

# The **FLOYD COUNTY** Times

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Volume 81, Issue 113 • 75 Cents



## CRAYNON

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— page B1

## briefs

### Mercury spill forces evacuation

by JENNIFER LAWSON  
STAFF WRITER

PIKEVILLE — A broken thermostat in a Pikeville College dormitory is to blame for a mercury spill that forced six students to have to be decontaminated Tuesday night.

Upon arrival at Page Hall Dormitory, located on Poplar Street, Pikeville Fire Department personnel found a broken thermostat which had allowed mercury to spill onto the floor of the dorm room, causing them to contact police to assist with immediate evacuation of the entire dorm.

Despite the evacuation, six students who occupied the suite were exposed to the mercury and had to be decontaminated by Pikeville Fire Department and Pike County Emergency Management who also administered the cleanup. The cleanup procedures were assisted by a hazardous material team from Lexington along with EnviroPro.

The damage to the thermostat is being investigated by the Pikeville College Department of Public Safety and Security. Officials from the Pikeville Health Department were also on scene to assist with the cleanup and provide a plan of action for followup precautions.

The incident remains under investigation.

# Governor brings checks during visit

by JENNIFER LAWSON  
STAFF WRITER

PRESTONSBURG — Floyd County fared nicely Thursday afternoon as Gov. Ernie Fletcher visited Jenny Wiley State Resort Park to bring some big checks and make some important announcements.

When coming into office and viewing the transportation budget, Fletcher said he vowed to make the two most important things in transportation safety and creating more jobs. In an attempt to do both locally, a \$10,000 check was presented to Prestonsburg Police

Chief Mike Omerod.

According to Omerod, the funds will be used primarily to pay officers overtime when monitoring the roadways for impaired driving, speeding and seatbelt use. The money will be saved and distributed during the most prominent times that these things take place, such as during holiday seasons.

In continuing to fight substance abuse problems in Eastern Kentucky, something that Fletcher said everyone is affected by in one way or another, Floyd County Jailer Roger

(See GOVERNOR, page ten)



Gov. Ernie Fletcher visited Floyd County Thursday afternoon, bringing with him big announcements and big checks.

photo by Jennifer Lawson

## SCHOOLS OUT FOREVER



photo by Ralph B. Davis

Students filed out of Prestonsburg Elementary for the last time Thursday. School is out today for a professional development day and then will be out next week for fall break. When students return to class, they will occupy their new school at Middle Creek.

# Parents upset by new policy; principal says safety is issue

by KATHY J. PRATER  
FEATURES EDITOR

PRESTONSBURG — Some parents of Prestonsburg Elementary School students assembled on the steps of the school Wednesday afternoon to share their reactions to some rumors that had been circulating in regard to purported new policies currently in the making.

After learning that a scheduled meeting of the school's site-based decision making council had been canceled, parents who

(See SCHOOL, page ten)



Prestonsburg Elementary School parents gathered on the school steps Wednesday afternoon to voice concerns when they learned that a meeting of the school's site based council had been canceled.

photo by Kathy J. Prater

# Nurses threaten to strike ARH over contract talks

by SAMIRA JAFARI  
ASSOCIATED PRESS

PIKEVILLE — Union representatives for some 800 nurses in Kentucky and West Virginia say their members will go on strike if the weeks-long negotiations with Appalachian Regional Healthcare fail over their current contract, which expires Sunday.

It would be the second time this year that ARH, the largest health care provider in the region, would have to battle the picket line.

ARH officials said they are preparing to staff additional nurses if the hundreds of union-represented nurses walk off the job on Monday.

"It has never been our

intention to hurt the community or the patients we serve," said Pat Tanner, lead negotiator for the Kentucky and West Virginia nurses associations. "But these negotiations have been the most extraordinary and unreasonable I have ever engaged in my 30 years of doing this."

Contract negotiations began on Aug. 27. ARH officials said they received a notice last week of the nurses' intent to strike.

On Wednesday, ARH issued its "final offer" to the nurses, which includes an initial 2 percent pay raise and flexible schedules, allowing nurses to work 10

(See NURSES, page ten)

# Murder charge handed down in hit-and-run case

by JENNIFER LAWSON  
STAFF WRITER

PRESTONSBURG — A Martin man has been indicted on murder charges after he allegedly hit and killed Gene Thompson with a motor vehicle while traveling near David.

As previously reported, Thomas Sheperd, 33, was traveling south on Ccaney Fork Road in a 1993 Ford Explorer when he alleged-

ly struck a small motorcycle in the rear, killing 36-year-old Gene Thompson.

An indictment handed down by a Floyd County grand jury charges Sheperd with not only murder, but also leaving the scene of an accident, persistent felony offender, operating a motor vehicle on a suspended or revoked license, no insurance, expired registration receipt and improper registration receipt.

# Grand jury hands down indictments

by JENNIFER LAWSON  
STAFF WRITER

PRESTONSBURG — An attempted murder and wanton endangerment charge topped the list of indictments handed down last Thursday by a Pike County grand jury.

Christian Clark, 36, of Prestonsburg is charged with criminal attempt to commit murder by allegedly trying to run over George P. Summers with a motor vehicle and then shooting at him. Clark is also charged with first-degree wanton endangerment for allegedly shooting at Donna Williams.

Other indictments include:

■ Freddie Hunter, 47, of Hi Hat, is indicted on charges of criminal possession of a forged medical record as a result of possessing a forged MRI, with knowledge that it was forged, and with intent to obtain a controlled substance using the document.

■ Gregory Martin, 41, of Eastern, is charged with being a persistent felony offender and operating a motor vehicle under the influence, driving on DUI-suspended license, three counts of wanton endangerment for creating a substantial danger or physical injury to his minor children, along with six

counts of failure to wear a seatbelt when he was found driving and neither he nor his passenger was wearing one.

■ Michael Hall, 28, of Ivel, is charged with theft by unlawful taking or disposition as a result of taking and/or exercising control over movable property of Dennis Deboard with intent to deprive him of something with a value of \$300 or more.

■ George Vandiver, 40, of Prestonsburg, is charged with operating a motor vehicle while under the influence and driving on a DUI-suspended license, along with no insurance and having an expired registration receipt.

■ Jason Benton, 29, of Prestonsburg, is indicted for possession of marijuana and also tampering with physical evidence when he allegedly destroyed, mutilated, concealed, removed or altered the marijuana.

■ Phillip Hagans, 22, of Langley, is charged with receiving stolen property when he received, restrained and/or disposed of movable property of Frank Slone, knowing that it had been stolen.

■ Steve Thacker, 31, of Prestonsburg, is indicted on charges of first-degree fleeing or evading police

(See INDICTMENTS, page ten)

## 2 DAY FORECAST



High: 78 • Low: 48



High: 79 • Low: 48

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

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# 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

*Durango (Colo.) Herald, on the State Children's Health Insurance Program:*

The State Children's Health Insurance Program has been, by all accounts, a successful investment in reducing the number of uninsured children in the United States. In its 10-year history, the program, which extends coverage to children whose families earn too much money to qualify for Medicaid yet not enough to afford private insurance, has whittled the uninsured children count by one-third. But the program is up for reauthorization, and what its future will look like is the subject of intense debate between the White House and Congress.

At issue is whether to increase funding for the program so that it can reach more children who fall into the income gap that leaves them without coverage. ...

Bush's apparent allergy to expanding the program is not surprising. In keeping with his interest in cutting taxes and scaling back various social programs, the president has suggested that instead of expanding SCHIP, Congress should reconfigure how health insurance premiums are taxed for those who pay them. Not a bad idea — for those who have private health insurance. But the SCHIP program, by definition, is for people who lack that coverage. While the two problems may stem from a similar source, the two solutions are not interchangeable.

Congress, though, appears to have worked on a sensible answer to one of health care's most important shortcomings. Bush should not let politics get in the way of that progress.

*Sarasota (Fla.) Herald-Tribune, on how the Pentagon needs to crack down on corrupt military contractors in the Middle East:*

Stealing from our nation and its troops at a time of war is an "unconscionable" act of greed, a Pentagon official said last week.

Unfortunately, the same adjective applies to the Defense Department's slow and ineffectual response to serious, long-running concerns about bid-rigging, bribery and other fraud involving military contracts in Iraq, Afghanistan and Kuwait.

More than two years ago, Congress passed legislation intended to tighten basic oversight of contracts awarded for troop supplies and other combat-related services overseas.

But those efforts apparently did little to deter military officers and civilian employees from engaging in criminal enterprises. ...

The American taxpayers — and the troops risking their lives in Iraq and Afghanistan — deserve to know the full extent of the fraudulent activity and see long-overdue safeguards enacted against war profiteering.

*Grand Forks (N.D.) Herald, on Columbia University hosting Iranian president Mahmoud Ahmadinejad:*

The first thing to remember is that Columbia University says "no" all the time. It says "no" in its admissions decisions, hiring decisions, tenure decisions — and, more to the point, its decisions on who'll be invited to speak.

It should have said no to inviting Mahmoud Ahmadinejad, too. Because like studying at Columbia or teaching at the university, speaking in front of a university assembly is a valuable and prestigious thing.

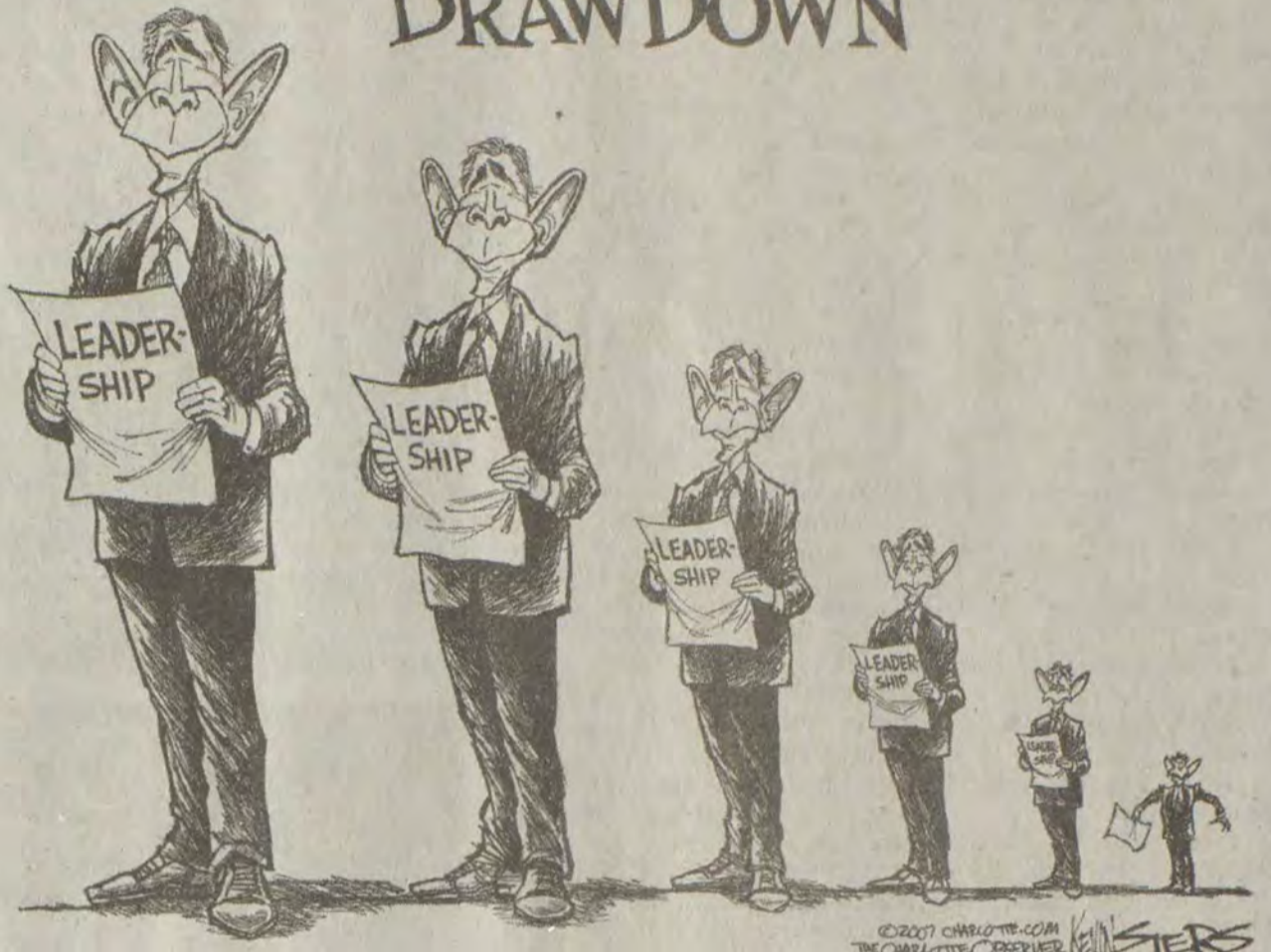
Ahmadinejad is president of a regime that took over the American embassy in Iran, held Americans hostage there for more than a year, poses a direct threat to Israel's existence and is arming America's enemies in Iraq.

He didn't deserve the platform. And the university should not have extended it.

Columbia dressed up its invitation in high-minded talk about dialogue, the academic community and free speech. But again, the college is very selective when it uses that rhetoric and when it does not. For example, Columbia Law School won't let employers on campus to recruit — read, "speak" — unless they conform to the school's nondiscrimination policy, which bars discrimination on the basis of sexual orientation. ...

By inviting Ahmadinejad to speak, Columbia honored him in blatant disregard of his government's actions in Iraq. True, hearing him speak was a valuable educational experience, a Columbia undergraduate said. But did that student and Columbia's self-interest outweigh the raw violence Iran abets against American service members? ...

## DRAWDOWN



## Letters

### Referees were unfair

Last Friday night, the Bath County Wildcats played the Prestonsburg Blackcats on their home field in a district football game.

Coaches had scouted the Blackcats and warned our players of the unsportsmanlike conduct that these players are known for. We were also warned about one-sided officiating that typically takes place on their home field.

I have to say that the officiating, or lack of officiating, was disgraceful. They might as well not have had the five officials on the field. They stood and watched the home team kick, pinch, gouge and curse our players openly and the officials completely ignored it. When our players made a remark about the cheating, the head official informed our players they would be thrown out of the game for insinuating any type of illegal act.

There were late hits, tackles out of bounds and one blatant kick which took place right at the feet of the lead official. Instead of automatic ejection as is the case normally, he was only warned. When our officials protested about the lack of officiating, we were penalized for having the audacity to question their authority.

These officials are a disgrace to the Kentucky High School Athletic Association and should be banned from ever officiating again. As for the home team's behavior, it too was inexcusable.

We play hard-nosed smash-mouth football but we will not resort to cheating. The home team obviously has been coached to play this way and while they may have gained a win, they have no respect for an honorable win.

While you may call it simply sour grapes, the rules are for everybody and it is sad to think that grown men don't have the guts to officiate a game with integrity.

Ken Metz  
Owingsville

### Board member commends committee

In 1979, I came to Eastern Kentucky because of my work, but I stayed because it became my home. Your concerns are my concerns. Improving health and education have always been two of my top priorities as a physician and as your board member. Being a health care provider, I am astutely aware of the

dangers of tobacco products and have been very pleased with the work that has been done to address this concern.

I would like to publicly commend all members of the Floyd County Schools Tobacco Policy Committee for their outstanding work on the tobacco issue. As I read each page of their extensive report, it was obvious that many hours had been dedicated to researching, communicating and addressing concerns that were obvious and those that became apparent through their work.

The Floyd County Schools Tobacco Policy Committee has provided us an opportunity and has laid the foundation for us to become a healthier community. I encourage everyone to be very supportive of the tobacco policy and supportive of those who are charged with the implementation. Please do not perceive this policy as someone trying to tell you what to do, but rather trying to improve the health of the community and most importantly — our children — our future.

I have never been more pleased with the work of a committee and have never been more "proud" to be part of your community here in Eastern Kentucky. Thank you!

Chandra Varia, M. D.  
Martin

## 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.

## The Times

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What happens in Vegas, stays in Vegas







Mango Peanut Crisp

## MANGO TANGO

- Don't judge a mango by its color — that's not the best indicator of ripeness. To select a mango, squeeze it gently to determine ripeness. A ripe mango will give slightly, but not be too soft. Ripe mangos will often have a fruity aroma at their stem ends.
- Firm mangos will ripen over several days, becoming sweeter and softer. Once ripe, mangos can be kept in the refrigerator for up to five days.
- Learn more about mangos at [www.mango.org](http://www.mango.org).

## PEANUT POWER

- Scientific evidence suggests, but does not prove, that eating 1.5 ounces per day of most nuts, including peanuts, as a part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease.
- Peanuts can be enjoyed for breakfast, lunch, dinner and any time in between.
- For more recipes and other information on USA-grown peanuts, check out [www.nationalpeanutboard.org](http://www.nationalpeanutboard.org).

# IRRESISTIBLE Autumn Desserts

With peanuts and mangos, guilt is not an option.

FAMILY FEATURES

**W**ith cooler weather and families gathering indoors, fall is a perfect time to pull out the measuring cups and baking pans and start baking. Fill the house with tantalizing aromas by choosing ingredients that add full-on flavor and great taste, such as peanuts and mangos. Best of all, your freshly baked treats can be good for you and your family. USA-grown peanuts, peanut butter and other peanut products have zero trans fats, are cholesterol-free and have 30 essential nutrients, including vitamin E. Mangos, a tropical treat available year round, are an excellent source of vitamins C and A, both important antioxidant nutrients, and a good source of fiber.

### Brandied Mango Bread Pudding

- Prep time: 20 minutes  
Stand time: 30 minutes  
Cook time: 40 minutes
- Nonstick cooking spray
  - 6 cups 1-inch cubes King's Hawaiian Sweet Bread
  - 2 ripe mangos, peeled, pitted and diced
  - 1 1/2 cups fat-free half and half
  - 3/4 cup egg substitute
  - 2/3 cup granulated sugar
  - 1/4 cup brandy
  - 1 teaspoon vanilla extract
  - 1/2 teaspoon each: ground cinnamon, allspice and nutmeg
  - 3 tablespoons butter, melted
  - Powdered sugar (optional)

Preheat oven to 350°F. Lightly spray 9-inch baking dish with nonstick cooking spray. Place bread cubes and mangos in baking dish. In medium bowl, whisk together half and half, egg substitute, sugar, brandy, vanilla and spices. Whisk in melted butter, then pour over bread and mangos, stirring lightly to coat bread with egg mixture. Let stand 30 minutes, or until liquid is absorbed. Bake 40 minutes, or until toothpick inserted into center comes out clean. Serve warm dusted with powdered sugar, if desired. Makes 8 servings.

**Nutritional analysis per serving:** Calories: 230, Fat: 2g, Saturated Fat: 0.5g, Trans Fat: 0g, Cholesterol: 15mg, Sodium: 210mg, Carbohydrates: 37g, Fiber: 2g, Sugar: 23g, Protein: 7g, Vitamin A: 15%, Vitamin C: 25%, Calcium: 10%, Iron: 8%

### Sweet Peanut Egg Rolls

- Prep time: 20 minutes  
Cook time: 10 to 12 minutes
- Butter-flavor nonstick cooking spray
  - 1 cup chopped dry roasted, unsalted peanuts
  - 6 tablespoons low-fat or fat-free caramel sauce
  - 1 teaspoon ground cinnamon, divided
  - 2 tablespoons butter, melted
  - 2 tablespoons honey
  - 8 sheets phyllo dough

Preheat oven to 400°F. Line baking sheet with foil and spray with nonstick cooking spray; set aside. Stir together peanuts, caramel sauce and 1/2 teaspoon cinnamon in small bowl. Stir together butter, honey and remaining cinnamon in small bowl. Lay 1 sheet phyllo on a board (keep remaining dough covered with damp cloth). Spray phyllo with cooking spray and fold in half. Repeat steps for remaining phyllo. Brush phyllo very lightly with butter mixture, then spoon 2 tablespoons peanut mixture along one long edge of dough, leaving about 1/2 inch empty on both sides. Fold in 2 sides, then roll up tightly and place on prepared baking sheet. Repeat with remaining phyllo and butter and peanut mixtures. Brush rolls on all sides with any remaining butter mixture. Bake 10 to 12 minutes, or until golden brown. Serve with additional warmed caramel sauce for dipping, if desired. Makes 8 egg rolls.

**Nutritional analysis per egg roll:** Calories: 210, Fat: 11g, Saturated Fat: 3g, Trans Fat: 0g, Cholesterol: 10mg, Sodium: 130mg, Carbohydrates: 25g, Fiber: 2g, Sugar: 9g, Protein: 5g, Vitamin A: 2%, Vitamin C: 0%, Calcium: 2%, Iron: 6%

### Mango Peanut Crisp

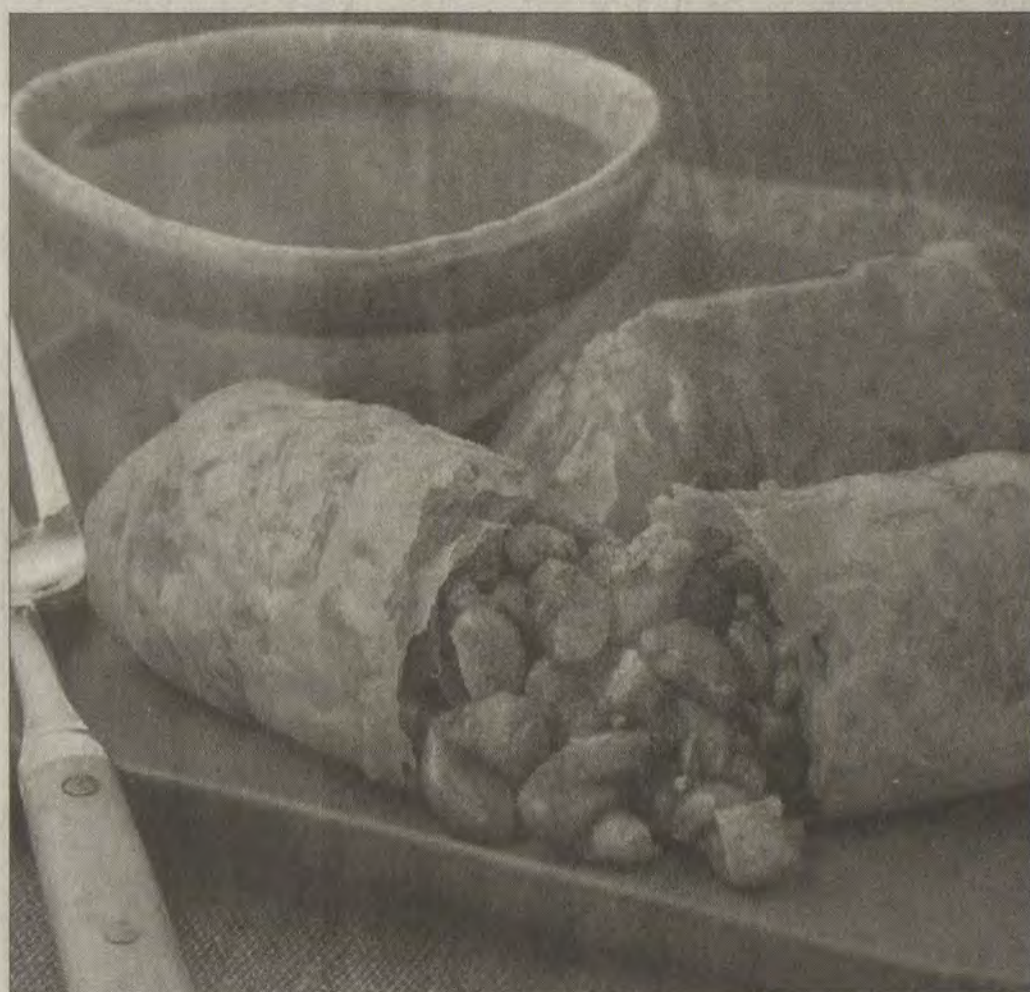
- Prep time: 15 minutes  
Cook time: 20 minutes
- Nonstick cooking spray
  - 6 tablespoons rolled oats
  - 1/4 cup firmly packed brown sugar
  - 1/2 tablespoon flour
  - 2 tablespoons butter, softened
  - 1 teaspoon ground cinnamon
  - 1/4 cup chopped honey roasted peanuts

**Filling**

- 3 large ripe mangos, peeled, pitted and diced
- 2 tablespoons honey
- 1/2 teaspoon ground cinnamon

Preheat oven to 350°F. Spray four 2-cup baking dishes with nonstick cooking spray. Stir together all topping ingredients except peanuts in small bowl with fork until they become coarse crumbs; set aside. Stir together all filling ingredients in medium bowl and spoon into prepared dishes. Spoon topping over filling and sprinkle with peanuts. Bake 20 minutes, or until filling is hot and bubbly and topping is golden brown. Makes 4 servings.

**Nutritional analysis per serving:** Calories: 310, Fat: 10g, Saturated Fat: 4g, Trans Fat: 0g, Cholesterol: 15mg, Sodium: 75mg, Carbohydrates: 56g, Fiber: 3g, Sugar: 25g, Protein: 3g, Vitamin A: 60%, Vitamin C: 25%, Calcium: 2%, Iron: 4%



Sweet Peanut Egg Rolls



Brandied Mango Bread Pudding





David and Handshoe U.S.G.S. 7 7/2 minute quadrangle maps. The amendment will use the contour strip and highwall/auger methods of mining. The surface area is owned by Reed Brothers Holding Company, Inc., John F. Hoover, Lisa & Edmond Watkins, Martin Vanderpool, Larry Conley, Wayne Gearheart, Elden Bailey, Marwood Land Co., Inc., Miller Bros. Coal, LLC, Thelma & Lurie Hoover, and G.M.O. Forestry Fund 3, LP. The operation will underlie surface area owned by Reed Brothers Holding Company, Inc., John F. Hoover, Lisa & Edmond Watkins, Martin Vanderpool, Larry Conley, Wayne Gearheart, Elden Bailey, Marwood Land Co., Inc., Miller Bros. Coal, LLC, Thelma & Lurie Hoover, and G.M.O. Forestry Fund 3, LP.

The application has been filed for public inspection at the Department for Natural Resources, Division of Mine

Reclamation and Enforcement's Regional Office, 3140 South Lake Drive, Ste. 6, Prestonsburg, Kentucky 41653. Any person whose interest may be adversely affected by the proposed permit may present information relevant to the permit, in oral or written form, at the time of the conference.

**NOTICE OF INTENTION TO MINE Pursuant to Application Number 836-5529, Transfer**

In accordance with 405 KAR 8:010, notice is hereby given that Calvary Enterprises, LLC, P.O. Box 33, Jenkins, Kentucky 41537 intends to transfer permit number 836-5478 to Matt/Co, Inc., 439 Meadows Branch, Prestonsburg, Kentucky 41653. The new permit number will be 836-5529. The operation disturbs 7.14 surface acres and will underlie 1,688.18 acres. No new acreage is affected by this transfer.

The operation is located 0.5 miles northwest of Craynor in Floyd County. The proposed operation is approximately 1.3 miles southwest from State Route 979's junction with Mink Branch Road and is located 0.7 miles south of Hamilton Branch. The operation is located on the McDowell USGS 7 1/2 minute quadrangle map.

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 or objections must be filed with the Director, Division of Mine Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601. All comments or objections must be received within fifteen (15) days of today's date.

**PUBLIC NOTICE**  
Notice is hereby given that Lynn Clark Justice, P.O. 41222, has applied

for a permit for an underground coal mining operation, located 0.01 mile north of Ivel, in Floyd County. The proposed operation will disturb 26.08 surface acres, and will underlie 291.38 acres, and the total area within the permit boundary will be 299.90 acres.

The proposed operation is approximately 0.20 mile north from Davidson Branch Road's junction with U.S. 23, and located 0.01 mile north of Davidson Branch.

The proposed operation is located on the Harold U.S.G.S. 7-1/2 minute quadrangle map. The surface area to be disturbed is owned by S.P. Davidson Heirs. The operation will underlie land owned by S.P. Davidson Heirs, and Marshall Davidson.

The application has been filed for public inspection at the Department for Natural Resources Regional Office,

**NOTICE OF INTENTION TO MINE Pursuant to Application Number 836-5521**

In accordance with the provisions of KRS 350.055, notice is hereby given that Homer Short Company, Inc., 7766 Route 321 South, Hager Hill, Kentucky 41222, has applied

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 Mine Permits, No. 2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601.

In accordance with KRS 350.055, notice is hereby given that Matt/Co, Inc., 439 Meadows Branch, Prestonsburg, Kentucky 41653 has applied for a permit for a surface coal mining and reclamation operation located 3.6 miles northeast of Lancer in Floyd County. The proposed operation will disturb 454.15 surface acres and 165.26 acres of underground area, making a total permit area of 619.41

acres. The proposed operation is approximately 2.9 miles east from Corn Fork Road's junction with KY 3 and is located on Corn Fork of the Levisa Fork.

The proposed operation is located on the Lancer USGS 7 1/2 minute quadrangle map. The surface area to be disturbed is owned by Clark Pergrem and Jesse Rudd, Steven Todd and Bonnie Harris, Floyd Harris Heirs, Bill Monroe Thompson, and Bill Monroe Thompson Heirs. The permit area will underlie land owned by Floyd Harris Heirs, Clark Pergrem and Jesse Rudd, Steven Todd and Bonnie Harris, Bill Monroe Thompson, Mike and Teresa Stratton, Evan and Mary Rose, John Hunt, Lewis and Emma Hunt, Mary Lucille Willis, Jewel Crider, Donald L. and Joyce Goble, Rhonda Gail Goble Ousley, Ransom Hunt, and Lewis Hunt. The operation will use the

area, contour, underground, and auger/highwall methods of mining. 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 of the Division of Mine Permits, #2 Hudson Hollow Complex, U.S. 127 South, Frankfort, Kentucky 40601.

This is the final advertisement of the application. All comments, objections, or requests for a permit conference must be received within 30 days of today's date.

Natural Resources and Environmental Protection Cabinet to construct a new substation to provide electric power to the Kentucky Hydrocarbon Plant. Construction of the project will excavate approximately 370 cubic yards of material along the existing high wall behind the proposed station. Construction will also place a dead end structure and an elevated control house on the proposed site. The property is located approximately one half mile from the intersection of KY 80 and KY 2554 at the back of the existing Kentucky Hydrocarbon plant in Langley, Kentucky along the Right Fork of Beaver Creek. Any comments or objections concerning this application shall be directed to: Kentucky Division of Water, Water Resources Branch, 14 Reilly Road, Frankfort Office Park, Frankfort, Kentucky 40601. Phone: (502) 564-3410.

**NOTICE OF INTENTION TO MINE Pursuant to Application Number 836-0317**

**PUBLIC NOTICE**  
Notice is hereby given that the American Electric Power Company, P.O. Box 2021 Roanoke, VA 24022, has filed an application with the

The proposed operation is approximately 2.9 miles east from Corn Fork Road's junction with KY 3 and is located on Corn Fork of the Levisa Fork.

The proposed operation is located on the Lancer USGS 7 1/2 minute quadrangle map. The surface area to be disturbed is owned by Clark Pergrem and Jesse Rudd, Steven Todd and Bonnie Harris, Floyd Harris Heirs, Bill Monroe Thompson, and Bill Monroe Thompson Heirs. The permit area will underlie land owned by Floyd Harris Heirs, Clark Pergrem and Jesse Rudd, Steven Todd and Bonnie Harris, Bill Monroe Thompson, Mike and Teresa Stratton, Evan and Mary Rose, John Hunt, Lewis and Emma Hunt, Mary Lucille Willis, Jewel Crider, Donald L. and Joyce Goble, Rhonda Gail Goble Ousley, Ransom Hunt, and Lewis Hunt. The operation will use the

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**PUBLIC NOTICE**  
Notice is hereby given that the American Electric Power Company, P.O. Box 2021 Roanoke, VA 24022, has filed an application with the

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# FLOYD COUNTY Sports

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## Harris closing in on another Late Model title

by STEVE LeMASTER  
SPORTS EDITOR

SITKA - Veteran dirt track driver Paul Harris is turning fast laps on his way to another track title. With one race remaining in 201 Speedway's 2007 season, Harris holds an 850-780 lead over fellow veteran driver Randy Boggs in the track's Late Model division. Michael Paul Howard (660), Anthony Adams (595) and Rod Evans (585) round out the top-five. Only one points race remains.

Corey McKenzie owns a comfortable lead in 201 Speedway's Open Wheel Modified division.

Greg Hensley (Mr. Metal Bomber)

and Jamie Hamilton (Four-Cylinder) are also current points leaders.

A list of the top 15 drivers in each division follow.

**LATE MODELS:** 1-Paul Harris, 850; 2-Randy Boggs, 780; 3-Michael P. Howard, 660; 4-Anthony Adams, 595; 5-Rod Evans, 585; 6-Terry Hicks, 575; 7-Rodney Davis, 555; 8-Brandon Fouts, 485; 9-Raymond Nichols, 460; 10-Eric Wells, 355; 11-Brandon Johnson, 340; 12-Shannon Thornsberry, 335; 13-Richie Edwards, 315; 14-Kevin Hall, 290; 15-Jamie Ferguson, 270;

**OPEN WHEEL MODIFIEDS:** 1-Corey McKenzie, 1,200; 2-Jason Hall, 845; 3-Dennis Deboard, 720;

4-Brian Salisbury, 670; 5-Darren Muncy, 650; 6-Beadie Blackburn, 605; 7-Pete Castle, 595; 8-Marty Meade, 545; 9-Jeremy Hayes, 545; 9-Courtney Conley 515; 10-J.J. Brock, 495; 11-Jim Lemaster, 480; 12-Jason Perry, 405; 13-Walt Mayabb 360; 14-Glen Patton, 345; 15-Jack Tackett, 320.

**MR METAL BOMBERS:** 1-Greg Hensley, 1,115; 2-Ervin Vance, 1,000; 3-Don Risner, 900; 3-Shannon Richmond, 900; 4-Bo Howard, 865; 5-Dean Pennington, 830; 6-Scott Lemaster, 815; 7-Darren Damron, 795; 8-Charlie Mullett, 665; 9-J.J. Terry, 660; 10-Tim Mason, 445; 11-Albie

(See HARRIS, page two)

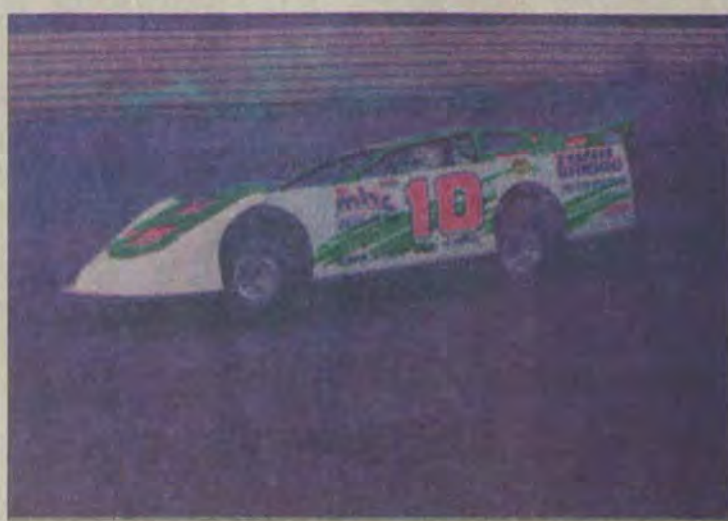


photo by Chris Belcher  
Veteran Floyd County racer Paul Harris has enjoyed another successful race season.

## Pikeville-Belfry Football, Take 47

by RICK BENTLEY  
TIMES COLUMNIST

It's a good thing my computer keeps up with things for me.

As I sat down to write this week's column, I knew my subject - hey, anybody who pays even a little attention knew this was going to be about tonight's annual meeting of the football clubs representing Pikeville and Belfry high schools - but I'd forgotten a little something about it.

Then I found last year's column, written immediately after Belfry won its sixth straight in the series, stretching the longest win streak in the rivalry's history. I knew the Bucs had won six straight. But I didn't realize how much they'd really dominated the recent series.

I'd also forgotten what a classic game last year's was. The numbers, many of which you will soon read, clearly show Belfry's domination of this series in recent years. But last year's battle was one for the ages, showing that while the Panthers may not have beaten the Pirates recently, it's far from a longshot to believe it's possible.

Here's a graph from last year's game, easily one of the most exciting in the long and storied rivalry:

*So the night ends with Belfry winning 24-20, running their unprecedented streak in this series to six straight, nine out of the last 12, 11 in the last 15. You don't need me to tell you that, as it currently stands, the Pirates own this series.*

Wow.

So let's review: This year's senior class at Belfry High School:

- Hasn't lost to Pikeville since the fifth grade;
- Has lost only three times since it started Kindergarten;
- Has only lost only five times since they were born.

Where's Raymond Barone's dad when we need a good "Holy crap"?

It's along about here each year I remember that I once read on a Website that I largely slant this column to favor Belfry. And I

(See TAKE, page two)



photo by Jamie Howell  
Prestonsburg defenders Nathaniel Stephens (56) and Michael Burchett pursued the football during a game against Lawrence County earlier in the season.

## Craynon nearing 1,000 yards rushing

by STEVE LeMASTER  
SPORTS EDITOR

PRESTONSBURG - Prestonsburg High School junior running back Allen Craynon has ranked as one of the area's top running backs throughout the season. In five games, Craynon has rushed for 772 yards and 13 touchdowns on 81 carries. Craynon ranks as one of the state's leading scorers. According to Prestonsburg Coach John DeRossett, Craynon is unassuming as he cuts up opposing defenses.

"Allen is the first guy to give his teammates credit," DeRossett commented. "He thanks the people around him and when he scores a touchdown he just flips the ball back to the referee. He's a quality young man." Craynon rushed for 144 yards and four touchdowns on 11 carries in the win over Morgan County last Friday night. The versatile Prestonsburg junior also had a 42-yard touchdown reception.

Tonight, Craynon could go over 1,000 yards rushing when the Blackcats venture to Paintsville for a game against the rival Tigers. Through the season's first five

games, Prestonsburg junior Seth Setser has rushed for 443 yards and six touchdowns on 45 carries. Setser ranks as Prestonsburg's second-leading rusher.

Senior quarterback Bobby Hughes has now rushed for 222 yards on 37 carries.

In a limited passing attack, Hughes has completed six of 20 passes, for 238 yards and four touchdowns.

Currently, Craynon also leads Prestonsburg in receiving with three catches for 133 yards and a trio of touchdowns. Craynon has scored 96 points thus far.

Defensively, Matt Blevins and Michael Burchett each have two interceptions for the Blackcats. Nathaniel Stephens has picked off one pass for the Prestonsburg defensive unit.

Sophomore Austin McKinney has recovered a team-high three fumbles for the Blackcats.

### BLACKCAT FOOTBALL UPCOMING GAMES

Tonight: At Paintsville, 7:30 p.m.  
Saturday, Oct. 6:  
vs. Beechwood, 4 p.m.

### HIGH SCHOOL FOOTBALL TONIGHT'S AREA GAMES

- Allen Central-Betsy Layne, 7:30 p.m.
- Belfry-Pikeville, 7:30 p.m.
- Knott Central-East Ridge, 7:30 p.m.
- Lawrence County-Russell, 7:30 p.m.
- Letcher Central-Leslie County, 7:30 p.m.
- Lynn Camp-Harlan, 8 p.m.
- Magoffin Co.-Evangel Christian, 8 p.m.
- Morgan County-Fairview, 7:30 p.m.
- Paintsville-Prestonsburg, 7:30 p.m.
- Perry County Central-Whitley County, 7:30 p.m.
- Raceland-Greenup County, 7:30 p.m.
- Rowan Co.-Sheldon Clark, 7:30 p.m.
- Shelby Valley-Knox Central, 7:30 p.m.
- Tolsia, W.Va.-Pike Central, 7:30 p.m.

## P'burg announces plans for 2007 Alumni Game

by STEVE LeMASTER  
SPORTS EDITOR

PRESTONSBURG - The Prestonsburg High School football program has announced plans for the 2007 Alumni Game. Prestonsburg will host Class A frontrunner Beechwood on Saturday, Oct. 4 in the Alumni Game. Kickoff for the Prestonsburg-Beechwood game is set for 4 p.m. Before the game, all former Prestonsburg football players are invited back for an alumni cookout. The cookout will be behind a goalpost and sign-ins will get underway at 2 p.m.

The entire group of Prestonsburg alumni in attendance will get together for a group photo at 3:30 p.m. All former players are encouraged to bring memorabilia from their team to be displayed in the alumni room in the fieldhouse. Members of Prestonsburg's 1993 state runner-up team will serve as honorary game captains for the current Blackcat squad.

## Hayes, Roop qualify for state golf tournament



Prestonsburg's Storm Roop (not pictured) and Colby Hayes (pictured above) have both qualified for the state golf tournament. Roop shot an 80 while Hayes fired a 79 during this year's regional tournament. StoneCrest Golf Course hosted the Region 11 Tournament earlier in the week. Pikeville won the tournament and Johnson Central finished runner-up.

## Miners make six selections in CBA Draft, pick IU guard Calloway first

*East Kentucky takes 'Woo' in sixth round*

TIMES STAFF REPORT

PIKEVILLE - In the company of numerous hoops hungry fans, the East Kentucky Miners professional basketball organization selected six players Tuesday night in the 22nd Annual CBA Draft during a draft party held at Applebee's. East Kentucky Coach Kevin Keathley drafted a versatile group of players. The Miners took 6-3 guard Earl Calloway from Indiana with their first pick in the opening round. Calloway, who averaged 9.6 points, 4.3 assists and 3.2 rebounds per game as a

senior for tradition-rich Indiana, was the draft's third overall pick. East Kentucky also drafted Marcus Heard (6-7, F, DePaul, Second Round), Zach Malvick (6-2, G, Winona State, Third Round), Dwight Jones II (6-3, G, Houston Baptist, Fourth Round), Andrew Preston (6-10, C, Belmont, Fifth Round) and Lukasz Obrzut (7-2, C, Kentucky, Sixth Round). Each of the players drafted will have the opportunity to come into training camp and earn a spot on the East Kentucky roster.

The CBA Draft, originating from the Holiday Inn Parkway East in Pittsburgh, was carried live on Web Television Network. Fans in attendance at Applebee's were made aware of East Kentucky's draft picks as they happened. Various members of the Miners organization and the Diamond Girls Dance Team

were also in attendance.

"The draft party went really well," Keathley commented late Tuesday night. "The Diamond Girls Dance Team came out and really got the crowd into it."

"Obviously, we did our homework, getting guys who can come into training camp and compete for a spot. Enough credit can't be given to Brandon Paquin, our Director of Basketball Operations. He put in a lot of hard work in the office everyday, evaluating talent, watching tapes and making phone calls."

The CBA Draft consisted of six rounds as a total of 60 players were drafted. The expansion Oklahoma Cavalry made the first selection in the 22nd annual draft, selecting Caleb Green, a 6-8 forward from Oral Roberts. Each pick was

(See DRAFT, page two)



DRAFT NIGHT: East Kentucky Miners Coach Kevin Keathley (left) spoke to Brian Levy (Senior Marketing & Account Executive) in between draft picks Tuesday night.







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**FAMILY MEDICINE**

'Back-to-school fatigue' may be cause of Mom's exhaustion— **Page B6**



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**THROUGH MY EYES**

**On love and marriage**

As perhaps many singles do, I sometimes find myself wondering just what it is that makes some of us the "marrying kind" and others of us not. Don't know that there is any real one answer to that but I do know that I often find myself feeling envious of those who seem to have captured the magic for long enough to turn it into something enduring.



**Kathy Prater**  
Lifestyles editor

I have long envied my dear Aunt Barbara and Uncle Jerry for the wonderful marriage they have shared for the many years I have known them. When I came across this little article on answers given by schoolchildren on the subject of marriage, I thought of them because they both so enjoy a giggle and a smile.

So, to Aunt Barb and Uncle J, this week's column is dedicated to you - hope it gives you a grin! Love you both!

(See EYES, page seven)

**DINNER DIVA**

**Five 'body clutter' tips**

by LEANNE ELY

Today I got on the scale and discovered my weight is now at an all time low; lower than I was even two years ago after my big initial body clutter loss. It was a poignant moment for me to see a goal become reality.

I have to tell you, this body clutter loss came with some sweat equity! But it also came about with an increasing awareness of putting in what I plan to burn and making sure the fire was stoked enough to keep my metabolism going, but not too much. Its always about balance, isn't it?

Anyway, I've shared some tricks with you in the past (like my soup fix trick, water, et al), but I have some more that I've been discovering that have been real life-savers and have helped me navigate through some plateaus and temptations to just give up. Try

(See DIVA, page seven)



Jordan Slone, a participating student from Clark Elementary last year, competed in the woodworking class at the Kentucky State Fair and received a blue ribbon for his completed project.

**Floyd County youths excel with 4-H projects**

Floyd County youths had the opportunity to let their talent shine by participating in 4-H Project work. Four-H projects are a perfect example of putting to work the "learn by doing" concept that is at the foundation of our Kentucky 4-H Youth Development Program. Project work helps members to develop inquiring minds and an eagerness to learn, as well as to build on practical living skills. Young people are generally eager to participate and learn because project work is both educational and fun.

Project work experiences enable youth to develop and improve such life skills as time management, teamwork, and communications. These experiences help 4-Hers develop life skills including mastering technology, leadership and career exploration that are helpful throughout their lives.

Floyd County youth had the opportunity to

choose from over 100 projects this school year. Projects ranging from woodworking, cooking, sewing, electricity, geology, speech and many, many more. Once the projects were completed, members had the opportunity to enter their projects at their school on 4-H Project Day.

This year, over 700 4-H projects were turned in during the school 4-H Project Days. An outstanding turn out of projects was seen this year. If members won a blue ribbon, they had the opportunity to participate in the County 4-H Project Day which was held May 19th at the Floyd County Extension Office, where the winners received a purple champion ribbon, a trophy and a \$20 scholarship toward 4-H camp costs.

If they were named a county champion, in most cases, they had the opportunity to send their project to the Kentucky State Fair. All county entries

were also able to compete at the East Kentucky Fair.

Here is a list of our Kentucky State Fair Participants:

- Adams Middle School**  
Wil Allen: Photography - Blue Ribbon
- Allen Elementary**  
Dakota Conn: Woodworking - Blue Ribbon  
Casey Dyer: Photography - Red Ribbon  
Tiffany Meadows: Cooking - Blue Ribbon & Class Champion
- Allen Central Middle**  
Dustin Everidge: Electricity - White Ribbon

(See PROJECTS, page six)

**BSCTC teachers named PRIDE Volunteers of the Month**

PRIDE President/CEO Karen Engle announced this week that Big Sandy Community and Technical College teachers, Angela Burton and Teresa McCoart, both of Van Lear, have been named "Volunteers of the Month" for the month of September.

Together, Burton and McCoart have co-chaired the PRIDE Roadside Cleanup for many years. The duo organize family members, friends, co-workers and others to meet and gather supplies, then break up into small groups to pick up litter in their assigned area. The women also recruit volunteers to organize a cookout for everyone to enjoy after the cleanup activities. What started for Burton and McCoart as a family affair has grown now to include up to 30 volunteers at each cleanup.

The PRIDE Volunteer of the Month program recognizes hard work and dedication to the PRIDE initiative. With corporate sponsorship from TECO Coal, WYMT-TV located in Hazard airs commercials about each PRIDE Volunteer of the Month. The 12 Volunteers of the Month are then considered for the Tony Turner Volunteer of

the Year Award, which is presented annually at the PRIDE Envis (Environmental Awards).

"Volunteers are the backbone of PRIDE," said Fifth District Congressman Harold "Hal" Rogers, PRIDE co-founder. "We wouldn't be where we are without our volunteers. They have dedicated over 650,000 hours to cleanup and environmental education projects. We want to thank TECO Coal for helping PRIDE give these generous people the recognition they deserve."

PRIDE serves 38 counties in southern and eastern Kentucky. Rogers started PRIDE in 1997 along with the late General James Bickford, former Kentucky Secretary for Natural Resources and Environmental Protection.

PRIDE links citizens with the resources of local, state and federal agencies to clean up the region's waterways, end illegal trash dumps and promote environmental education and awareness. PRIDE is funded by the National Oceanic and Atmospheric Administration.

For more information on becoming a PRIDE volunteer, call 888-577-4339 or local PRIDE Coordinator Lillian Wheeler at 606-789-2550.



BSCTC teachers Angela Burton, left, and Teresa McCoart, have been named PRIDE Volunteers of the Month for September.

**FLY LADY**

**Throwing out the lifeline**

by MARLA CILLEY

Do you ever feel like you are drowning? And you are going down for the last time and no one is there to save you? In fact, the whirlpool is about to suck you into the dark abyss. This is how we all feel when we are living in CHAOS! The whirlpool is the vicious cycle we are living in and we don't know how to stop it! You can't even remember how you got into the dangerous waters in the first place! I can tell you exactly why -

Procrastination! You didn't want to look at the problem so you put it off. You probably still don't want to address the issues that are drowning you! But we do this every single day. You see it is not one thing that is pulling you under, it is all the things that got our homes in the shape they are in today. Every thing is connected and when one thing starts getting sucked into the whirlpool, the rest will follow! UNLESS you start to pull your own self out one bad habit at a time. I know you don't believe me, but as strange as

it may seem, FLYing can give you the life preservers you need when nothing else will. We put off paying bills! We put off buying groceries! We put off planning menus! We put off doing our taxes! You name it - we can find a way and an excuse for putting it off! We have to stop this right now! Just stopping one thing will keep your head above water. Wednesday is always Anti-procrastination day, menu planning day and clean out the refrigerator day. Look at what taking care of these things will do for this whirlpool you have gotten yourself into. With the refrigerator cleaned out, you can see what food you need to buy, what you need to use up and what left-

overs can be used in a pot of soup. Just the act of doing it starts your mind thinking about menus and a grocery list. While you are cleaning out the refrigerator, keep your grocery list handy so you can jot down a few ideas for next weeks meals. Now, after you have cleaned out the refrigerator, sit down with a cup of tea for 10 minutes and think about what you can cook next week. Having groceries in the house is half the battle to cooking. When you don't have it on hand it is just much easier to call for pizza or takeout. Which is why you are gaining weight and losing money;



(See FLY LADY, page seven)



Family Medicine OHIO UNIVERSITY College of Osteopathic Medicine

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

'Back-to-school fatigue' may be cause of mom's tiredness

fatigue are due to lifestyle or emotional issues. When the children go back to school it causes an abrupt change in the household routine for most people. You have to wake up earlier, get the kids off to school, make sure homework is done in the evening and plan for numerous after school activities. This can all be very difficult to juggle and can cause a caregiver, like a mom, to not sleep well. Chances are that you and most of the other women at work are dealing with these same issues. You may have what could be termed "back to school fatigue."

low thyroid and alcohol use. Some medications, particularly antihistamines, blood pressure meds and sleeping pills can cause fatigue. On the other hand, serious medical conditions like diabetes, some types of cancer, heart failure and major infection can have fatigue as an early symptom. Here are a few tips that can help alleviate fatigue that's not the result of an underlying medical problem: Eat a balanced diet — it is easy to skip meals and eat poorly when you are stressed by life's demands. Try to get some regular exercise — this will actually perk you up. Set a regular bedtime for yourself so that you get enough sleep. Learn to relax through meditation or yoga. Try to eliminate as much stress in your life as possible. Take a multivitamin pill. Avoid alcohol, nicotine and

drug use. If these simple measures don't help, and your fatigue persists, you should see your doctor. He or she will take a thorough history and do a physical. Lab tests may also be ordered to rule out anemia, diabetes, infection and thyroid disease.

Q Since my kids went back to school a couple of weeks ago, I have been really tired. I am worried that something is wrong with me, but I have noticed many of the other women at work are complaining of being tired as well. Do we all have a virus or something? What can be going on? A Fatigue is a common complaint seen in the family physician's office, and usually, it is not caused by an underlying serious medical problem. One of the first things your doctor needs to do when you tell him or her that you feel fatigued is to ask questions about

your actual symptoms. This is because people often use the term fatigue when they really mean that they just feel sleepy or drowsy. Fatigue and drowsiness are not synonymous, though they do overlap a bit. Drowsiness can be defined as the feeling we experience when we need to sleep, while fatigue is a lack of energy and motivation. The overlap occurs because fatigue-related lack of energy and motivation can lead to drowsiness. People with fatigue also sometimes experience apathy — a feeling of indifference or not caring about what happens. Over 80 percent of all cases of

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-news.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 familymedicine.org.

School Happenings

Adams Middle School Youth Services Center •YSC will be sending home calendars and newsletters with school events and other information on the last day of each month. Please watch for your student to bring home these items. •Lending Library available for student/parent use. Pamphlets, videos, books and more on a variety of topics available. •A nurse from the FCHD is currently available at the school to provide services including: School physicals, immunizations, WIC, well-child exams, etc. Call 886-1297 to schedule an appointment. Child does not have to be a student at AMS to receive services. •Parents, guardians, and community members interested in volunteering at the school may contact the YSC to schedule a time for Confidentiality Training/Crime Check. Training must be completed each year in order to remain on the approved volunteer list. Call 886-1297. •The Youth Services Center is open each weekday from 8 a.m. to 4 p.m., and later by appointment. Services offered to students and families regardless of income. Coordinator is Michelle Keathley. Center telephone is 886-1297.

Allen Central High School •Sept. 28 - No school - professional day for teachers. •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. •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.

Baptist Learning Center •Now accepting applications for new students, Toddler I class thru Pre-K class. Located in the First Baptist Church, S. Front Ave., downtown Prestonsburg. Call 886-8681.

Betsy Layne Elementary •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.

Duff Elementary •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 •Floyd County Health Department Nurse Joy Moore, is at the center the first three Mondays each month to administer immunizations, T.B. skin tests, well-child exams. WIC, prenatal and post-partum services, and school physicals. Call 377-2678 for an appointment. •Parent lending library available to all parents for video/book check-outs. A variety of topics are available. •Family Resource Center is open weekdays, 7 a.m. to 3:30 p.m. Center is located upstairs in the old high school building, on the McDowell Elementary School campus. For further information, call Clara Johnson, director, at 377-2678. The McDowell FRC provides services to all MES students and their families, regardless of income.

Mountain Christian Academy •Tuition assistance and bus transportation is available. For more information or a tour of the school, call 285-5141 or 285-5142. •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 •School Hours: 8:15 a.m. to 3 p.m. •Oct. 11 - School pictures. • 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 information and referrals regarding GED classes, preschool child care, and other programs or services offered to the community.

South Floyd Youth Services Center •Parents needing assistance with daycare may contact Mable Hall for information, or the "A Step Ahead" daycare center, at 452-1100. •SFMS parents with concerns about your child's grades, visit the STI Home! site at http://fiid.ssts.com and click on the STI program. Select state, county, school, child's pin number and password. You may view your child's attendance record, class average, schedule, grades, and discipline referrals. Questions? Call 452-9607. •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 •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. •For more information about Wesley Christian School, call 874-8328.

Big Sandy Community & Technical College Adult Education and GED Monday: 8 a.m. to 12 p.m. - McDowell FRC; Martin Comm. Ctr.; Auxier Learning Ctr.; BSCTC. 1-4:30 p.m. - BSCTC. Tuesday: 8 a.m. to 12 p.m. - Mud Creek Clinic; BSCTC. 9:30 a.m. to 12 p.m. - Dixie Apartments

1-4:30 p.m. - Betsy Layne FRYSC; BSCTC. 6-8 p.m. - Auxier Learning Ctr. Wednesday: 8 a.m. to 12 p.m. - Martin Comm. Ctr.; Auxier Learning Ctr.; BSCTC. 1-4:30 p.m. - Layne House; BSCTC. 6-8 p.m. - BSCTC. Thursday: 8 a.m. to 12 p.m. - Mud Creek Clinic; BSCTC. 8:30 a.m. to 1:30 p.m. - Weeksbury CC. 1-4:30 p.m. - Betsy Layne YSC; BSCTC. 6-9 p.m. - Martin Comm. Ctr. Also, from 10 a.m. to 12 p.m., Mondays and Wednesdays at Drug Court. Kay Hale Ross - Manager of Adult Education, 886-7334. Lisa Pelfrey - Assistant. Ron Johnson, Stephanie Conn, Lynn Hall, Nancy Bormes, and Wayne Combs - Adult Education teachers.



'Elvis' visits PHCC

Prestonsburg Health Care residents recently spent a week reminiscing about Elvis Presley and listening to all his greatest hits such as "Blue Suede Shoes," a favorite at the center. The residents all seem to enjoy listening to Presley's songs, sometimes for hours at a time. A fun activity enjoyed by those participating was learning about Presley's movies, music, likes and dislikes, and family. One afternoon, residents were treated to a buffet lunch that included many of Presley's favorite foods - meat loaf, pork chops, mashed potatoes, green beans, gravy, tomatoes, apple pie, and of course, grilled peanut butter and banana sandwiches. At one point, Elvis was even spotted in the PHCC hallways! What a surprise to everyone! During his visit, he performed some of his favorite songs such as "Heartbreak Hotel," "Blue Suede Shoes," and "Hound Dog." Dir. Elaine and all her staff wish to invite family and friends out to visit the center anytime, because you just never know what famous star may stop by for a visit!

Projects

Table listing projects at various schools: Betsy Layne Elementary (Haleigh Johnson: Photography - Red Ribbon, Jessika Young: Sewing - Red Ribbon, Mikayla Stumbo: Photography - White Ribbon, Zachary Bailey: Woodworking - Blue Ribbon); Duff Elementary (J. T. Layne: Desert Dish Garden - White Ribbon); John M. Stumbo Elementary (Brandy Morrow: Arts - White Ribbon); Prestonsburg Elementary (Alexis Younce: Arts - White Ribbon, Dylan Slone: Woodworking - Red Ribbon, Grace Powers: Cooking - White Ribbon, Summer Shepherd: Crafts - Red Ribbon); Clark Elementary (Bradley Ousley: Woodworking - Blue Ribbon & Class Champion, Jordan Slone: Woodworking - Blue Ribbon); Betsy Layne High School (Casey Ross: Quilting - White Ribbon); Mary Beth Laferty: Cooking - Ribbon; Prestonsburg High School (Christopher Slone: Crochet - White Ribbon); South Floyd Middle School (Ashley Skeens: Arts - Red Ribbon). Includes a note: 'Continued from p5'.





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# FLOYD COUNTY Around Our Schools



## Ratliff Honored

“Consider a world without violence against women and girls; Contemplate how this violence impacts each of us everyday: Contribute a writing piece to make Kentucky the safest state on earth for women and girls” was the call sent out statewide for a writing event sponsored by the Kentucky Domestic Violence Association as part of the Until the Violence Stops: KY Festival being held in Lexington Kentucky August 18 – September 1, 2007. Students were asked to have their voices be heard by writing about one of the following topics: sharing a personal story or experience with physical, emotional, or sexual abuse; what a healthy relationship looks or feels like to you; How YOU feel empowered; or your vision of how violence against women and girls can end.

The information about the writing event was sent to all schools in Kentucky during late spring last year. At least one student from Floyd County answered the call.

Rebecca Ratliff, a 16 year old junior at Betsy Layne High School, was chosen by the UTVS Festival Committee as one of ten students statewide to be honored at a luncheon held at the Radisson Hotel in Lexington on August 21, for her essay entitled Relationships.

During the luncheon the students were asked to read their essays and were recognized for their hard work with a certificate and other gifts from the Kentucky Domestic Violence Association – Until The Violence Stops: KY Festival. The guest speaker at the luncheon was Kentucky author Leatha Kendrick who encouraged the young writers to continue using their voices

to make a difference in the world.

Rebecca chose to write her essay on what a healthy relationship looks or feels like. Her essay actually began with a poem as follows:

### Relationships

What is a relationship?  
How is it formed?  
What makes it special, safe, kind and warm?  
A soft smile  
The small warmth in your chest whenever they are near  
Knowing they'll never hurt you and always hold you dear  
What is it that connects us?  
Is it love?  
What is this feeling?  
A gift from above  
To share a special connection  
To know you are truly loved.  
Having someone to hold and listen to your tears  
To be patient through your ranting  
Soothing your angered words.  
What is a relationship?  
More than a common bond  
It's something deeper  
An unbreakable trust

A lifetime of enchanted moments

Shared together.  
To feel whole  
Complete.  
One soul  
Inhabiting two bodies  
Perfectly content together  
Not being alone  
Even when you're not together.  
Being able to listen to your heart  
Knowing it's leading you in the right direction  
Filling you with peace and satisfaction  
Knowing you're truly home within their heart.

The rest of her essay went on to explain further about what she thought a good healthy relationship should be and recognized that a major part of being in a good relationship is knowing the warning signs if things are not right so help can be obtained.

For more information about domestic violence or the Until Violence Stops: KY Festival log on to the Kentucky Domestic Violence Association website at [www.org](http://www.org).

## Akers named 'Outstanding Ambassador'

Cody Akers, a student from John M. Stumbo Elementary was named "Outstanding Ambassador" during the 2006-2007 KUNA awards ceremony. He was a mock ambassador for the Dominican Republic.



### What is a hero?

This child, and thousands like her, have the hope of a better future and the power to make it happen. By taking part in afterschool programs, kids explore, learn, grow, and most importantly, find the hero inside themselves. Let us know you want afterschool programs in your area. Call 1-800-USA-LEARN.

Afterschool programs  
Helping kids find the hero within.

[www.afterschoolalliance.org](http://www.afterschoolalliance.org)

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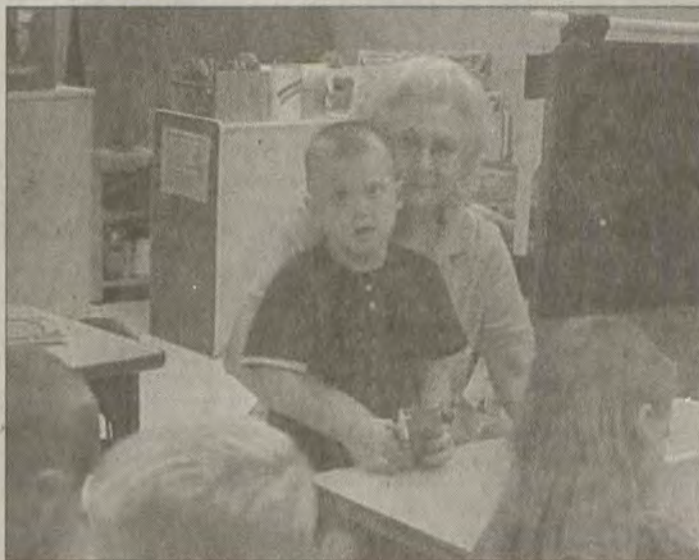
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# FLOYD COUNTY Around Our Schools

## McDowell grandparents honored



A celebration in honor of Grandparent's Day was held at McDowell Elementary School on September 11, 2007. 140 wonderful grandparents attended the celebration. The festivities were sponsored by the McDowell Family Resource Center and McDowell Elementary School.



## ACHS student becomes published author

Jessica R. Conley, a Junior at Allen Central High School, recently earned the title of Author after publishing her first book. Jessica is the daughter of Betty and David Music of Martin. Jessica began to demonstrate a natural gift for art around the age of four. Later she was identified as gifted and talented in Art and General Intellectual when exiting 3rd grade. Jessica worked on the book for about 2 years. She received the copyright for her characters and illustrations in December of this year and the copyright for her story in January. When she received the copyrights she started looking for a publisher and it was picked up by Lulu Enterprises Inc. on April 12, 2007.

Jessica shares about her writing experience: "This is my first novel debuting Princess Zona, my heroine for the upcoming series. I also have a coloring book, containing, my own illustrations, getting ready to be released with characters from my series. My publisher is Lulu Enterprises, Inc. I own the rights to all of my work. My love for writing spawned on its own. I became serious about writing around the age of 12. My family has always encouraged my artistic and creative writing abilities. My high school English teachers and counselor have also offered encouragement by proofing my rough drafts of this book and offering words of support. The title of the book is *The Requiem Whisperer*, by Jessica R. Conley. This book is available at [www.jessicaconley.com](http://www.jessicaconley.com), which is my personal web site. It is also available at [www.lulu.com](http://www.lulu.com), my publishing house. It will be available to Amazon and Barnes and Noble within a month. The MAC will have it on display and have books on hand for sale. The price of the book is \$11.53. My advice to others who want to become authors: learn to take criticism. Criticism not only points out weakness, but it also points out strengths. Work on your weak points and make them strong, and never give up.

Book Abstract - The Guardian protector of Yale comes to the kingdom's prophetic Princess in the mystical world of dreams to warn her of the arising darkness that threatens not only her kingdom, but the entire world. Princess Zona, along with her two most trusted companions travel to the borders of Yale and into a country that is ruled by one whose fate depends on Princess Zona, and her visions.



## ACHS welcomes freshmen

The Allen Central High School Youth Services Center held its first Freshman Academy on August 1st. Students had the opportunity to attend three workshop sessions addressing the topics of organization, study skills, testing skills, personal hygiene and goal setting. They received planners, notebooks, and other supplies to help them keep their school work organized. Those attending also received a 512 MB flash drive and a lanyard. The Youth Services Center would like to thank Bonita Dove, LeAnn Helton and Kelly Adam with the Big Sandy Community and Technical College, Ron Sammons and Lola Ratliff with Floyd County Schools and Mellisa Click with the Mountain Regional Prevention Center for their presentations and support. The program was implemented to help students with the transition into high school. We would also like to thank Col. Maynard, Sergeant Hardy and the Allen Central High School JROTC SPOT Team members for lending a helping hand. Seventy six students attended the program.




*The Requiem Whisperer*  
Jessica R. Conley

# Choose Health

## Choose Healthful Foods

**American Heart Association**



Fighting Heart Disease and Stroke

PSA

Wednesday  
Sept. 26  
9 am - 8 pm

Thursday  
Sept. 27  
9 am - 8 pm

Friday  
Sept. 28  
9 am - 8 pm

Saturday  
Sept. 29  
9 am - 8 pm

Sunday  
Sept. 30  
1 pm - 6 pm

Monday  
Oct. 1  
9 am - 8 pm

Tuesday  
Oct. 2  
9 am - 8 pm

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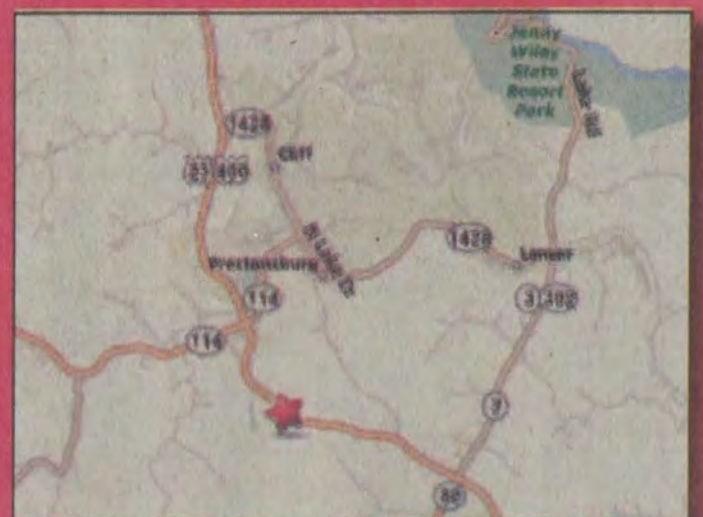
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