vols will honor 20 seniors - including 10 starters - playing in their final game in Neyland Stadium.

"It's been a really neat group of young men to be around - not just on the field but off the field. We had a lot of time to reflect when we reported back in December and January in what was expected and what they expected and how we were going to be focused and disciplined and I think they've done a really good job of leading," Fulmer said.

The players elected team captains for the game after Fulmer picked game captains for the earlier games. He said the names would be announced after he told the team at practice later Tuesday.

He said the captains "reflect a lot of the personality of this team."

On the Net:

Tennessee football: <http://www.utsports.com>



## SPORTS FAN OF THE WEEK



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### HIGH SCHOOL FOOTBALL PLAYOFFS

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**CLASS A STATE SEMIFINALS**  
Danville-Mayfield, 7 p.m.  
Somerset-Newport Central Cath., 6 p.m.

**CLASS 2A STATE SEMIFINALS**  
Belfry-Russell, 7:30 p.m.  
Mercer County-Owensboro Cath., 7:30 p.m.

**CLASS 3A STATE SEMIFINALS**  
Central-Bowling Green, 7:30 p.m.  
Johnson Cent.-Covington Cath., 7:30 p.m.

**CLASS 4A STATE SEMIFINALS**  
Henry Clay-Trinity (Louisville), 7:30 p.m.  
Ryle-Henderson County, 7:30 p.m.

# Maui Invitational: UCLA 73, Kentucky 68

by JIM O'CONNELL  
ASSOCIATED PRESS

LAHAINA, Hawaii — Arron Afflalo was able to smile after one of the worst shooting performances of his career.

"I just have to thank my teammates. That's all I can do right now," Afflalo said after going 5-for-18 from the field in No. 5 UCLA's 73-68 victory over No. 20 Kentucky on Tuesday night in the semifinals of the EA Sports Maui Invitational. "They still showed their trust in me and all our guys did a great job tonight and Luc came up with some magnificent rebounds."

Luc Richard Mbah A Moute scored 18 points despite playing the final 8 1/2 minutes with four fouls. He scored six of UCLA's last 10 points, ignoring

the foul trouble to go inside for the first four points and then throwing down a dunk on the break to make it 69-65 with 25 seconds to play.

"Luc was a tough matchup for them," Bruins coach Ben Howland said.

"Luc does so many of the little things," Howland said about the 6-foot-8 sophomore who leads the team in rebounding. "Defensively he does a great job rotating and taking punishment, and Randolph Morris punishes you."

The 6-11 Morris had 11 points for the Wildcats (3-1), who got to 71-68 on his layup with 2 seconds to go, but Afflalo made two free throws with .6 seconds left for the final margin.

The final 10 minutes were the kind of game one would expect from the

two most successful programs in college basketball history — UCLA holds a record 11 NCAA championships, four ahead of runner-up Kentucky.

"UCLA really executed down the stretch. They made plays, made shots when they had to," Kentucky coach Tubby Smith said. "A couple of stops on the defensive end and we would have had a chance to win the game."

Afflalo finished with 14 points, while Lorenzo Mata added 12 points and 11 rebounds.

Joe Crawford had 16 points for the Wildcats, and freshman guard Derrick Jasper had 12 points and nine rebounds.

UCLA jumped out to a 26-9 lead, but the Wildcats were able to get it down to 38-30 at halftime.

The Wildcats were finally able to

tie the game for the first time at 48 on a 3 by Crawford with 11:46 to play, and their first lead came 1:24 later on two free throws by Jasper.

There were three lead changes and four ties the rest of the way and neither team managed more than a five-point lead until Afflalo's dunk with 8 seconds left made it 71-65.

Mbah A Moute scored down low to make it 67-62 with 2:20 left and Crawford answered with a three-point play 18 seconds later.

After a Kentucky turnover and a UCLA miss, Smith called two timeouts in a 13-second span, but Bruins point guard Darren Collison foiled any strategy by stealing the ball from Ramel Bradley and then found Mbah A Moute on the break for the game-clinching dunk.

"I just turned it over," a somber Bradley said.

Collison said he saw Bradley begin to fumble the ball and then went for the steal.

"I capitalized on it as soon as I saw him fumble it," he said.

Afflalo, one of two returning starters from last season's national runner-up, entered the game shooting 56 percent from the field and 55 percent on 3s. In his first two seasons at UCLA he shot 46 percent overall and 37 percent from beyond the arc.

"My adrenaline was up a little bit but I never lost confidence. Maybe I was a little fatigued," Afflalo said. "I don't expect to ever shoot 1-for-8 on 3s. It was one of those nights. Hopefully I can stop that in the championship game."

## Playing Tennessee not just another game for Wildcats

by MALCOLM C. KNOX  
ASSOCIATED PRESS

LEXINGTON — Coaches and players usually say they're going to treat every game like any other game.

Not Kentucky. Not this week.

The Kentucky Wildcats (7-4 overall, 4-3 Southeastern Conference) will travel to Knoxville to face Tennessee on Saturday.

Wildcats defensive end Durrell White is from Middlesboro, about 75 miles north of Knoxville, Tenn., home of the Volunteers. There are more Tennessee fans than Kentucky fans there, he said.

Getting the win would be "the greatest feeling in the world," White said. "I could talk the rest of my life

to my friends that are big Vol' fans. They can't say nothing to me after this weekend if we go down there and win."

The last time the Wildcats went to a bowl game was seven years ago. They'll do that this year.

The last time they won more than seven games was more than 20 years ago and they have a chance to do that.

"Obviously, the winner will be in sole possession of second place in the SEC East. So it's a big game for both of us," Brooks said. "We have to have it this week. If we have any chance at Tennessee, our defense has to step up."

The Wildcats are last in the SEC in scoring defense, allowing more than 30 points a game, and yardage

allowed, more than 450 a game.

The Wildcats' best finish has been third in the division since the SEC split in 1992. History will be even tougher on them since they haven't beaten the Volunteers (8-3, 4-3) since 1984, before many of the players were born. But that's one reason Kentucky tight end Jacob Tamme believes his team has a shot.

"None of us have been here for 21 years," he said. "Every year it's a different football team."

The Wildcats have shown spirit this season that recent teams hadn't. They've won four in a row, including coming from behind in the fourth quarter to beat Georgia, Vanderbilt and Louisiana-Monroe in their last three games.

Of course, coach Rich Brooks

would rather have sewn those games up early and held a lead to win.

"I think that's a significant thing," Brooks said. "I'm not saying we're great team because we're not yet. We're a good football team and good football teams will find ways to win games."

Wildcats' fans stormed the field and tore down the goal posts in celebration of the win over the Bulldogs. They hadn't beaten that team since 1996.

The last time Kentucky beat Tennessee and Georgia in the same season was 1977.

"The feeling we had beating Georgia was unbelievable," White said. "It was so sweet. Going into Tennessee with that victory behind us, thinking about going and beating

Tennessee, how sweet that would be."

The Wildcats and Volunteers essentially traded quarterback coaches after last season. The Wildcats hired Randy Sanders who was offensive coordinator and quarterbacks coach for the Volunteers last season. He had a variety of positions in the program over his 17 years there. Kurt Roper is Tennessee's running backs coach but coached quarterbacks for Kentucky last season.

The value that each provides to the other team will be about even, Brooks said.

"I think that gaining an advantage on insights and schemes and all of that is a little overrated," he said. "Maybe if we had 12 of their players, it'd make a little difference."

## Bears get first win under Wells

TIMES STAFF REPORT

PIKEVILLE — The monkey is finally off Coach Kelly Wells' back.

After six grueling losses to open the season, the Pikeville College men's basketball team held on for an 89-83 victory over the Scots of Covenant (Ga.) College in the opening game of the 2006 Thanksgiving Classic at the Eastern Kentucky Expo Center on Tuesday night. The win was the first of the season for the Bears, as well as the first for first-year coach Kelly Wells.

The Bears came out with guns blazing in the first half, scoring the game's first seven points, five of them coming from junior Paul Frazier. The Baltimore product sizzled in the first half, having 13 of his team's first 15 points in building to a 10-point lead with 12:45 remaining. He had 23 first-half points.

A pair of free throws from senior Donald Thomas gave the Bears a cushion at 22-8 with 10:50 to go. The Bears seemed in complete control when freshman Brad Lowe (Pikeville), a Pike County Central High School graduate, sank a three pointer with 49 seconds to go in the

half, driving the Bears into the locker room with a relaxing 42-26 lead.

"We felt extremely comfortable at halftime," said Coach Wells. "We felt like we really had the momentum in our favor, but they gave us a heck of a battle during the second half."

Indeed, though the Bears maintained their lead, the Scots continued to fight their way back into the game. Covenant began making solid passes and picking up quick buckets, especially from beyond the arc. Meanwhile, the Bears, perhaps growing anxious with such a sizable lead, started to turn the ball over, force bad shots, and fail to move the ball the same way as in the first half.

With 6:56 to go in the game, Reed Crossen sank two free throws, cutting the Pikeville lead to 67-64. Not only was this the closest Covenant had been since the first possession of the game, but it capped off an incredible 41-22 for the Scots. Like the UVA-Wise, King, and Union games from earlier this season, it seemed like only a matter of time before the Bears let this one slip away.

However, the senior leadership of Thomas and Donnell Dobbins refused to let that happen. The pair of

them bucketed six free throws within the next two minutes, pushing the lead to nine points. A three from Lowe — who had 20 second-half points — with 2:28 remaining put the Bears on top 82-71, and though the Scots would cut the lead to six points with 52 seconds remaining, the Bears would hold on and pick up that elusive first win with the 89-83 final.

"I thought we played a great first half," said Wells, "but then we got into that mode where we were playing not to lose rather than playing to win. We stopped doing the things we did in the first half and let them get back into the game. But we'll take it."

Pikeville had a big night out of junior Paul Frazier, who poured in a season-high 28 points, going along with eight rebounds. Lowe, who nailed six threes, contributed 20 points, while Dobbins (14) and Thomas (12) also scored in double figures.

Covenant's offense was led by Jacob Skogen, who connected on four three-pointers and brought in 20 points and nine rebounds for the Scots. Four other Covenant players also scored in double figures in the loss.

## Pikeville bowlers have another quality weekend

TIMES STAFF REPORT

LOUISVILLE — The Pikeville College bowling program continued its outstanding run this season with a first- and second-place finish last weekend in the Striking Knights Invitational, hosted by Bellarmine College.

The seventh-ranked Bears picked up the championship in the men's

bracket while the women finished second to Morehead State University.

Senior Kevin Kovash, a Clarksville, Tenn. native, was the individual champion averaging 220.2 for the event. Chris Jones, a sophomore from Reno, Nev., was also on the all-tournament team thanks to an average of 203.6.

Pikeville advanced to the finals thanks to their semifinal round win over Purdue University and then knocked off Morehead State in the finals.

"Our guys had a very nice weekend and I'm proud of them," said Coach Kyle Wilson. "We got some nice lead-

ership from Kevin. It's great to see a senior step up. Hopefully this will propel us even higher up the ladder.

The Lady Bears, meanwhile, advanced to the finals with a win over Martin Methodist College in the semifinals. Senior Kelley Neace, a product of Chavies, averaged 186.6 to make the all-tournament team.

"I'm very proud of this team we sent to Louisville and think they handled themselves very well," said Ron Damron, head coach of the Lady Bears. "Morehead has a quality program and losing to them in the finals is no disgrace. I'm very pleased with how this season is going."

## State football title games going on the air

TIMES STAFF REPORT

LEXINGTON — The Planet (101.5 FM) in Lexington will carry all four games of the 2006 KHSAA State Football Finals as part of the Rawlings Radio Network. Gary Ball, Bill Ransdell, Randy Wilson and Mike Harmon will have all of the action of the Rawlings/KHSAA Radio Network live from Papa John's Cardinal Stadium. In addition, the games will be streamed on the internet at [www.khsaa.net](http://www.khsaa.net) in partnership with ezstream.

Insight Communications Louisville will produce and air on a tape-delayed basis all four games of the 2006 KHSAA State Football Finals. In addition, the game will air on the Insight Network throughout the state

(Northern Kentucky, Bowling Green, Lexington, Louisville) and Comcast in Indiana. Brian Milam and Earl Browning will handle the play-by-play and color commentary duties.

Insight Louisville will air the games using the following schedule: CLASS 4A - SATURDAY, DEC. 2 AT 7:30 PM CLASS 3A - SATURDAY, DEC. 2 AT 11 PM CLASS 1A - SATURDAY, DEC. 9 AT 7:30 PM CLASS 2A - SATURDAY, DEC. 9 AT 11 PM Comcast /Charter Sports Southeast will also air the games on a delayed basis throughout the South. An air date schedule will be announced once finalized.

■ The next meeting of the KHSAA Board of Control is scheduled for Thursday, Dec. 14 at the Association office in Lexington. This meeting is for review of appeals. For an agenda,

contact the KHSAA or log on to [www.khsaa.org/boardofcontrol](http://www.khsaa.org/boardofcontrol).

Commissioner Brigid DeVries has announced the following penalties against member schools for rules violations:

■ Trigg County — use of ineligible girls' basketball player Forfeit 14 games — two wins on 12/16/05 and 12/19/05 — all others Trigg County was the losing team; Fined \$1,000.

■ Iroquois — use of ineligible football player Forfeit 3 games — 9/1 vs. Moore; 9/8 vs. Shawnee; 9/15 vs. Central Hardin; Fined - \$500.

UPCOMING KHSAA EVENTS  
Nov. 30 - State Football Final (Class 4A)  
Dec. 1 - State Football Final (Class 2A, 1A, 3A)  
Dec. 5 - KHSAA Title IX Workshop, Northern KY University

## BASKETBALL TIME



The Prestonsburg High girls' basketball team ended preseason play on a winning note Saturday against Morgan County in the T.J. Compton panorama.



The McDowell Elementary cheerleaders performed during this year's Right Beaver Classic.



South Floyd High senior Heather Dean (left) and Betsy Layne junior High Kaitlin Lawson (right) return to lead their teams.

# Johnson caps dream season by winning Nextel Cup championship

by JENNA FRYER  
ASSOCIATED PRESS

HOMESTEAD, Fla. — Not long ago, Jimmie Johnson and Chad Knaus were considering a split.

The driver-crew chief combination worked well during the regular season — better, in fact, than almost any other — but when NASCAR's playoffs got going, something wasn't right. They couldn't carry their success through to the finish.

So car owner Rick Hendrick sat them down and made them decide if the relationship should continue.

They chose to stick it out. And this year, they worked it out.

No bad luck, no ill-timed wreck, no gremlin in the machinery was going to deny Johnson his long overdue Nextel Cup title Sunday.

"It was a decision we had to make — they really had to make — did they want to be together?" said Hendrick. "They made that decision, and when things got tough this year, they cinched it up between the two of them. They're as good of a combination as I've ever had in racing."

They proved it with a banner season.

A Daytona 500 victory. A win at the prestigious Indianapolis Motor Speedway. All but four of the 22 regular-season weeks on top of the points standings.

But the No. 48 team was used to those kids of accomplishments.

A first NASCAR championship? For the driver and team who had everything but, nothing could have come as a bigger relief.

"It's going to take a little bit of time for this to soak in, just to think

what this team has accomplished and the year we've had," Johnson said. "Being a champion, it's the only thing I ever wanted to be."

He finally got his wish via a ninth-place finish at Homestead-Miami Speedway that sealed his championship by 56 points over Matt Kenseth, who finished the race ahead of Johnson, in sixth.

Greg Biffle won the Ford 400 for the third straight season, beating rookies Martin Truex Jr. and Denny Hamlin to the finish line. Kasey Kahne was fourth and Kevin Harvick rounded out the top five.

Juan Pablo Montoya, making the first Nextel Cup start of his budding NASCAR career, ran as high as 13th, but his race ended in a fiery wreck 16 laps from the finish.

When this Chase got rolling 10 weeks ago, few thought Johnson would win it. The most dominant driver of the regular season had wrecked out of the first Chase race, dropped to ninth in the standings and knew he'd need a furious rally.

"I think we knew in our hearts we could do it all along, we just got into some bad luck at the beginning," Johnson said. "That's what let us get the momentum, let us sleep well at night, is because we knew this team was capable of winning a championship. We just had to have some good luck."

But even with a little luck, it still looked bleak: He was 165 points out after the third Chase race.

That's when Johnson and his Hendrick Motorsports crew turned it up a notch, reeling off five straight finishes of second or better. It moved them back on top of the

leaderboard — where they spent 22 of 26 weeks of the regular season — and sent them into Homestead poised to win the title.

He didn't need to be perfect to do it, either. To lock this one up, Johnson needed only to finish 12th or better.

Sounds easy enough. But in typical Johnson fashion, it was anything but.

Flying debris ripped a hole in the grill of the No. 48 Chevrolet a mere 15 laps into the race, then his team couldn't find the tape to patch it. He almost pulled out of his pit with a loose lug nut, but crew chief Chad Knaus noticed it and frantically stopped Johnson from pulling away.

Then he had to avoid Robby Gordon's spinning car.

"We've been ducking them all day," Knaus sighed after Johnson scooted past Gordon.

But on Sunday, the little things that sunk Johnson in the past turned out to be mere annoyances.

"I knew we had a good team. I knew we'd be able to do things right. But you just can't control the outside variables," Johnson said. "Today I was around three or four wrecks and had a piece of debris go through the front of the race car, which we had to fix on pit road."

"There was a lot of crazy stuff going on, and luckily we missed all those problems."

Problems that used to turn into heartbreak: Johnson was twice a championship runner-up, and a cut tire caused him to fall to fifth in last season's bid.

For this one, he was made to wait just a little longer.

The race was delayed nearly eight minutes to clean the track after Montoya's wreck, briefly postponing Johnson's long-awaited celebration. But with the title right in front of him, he wasn't too worried — he'd worked all that out of his system long before the race even began.

"Once I fired the car off, I was in my element and my place to be, and things really mellowed out for me," Johnson said. "My mind really played games with me in the hours leading up to the race."

How he stayed calm — considering all his issues — is a mystery.

"It was such a long day to get here," he said in Victory Lane. "There were times when we were down and out, and in the back, and had to come back through. This just means the world to me, it's the most amazing day of my life."

Jeff Gordon, the four-time series champion who befriended Johnson and convinced Hendrick to give his new protege a ride, celebrated on the cool-down lap by bumping into the side of Johnson's car.

"I don't like to take much of the credit because Jimmie is a heck of a race car driver," Gordon said. "Somebody was going to pick him up, and I'm just really thankful that the opportunity presented itself to us. I think he'll be one of the best champions we've ever had because he cares so much about it."

Knaus received a celebratory hug from Hendrick, who won his sixth championship as a car owner, and another from Ray Evernham, the championship crew chief turned rival car owner who taught Knaus much of what he knows.

"This team has really come into its own over the last year," Knaus said. "I just couldn't be prouder. We had to battle back from a lot of weird stuff this year, and they held strong."

It started with the season-opening Daytona 500, when Knaus was caught cheating in race preparations. He was sent home and forced to watch Johnson win the biggest race of the season on TV. And he was still at home, finishing up his four-race suspension, when Johnson scored his dramatic win in Las Vegas.

They finally reunited in late March, teaming for three of Johnson's five wins this year, including the victory at Indianapolis that automatically made Johnson the favorite to win the title: Five of the past eight Brickyard champions parlayed their wins into a championship.

Now it's six of nine. Hamlin finished third in the final Chase standings and was followed by Harvick and Dale Earnhardt Jr. Gordon was sixth, Jeff Burton was seventh and Kahne, Mark Martin and Kyle Busch completed the Chase field.

Reigning champion Tony Stewart, who failed to make the Chase but won three of its races, finished 15th Sunday and finished 11th in the standings to earn the \$1 million payout.

Johnson earned \$6.2 million in race winnings, but his payday doesn't end there — the final prize money is announced Dec. 1 at NASCAR's end-of-year banquet in New York City. Last year, Stewart totaled more than \$13 million for his title.

## NFL: Bengals 31, Saints 16

by BRETT MARTEL  
ASSOCIATED PRESS

NEW ORLEANS — If anyone doubted how seriously Chad Johnson takes his role on the Cincinnati Bengals, consider this: He was too hurt to perform his trademark end zone celebrations.

He retained the will to score game-breaking touchdowns.

For a second Sunday in a row, Johnson and quarterback Carson Palmer terrorized an opposing defense, connecting for 190 yards and three touchdowns. This time, however, it resulted in a 31-16 victory over the New Orleans Saints that halted a three-game losing skid and renewed hope of a playoff run in the Bengals' locker room.

"I'm trying to be as consistent as possible, trying to make sure I do all I can to make sure we come up out of this hole and make this run," said Johnson, who limped into the end zone at the end of a 60-yard touchdown reception that gave the Bengals a 17-10 lead in the fourth quarter. "It was a necessary victory. A must win."

Johnson said he was hurting, but he returned on the next series and caught a 48-yard pass, followed by a 4-yard TD catch on a quick slant as the Bengals (5-5) pulled away.

"I knew Chad was going to come back in the game," Palmer said. "He had been playing so well. He's a tough guy."

New Orleans quarterback Drew Brees lost top receiver Marques Colston, who left with an ankle injury in the first offensive series. That didn't slow down Brees, who went on to throw for more than 500 yards and two TDs.

Saints coach Sean Payton said Colston has a sprained left ankle, and did not yet know his status for next week.

The Saints (6-4) couldn't overcome Brees' three interceptions.

"Our guys are playing with a tremendous amount of energy, but they're making too many mistakes," Payton said.

Palmer and Johnson had combined for 260 yards and two touchdowns last week against San Diego, but it was all for naught in a 49-41 loss. This week, they got some help from the defense, which thwarted four Saints drives with turnovers.

Palmer was 14-of-22 passing for 275 yards and benefited from the balance provided by Rudi Johnson's 111 yards rushing for the Bengals (5-5).

Palmer was intercepted once, but made the Saints pay when they blew coverages on play-action fakes. On the Bengals' first touchdown, Johnson changed his route, sprinting past cornerback Fred Thomas and raising his hand when he saw Saints safety Josh Bullocks wasn't deep

enough. Palmer saw it and lofted a 41-yarder on target.

"That's nothing more than Chad and I just making eye contact through a route and the defense not even being around him because they're out of position," Palmer said. "Chad and I have worked together a lot, not just during the season. ... We understand each other. I understand how Chad runs certain routes and know he's always looking for that big play if he can get behind the defense."

New Orleans looked like the better team for much of the game, but as it was in its two previous losses to Pittsburgh and Baltimore, turnovers were costly.

"We can move the ball at will, any time, any place ... through the air, on the ground, whatever it takes," Brees said. "But when it really comes down to it, you have to take care of the football, you have to convert on third down. We can be as good as we want to be as long as we take care of the football."

Two promising drives ended with interceptions in the end zone.

Brees also had an interception returned 52 yards for a touchdown by Ethan Kilmer that gave the Bengals a 31-10 lead with 6:14 to go.

Cincinnati's defense also made an important stand early in the fourth quarter, stopping Deuce McAllister on a third-and-1 at the Bengals' 5-yard line. A touchdown could have put New Orleans ahead and changed the complexion of the game. Instead,

John Carney's short field goal tied the game at 10.

Brees was 37-of-52 for 510 yards passing, his fourth consecutive game with more than 300 yards. But New Orleans (6-4) has lost three of those four games, including two in a row.

Reggie Bush and McAllister com-

bined for 91 yards rushing, with Bush accounting for 51.

Brees' touchdown passes went for 72 yards to Joe Horn in the first quarter and 27 yards to Terrance Copper late in the game.

## 2006 NASCAR Nextel Cup Schedule/Results, June-November

- June 4 — Neighborhood Excellence 400, Dover, Del. (Matt Kenseth)
- June 11 — Pocono 500, Long Pond, Pa. (Denny Hamlin)
- June 18 — 3M Performance 400, Brooklyn, Mich. (Kasey Kahne)
- June 25 — Dodge/Save Mart 350, Sonoma, Calif. (Jeff Gordon)
- July 1 — Pepsi 400, Daytona Beach, Fla. (Tony Stewart)
- July 9 — USG Sheetrock 400, Joliet, Ill. (Jeff Gordon)
- July 16 — Lenox Industrial Tools 300, Loudon, N.H. (Kyle Busch)
- July 23 — Pennsylvania 500, Long Pond, Pa. (Denny Hamlin)
- Aug. 6 — Allstate 400 at the Brickyard, Indianapolis (Jim Johnson)
- Aug. 13 — AMD at the Glen, Watkins Glen, N.Y. (Kevin Harvick)
- Aug. 20 — GFS Marketplace 400, Brooklyn, Mich. (Matt Kenseth)
- Aug. 26 — Sharpie 500, Bristol, Tenn. (Matt Kenseth)
- Sept. 3 — Sony HD 500, Fontana, Calif. (Kasey Kahne)
- Sept. 9 — Chevy Rock & Roll 400, Richmond, Va. (Kevin Harvick)
- Sept. 17 — Sylvania 300, Loudon, N.H. (Kevin Harvick)
- Sept. 24 — Dover (Del.) 400 (Jeff Burton)
- Oct. 1 — Banquet 400, Kansas City, Kan. (Tony Stewart)
- Oct. 8 — UAW-Ford 500, Talladega, Ala. (Brian Vickers)
- Oct. 14 — Bank of America 500, Concord, N.C. (Kasey Kahne)
- Oct. 22 — Subway 500, Martinsville, Va. (Jimmy Johnson)
- Oct. 29 — Bass Pro Shops MBNA 500, Hampton, Ga. (Tony Stewart)
- Nov. 5 — Dickies 500, Fort Worth, Texas (Tony Stewart)
- Nov. 12 — Checker Auto Parts 500, Avondale, Ariz. (Kevin Harvick)
- Nov. 19 — Ford 400, Homestead, Fla. (Greg Biffle)

### Final Driver Standings

1. Jimmie Johnson, 6,475; 2. Matt Kenseth, 6,419; 3. Denny Hamlin, 6,407; 4. Kevin Harvick, 6,397; 5. Dale Earnhardt Jr., 6,328; 6. Jeff Gordon, 6,256; 7. Jeff Burton, 6,228; 8. Kasey Kahne, 6,183; 9. Mark Martin, 6,168; 10. Kyle Busch, 6,027; 11. Tony Stewart, 4,727; 12. Carl Edwards, 4,428; 13. Greg Biffle, 4,075; 14. Casey Mears, 3,914; 15. Brian Vickers, 3,906; 16. Kurt Busch, 3,900; 17. Clint Bowyer, 3,833; 18. Ryan Newman, 3,748; 19. Martin Truex Jr., 3,673; 20. Scott Riggs, 3,619

## Royals acquire catcher Jason LaRue from the Reds

TIMES STAFF REPORT

KANSAS CITY — The Kansas City Royals have acquired catcher Jason LaRue from the Cincinnati Reds in exchange for a minor league player to be named, Royals Senior Vice President-Baseball Operations/General Manager Dayton Moore announced Monday.

LaRue, 32, has been considered one of the best throwing catchers in baseball since his debut with the Reds in 1999. In his



Jason LaRue

eight seasons, he has thrown out 36.9 percent (143-for-388) of attempted base stealers, fourth-best in baseball over that span. In 2001, he led all Major League catchers with a 60.3 caught-stealing percentage. He has served as Cincinnati's primary catcher since the 2001 season and was the Reds longest tenured player prior to the trade.

The 5-foot-11, 200-pound native of Houston, Texas, is a .239 hitter with 84 home runs, 303 RBI, 127 doubles and 263 runs scored in 715 career games. In 2006, LaRue underwent right knee surgery in spring training that forced him to miss the first two weeks of the regular season. He hit .194 (37-191) with eight home runs, 21 RBI and

five doubles while playing in just 72 games, his fewest since playing 31 in 2000. Prior to 2006, LaRue was a consistent offensive performer for the Reds, recording at least 12 home runs, 17 doubles and 43 RBI for five straight seasons from 2001-2005.

LaRue best season came in 2005, when he hit a career-high .260 with 14 home runs and a career-high 60 RBI and 27 doubles. He combined with Javier Valentin that season to form the best offensive catching duo in the Majors. Since he earned the Reds starting catcher job in 2001, he has been hit by a pitch 87 times, tied for the sixth-most in baseball. He set a Cincinnati franchise record by being hit 24 times in 2004.

Cincinnati selected LaRue in the fifth round of the 1995 Draft after he was named an All-American at Dallas Baptist University.

## Reds sign shortstop Alex Gonzalez

TIMES STAFF REPORT

CINCINNATI — Cincinnati Reds general manager Wayne Krivsky announced Monday that veteran SS Alex Gonzalez has agreed to terms on a 3-year contract through the 2009 season with a mutual option for 2011. Financial terms of the deal were not disclosed.

Gonzalez, 29, last season for the Boston Red Sox committed just 7 errors in 111 games and led all American League shortstops with a club-record .985 fielding percent-

age. His 57-game errorless streak from April 11-June 30 also was a record for Red Sox shortstops. In 2006, the Reds' defense ranked second in the National League in errors and 15th in fielding percentage.

Last season at the plate, Gonzalez hit .255 with 24 doubles, nine home runs and 50 runs batted in.

Considered one of the best defensive shortstops in baseball, Gonzalez has a career fielding percentage of .970 and is one of only four Major League shortstops to make fewer than 17 errors in at least 100 starts for each of the last four

seasons (David Eckstein, Derek Jeter, Jimmy Rollins).

He spent his first 8 seasons with the Florida Marlins and was a member of their 2003 World Series championship team. While with Florida in 1999, Gonzalez became just the second rookie shortstop ever named to the NL All-Star team.

Gonzalez produced his best season offensively in 2004, when for the Marlins he led NL shortstops with 23 HR and 79 RBI, both career highs.

In addition, Cincinnati has signed veteran relief pitcher Mike Stanton.



Alex Gonzalez

## HOME RUN HITTERS



Kyle Chaffin (left) of Prestonsburg finished second in the 11-12-year-old division of the Century 21 Kentucky Junior Home Run Derby held at Applebee's Park in Lexington on August 5. Hunter Crowder (right) of Wayland tied for second in the 13/14 year old division of the Century 21 Kentucky Jr. Home Run Derby. The Floyd County sluggers are pictured with the Louisville Slugger Bats they received from Century 21. Each bat is engraved with the name of the event, the year it took place and the player's name.

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# Lifestyles



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### THROUGH MY EYES

## Unified allegiance best for all

by Kathy J. Prater  
FEATURES EDITOR



Thanksgiving is over for yet another year and though I'm penning this column prior to the day of feasting, I'm pretty sure I can safely say that I'll be back at work this day after, with a left-over turkey sandwich waiting for me in my cute little "Barbie Friends" lunchbox. (Okay, you there, snickering in the back - try feeding three hungry teenagers on a daily basis and see if a new lunchbox becomes your priority. As for me, my child may have outgrown Barbie, but I have yet to outgrow thrift...)

That said, rewind to last

(See EYES, page sixteen)

### DINNER DIVA

## Dealing with Thanksgiving leftovers

by Leanne Ely



I had requests mid-November for my fabulous turkey leftover recipes. Gee, we haven't even had Thanksgiving yet, I thought to myself. But then again, I was pleased people were thinking ahead. And what's not to like about the Ultimate Leftover? These tried and true recipes are the best way to handle the plentiful leftovers that are certainly hanging out in your fridge. If you're lucky enough to have a lot of everything, try Alice Johnston's Fabulous Thanksgiving Pie.

Then again, if you've had enough Thanksgiving and are looking for new flavors for your copious leftovers, try the other two recipes.

Alice Johnston's

(See DIVA, page two)

# MAYTOWN PRIDE



Among those participating in the Maytown Center's PRIDE roadside clean-up were: (Pictured, row one): Emily Conn and Sarah Crum; (row two): Clara Jones, Teresa Crum, Joe Slone, Miranda Garrett, and Moe Slone; and (back row): Daniel Chauncy, director, Maytown Center, Judy Crum, Kathy Curtis, and Chris Halbert.

## Maytown Center hosts first community PRIDE event

This past Election Day, while their parents were voting, students from the Maytown Center's after-school mentoring program, BreakAway, were busy performing their own civic duties by participating in a community trash clean-up with the help of Marie Martin-Holbrook, a representative from the PRIDE organization.

The students, armed with trash bags, gloves, and orange vests, picked up roadside litter from

the Maytown Center, in Maytown, up to the boundaries of Route 80. The students also separated aluminum cans from the trash they collected. The cans will be sent to local recycling centers. All together, the student volunteers bagged up about a dozen bags of trash for the county collectors. The activity helped the students put into practice what they had learned about recycling and renewable resources the week before when Denise

May, also a PRIDE representative, visited them for BreakAway program presentation.

The Maytown Center is proud of its students for their part in cleaning up their community. The center hopes to continue the community clean-up as an annual event. To learn more about the Maytown Center, the BreakAway program, or any of the other programs and activities available at the learning center, or to volunteer your services, contact Daniel Chauncy at 285-0539.

## BSCTC Hosts International Awareness Week

Big Sandy Community and Technical College (BSCTC) kicked off International Awareness Week on Monday, November 13, with an exhibit of international art in the Prestonsburg Campus Art Gallery and an international food tasting event held on the Prestonsburg campus. Students joined with some faculty and staff to host the event in authentic cultural dress depicting a range of countries and regions. More than 250 people visited the Diversity Resource Center and the Art Gallery to sample the ethnic recipes and view the art exhibit. On Tuesday, a presentation on China was given by Dr. Tom Vierheller and visiting Chinese scholar, Li Yali. Dr. Phyllis Puffer presented an informative demonstration on Botswana on Wednesday. Thursday marked the wrap-up of International Week with international quizzes throughout the campuses to test the knowledge and awareness of diversity and culture among BSCTC students.

Bernadette Tiapo, director of cultural diversity for BSCTC, said, "I am so happy to see so many people take part in the events of International Week. It makes me happy to know that our students are becoming more aware of their culture and the diversity among us."

The "Human Race Machine" was on the Prestonsburg campus for a week prior to International Week. More than 485 students and community members from all of the Big Sandy area came by the campus to experience the diversity of appearance. A person exploring the Human Race Machine was able to see how they would have looked if they had come from a different ethnic background.

All in all, International Week was a huge success.



Students, faculty and staff members from BSCTC, in ethnic dress, celebrate International Awareness Week.

## Can't have anyone over syndrome

by Marla Cilley

Our homes have always been a source of shame for us. This is why we have locked ourselves behind those doors and refused to let anyone into our homes and our lives. We were fearful that someone would find out our dirty little secret. We felt that we were the only ones in the whole wide world who lived this way. I wrote Sink Reflections for all of us.

This book is dedicated to YOU, who

have suffered in silence, thinking that you were the only one in the world who lived in CHAOS (Can't Have Anyone Over Syndrome)!

We no longer have to suffer with our shame. FLYing gives you the tools to deal with your home and yourself. You see, you never dreamed that the state of your home was a symptom of your problem and not the problem itself. You have said it thousands of times, "If only I could get the house clean; everything would be OK." That is not how it works. We have read every self-help book ever printed because we were looking for that special tip that would be the saving grace. There is no special tip for house cleaning. It just has to be

done. The problem has always been our perfectionism.

As children, we were taught by our parents that if you can't do it right, don't do it at all. It was a lesson we took to heart. We were also taught, by example, that cleaning took a huge block of time. I don't know many people who have hours to devote to their homes. We all have busy schedules and just want our homes to magically clean themselves. We all know how to clean; after all, we are perfectionists; our biggest problem is doing something when we have the chance.

For years in our stinking thinking we cleaned for company. That would only last a few hours because the clean

would start to disintegrate around us: All because we didn't have routines to help us keep it up. Routines are not the straight jackets. With them we can be even more spontaneous than before because now we can open our doors and not hide. Before in our CHAOS; we had to have lots of notice to get ready for company. It would take days or weeks to get it together and an all night cramming session the day before the company arrived. We looked and felt awful because we were not taking care of ourselves.

Did you know that your family deserves to be treated like company

(See FLY LADY, page two)



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## Family Medicine

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

**Q**uestion: Winter is coming and I find I get depressed. This seems to start with me in mid to late October, but doesn't go away until spring. My mom says it is normal to get "blue" around the holidays and says I should just ignore my feelings. I am 23 now and this seems to happen every year. I am fine the rest of the year, then this happens in the fall. Any thoughts on what I should do?

**A**nswer: As a mother of four, I don't like to say that mom is maybe not giving you the right advice, but this time I think you shouldn't listen to her. You

have described something called seasonal affective disorder (SAD). Typically, those with this condition say their symptoms start in October, peak in January or February, and then start to wane. They are usually symptom free in the spring and summer months.

SAD sufferers are very sensitive to the decrease in daylight hours. Why some people have this sensitivity is not very clear. There is some speculation that their brains increase melatonin production at the wrong time of the day due to both the shorter days and the decrease in sunlight intensity. In the winter months, according to

# Reader's 'wintertime blues' may be due to less sunlight exposure

one theory, a SAD sufferer's body will produce "stay awake" substances — like the hormone cortisol and certain neurotransmitters — until the early morning hours. Then, after he or she stays awake half the night, the body finally increases production of sleep-inducing melatonin. This production, though, continues until midday, so the sufferer has trouble getting out of bed until 10 or later. In short, the person's biological clock, or circadian rhythm, is "all messed up." There is a good deal of research showing that circadian rhythm disruption is linked to depression.

Typically people with SAD only have episodes of depression during the months when they get less light exposure. This sounds like the situation you describe. And, you also seem to meet the criteria of having these symptoms for at least two years in a row. SAD and the "holiday blues" are not related.

To be diagnosed with SAD, or any type of depression, the symptoms must last longer than two weeks, significantly interfere with your work or social life, and not be due to another underlying medical condition or drugs or alcohol.

The most common symptoms are depressed mood and a reduction in pleasure or interest in most or all activities. Sleep disturbances — either too much or too little — are common to all types of depression. People with SAD often say they are sleeping more, but it's not clear if this is actually the case. Other possible symptoms include change in appetite or weight, fatigue or loss of energy, feelings of worthlessness, diminished ability to concentrate, recurrent thoughts of death, and in severe cases suicidal thoughts.

The good news is that with a proper diagnosis, you can get the right treatment. Many SAD sufferers respond to therapy with bright or

full-spectrum light that helps reset their biological clock and control melatonin production. Some people are able to help themselves by just getting outside in the bright winter sun for about an hour each day. Also, a new medication was approved in June for treatment of SAD. Some people need medication starting in September until the winter is over. To diagnose your condition and determine the best treatment, I'd recommend you see a family physician.

*Family Medicine® is a weekly column. To submit questions, write to Martha A. Simpson, D.O., M.B.A., Ohio University College of Osteopathic Medicine, P.O. Box 110, Athens, Ohio 45701, or via e-mail to readerquestions@familymedicine.org. Medical information in this column is provided as an educational service only. It does not replace the judgment of your personal physician, who should be relied on to diagnose and recommend treatment for any medical conditions. Past columns are available online at www.familymedicine-news.org.*

## School Happenings

**\*\*"Parent University" to be held Dec. 7, from 8:30 a.m. to 1:30 p.m., at Jenny Wiley State Resort Park. KSP Trooper Scott Hopkins and Lola Ratliff, Title V, FCBE, will speak on the topic of "School Safety." A free meal and door prizes will be provided.**

**Adams Middle School Youth Services Center**  
**\*\*Canned food drive now going on. The homeroom that brings in the most canned food will win a party from the YSC. Food items will be donated to local food banks to help with the upcoming holiday season.**

**\*\*AMS is collecting Food City receipts! Receipts may be given to any AMS student or dropped off at the school office.**

**Nov. 27 thru Dec. 1 - Book Fair. Volunteers needed.**

**Nov. 28 - Magic Me, weather permitting, 3:30 to 4:30 p.m.**

**\*Book Club will meet on Thursdays, after school until 5 p.m. New members can still sign up in the YSC office.**

**\*Sponsors needed for the YSC Secret Santa program. Call 886-1297.**

**The Youth Services Center is open each weekday from 8 a.m. to 4 p.m. Coordinator is Michelle Keathley. Center telephone is 886-1297. Please call for information on center programs and services.**

### Allen Central High School

**Center hours: 8 a.m. to 3:30 p.m., Mon. thru Fri. Sharon Collins, coordinator. Telephone 358-3048. Center provides services for all families regardless of income.**

### Allen Central Middle School

**\*\*Collect Food City receipts and turn them in to homeroom teachers!\*\***  
**\*Can Food Drive going on now at school.\***

**Nov. 27 - Floyd County Board of Education meeting, 6:30 p.m., ACMS.**

**Nov. 27 - Teen Dating Violence program, 7th & 8th grades.**

**Nov. 28 - Picture retakes.**

**Nov. 30 - Bullying program, 7th & 8th grades.**

**Career Decisions and Job Development videos available in YSC lending library.**

**The ACMS Youth Service**

Center offers services to all families, regardless of income. For more information, call Marilyn Bailey, center coordinator, at 358-0134.

### Allen Elementary and Family Resource Youth Service Center

**Call Allen Elementary Youth Service Center at 874-0621 to schedule your child's Hepatitis B vaccination, immunizations, and WIC appointments.**

### Betsy Layne Elementary

**Lost and Found items will be located in the center. Items not claimed within two weeks will become FRYSC property.**

**Center hours are 8 a.m. to 3 p.m., Mon. thru Fri. Center offers services to all families, regardless of income.**

**The Betsy Layne Elementary Family Resource Youth Service Center is located in the 7th and 8th grade wing. The goal of the FRYSC is to meet the needs of all children and their families who reside in the community or neighborhood by the school in which the center is located. For further information, please contact the center at 478-5550.**

**Brian H. Akers, Center Coordinator.**

### Clark Elementary

**F.L.T. Club meets each Tuesday and Wednesday after school, 3:15-4:15 p.m. (Fitness activities for 3rd, 4th, and 5th grade students.)**

**\*\*Fridays are "School Spirit" days! (All year long!) Wear Clark colors (green and gold) or Clark t-shirts. Students, staff, parents - show your support for CES!!**

**Medical exams, shots, and WIC services all available to community. Telephone the center at 886-0815 for an appointment.**

**The Clark Elementary Family Resource Center provides services for all families regardless of income. We are located in the Adams Middle School building.**

### Duff Elementary

**\*\*School is collecting Food City receipts again this year! Please drop off your receipts at the school, or mail them to: Duff Elementary School, P.O. Box 129, Eastern, KY 41622.**

**Nov. 28 - Picture retakes.**

**Yearbooks on sale - \$22.**

**Christmas is fast approaching and needs are great while funds are few. Please call the FRC at 358-9878 if you would like to sponsor a child.**

**FRC is also in need of clothing, sizes 3T thru adult, for emergency clothing use and burnouts. If you have clothing to donate, please call the FRC.**

**Floyd County Health Dept. is on site three days per month. Services include 6th grade school entry physical; kindergarten, Head Start and well-child physicals (age birth to 18 years); T.B. skin test; T.D. boosters; and WIC services. Please call 358-9878 for appointment if you are in need of any of these services.**

**The J.A. Duff Elementary Family Resource Center provides services for all families regardless of income. We are located in the tan metal building at the rear of the school. Contact persons are Judy Handshoe, coordinator.**

### May Valley Elementary

**Parent Lending Library is available to parents for video check-outs. A variety of topics are available.**

**Floyd County Health Dept. nurse at school every Wednesday. Services include Head Start physicals, kindergarten physicals, 6th grade physicals, well-child physicals, immunizations, TB skin test, WIC program, blood pressure checks, and more. Must call the FRC at 285-0321 for an appointment.**

### McDowell Elementary and Family Resource Center

**Dec. 12 - FRC Advisory Council meeting, 6 p.m.**

**Floyd County Health Department Nurse Joy Moore, is at the center each Monday to administer immunizations, T.B. skin tests, well-child exams, WIC, prenatal and postpartum services, and school physicals. Call 377-2678 for an appointment.**

### Mountain Christian Academy

**Call 285-5141, Mon. thru Fri., from 8 a.m. to 4 p.m.**

**MCA is an accredited non-denominational Christian school.**

### Prestonsburg Elementary and Family Resource Center

**The Family Resource Center is open weekdays 8 a.m.-4 p.m., and later by appointment. Office provides services for all families, regardless of income.**

**Call 886-7088 for additional information regarding the Prestonsburg Elementary Family Resource Center or its programs.**

### South Floyd Youth Services Center

**Nov. 28 - Open House. Free meal served at 6 p.m.; parent/teacher visits, 6-8 p.m. Date subject to change.**

**SFHS and SFMS will be participating in the Apples for Students program. Please save and turn in your Food City receipts.**

**Floyd County substance abuse counselor will be on the South Floyd campus each Tuesday. If you need to contact the counselor, please call the Youth Service Center.**

**Call center for: list of visiting speakers and presentations to be held throughout year; to make appointments to attend Parent Volunteer Training sessions; or for information in regard to Adult Education programs.**

**Walking track open to public (track closed during special events).**

**The center has a one-stop career station satellite that is available to the community as well as students.**

**All new students and visitors, stop by the Center, located on the South Floyd campus, Room 232, and see Mable Hall. Open 8 a.m. to 4 p.m., Mon. thru Fri.**

**For more information call 452-9600 or 452-9607, ext. 243 or 153.**

### Stumbo Elementary/Mud Creek Family Resource & Youth Service Center

**Lost & Found located in Family Resource Center.**

**The Mud Creek FRYSC is located on the right, by the school gymnasium. Services are offered to all families, regardless of income. For more information, call Anita Tackett, center coordinator at 587-2233.**

### W.D. Osborne "Rainbow Junction" Family Resource Center

**Nov. 22-24 - No school; Thanksgiving break.**

**Nov. 28-30 - PRIDE program; Denise May, grades K-6.**

**Lost & Found located in the Family Resource Center. Items not claimed within 2 weeks become the property of the FRC.**

**The FRC accepts donations of children's clothing, shoes, belts, book bags, etc. May be used but need to be in good condition. Donated items will be appreciated and utilized by OES students.**

**The Family Resource Center is located in the central building of W.D. Osborne Elementary. Those wishing more information about the center are welcome to visit, or call. Ask for Cissy (center coordinator). Center telephone and fax: (606) 452-4553.**

### Wesley Christian School

**WCS Learning Center accepts toddlers, preschool age (2-4). Hours: 7:30 a.m. to 5:00 p.m., Mon. thru Fri.**

### BSCTC Adult Education & GED 2006 Fall Schedule

**Mondays: 8 a.m. to 12 p.m. - McDowell FRC, Martin Comm. Ctr., Auxier Learning Ctr., and BSCTC; 1-4:30 p.m. - Layne House, BSCTC; 4:30-9 p.m., Auxier Learning Ctr.**

**Tuesdays: 8 a.m. to 12 p.m. - Mud Creek Clinic, BSCTC; 1-4:30 p.m. - Dixie Apts., Betsy Layne FRYSC, BSCTC; 6-8 p.m. - Auxier Learning Ctr.**

**Wednesdays: 8 a.m. to 12 p.m. - Martin Comm. Ctr.; Auxier Learning Ctr.; BSCTC; 1-4:30 p.m. - David Craft Center, BSCTC; 6-9 p.m. - BSCTC.**

**Thursdays: 8 a.m. to 12 p.m. - BSCTC, Mud Creek Clinic, Weeksby Comm. Ctr.; 1-4:30 p.m. - BSCTC, Betsy Layne YSC., Weeksby Comm. Ctr.; 4:30-9 p.m. - Martin Comm. Ctr.**

**Adult Education teachers are: Ron Johnson, Stephanie Conn, Lynn Hall, Nancy Bornes, Vanessa Adkins and Susan Stephens.**

**Program manager: Kay Hale Ross (886-7334)**

## Fly Lady

Continued from p13

and you do, too? The secret to keeping your home in this comfort zone is to pick up after yourself. I asked my clerk one time about this. I had crisis cleaned to get ready for Thanksgiving and I was afraid that it would all fall apart before Thursday and I would be up half the night to get ready for our guests. Since she is Born Organized I interviewed her about how to keep it together. She chuckled at me and said, "It is really quite simple, Marla. All you have to do is pick up after yourself." That was a light bulb moment for me. If I get it out, I put it away. Wow, it is that simple, after all.

Half the battle of having a home ready for company all the time is to have your favorite dumping grounds (hot spots) clear. Your house can have dust everywhere and floors that need doing, but if your hot spots are extinguished, then your home looks clean because the clutter isn't

in your face. We don't allow our homes to get more than 15 minutes worth of messy. We could have a party tonight if we wanted; fling open our doors and let our friends into our homes and lives.

Could you do this without a panic? It is so peaceful to know that your home is ready and your bathroom is presentable. I want for you what I have and this peace came from building my routines one habit at a time.

Are you ready to FLY by eliminating the CHAOS in your life?

For more help getting rid of your CHAOS; check out Flylady's website and join her free mentoring group at [www.FlyLady.net](http://www.FlyLady.net) or her book, *Sink Reflections*, published by Bantam and her new book, *Body Clutter*. Copyright 2006; Marla Cilley. Used by permission in this publication.

**DO YOU SEE A BALLFIELD?**  
**THEN YOU SEE THE POWER OF COMMUNITY COALITIONS.**

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

[www.helpyourcommunity.org](http://www.helpyourcommunity.org)  
or 1-877-KIDS-313

**YOU GET MORE WHEN YOU GET TOGETHER**

Office of National Drug Control Policy



EPPC Cabinet Secretary Teresa Hill, left, presents the reclamation award for the Pikeville regional office to AEP Kentucky Coal representatives Nelson Kidder, center, and Rex Craft, right.



**Columbia Gas presents ALC with award**

Maverick Bentley, of Columbia Gas Transmission, is shown presenting Alice Lloyd College President Joe Stepp and Vice President Jim Stepp with a significant contribution. Alice Lloyd College is pleased that an organization like Columbia Gas supports their mission to educate mountain students.

**AEP Kentucky Coal wins 2006 reclamation award**

AEP Kentucky Coal received a reclamation award in recognition of the best reclamation in the Pikeville regional office. The award was co-sponsored by the Kentucky Coal Association and the Kentucky Department of Natural Resources. The office won for the award for Permit #898-0650, Road Creek, an AEP surface operation located in Pike County. AEP was commended for post mining land

use benefiting "fish and wildlife habitat." Environmental Public Protection Cabinet Secretary Teresa Hill made the award presentations at the Kentucky Coal Association's annual meeting, held in Lexington. The Kentucky Coal Association represents large and small, surface and underground, coal operators in both eastern and western Kentucky.

**'A Carriere Christmas'**

"A Carriere Christmas" featuring "Munroe" and special guests - Susan Scott, of the Big Sandy Singers and the Kentucky Opry's Clayton Case - will be presented on Monday, December 18, at 7 PM, at the US 23 Country Music Highway Museum, in Paintsville. All proceeds generated by this show will be donated to bring Christmas cheer to local needy families. Please join the Carriere Family, Munroe and their guests for this evening of Christmas music and entertainment.



**Martin receives excellence award**

Beverly R. Martin, Big Sandy Community and Technical College Counselor, was named 2006 Career Counselor of the Year Award for Professional Excellence and Volunteer Service by the Kentucky Counseling Association.



**HCTC 'On the Road'**

Tammy Richie and Larry Parke, faculty members at Hazard Community & Technical College, show Amanda Melton the different degree options and certificates available in the business administration program during the recent HCTC Road Show. Leslie County was the very first site of the HCTC Road Show.

**Christmas in the Park to be held Dec. 21**

The GFWC/KFWC Prestonsburg Woman's Club, the city of Prestonsburg, and Archer Park will once again make Christmas a little brighter for the children of the local area. These organizations will host the annual Christmas in the Park event on December 21, at 6:00 p.m., in the Archer Park skating rink. Christmas in the Park is open to the public, and each child, age twelve and under, who attends will get to visit with Santa Claus and receive a present.

**UNITE meeting**

Concerned, caring and committed members of your community will join the Floyd County Coalition of UNITE on Monday, November 27, beginning at 7:00 p.m., at the Garrett First Baptist Church to learn more about the Neighbors UNITED program. Please plan to attend this very important meeting. Together, we can make a difference!

**Editor's Notice:** The Floyd County Times is happy to announce your engagement, new marriage, new baby, birthday or family reunion free of charge. However, space is limited and we can offer no guarantee of the exact day your announcement will run. Readers may opt to purchase ad space if these conditions are not satisfactory. With the purchase of a paid ad, run date, size and placement may be guaranteed.

**Diva**

**Thanksgiving Pie**

Serves 4 to 6

- Leftover gravy, heated
- Leftover turkey, chopped
- Leftover stuffing/dressing (whatever you call it at your house)
- Leftover mashed potatoes
- Leftover veggies
- Leftover cranberries

Preheat 375 degrees.

In an 8 to 9 inch pie pan, press the leftover stuffing into a bottom to make a pie shell of sorts. Next, make a layer of potatoes, then veggies. Add the chopped turkey to the heated gravy and mix well. Pour that turkey mixture into the middle of your pie and put it in the oven. Bake for 20 minutes or so until completely heated through. Serve with leftover cranberries.

**Beanless Turkey Chili**

Serves 4

- 2 tablespoons olive oil
- 1 large onion, chopped
- 4 cloves garlic, pressed
- 1 red bell pepper, chopped (seeded and deribbed)
- 1 stalk celery, chopped
- 2 jalapeno peppers, chopped (seeded and deribbed) OPTIONAL
- 1-2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1/2 teaspoon cayenne pepper
- Salt and pepper to taste
- 1 28-ounce can tomatoes, broken up
- 4-5 cups cooked turkey, chopped
- 2 tablespoons fresh cilantro, chopped
- Juice of one lime

In a large saucepan or skillet, heat oil over medium heat. Sauté onion, garlic, celery, peppers and seasonings over medium-low heat for about 5 minutes.

Add tomatoes. Simmer gently for 20 minutes. Stir in cooked turkey and cook until heated through. Before serving, add lime juice and fresh cilantro and stir gently.

Per Serving: 283 Calories; 8g Fat; 31g Protein; 11g Carbohydrate; 3g Dietary Fiber; 82mg Cholesterol; 273mg Sodium. Exchanges: 0 Grain (Starch); 4 Lean Meat; 2 Vegetable; 1 Fat.

Serving Suggestions: Serve in bowls and top with shredded cheddar cheese and blob of sour cream. Serve with a big green salad and cornbread muffins.

If you don't have that much turkey left, you can add a can of drained white beans and one cup drained canned corn and it becomes more of a chili.

**Barbecued Turkey Pasta**

Serves 6

- 1 pound fusilli or other medium pasta shape, uncooked
- 1 tablespoon olive oil
- 3 cups leftover turkey, cubed
- 1 small green bell pepper, sliced thin
- 1 small red onion, sliced thin
- 2 cloves garlic, pressed
- 1/2 cup spaghetti sauce (your favorite)
- 1/4 cup barbecue sauce
- 1 cup grated Provolone cheese
- 3 green onions, chopped

1/4 cup cilantro, chopped

Prepare pasta according to package directions. Meanwhile, heat oil in a large skillet over medium heat. Add turkey and sauté, stirring occasionally, until starting to brown on all sides, about 1 minute. Add the bell pepper, onion and garlic and cook until pepper turns bright green, about 1 minute. Now add your favorite spaghetti sauce and barbecue sauce and heat just to a simmer. Remove from heat.

Drain pasta, reserving 1/4 cup of water and return pasta to the pot (this is Naked Chef trick if you watch Food Network). Add turkey mixture and cheese to the pot. Stir over a low heat until pasta is coated with sauce. Add enough of the reserved cooking water, if needed, to make the sauce lightly coat the pasta (you don't want it too thin, however). Serve up the pasta in bowls and top with green onions and chopped cilantro.

Per Serving: 530 Calories; 11g Fat; 43g Protein; 61g Carbohydrate; 3g Dietary Fiber; 84mg Cholesterol; 487mg Sodium. Exchanges: 4 Grain (Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Serving Suggestions: A big spinach salad and whole grain rolls.

For more help putting dinner on your table check out Leanne's website, [www.SavingDinner.com](http://www.SavingDinner.com) or her Saving Dinner Book series, published by Ballantine and her new book Body Clutter. Copyright 2006; Leanne Ely. Used by permission in this publication

**Eyes**

Continued from p13

Monday's Floyd County Board of Education meeting. The one at which the board voted to name our county's newest consolidated educational facility. Surprisingly, to me, anyway, the board voted to name the new school Prestonsburg Elementary School. Since the new school will join together the former Prestonsburg Elementary and Clark Elementary, I really figured the board would ultimately choose a new name altogether. New school, new identity, new moving forward was what I believed the thought process would be and what I, personally, would probably have preferred to see.

And that's nothing against either of the old schools as I have had personal dealings with both. I, and each of my three siblings, attended Prestonsburg Elementary School (Prestonsburg Graded School, I believe it was called my first year there) for an entire eight years prior to advancing on to the high school.

My children, on the other hand, have attended both Clark and Prestonsburg Elementaries. We have had wonderful experiences at both schools. (I believe, in retrospect, Clark was a little more understanding on the tardy issue, but perhaps that was before a change in board policy.)

So, I have respect for both institutions. And because of that respect, I believe this is from where my feelings stemmed in leaning toward a new name for the new school. Both schools have a history. One, a longer one than the other, but both histories are valid, nonetheless.

I don't feel that it is entirely fair that the Clark Indians should become a dying breed while the Blackcats live on, especially since the Blackcats have a place in the halls of immortality already, through Adams Middle and Prestonsburg High schools.

On the other hand, having our children become Blackcats from their very beginnings in grade K and on up through grade 12 can also be a good thing. That was, after all, my own experience and I guess I turned out to be "loyal and true" though some may argue differently after reading this column.

Again, it isn't that I'm not a Blackcats fan, it's just that I mourn, along with many others, I'm sure, the passing of the Clark Indians. A passing that was, after all, destined to happen one way or the other, I suppose, no matter how the board had voted.

So, no more smoke signals from near the battlefield. You have to admit, that is a little sad.

But, as a cousin of mine who, like myself, also shares a combined Middle Creek/Prestonsburg heritage, said to me earlier in the week, "There won't be a problem with the kids. It's never the kids. It's the parents." In that vein, parents, let us put a bright face forward, kiss our children's foreheads and tell them to march proudly forward. After all, they will have quite a reputation to live up to.

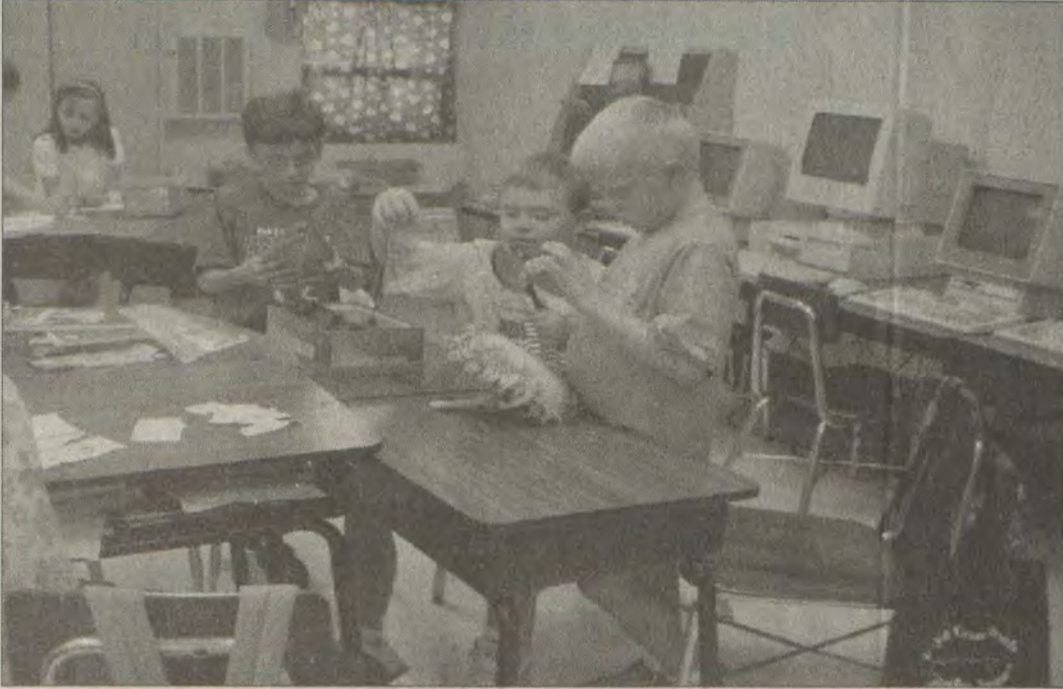
And, when it comes down to it, we are, each and every one of us, "all for one and all for alma mater."

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# FLOYD COUNTY Around Our Schools

## MCDOWELL ELEMENTARY KEEPING STUDENTS BUSY



**Observing and learning**

Grant Shelton and Jacob Potter observe the seeds of a sunflower using a hand lens while Shantz Allen examines a leaf during an activity at McDowell Elementary School.



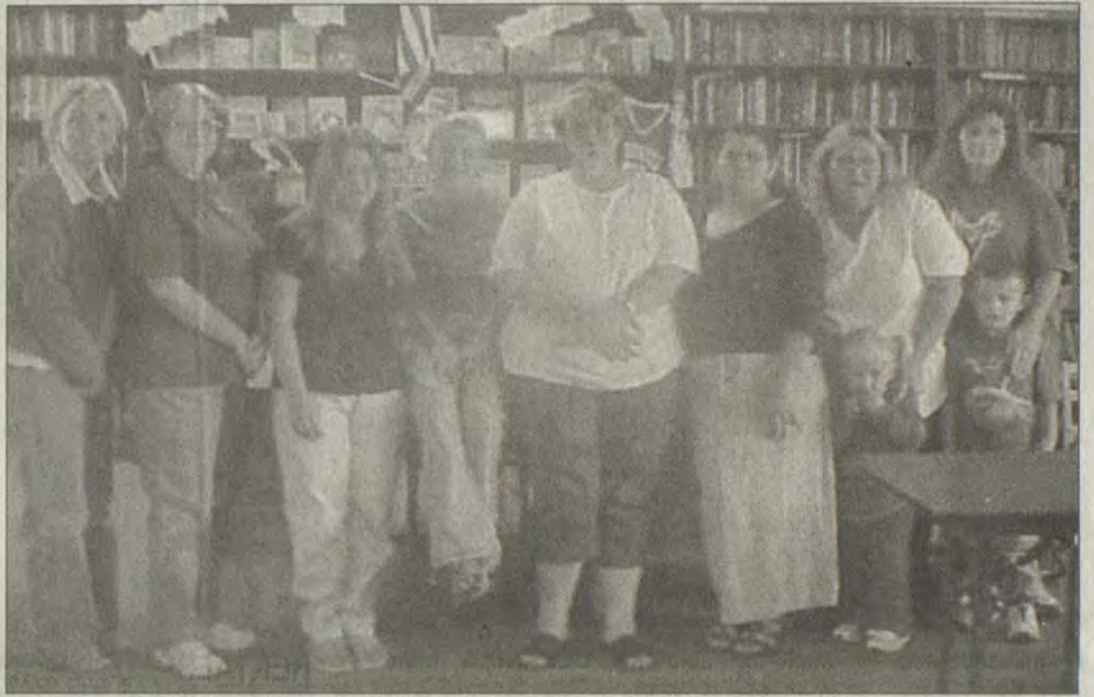
**Keeping smiles bright**

Melissa Perry, McDowell ARH, and the "Tooth Fairy" visit McDowell Elementary to teach students the importance of good dental hygiene.



**Preventing drug abuse**

Carol Jo May, Our Lady of the Way Hospital, presented a program to Mrs. Mona's Headstart class, entitled "Let's Talk About Drugs." Carol Jo also presented the program to several other primary classes in observance of "Red Ribbon Week."



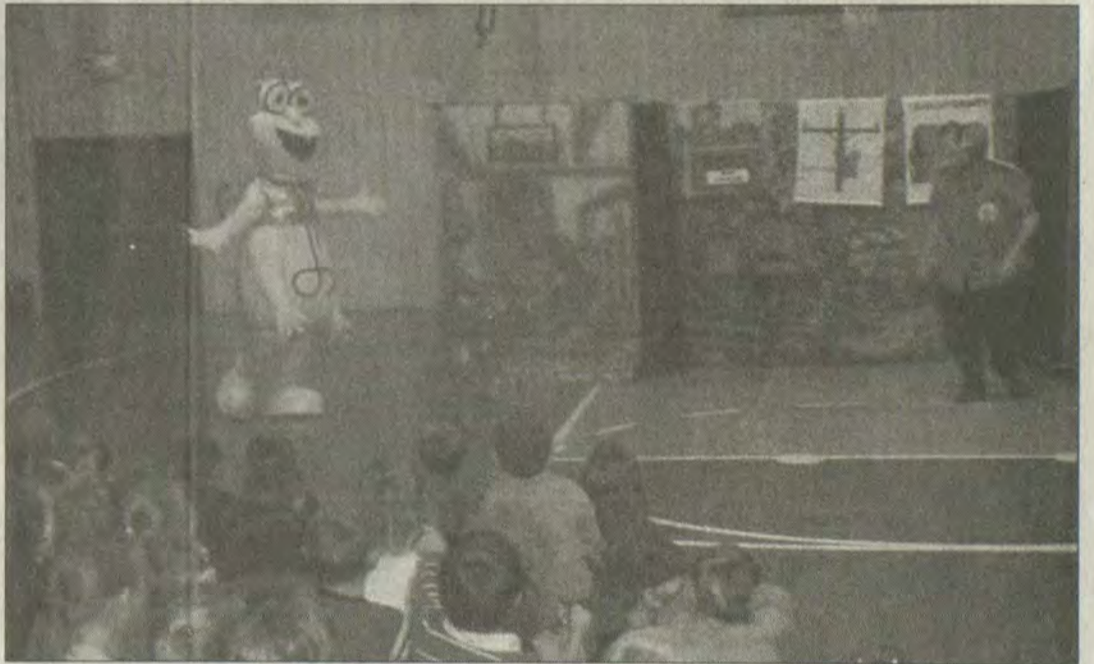
**Supporting parent efforts**

Lola Ratliff, far left, poses with parents during a parent's support group meeting held recently in the McDowell FRC. The parent support group meetings are for all parents, grandparents and family members who wish to attend.



**Exploring topography**

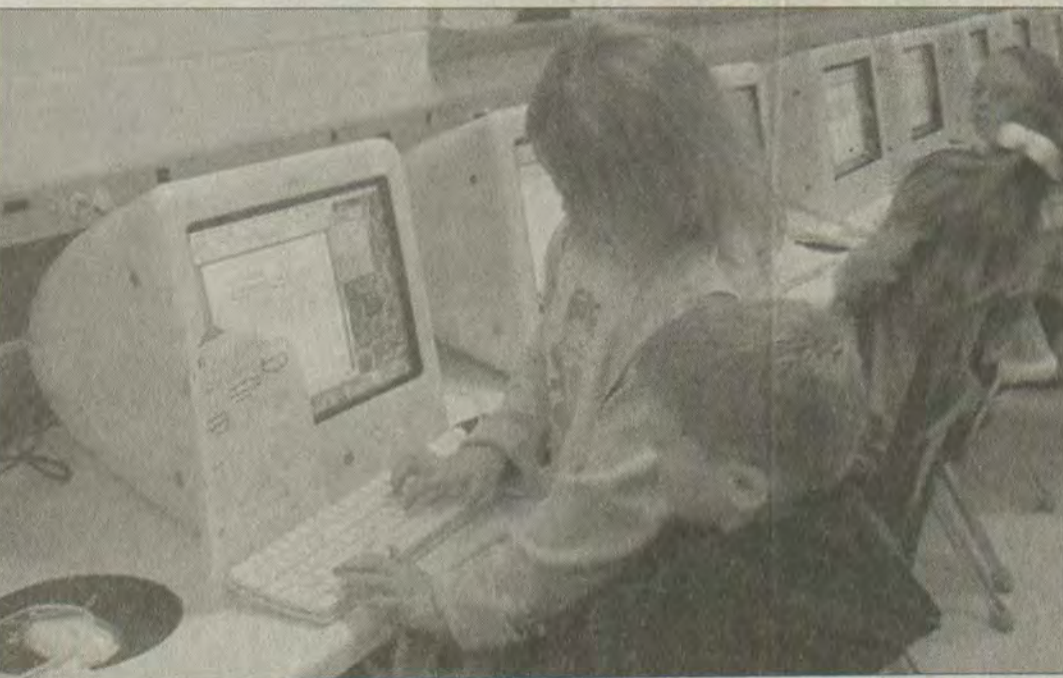
Mrs. Tonda Johnson's McDowell Elementary class busy at work putting together edible landforms.



**Electric education**

"Louie the Lightning Bug" recently entertained students at McDowell Elementary while teaching them about electricity.

### OTHER NEWS



**BLES computer lab**

Betsy Layne Elementary School fourth grade students work hard and keep busy in the school's new e-Mac lab.



**OES Family Reading Night**

Guest speaker during Family Reading/Activity Night at Osborne Elementary School (sponsored by the FRC) during October was Mr. Roy Johnson, director of instruction, Floyd County Schools. Mr. Johnson read, "The Spooky Hour" to the children; a book about Halloween, which was the month's theme. Family Literacy Night is the third Monday of each month. This program is open to the community. Though reading is the main focus, Dreama Bates and Cissy Williams work on themes and activities that will make the evening fun for both parents and children.



The Times

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 3 days only

**\$16**

### 5 Easy ways to place your ad:

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4. Stop by: 263 S. Central Avenue, Prestonsburg
5. Mail: P.O. 390, Prestonsburg, KY 41653

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

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- Begin with a key word (item for sale, etc.)
- Use descriptive words to identify your items
- State your price or terms
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### Write your ad here:

(approximately 18 letters per line)

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

### AUTOMOTIVE

#### 130 - Cars

**FOR SALE**  
 89 Blue Jeep Wrangler. Asking \$3,000. Call 794-0318.

#### HICKS AUTO SALES

**David Road**  
 98 4x4 Nissan frontear 90,000 miles \$4,900  
 2000 Jeep Cherokee 90,000 miles. Loaded \$5,500  
 03 S-10 Extended Cab 30,000 \$6,995  
 94 Ford F-150 4X4 Extra Cab \$2,400  
 99 VW Beetle automatic 80,000 miles \$5,500  
 886-2842  
 886-3451.

#### 150-MISC

**FOR SALE**  
 Older RV. Low mileage. Self contained. Call 358-9123. Leave message if no answer. Will make good hunting camper. Also a dump truck for sale.

**FOR SALE**  
 2003 Honda Ace Shadow with saddlebags. Low mileage. Asking \$3,900. 285-1000.

### EMPLOYMENT

When responding to Employment ads that have reference numbers, please indicate that entire reference number on the outside of your envelope. Reference numbers are used to help us direct your letter to the correct individual.

#### 210-JOB LISTINGS

**HELP WANTED**  
 Front Desk Clerk Please apply in person at Hotel Best Western (formerly Prestonsburg Inn)

**HELP WANTED**  
 Welding positions available. Excellent pay. Drug screen required. Call 285-9358

**JOB OPENING**  
 The Lexington Herald Leader has a morning newspaper route available. Route takes about 3 hours daily, with an approximate profit potential of \$1,500 monthly. Dependable transportation and ability to be bonded required. Call 1-800-999-8111.

### JOB OPENING

Hamilton Industries, LLC is now taking applications for part/full time secretary with computer skills. Duties include bookkeeping, payroll, sales, and ect. 377-6042

### JOB OPENINGS

Big Sandy Area Development District is seeking a Computer Systems Manager. This person must have: Complete working knowledge of Server 2003 Active Directory and MS Exchange Mail Server. Must have the ability to troubleshoot and repair all server and desktop hardware. Must have working knowledge of (LAN). Must be able to install and operate a variety of network related software programs, including MS Access and in tractive communications via the web, and other Microsoft Office Applications. Must be able to work with a variety of people including the ability to establish and maintain effective personal and consultative relationships with staff members as well as private business, federal, state, and local governmental agencies. This person is central point of contact for all computer related issues. Helpful to have, Sequel Server, internet information server, DNS Server, and DHCP Server experience. Asp/Java experience. Router and switch experience. Nortel phone experience. A Bachelor's degree and two years related experience required. May take an additional years experience in lieu of degree. Salary commensurate with experience. If you fit this description and want to work for a great organization with excellent benefits, send resume to Ms. Terry Trimble, 110 Resource Drive, Prestonsburg, Ky. 41653 by December 1. BSADD is an EOE.

### JOB OPENING

Welding position available. Excellent pay. Drug screen required. Call Monday-Friday 8A-5P. 606-285-9358

### 100 WORKERS WANTED

Assemble crafts, wood items. To \$480/wk. Materials provided. Free information pkg. 24 Hr. 801-428-4649.

### HELP WANTED

Heavy equipment steam cleaning company needs employees. Must have valid drivers license and up to date surface mining papers. Mine emer-

gency tech. Is a plus. Call Mon thru Friday 9:00am to 5:00pm 606-886-1759.

### MARTIN TO HINDMAN AREA

The Lexington Herald-Leader has a morning newspaper route available. Route takes about 3-4 hours daily, with an approximate profit potential of \$1,600 monthly. Dependable transportation and ability to be bonded required. Call 1-800-999-8881.

### JOB OPENING

Renos Roadhouse in Prestonsburg is now hiring for all positions. Shifts- Day and Night. Apply in person only.

### 290-Services

### HOUSE CLEANING

Mon-Thur. 8am-4:30pm. Call 886-3381 for Sandy or 349-2096 for Bonnie. References if needed.

### 450-Yard Sale

**YARD SALE**  
 Prestonsburg Elementary PTA sponsored yard sale in the PES school cafeteria on Saturday, December 2 9A - 3P.

### 480-Misc.

**FOR SALE**  
 1 BURIAL PLOT LOCATED ON RICHMOND CEMETERY. CALL 886-3394. TFN MUST GO.

### FOR SALE

Windows for sale. Five 36x62 Double Pane insulated windows. Never been used. Windows open from the inside for easy cleaning. Call 606-226-0913 Leave message.

### REAL ESTATE

#### 530-Houses

**HOUSE FOR SALE** Located at Wells Edition in Pikeville. Asking \$210,000. Call 478-5403.

#### 570-Sale or Lease

**FOR SALE**  
 Property ( 2 lots ) with 12x60 trailer, 2 BR. All utilities hooked up \$6,500 call Wayne 859-498-3572.

**FOR SALE**  
 Trailer lot for sale. Older 14x70 2 BR 1 bath trailer, on about 1/2 acre lot with chain length fence. Located at Red Ison Hollow 1/2 mile from

Martin on old Rt. 80. Nice, friendly neighborhood. Serious inquires only. \$20.00. Call 285-3605.

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30 + Acres plus 8 lots. Behind HOSPITAL at Martin. 452-2732.

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### RENTALS

#### 610-APARTMENT

### APT FOR RENT

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### APT FOR RENT

2 BR 1 bath apt for rent. Unfurnished. Quiet neighborhood. Must have references and deposit. 358-9123. Leave message if no answer.

### 1-2 BR FURNISHED

Apt. Clean. In Prestonsburg. 886-8366.

### FOR RENT

1 BR efficiency Apt. for rent/private parking, private lot. Furnished including TV. All utilities paid plus cable. \$475 per month plus \$250 deposit. 874-4330.

### FOR RENT

Townhouse for rent, 3 BR 2 1/2 bath, 1600 Sq. Ft. \$1100 Monthly, plus utilities, 1 year lease required. 606-874-1660 ext. 24

### APT FOR RENT

Branham Heights Apartments, Wheelwright, Ky is accepting applications for one bedroom apt. Rent is based on income. 452-4777 E.H.O

### APT FOR RENT

Modern 2nd floor unfurnished apt. Approx. 1800 Sq. Ft. 3 BR 2 full bath with access to heated swimming pool. Will consider renting the apt. for office space. \$600 per month plus utilities. Deposit and references required. Located

on Rt. 122 at Martin across from Floyd County Tech. Center. Call 285-9112.

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### FOR RENT

30X60 Metal Building on Route 80. Large lot. Call 886-8366.

### FOR RENT

Barber shop/Beauty Shop at McDowell. 377-6346.

### 630-House

### HOUSE FOR RENT

3 BR 2 bath, no pets, no smoking. Suitable for couple. \$800. call 606-226-1500 or 606-886-6101. Located on Arnold Ave.

### HOUSE FOR RENT

2 BR, HUD Approved. Bevinville, KY 432-9110.

### HOUSE FOR RENT

3 BR 2 Bath Log Home in Oaklawn, Hager Hill. Central H/A low utility bills. Large covered-deck, Large storage barn. Acres of privacy. Open Oct 31. \$1090.00 month or best offer. 850-222-2226. Leave message.

### HOUSE FOR RENT

2 BR for rent on Cracker Bottom, Martin. Call 285-3670.

### HOUSE FOR RENT

Level. 2 BR,

Central heat and air. Newly painted. Large back yard. Next to river. Great fishing. \$550.00 per month plus deposit. 437-6507.

### HOUSE FOR RENT

1600 Sq ft house 3 BR 2 bath, kitchen, utility room, 1600 sq. foot house, heat pump, built in vaccume. Gated community, references and deposit required. Located in Knott County. No pets, available 10/23 call 438-6104.

### 650-Mobile Home

**FOR RENT**  
 2 BR Trailer, call 874-1991.

**FOR RENT**  
 2 BR 2 Bath, call 874-0875 or 226-9792.

**FOR RENT**  
 2 BR Mobile Home at Harold. 478-4597.

### FOR RENT

2 BR MH for rent, partially furnished. 1-2 people preferred. Located at Martin. Call 874-2000.

### FOR RENT

One Mobile Home lots for rent 1/2 mile on right from Prestonsburg on Town Branch Road. Lots have city water, gas, sewage, and AEP electric. Call Karen 874-7155

### FOR RENT

2 BR trailer for rent near Prestonsburg. Call 886-9931 if interested.

### FOR RENT

2 BR trailer. Suitable for 2 working people. Furnished, clean, private. Near Jenny Wiley Lodge. 886-3941.

### FOR RENT

2 BR 1 bath mobile home at Ligon. Deposit and references required. Call 377-0068 or 794-4360.

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### ATTENTION!

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### LEGALS

#### NOTICE OF INTENTION TO MINE

Pursuant to Application Number 836-8065

Renewal In accordance with KRS 350.055, notice is hereby given that Martin Coal Processing Corporation, P.O. Box 77, Ivel, KY 41642, has applied for a permit for a coal processing facility affecting 12.0 acres located 0.15 miles east of Hite in Floyd County. The proposed facility is approximately 0.67 miles Southeast from KY 122's junction with KY 80 and is located adjacent to the Left Fork of Beaver Creek. The latitude is 37 degrees 33 minutes 19 seconds. The longi-

tude is 82 degrees 44 minutes 58 seconds.

The facility is located on the Harold and Martin USGS 7 1/2 minute quadrangle maps. The surface area is owned by Martin Coal Processing Corporation and CSX/Chessie System.

The application has been filed for public inspection at the Division of Mine Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Suite #6, Prestonsburg, KY 41653. Written comments, objections or requests for a permit conference must be filed with the Director, Division of Mine Permits, #2 Hudson Hollow Complex, Frankfort, KY 40601. This is the final advertisement of this application. All

comments, objections or requests for a permit conference must be received within thirty (30) days of today's date.

#### NOTICE OF INTENTION TO MINE

Pursuant to Application No. 836-0330

Amend. No. 2 1) In accordance with KRS 350.070, notice is hereby given that Wolverine Resources, Inc., P.O. Box 77, Ivel, KY 41642, (606) 889-8440, has applied for an amendment to an existing surface coal mining and reclamation operation, located 1.0 mile southwest of Brainard, Kentucky, and in Floyd and Magoffin counties. The amendment will add 386.77 acres of surface disturbance, making a

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total area of 632.67 acres within the amended permit boundary.

2) The proposed amendment area is approximately 0.75 mile southwest from KY 114's junction with Prater Branch, and located 0.92 mile southwest of Middle Creek. The latitude is 37°39'26". The longitude is 82°54'44".

3) The operation is located on the Ivyton U.S.G.S. 7 1/2 minute quadrangle map. The surface area to be disturbed by the amendment is owned by Kennie Carpenter Jr., & Ron Cooley, Debbie & Philip Ousley, Luther Miller Estate C/O Kathleen Miller, Fork Farm Inc. C/O Della W. Burke, Osie Dunn, Green Holbrook Heirs C/O Charles Bays, Bill England Heirs C/O Glen Allen, Jamie & Lisa Powell. The operation will use the area mining method of surface mining. The operation will affect an area within 100 feet of Puncheon Camp Creek Road and Rough and Tough Road. The operation will not involve relocation of the public road.

4) The application has been filed for public inspection at the Division of Mine Permits, Department for Surface Mining, Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, Kentucky 41653, phone (606) 889-1746. Written comments or objections must be filed with the Director, Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, KY 40601.

**NOTICE OF INTENTION TO MINE**  
**Pursuant to Application No. 836-0326**

In accordance with KRS 350.055, notice is hereby given that Frasure Creek Mining, LLC, 1051 Main Street, Suite 100, Milton, West Virginia 25541 has applied for a permit for a surface and auger mining and reclamation operation located approximately 2.5 miles northwest of Minnie in Floyd County. The proposed operation will disturb 75.41 acres of surface disturbance and will underlie an additional 53.27 auger acres making a total of 128.68

acres within the total permit boundary. The proposed operation is located 1.70 miles southeast of State Route 80's junction with State Route 680 and located 0.50 miles west of Turkey Creek. The proposed operation is located on the Wayland U.S.G.S. 7 1/2 minute quadrangle map. The surface area to be disturbed is owned by The Elk Horn Coal Company, LLC and Eugene Mullins. The permit area will underlie land owned by The Elk Horn Coal Company, LLC and Eugene Mullins. The operation will use the contour and extended

depth auger method of surface mining. The operation will affect an area within 100 ft of a public road, State Route 680. The operation will not involve relocation or closure of the public road. The 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. Written comments, objections, or requests for a permit conference must be filed with the Director, Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601.

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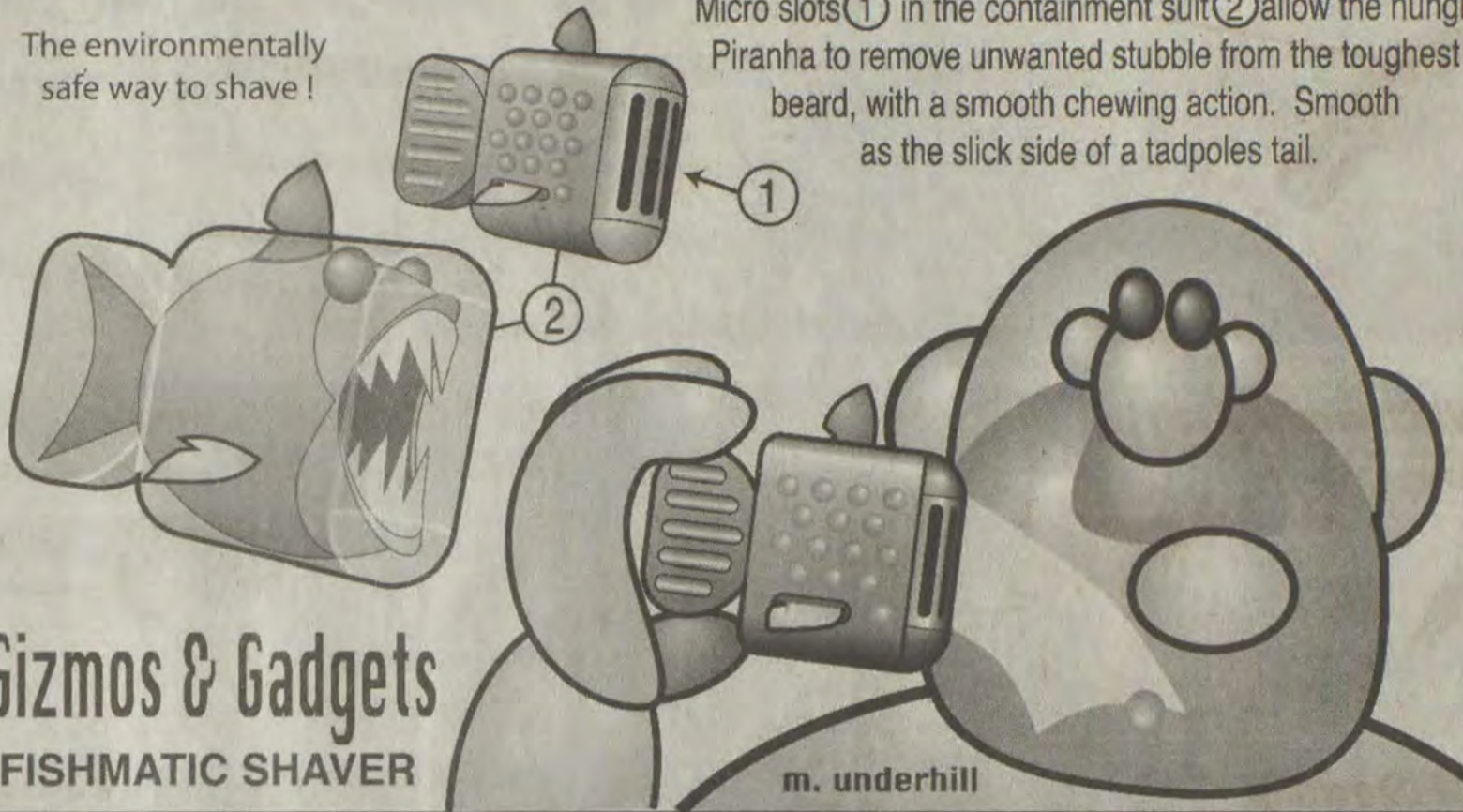
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EXPERIMENT 017 © m.under.

Can you help Gadget find the cheese, two flags and her bowling ball?

## CARTOONINGLESSONS.COM

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### LESSON 017 SIDE TO SIDE

wider turn wider ellipse

Note: how when a face is looking straight at you, the ellipses form a perfect "t". Also note that if the head is only turning side to side the horizontal ellipse remains a straight line

Using the ellipses I taped around my head last week, we can see how a head changes as it turns.

## Gizmos & Gadgets

If the handle is pulled up will the sign tilt left (A) or right (B)?

SAND HOPPER  
cork  
sand diversion wedge

## Gizmos & Gadgets

# WHICH WAY?

## GADZOOKO 4x4

22 EASY

|   |   |  |  |
|---|---|--|--|
| 5 |   |  |  |
|   | 9 |  |  |
| 1 |   |  |  |
|   |   |  |  |

Each column, row and square must use #s 1,5,3,& 9, plus the diagonals must add up to the # shown.(diagonals can repeat #s)

## SMART GAMES

Not really that new

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Hammered Down Price!

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| 2001 Dodge Grand Caravan<br>Stk# 179335B, CD, pwr win/locks, tilt, cruise .....        | \$8,995  | \$6,495  |
| 2002 Hyundai XG350<br>Stk# 116394A, sunroof, lthr, CD, pwr win/locks .....             | \$10,990 | \$9,350  |
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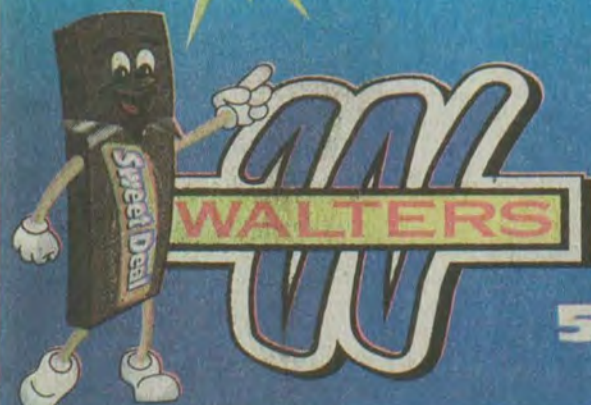
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Friday, November 24, 2006

*Holiday*  
*Gift Guide*



*The Floyd County Times*



# Take the 'bah humbug' out of returning gifts

As the holidays roll around, one of the first things that come to mind is shopping for gifts. What revelers may not immediately be thinking of is the often tedious process of returning items they don't want or need.

"It's not too early to start thinking about returning those Christmas (Holiday? Hanukah?) gifts," says Nancy Friedman, president of Telephone Doctor and self-proclaimed: "Queen of Returns." Returning gifts is as much a part of the holidays as purchasing them. This process also involves waiting in long lines and dealing with busy store associates.

Just as there are pointers for reducing holiday-shopping stress, there are also ways to minimize the discomfort of making returns.

■ Know the store's return policy. When purchasing gifts for friends and family, seek out stores that have a generous return policy. You want to be sure they have ample time to return a gift or make an exchange without a hassle. When purchasing online, know what steps must be taken for a return. You may be responsible for the cost of return postage to send items back. Other online retailers include a pre-posted package for anticipatory returns.

■ Fraud puts the pinch on returns. Because there are people looking to cash in on the holiday season by returning gifts fraudulently, some retailers are more stringent in security policies. According to a 2005 report by ABC News, retailers say they're not trying to be the Grinch, but return fraud is costing them an estimated \$16 billion a year, according to the National Retail Federation. So they're targeting those areas that cost them the most — primarily electronics — and setting some rigid rules for those returns. Some stores like Best Buy and Sears charge a restocking fee for returned big-ticket items, such as opened computers, televisions, etc. Some may also limit the time you have to make returns, or may only offer returns on purchases made during a spe-



You can ensure holiday returns go more smoothly by practicing patience and following a few tips.

cific window of time, e.g. Black Friday through December 24.

■ Ask for a gift receipt for items you purchase, and hold onto that receipt if it was included with your gift. A consumer-friendly trend is the offering of gift receipts with purchase. This allows a gift recipient to easily return a gift with a receipt featuring a special bar code — the cost of the items is not included on the gift receipt, to maintain confidentiality. Without a receipt, some retailers may only offer an exchange at the current markdown rate, not the original purchase price. This could be up to 50 percent off.

■ Don't open packages or remove tags, if possible. If you anticipate returning an item, make sure the condition of the item and packaging are as close as possible to what they were upon purchase. All foam, bags, tags and packing material should be in place. Anything packaged in hard plastic should not be cut open. For clothing or fabric items, leave the tags on and try on items without wearing fragrance or makeup. If an item looks worn or ragged, a store may refuse the return.

■ Make returns promptly. You have a better chance of finding something you like as

an alternative if you make returns shortly after the holidays. Just keep in mind that other people will also have the same idea, so expect the stores to be busy, especially the day after Christmas.

■ Be patient. Soon the holidays will be a distant memory and you'll be able to relax. Keep in mind that many retail clerks and cashiers are overly stressed and working long hours to meet holiday-season needs. Therefore, be courteous and patient when making returns.

■ Don't keep it a secret. Gifts were purchased with you in mind, just as you select gifts thinking they'll be perfect for the recipient. If you're planning on making a swap or a return, tell the person who bought the gift — just not right after you've torn off the wrapping paper. Otherwise, this person may be continually looking to see if you're wearing that "lovely" argyle-patterned sweater or displaying that novelty coffee mug.

■ Be honest about gifting. Who hasn't purchased a \$20 gift from Walmart and packaged it in a Lord & Taylor box? Make sure recipients know where you purchased to avoid embarrassment should they choose to return later.

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# Save some time come the holiday season

Perhaps more precious than finding the perfect gift come the holiday season is finding the time to go out and look for it. Thanks to office parties, holiday pageants and get-togethers with family and friends, time is a rare commodity at this bustling time of year. That makes saving time essential to keeping your sanity. Consider the following tips this holiday season to save some time.

■ Get organized. Heading out the house to do holiday shopping without knowing what to look for is a recipe for wasting time. List the people you'll be purchasing presents for and what you'd like to get them. List a few extra items per person, just in case your first choice is sold out or not available. If you're having trouble coming up with ideas, ask the person what they might like.

■ Consolidate your efforts. Since you still have to run your regular errands while doing

holiday shopping, try and consolidate those trips. For instance, going to the grocery store is something everyone needs to do. When you're out grocery shopping, pick something up for a party you might need to attend later in the week.

■ Start early. Like most people, you've probably said for years now that this is going to be the year where you beat the crowds and start your holiday shopping early. Keep true to that plan. Instead of waiting in long lines, you'll be getting some much-needed R&R during the busiest season of the year.

■ Consider gift certificates or gift baskets. Particularly for relatives you haven't seen in a while, gift certificates and baskets can be a wonderful time-saver. Rather than fretting over what to get a person you rarely see, you can simply show your appreciation with a gift certificate to their favorite store or a gift basket full of treats.

# Setting the santa story straight

An urban legend that still abounds says that The Coca-Cola(r) Company was instrumental in establishing the persona of the Santa Claus that most people associate with the jolly guy. This look features a Santa with a long, white beard, rosy cheeks and red attire. Some even believe Santa wears red and white because those are Coca-Cola's trademark colors. However, even though Coke's 1930s Santa illustration

by Haddon Sundblom clearly ingrained the artist's depiction of Santa into the public's mind — and subsequently helped the company boost sales of Coca-Cola tremendously — Santa with a red suit and flowing white whiskers had become the standard image of Santa Claus by the 1920s, several years before Sundblom drew his first Santa illustration for Coca-Cola, as reported in The New York Times.

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# Recognizing video game ratings

With the holidays right around the corner, video games may seem like an easy buy for kids and a winning gift idea. While most people are familiar with the movie ratings

system, many may not understand how to select age-appropriate video games.

Over the years, a handful of games have come under fire for what many people perceive to be content that is far too illicit for young kids and even teenagers. Parents nationwide have expressed concern over how to decipher just what is and isn't appropriate video game material for their children. Such concerns can go unnoticed by relatives looking to give their nieces or nephews their favorite video game come the holiday season.

Fortunately, there's a system in place to assist parents and gift-givers alike when it comes to video games and

kids. Experts recommend the following guidelines to manage a family's home use and enjoyment of video games. All video games contain a ratings symbol on the front and back of the package. The ratings symbols are as follows:

■ EC (Early Childhood) - content suitable for persons ages 3 and older.

■ E (Everyone) - content suitable for persons ages 6 and older.

■ E 10+ (Everyone 10 and older) - content suitable for persons ages 10 and older.

■ T (Teen) - content suitable for persons ages 13 and older.

■ M (Mature) - content suitable for persons ages 17

and older.

Before purchasing a title, check the game content and skill-level requirements - by carefully examining the packaging to see which age group the game is recommended for.

All video games have a content descriptor on the back of the product's packaging. These content descriptors provide more details about the product in terms of language, themes and other areas that may be of interest to consumers.

Examine the pictures and text on the packaging to get an idea of what the title is about. Make sure that the software is compatible with your gaming system.



Balancing a grind on Tony Hawk's Downhill Jam.

## Kid-friendly games

The following two games are out this fall and are appropriate for teens and children alike:

Call of Duty 3 is the follow-up to the #1 next-generation game and delivers the intensity of being closer than ever to the fury of combat during the Normandy Breakout, the historic campaign that made the liberation of Paris possible and brought the Allies a step closer to Berlin. Through a seamless narrative that delivers the rush of unrelenting battle and breathtaking action, players assume the roles of four ordinary Allied soldiers — American, British, Canadian and Polish — and are thrust onto an authentic, living battlefield for an unprecedented variety of combat, with advanced high-definition graphics, detailed character animations and explosive on-screen action, delivering the most immersive and cinematically intense war experience ever.

Tony Hawk's Downhill Jam lets players experience the breakneck speed of downhill skateboard racing as they tear up the steepest terrains in the world while performing tricks and outmaneuvering opponents in locations such as the crowded streets of San Francisco and rocky terrain of Machu Picchu. Developed for the Wii(tm), gamers utilize an innovative and intuitive control system as they take on the role of Tony Hawk or one of nine characters and compete in specific time-based challenges in one of three gameplay modes including race, trick and slalom. Gamers can also challenge friends in head-to-head competitions with up to four players as they pull off a variety of high-velocity stunts and crashes in living, populated environments filled with cars, pedestrians and buildings.

Over the Hedge(tm): Hammy Goes Nuts! is an all-new adventure featuring the stars of DreamWorks Animation's hit film "Over the Hedge" and the videogame of the same name. This time around Hammy is at the helm of the group and together with RJ the raccoon, Verne the turtle and friends, they take yet another trip into the 'burbs, where they encounter new situations, challenges and enemies. The game features numerous missions, foes and heists on the PSP, Nintendo DS and Game Boy Advance and takes advantage of each system's capabilities, providing players with three unique experiences. Over the Hedge: Hammy Goes Nuts for the Nintendo DS and GBA are rated "E" by the ESRB. The PSP(tm) (PlayStation(r) Portable) system version has not yet been rated by the ESRB.

## Did you know?

One of the most popular drinks around the holiday season is eggnog. But where did the name eggnog come from? History offers differing versions as to the origins of the popular holiday beverage's name, but it is likely derived from combining one of its main ingredients, eggs, with the term "noggin," a reference to the small, wooden mugs used to serve drinks in European taverns. Another popular theory offers that eggnog got its name by combining eggs with "grog," the term used for rum in Colonial America. Even George Washington was a big fan of eggnog. He concocted his own recipe featuring rye whiskey, rum and sherry.



# Peebles

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# Does plastic pay when holiday shopping?

Get together with friends and family are staples of the holiday season. But there are also the annual reunions between consumers and credit card companies or banks just waiting for shoppers to wrack up finance charges, all in the spirit of giving. According to a National Retail Federation survey in 2004, 30.7 percent of consumers planned to primarily use debit cards for holiday purchases that year and another 30.1 percent planned to use credit cards. As difficult as it can be to imagine making it through the holidays with minimal debt come the new year, using debit and credit cards wisely can lead to a more enjoyable holiday season, and make those January bills much easier to manage.

Before you swipe your credit or debit card at the nearest cash register, it's best to understand the differences between these two forms of plastic:

**■ Credit cards** are issued by banks or a business and allow you to make purchases on a line of credit. You'll be offered a pre-set spending limit (credit limit) based on your financial standing. In essence, credit cards offer you a short-term loan that must be paid back in full the next month or else a high interest rate is imposed. (Charge cards, like the American Express cards, do not allow you to carry a balance, and must be paid back in full immediately).

**■ Debit cards** are issued by your bank, and offer a direct link to your checking account. When a purchase is made, it is deducted from your account. It is much like paying with a check, without the hassle of paperwork.

**THE GOOD**

■ Available cash — Credit

cards provide easy money, allowing you to make it to holiday gatherings or to purchase last-minute gifts. Setting aside larger purchases (i.e. plane tickets, holiday meals, hotel reservations) solely for your credit card can help you better keep track of how much you have spent and can make the stress of planning your travel schedule easier. Debit cards will provide a quick link to your checking account, and can make purchases faster than using a paper check.

**■ Security** — Credit cards offer far more security for your purchases than simply paying with cash. Also, items purchased with credit or debit cards make the time-honored holiday tradition of returning or exchanging gifts a far smoother process. Typically, purchases made with credit cards are more often than not completely protected, meaning a lost or stolen purchase, while unfortunate, can be replaced at no cost to the consumer.

**■ Incentives** — Many times credit card companies offer give-back programs such as airline miles and other discounts with each purchase, giving consumers more of an incentive to use their cards.

**THE BAD**

**■ Usage fees** — Both credit and debit cards often carry hidden fees with them, where money is charged or deducted from your account simply for making a purchase. Knowing these fees and limiting how much they are charged is essential to keeping bills low come January. Credit cards also impose hefty interest rates if purchases are not paid back in a timely manner. Look for cards with lower rates, or pay as much toward your credit card balance as possible come bill time.

**■ Overspending** — Credit cards can offer consumers a false sense of security, making most believe they have more money readily available to them than they actually do. At a time as emotional as the holidays, when most consumers would admit to overspending in search of that perfect gift for a loved one, setting budgets before stepping out of your door is a responsible way to approach the holiday season.

**THE UGLY**

**■ Fluctuating interest rates** — Credit card companies can change interest rates on a whim, and without your approval. Always read the fine print of your credit card bill and be sure you monitor your interest rate carefully.

**■ Identity theft** — While credit and debit cards do allow a greater measure of protection on purchases, it is quite easy for a pickpocket to run off with your cards and wrack up his own list of holiday purchases. Similarly, hackers can steal personal information if you use plastic to make purchases online. Keep track of purchases and cross-check with your statements to recognize unauthorized purchases. And, if your cards are stolen, notify your bank and credit card companies at once.

**■ The too good to be true offer** — Once the holiday season has come and gone, credit card companies are fond of offering adjusted repayment plans that, on the surface, seem too good to be true. Lower monthly payments and adjusted interest rates might seem like a great relief from the post-holiday stress of paying off purchases, but more often than not these offers, while offering temporary relief, cost consumers considerably more money in the long run.

Have a Safe and Happy Holiday!

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Ricky Bowling is a Certified Respiratory Therapist with 12 yrs. experience. He was employed 11 yrs. with Pikeville Medical Center, and is ACLS certified, holds a NBRC license, and is a member of AARC. He is now employed with Oxygen Plus. He is married with three children and enjoys working with all his patients. Call Ricky at 606-478-6653.

Jana Gray is a Certified Respiratory Therapist with 18 years experience. She has been employed by surrounding hospitals and was supervisor for different skilled nursing facilities in respiratory therapy. She has been employed by Oxygen Plus for two years. Jana holds a NBRC license and is a member of AARC. Jana is a wife and mother of three, and enjoys working with her patients. Call Jana at 478-6653



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# HOLIDAY



# EVENTS

### FRIDAY, DECEMBER 1st

- \*Holiday Open House Weekend (Extended Hours 'til 8:00 p.m., Refreshments Served)
- \*Special Holiday Events at Downtown Water Fountain, starting at 6:00 p.m.  
*(Candlelight Processional, Christmas Caroling, & Tree Lighting Ceremony)*

### SATURDAY, DECEMBER 2nd

- \*Holiday Open House Weekend (Extended Hours 'til 8:00 p.m., Refreshments Served)
- \*Holiday Retail Bingo (visit all the Shops and have a chance to win a \$1000 prize pkg.)
- \*Meet and Greet with Santa! (located at Country at Heart from 1:00-5:00 p.m., bring camera)

### SUNDAY, DECEMBER 3rd

- \*Holiday Open House Weekend (Extended Hours—2:00-5:00 p.m., Refreshments Served)
- \*Last Chance for Holiday Retail Bingo!
- \*New Merchandise! New Stores! Newly decorated Downtown! Shopping is **FUN** again!

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