

The Times

FLOYD COUNTY

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HIGH SCHOOL FOOTBALL

— page B1

briefs

State probes mine fatal

The Associated Press

HAZARD — State authorities are investigating a fatality at a mining site in eastern Kentucky after a bulldozer went over an embankment while grading a road.

Kentucky's Energy and Environmental Cabinet spokeswoman Ricki Gardenhire said Rodney K. Blevins, 40, of Cumberland, was operating a bulldozer at the AM&E Coal Inc. mine when the accident occurred.

Another bulldozer operator was killed in September in a similar accident. Harold Lee Graham, 55, of Campton, died Sept. 19, when a bulldozer he was operating fell over a wall at a mine in Ary while he worked for International Coal Group.

Johnny Greene, executive director of the Office of Mine Safety and Licensing, has directed the state's surface mine safety analysts to visit all surface mines in the state to conduct safety meetings.

Those meetings were scheduled to begin Thursday and will conclude in about 10 business days, Gardenhire said.

"Our analysts will be conducting these meetings with mine employees and contractors who are at risk for highwall accidents. We will discuss with these employees methods to prevent these types of accidents," Greene said in a statement.

Court gives man one-year jail sentence for litter

SHELDON COMPTON
STAFF WRITER

PRESTONSBURG — Floyd County officials are serious about keeping the county free of litter, and their efforts go beyond promotions encouraging citizens to keep their area clean.

For some litterbugs, it means jail time.

Corn Fork resident Carlos D. Hoover, 21, learned this Wednesday when a Floyd County court tried him in his absence and sentenced him to a year in jail in addition to a fine.

"People need to know we're serious about this," said Randy Bryant, Floyd County code enforcement officer. "The

county wants this understood."

Bryant filed a criminal complaint against Hoover last month for criminal littering after another resident of Corn Fork came forward, saying Hoover had dumped a pickup truck load of debris and assorted garbage at the head of Corn Fork, a section belonging to him.

"The man happened to be working on the roof of his house when he said he saw the boy (Hoover) drive by with the load in the back of the truck," Bryant said. "Then, a little while later, he said he saw the truck go out empty."

The resident, who was not named in the complaint or mentioned by name by

(See LITTER, page eight)



Floyd County Judge-Executive R.D. "Doc" Marshall and Floyd County Code Enforcement Officer Randy Bryant are sending a message to those littering throughout the county. A Prestonsburg man was recently given a one-year jail sentence for criminal littering.

SAFETY IN MIND



photos by Sheldon Compton

Bennie Allen Rose just recently assumed the role of lead mechanic for the Floyd County Schools Transportation Department. A 13-year veteran of the department, Rose took part in a ceremony Wednesday recognizing him and his fellow workers for their efforts within the school system.

District honors bus drivers

SHELDON COMPTON
STAFF WRITER

MARTIN — Most students think whatever time they have to catch the bus in the morning is too early. Most don't stop to think about how much earlier the person driving the bus had to get up that morning.

"I'm up early every morning," says bus driver Hershel Slone, a 20-year veteran driver for the school system. "There's a lot to this job and there's a lot of responsibilities that have to be taken care of."

Slone and other drivers awake before daylight every morning and spend 30 minutes performing walk-around inspections and internal inspections of their buses before ever getting behind the wheel.

Transportation staff for Floyd

(See DRIVERS, page five)



Hershel Slone, a Floyd County school bus driver for the past 20 years, washes his bus at the Martin bus garage Wednesday.

Prison guards face sex charges

SHELDON COMPTON
STAFF WRITER

PRESTONSBURG — Two more sexual abuse cases involving former officers at Otter Creek Correctional Center in Wheelwright have made the rounds in Floyd County court this month.

Most recently, Darren Lee Green, 40, of Hi Hat, was issued a summons to appear in Floyd County District Court on a single charge of second-degree sexual abuse.

The complaint leading to the charge alleges that Green subjected an inmate to sexual contact during one of his shifts.

According to the summons, the alleged incident occurred on Sept. 16, 2007. Green will next appear in court for arraignment on Oct. 29.

The facility houses female inmates from Kentucky and Hawaii and has seen a rash of similar charges brought against its officers in the past several years.

Earlier in the month, on Oct. 7, another former officer, 21-year-old Kevin Younce, formerly of Floyd County but now a resident of North Carolina, was found guilty on one count of second-degree sexual abuse occurring at the prison on July 2.

Kentucky State Police Det. B.J. Caudill, who investigated Younce's case, said Younce was not in court for the verdict and that a warrant, which is still active, has been issued for his arrest.

Caudill said his first look at the case came following a complaint filed by Pikeville Medical Center.

"I received an initial complaint from Pikeville Medical Center," Caudill said. "They told me they were transporting an inmate from the facility. After that, I located Mr. Younce and conducted the first interview."

During that first interview, Younce claimed he had "fallen asleep" in the restroom and that the inmate had "possibly come in and taken some of his DNA," according to Caudill.

Within a week, Younce returned with another story, saying he "wanted to clear things up," Caudill said. This time, the former officer admitted to having sex with the inmate, but said both he and the inmate had agreed to do so.

"He said it happened, but was consensual," con-

(See GUARDS, page five)

Drug suspects appear in court for arraignment

by JARRID DEATON
FEATURES WRITER

PRESTONSBURG — After receiving a letter from Floyd County Circuit Court Judge John David Caudill ordering them to appear in court following recent indictments by a Floyd County grand jury, nine suspects were arraigned on drug charges earlier this

week.

The indictments followed an undercover drug investigation conducted by Operation UNITE and an investigator from the Kentucky Attorney General's Office of Criminal Investigations. Officers have been investigating the cases for about eight months.

The following suspects were arraigned on Tuesday:

■ Jason L. Branham, 29, of Wheelwright, two counts first-degree trafficking in a controlled substance, one count second-degree trafficking in a controlled substance, and first-degree persistent felony offender. He was lodged in the Floyd County Detention Center in lieu of a \$45,000 bond.

■ Kendra L. Little, 21, of Wheelwright, one count first-degree

possession of a controlled substance. She was released on a \$5,000 bond.

■ Steven A. Meade, 36, of Wheelwright, one count second-degree trafficking in a controlled substance. He was lodged in the Floyd County Detention Center in lieu of a \$5,000 bond.

(See DRUGS, page five)

2 DAY FORECAST

Today
Partly cloudy
High: 73 • Low: 45

Tomorrow
Sunny
High: 77 • Low: 45

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

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Obituaries

Liddie Hall

Liddie Hall, age 84, of Galveston, widow of Elder Alex Hall, passed away Wednesday, October 22, 2008, at Highlands Regional Medical Center, in Prestonsburg.

She was born August 1, 1924, in Galveston, the daughter of the late Lee Hall and Fannie Hamilton Hall. She was a former Family Home Care Giver, and a member of the Little Rachel Old Regular Baptist Church, in Galveston.

Survivors include a daughter, Betty Sue (Walter) Moore of Grethel; a stepson, Alex Hall Jr., of New Jersey; a brother, Brice Hall of Galveston; three grandchildren: Jennifer (Bill) Slone, Rusty (Shena) Hamilton, and Stephanie (Ricky) Keens; six great-grandchildren: Jordan Slone, Carly Keens, Harley Keens, Logan Hamilton, Shane Hamilton, and Jonathan Hamilton; and six stepgrandchildren, Michelle Adams, Shelia Hall, Walter Moore Jr., Bill Jones, Debbie Allen, and Shirley Hamilton; and six step-great-grandchildren: Billie and Brian Adams, Brandon Hall, Mercedes Moore, and Clyde Hamilton Jr.

She was preceded in death by her husband; her parents, a stepdaughter, Sarah Jones; two brothers: Ned Hall and Nat Hall; and five sisters: Ruby Sturgill, Lou Hall, Euna Wilson, Norma Akers, and Mae Hall.

Funeral services for Liddie Hall will be conducted Saturday, October 25, at 11:00 a.m., at the Little Rachel Regular Baptist Church, in Galveston, with Regular Baptist ministers officiating.

Burial will follow in the Robert Hall Cemetery, in Galveston, under the professional care of the Hall Funeral Home, in Martin.

Visitation is at the church.

(Paid obituary)

BSCTC holds transition fair for disabled students

PRESTONSBURG — The first annual Next Step Transition/Job Fair for students with disabilities, co-sponsored by the Kentucky Valley Education Cooperative and BSCTC, took place Oct. 17 on the BSCTC Prestonsburg campus.

Attending the event were 174 juniors and seniors representing Pike Central, Pikeville Independent, Shelby Valley, Phelps, Allen Central, Prestonsburg, South Floyd, Magoffin County and Betsy Layne. The students attended concurrent workshops offered by the BSCTC offices of Admissions and Financial Aid, Office of Vocational Rehabilitation Services and Office for the Blind, Resume Writing, Social Security Supported Employment, Disability Support Services offered through BSCTC, Morehead State University and Eastern Kentucky University. Students attended a

client/student panel of successful college students, business owners, and an attorney with disabilities who shared their struggles and successes with the high school audience.

The luncheon speaker, Buford Williams, a retired teacher, coach, and official, offered a life pan of experience in overcoming the obstacles associated with his disability.

Zachary Wolford, student at Phelps High School in Pike County, won first place in the Resume Writing Challenge and a tuition free semester at BSCTC. Zachary made the statement that he had "dreamed and wished for the opportunity to win this contest and go to college" all during the evening before the Transition Fair. Mica Joseph of Prestonsburg High School won second place and \$100.00; Christopher Herrington of South Floyd High School won third place and \$75.00;

Timothy Tackett of Allen Central High School won fourth place and \$50.00. All cash prizes were donated by the Society of Human Resource Managers of Gateway.

Over 15 exhibits lined the Student Center classrooms in 203A and B. Morehead State University, Office of Vocational Rehabilitation, Interstate Gas, Gearheart Communications, Human Development Institute, ACS, Goodwill Industries, Community Trust Bank, Honda of Prestonsburg, Music Carter Hughes, Floyd County Health Department, Office for the Blind, Carl D. Perkins Vocational Training Center, Big Sandy Community and Technical College, Kentucky Partnerships for Families and Children, Commission for Exceptional Children and the Charles McDowell Center brought information about resources and job prospects to the students.

The favorite part of the program for many students was the client/student panel comprised of college students and professionals with disabilities. Eugene Cisco, attorney from Pike County, talked about his journey to become an attorney in spite of his visual disabilities. Travis O., senior from Prestonsburg High School, told organizers "for the first time, I don't feel like I am the only one...." Travis glanced around the auditorium that was overflowing with students with disabilities to make his point.

Tiffany R., senior from Pike Central High School won the door prize of an IPOD Shuffle donated by Bonnie and Durward Hale. Gift bags for all students were made possible by a generous donation from the Society of Human Resource Managers of

(See TRANSITION, page three)

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For the Record

Marriage Licenses
 Samantha Faye Stahley, 23, of West Liberty, to Jeremy Todd Kidd, 32.
 Michelle Leigh McCready, 22, Bristol, Va., to Donald Ray Fairchild, 30, of Staffordsville.
 Kayla Nicole Clevenger, 20, of Kermit, W.Va., to Lonnie Brent Amburgey, 28, of Pine Top.
 Crystal Leann Morgan, 26, of Prestonsburg, to Gary Chris Isaac, 29, of Prestonsburg.
 Phyllis Joann Marsillett, 53, of Prestonsburg, to Dennis Ray Walker, 58, of Prestonsburg.
 Jamie Lynn Terry, 25, of Dana, to Nicholas Scott Ison, 28, Langley.
 Tiffany Dawn Mills, 25, of Martin, to Toby Mack Akers, 31, of Martin.

Civil Suits Filed
 Brenda Handshoe vs. Billy Handshoe; divorce.
 Ford Motor Credit Company LLC vs. Mark A. Walker; complaint.
 Bryan D. Adams vs. Eugene Tackett; complaint.
 Edna Mullins vs. Milton Mullins Jr.; divorce.
 Ailcen Blair vs. Loretta L. Perkins; petition for health insurance and child support.
 Redonna S. Hall vs. William R. Hall; testimony.
 City National Bank vs. Darrell Preston; complaint.
 US Bank vs. Leitha Salisbury; complaint.
 Vicki Hurst vs. Litten J. Dye; complaint.
 Landmark Financial Services vs. Missy Branham; complaint.
 Chad Wesley Slone vs. Flora Sue Slone; divorce.
 Lyndon Hall vs. Lisa Hall; petition for health insurance.
 Christena Gayheart vs. Eric Gayheart; petition for health insurance.

Echo Nichole Ratliff vs. M.C. Trucking Inc.; complaint.
Small Claims Filings
 A-Plus Rentals vs. David Gibson; debt collection.
 Housing Authority of Martin vs. Martella A. Wright; debt collection.
 Melvin Ousley vs. Ron Lawson; debt collection.
 Teresa James vs. Ruth Ramey; debt collection.
 Clarissa Kaye Hale vs. Ricky Jason Bentley; debt collection.
 Eric D. Conn vs. Angela D. Hamilton; debt collection.
 Eric Conn vs. Michael Taylor; debt collection.
 Eric Conn vs. Donna Jewell; debt collection.
 Eric Conn vs. William G. Mullett; debt collection.

Charges Filed
 Sam Hall, 46, McDowell; theft by failure to make required disposition of property.
 Erin S. Burke, 33, Langley; attempt to obtain controlled substance by fraud or false statement.
 David Brent Symon, 26, Martin; possession of a controlled substance, prescription not in proper container.
 Justin K. Carroll, 19, Prestonsburg; second-degree assault.
 Brandi Lewis, 19, Prestonsburg; public intoxication, possession of a controlled substance, prescription not in proper container.
 Barry Collins, age not listed, Prestonsburg; criminal mischief.
 Karen Lynn Waugh, 47, Martin; harassing communications.
 William Gussler, 43, Paintsville; criminal mischief, criminal trespassing.

Jonathan B. Shepherd, 23, David; alcohol intoxication, disorderly conduct.
 Wesley Hall, 18, Prestonsburg; possession of alcohol by a minor.
 Cassandra Patton Ramey, 36, Garrett; public intoxication.
 Jackie E. Hall Jr., 36, Garrett; public intoxication, operating a motor vehicle without a license.
 Travis B. Baker, 20, Carrie; minor entering premise for the purchase of alcohol.
 Darin Blackburn, 35, Pikeville; public intoxication.
 Randall L. Akers, 32, Teaberry; criminal trespassing, menacing.
 Shonda Music, 24, Blue River; theft by unlawful taking.
 Angela K. Powell, 26, Winchester; theft by unlawful taking, public intoxication.
 Michael Crum, 35, Martin; terroristic threatening, criminal mischief.
 Ron Blackburn, 52, Prestonsburg; alcohol intoxication, disorderly conduct.
 Eric D. Jarrell, 25, Prestonsburg; one headlight, inadequate silencer, failure to wear seatbelt, operating a motor vehicle while under the influence of alcohol or drugs, failure to notify transportation department of change of address, failure to produce insurance card, no or expired registration receipt, possession of a controlled substance.
 Dewayne Bevins Jr., 23, Banner; alcohol intoxication.
 Lisa Marie Ward, 38, Pikeville; alcohol intoxication.
 Donald Gene Rose, 34, Martin; alcohol intoxication.
 Corbett Stephen Grigsby, 38, Martin; following another vehicle too closely, license to be in possession, operating a motor vehicle while under the

influence of alcohol or drugs, possession of marijuana, use or possession of drug paraphernalia.
 Timothy J. Bellamy, 30, Eastern; possession of marijuana, possession of a controlled substance, prescription not in proper container.
 Randy D. Terry, 40, Hi Hat; harassing communications.
 Randy Bentley, 41, Allen; criminal trespassing, criminal mischief, terroristic threatening.
 Reao Hamilton, 59, Teaberry; fourth-degree assault.
 Tommy Newsome Jr., 37, Bevinville; parent or custodian send child to school.
 Darren Lee Green, 40, Hi Hat; second-degree sexual abuse.
 Willis E. Tackett Jr., 27, Hi Hat; public intoxication.
 Charles E. Stephens, 41, Blue Creek; terroristic threatening.

Inspections
 Justin's Trailer Park, Teaberry, regular inspection. Violations noted: lots not numbered properly, grass in need of cutting, weeds overgrown in some areas. Score: 94.
 Little Caesars Pizza, Prestonsburg, 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 cooking and holding temperature of potentially hazardous food, lack of effective hair restraints, cloths used for food and non food contact surfaces not stored and rinsed frequently in water sanitizing solution, food contact surface of equipment and utensils not clean, toilet room floors not self closing. Score: 93.
 Hillbilly Pizza, Prestonsburg, regular inspection. Violations noted: lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods, lack of effective hair restraints, food contact surface of equipment and utensils not clean, non food contact surface of equipment and utensils not clean, sanitary towel or hand drying device not provided at lavatory or hand-washing sink, garbage and refuse containers not covered as required, floors not clean,

floors not in good repair, light fixtures not shielded as required, cleaning and maintenance equipment not properly stored. Score: 88.
 Prestonsburg Health. Prestonsburg, regular inspection. Violations noted: non food contact surfaces not properly constructed, non food contact surfaces not properly maintained, all plumbing not maintained according to law. Score: 98.
 Highlands Regional Medical Center, Prestonsburg, regular inspection. Violations noted: food contact surfaces not properly constructed, food contact surfaces not properly designed, food contact surface of equipment and utensils not clean, food contact surface of equipment and utensils not free of abrasive, non food contact surfaces of equipment and utensils not clean, improper storage of clean equipment and utensils, floors not in good repair, floors not clean. Score: 93.

Property Transfers
 Linda Clay to Kermit Dailey and Nesah Dailey, property not listed.
 CMH of Ky, Inc., to Kermit Dailey and Nesah Dailey, property not listed.
 Norma Conn to Bonnie Lea

Bailey, Noah B. Conn, and Paul T. Conn, property not listed.
 Karen R. Daniel to Gilbert Stambaugh, property located at East Point.
 Kenneth R. Daniels to Gilbert Stambaugh, property located East Point.
 Robert Fraley to Stacy Little, property located at Frasures Creek.
 Geraldine Hall to Rita Hall and Willie Hall, property not listed.
 James Hall to Rita Hall and Willie Hall, property not listed.
 Lawrence Birchell Hall to Anthony Castle, property located at Keathley-Spradlin.
 Richard Hall to Pilgrim Energy, Inc., property not listed.
 Zena Hall to Pilgrim Energy, Inc., property not listed.
 Mary Jo Marsillett to Ronnie D. Marsillett, property not listed.
 Karen Meade to Ronald Meade, property located at Jackson Street.
 Edward Ousley to Connie L. Joseph, property located at Spurlock Creek.
 Peggy Ousley to Connie L. Joseph, property located at Spurlock Creek.



During the fair, 174 students from nine area high schools learned about the specific challenges and opportunities disabled students face in higher education.

Transition

Gateway. Cookies and Pepsi were donated by Pepsi distributors, Wal-Mart, and Food City.
 The Christian Student Union supplied over 90 lunches for all the presenters, exhibitors, volunteers, faculty and staff involved in the event.
 Comments were positive from volunteers directly involved in the process as well as presenters like Shirley DeZarn and Debbie Sweet, Transition Specialists from Eastern Kentucky University, who stated that BSCTC should be very proud of their first transition/job fair for students with disabilities. According to these professionals who participate in similar events in 51 counties in Kentucky, the Next Step Transition Fair was "one of the better organized and attended transition fairs we have attended anywhere."
 The event was made possible through the efforts of many volunteers, organizers and contributors. Individual contributors include Bonnie Hale, Mike Hall, Donna Huff, Brenda Combs, Sis Hall, Diane Birchfield, Tonya Porter, Julie Howington, Yvette McGuire, Buford Williams, Kelly Colvin, Mazola Salmons, Mabelle Holbrook, Kayla Smith, Rose Smith, Kim Crisman, Carla

Branham, Gil Plants, Jeff Hicks, Pam Sykes, Leslie Bays, Betsy Spradlin, Emily Hurd, Tim and Gail Cooley, Reggie Scott, Karri Turner, Eugene Cisco, Courtney Childers, Chris Cook, Susan Back, Jenny Leedy, Amanda Baker, Peggy Prater, Dr. Doug Herman, Joel VanHoose, Susan Chafin, Jeanina Patton, Shannon Arts, Pauletta Burke, Jessica Rudd, Danny Proffitt and all of the M/O crew who assisted with set up, Margarita Hampton, Dr. George Edwards, Howard Blackburn, Shannon Crum, Dereck Allen, Judy Bowen, Shelia Ratliff, Dr. Nancy Johnson, Dwight Smith, Daphene Goble, Amy Wolford, Bonita and John Dove, Rebecca Day, Virginia Williamson, Judith Valade, Rosella Pennington and Jimmy Wright, Legena May, Jeanna Smith, Tiffany Scarberry and Teresa McCoart.

Continued from p2

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Viewpoint

Worth Repeating ...

Personally I'm always ready to learn, although I do not always like being taught.

— Sir Winston Churchill

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

Journal Star, Peoria, Ill., on election rumors:

America is a little insane right now. ...

While (Sen. Barack) Obama is getting the brunt of the irrational crowd's attention right now — he's a secret Muslim, the anti-Christ from the biblical Book of Revelation, won't recite the Pledge of Allegiance, etc. — (Sen. John) McCain is not immune. Heard the "Manchurian Candidate" rumor? Allegedly McCain was brainwashed as a POW, which brought on an early senility and, for all anyone knows, forced him to father a black child out of wedlock — a smear started by Republicans, by the way, back in 2000. Who but the maniac could make these fictions up, and who but the ultra-malleable would believe them?

Maybe it's full-moon fever, or maybe the wildly gyrating stock market has just put Americans in a state of mass hysteria. When people don't feel in control of their destinies, some go stark-raving mad. Whatever the case, the injuries we are inflicting are not on the candidates but on ourselves.

First, the craziness keeps good people from running for public office. ...

Second ... trying to drag specifics out of the candidates on any given issue can really be a chore. Why? Because many are scared to death to tell voters the truth — that they can't have it all, that low taxes and a government that is there for them in every conceivable circumstance are mutually exclusive goals, that we have to live within our means, that choices must be made — because those who do inevitably get punished at the polls. ...

The Gazette, Colorado Springs, Colo., on eBay as a barometer of the economy:

Some analysts were surprised when eBay Inc. showed lower-than-expected fourth-quarter profits, earning \$492 million, or 38 cents per share.

It's one thing when the Dow plunges, or confidence in Apple computer shares declines with the expectation that consumers will avoid high priced gadgets for a while. But eBay tells us the recession is wide and deep and real, reaching into every home in America.

That's because eBay is nothing other than the facilitator of free trade among mostly amateur, at-home merchants selling everything from baseball cards, to jewelry, to old books from the attic, to grilled cheese sandwiches featuring apparitions of the Virgin Mary.

If eBay is hurting, it means nothing is trading. Nothing. Not sacred grilled cheese, not grandma's pearl necklace.

If you want to know what the fat cats on Wall Street think, use the indexes of the New York Stock Exchange as your economic indicator. If you want to know what millions of Americans think, look for the next financial report from eBay — the best indicator of all. ...

The New York Times, on U.S. infant mortality rate:

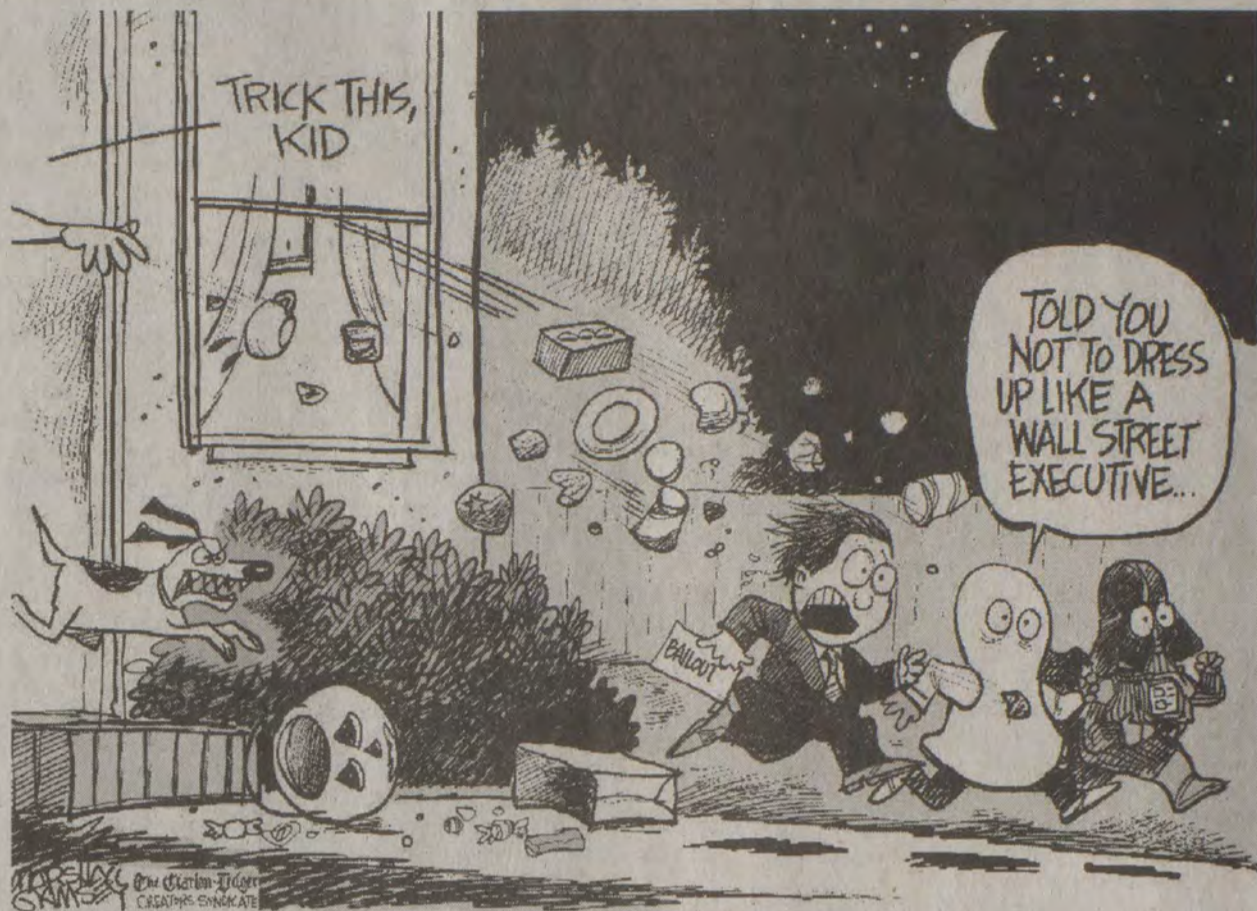
After five years of stagnation, the United States has managed to cut its infant mortality a bit. That is no great cause for celebration, especially since this country's rates remain far too high and so many other countries are doing so much better on this important measure of a nation's health and the quality of its medical system.

... The Centers for Disease Control and Prevention reported last week that in 2006 the rate of infant deaths in the United States fell to 6.71 per 1,000 live births, down from 6.86 the previous year. That is still 50 percent higher than the official national goal of 4.5 deaths per thousand.

What is particularly shameful is how poorly this country compares with other industrialized countries. In 1960, the United States ranked 12th lowest in the world in infant mortality. By 2004, the last year for which comparative data are available, it had dropped to 29th, tied with Poland and Slovakia. Even with the improvement, it is still likely to rank 29th, far behind many Scandinavian and East Asian countries that report rates below 3.5.

Infant mortality is associated with many factors, including the health and economic status of the mother, her race or ethnicity, access to quality medical care, and such cultural problems as rising obesity and drug use.

That makes it difficult to identify the cause of the United States' poor performance. ... The chief lesson we draw is that the American health care system, despite the highest expenditures in the world, is badly in need of an overhaul.



— Guest column —

The curse of visionary politicians

by GEORGE C. LEEF

Much nonsense has been written about the great financial debacle of 2008, much of it deliberately crafted to confuse and mislead people into believing that it was caused by free-market capitalism. The truth is that this is the latest manifestation of our national curse — the curse of visionary politicians.

That curse stems from our proclivity for electing politicians who have grand ideas for improving the nation (or even the world) by trying to make things more equal, more righteous, more fair, more something. The trouble is that their plans always backfire, doing damage to taxpayers and other innocent bystanders.

In this case, the grand vision was that home ownership is good and the government should promote it. Bill Clinton initiated it and George Bush was glad to take credit for the increasing percentage of Americans who own their homes. In 1994 Congress beefed up the Community Reinvestment Act to put strong pressure on banks to lend in "underserved areas." The government-sponsored enterprise Fannie Mae gobbled up vast numbers of these new loans, bundling them for resale and earning astounding windfalls for its executives. And the Federal Reserve did its part by keeping interest rates artificially low for years, driving a housing market boom that made people giddy.

Naturally, home ownership increased. Both Clinton and Bush treated that as a wonderful accomplishment. Americans cheered their political vision.

But you can't blow up a bubble forever. The housing bubble was bound to collapse and now that it has, the price tag for this vision is evident.

Losses are staggering and most politicians are looking for ways to spread them to the public. None of it could have happened without political meddling intended to "improve" the nation, but there are almost no mea culpas. On the contrary, the guilty parties are resorting to the Big Lie technique. They're desperate to keep alive the myth that government only does good things that serve "the public interest."

Surveying our history, this episode has the same roots as many other crises. Visionary politicians have given us needless wars, moralistic crusades such as Prohibition, and a host of programs meant to end poverty, inequality, and all kinds of social injustice. Examine any of them closely and you see that they've been costly failures.

There is nothing wrong with having visions of a better world, but when they are pursued through government power, they always go astray. That is true for two main reasons.

First, politicians don't directly bear the costs of mistakes because they're always using other people's money. When individuals want to accomplish something, they pay close attention to the costs and benefits; they quickly change what they're doing if costs start to exceed benefits. Public officials rarely see, much less correct, their mistakes.

Second, special-interest groups almost always find ways to turn government projects into gains for themselves. Money and power attract the unscrupulous like a light attracts moths. They skim off as much as they can and use their influence to keep the good times rolling.

Under the Constitution, the government was not supposed to have powers that visionaries could employ for their ideas. Unfortunately, those limitations were long ago shredded by Supreme Court justices sympathetic to the idea that the country needed a much more powerful government. Also, many voters are easi-

ly taken in by grandiose political rhetoric. Candidates know that speeches filled with sweeping plans will excite more voters than ones unadorned with lofty goals and promises.

Visionary politicians have saddled us with a host of boondoggles: public education, public housing, Social Security, the Postal Service, Amtrak, just to name a few. They cost taxpayers a lot while delivering little benefit. Without political visions, they would never have gotten started and couldn't survive if cut loose from public revenues.

Arguably the best president of the twentieth century was the non-visionary Calvin Coolidge. The great writer H.L. Mencken once praised him by saying, "He had no ideas and was not a nuisance." That is, Coolidge had no vision for changing and improving America. He was content to do just what his Oath of Office required — uphold the Constitution and faithfully enforce the laws.

Political visions necessarily get in the way of our ability to pursue our individual visions. The more we're taxed and controlled, the less we can run our lives and accomplish whatever we think is important. But political visionaries don't care; whatever they deem to be for "the public good," requires that the individuals who comprise the public must be compelled to serve their projects and goals.

Perhaps the current financial crisis is what educators call a "teachable moment." The conditions for imparting a lesson are ideal. There are a number of small lessons here (get rid of government sponsored enterprises and repeal meddlesome laws like the Community Reinvestment Act), but the big lesson is this: don't elect any more visionary politicians.

George C. Leef is the director of the Pope Center for Higher Education Policy in Raleigh, North Carolina, and book review editor of The Freeman.

The Times

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Gill named 2009 Kentucky Teacher of the Year

FRANKFORT — Karen Gill, a science teacher at Henry Clay High School in Fayette County, has been named 2009 Kentucky Teacher of the Year.

The announcement was made Wednesday at a ceremony held in the Capitol Rotunda in Frankfort by Ashland Inc. and the Kentucky Department of Education. Gov. Steve Beshear, Secretary of Education Helen Mountjoy, Commissioner of Education Jon E. Draud and Ashland Chairman and CEO Jim O'Brien were on hand to make the presentation.

Lisa Wathen, a teacher at Freedom Elementary School in the Bullitt County school district, was named 2009 Elementary School Teacher of the Year, and Willow Hambrick, a language arts teacher at Royal Spring Middle School in Scott

County, was named 2009 Middle School Teacher of the Year.

The three joined 21 other teachers from across the state honored with 2009 Ashland Inc. Teacher Achievement Awards. Wathen and Hambrick received \$3,000 each and a customized, art-glass vase from Ashland Inc., while Gill received \$10,000 and a commemorative crystal-glass bowl. In addition, the Department of Education will provide a sabbatical or suitable alternative for Gill, who also will represent the state in the 2009 National Teacher of the Year competition. The remaining 21 winners each received \$500 cash awards. All 24 teachers received framed certificates and all were further recognized at a luncheon following the ceremony.

KAREN V. GILL — Karen Gill

has taught for 18 years, 16 of those at Henry Clay High School, where she currently teaches physics and other science courses. Gill earned two bachelor's degrees at Transylvania University, Lexington: a master's degree at the University of Kentucky and Rank 1 certification at Georgetown College. Gill is a Physics Teacher Research Agent, National Board Certification candidate mentor, chairperson of the Henry Clay Pathways Committee and a presenter at Modeling Instruction Program workshops. She is the recipient of various honors, including an Engaging Kids to Learn grant, a Presidential Award for Excellence in Mathematics and Science Teaching, an Ashland Teacher Achievement Award and two

Fayette County Merit of Excellence awards. Her professional affiliations are the Modeling Instruction Group, North Central Kentucky Physics Alliance and the American Association of Physics Teachers. **WILLOW HAMBRICK** — Willow Hambrick has taught for 11 years, teaching language arts and writing courses at Royal Spring Middle School for the last two years. Hambrick earned a bachelor's degree at Hanover College in Indiana; a master's degree at Spalding University, Louisville; and more than 15 graduate hours at the University of Louisville. She has led writing seminars and cluster leader portfolio training for her school and mentored new language arts teachers. Hambrick sponsors the school's literary magazine and writer's club, and she serves as a

presenter, guest speaker and lecturer for a range of education forums. She ranked among "Teachers Who Make a Difference" by Lexington's First Baptist Church Bracktown and among "Teachers Who Go the Extra Mile" by her school. Hambrick's professional affiliations include the American Academy of Poets and the National Council of Teachers of English.

LISA MICHELLE WATHEN — Lisa Wathen is beginning her fifth year of teaching at Freedom Elementary, where she teaches 3rd- and 4th-grade students. Wathen earned a bachelor's degree at the University of Kentucky; a master's degree at the University of Louisville; and Rank 1 certification at Indiana Wesleyan. She serves on the School-Based Decision Making

Council and has represented her school on the Faculty Senate, County Wide Math Network, Curriculum & Instructional Practices, Comprehensive School Improvement Plan and District Curriculum Map Development committees. Wathen received University of Louisville Outstanding Teacher, two Freedom Elementary Teacher of the Year, Campbellsville University Excellence in Teaching and Bullitt County Elementary Teacher of the Year awards. Her professional affiliations include the National Council of Teachers of Mathematics, National Science Teachers Association, Kentucky Association of School Councils and the National Board for Professional Teaching Standards.

Organizers say 'Declare Hope' summits successful

by JARRID DEATON
FEATURES WRITER

SOMERSET — The "Declare Hope" summits held last week, including one at Allen Baptist Church in Prestonsburg, were a huge success according to representatives with Operation UNITE.

The summits are part of a collaborative effort between Operation UNITE and Focus on the Family, a conservative Christian organization.

"In the grand scheme of things, it's easy to arrest drug dealers and pay for treatment,"

said Fifth District Congressman Hal Rogers. "The big challenge is to change the culture in our communities from sitting on the sidelines to getting into the game. That's what this partnership is about."

Rogers believes that drug abuse finds its way into other aspects of the community, and that the partnership between the two organizations can successfully both combat the problem and offer hope to those that deal with drug issues.

"If families are unhealthy, it

will leak into every facet of our community," Rogers said. "Drug abuse is a symptom of a much greater issue. We need an active, engaged community, and that starts with the churches, who are the well spring of people who care, but it doesn't end there."

During the summits, those attending were presented with a 75-day family strengthening challenge and were asked to participate in a "Community Alliance Initiative," a pilot project taking place in 10 communities of the commonwealth.

"We're casting a big vision, but we must understand the challenges ahead," said Marc Fey, senior director of Community Impact for Focus on the Family. "A thriving family is one that is healthy enough to reach out to another family that is hurting and bless that family with hope. Make

that your goal."

For several months leading up to the summits, Focus on the Family worked with Operation UNITE and its coalitions to create teams who will work to bring about positive changes within their communities.

The 10 pilot communities

are Corbin, Clay County, Floyd County, the tri-cities area of Harlan County, Jackson County, Leslie County, Inez in Martin County, McCreary County, Menifee County, and the Belfry-Stone-Phelps area of Pike County.

For more information, visit www.declarehope.com

Guards

tinued Caudill. "The inmate also told me it was consensual."

Shortly after the complaint was filed against Younce, he moved to North Carolina, leaving prosecutors to try the case was tried in his absence. He was found guilty and sentenced to one year in jail, a fine of \$500 and court costs.

Both cases, like the other cases that have passed through the Floyd County court system, have been misdemeanor

charges, something prison officials were curious about, says Assistant Floyd County Attorney Jimmy "Blue" Marcum.

"We met with them at Otter Creek recently and explained to them why these cases weren't filed as felonies," said Marcum. "If this happens at a private institution, then it's a misdemeanor. But if it happens at a government institution, like, say, at our jail here, then it's considered a felony."

But Marcum said he and Floyd County Attorney Keith Bartley have approached local legislators Rep. Greg Stumbo and Sen. Johnny Ray Turner and asked for lobbying efforts to change this law.

"They [Stumbo and Turner] have lobbyists who are trying to get it changed, and say they feel the next time they meet, it could be passed," said Marcum.

Continued from p1



Floyd County Judge-Executive R.D. "Doc" Marshall signed a proclamation Oct. 17, declaring Oct. 19-25 as School Bus Safety Week.

Drivers

County Schools were recognized Wednesday at the bus garage at Martin, including bus drivers, mechanics and other transportation staff.

Karen Johnson, director of transportation for the school system, praised the entire staff, calling the huge effort they undertake daily impossible without the teamwork displayed throughout each shift.

"It's just such a team effort," Johnson said Wednesday. "Everyone works together."

But the bus drivers themselves are the main cog, adults who have lasting impressions on students and who have the opportunity to make the most of that.

"The bus drivers are the first face these kids see every morning when they get on the bus, and the last face they see at the end of the day when they're leaving," continued Johnson. "They function as role models for these children."

The top priority, however, is safety, according to Johnson, and Slone echoed the

same when asked what some of the challenges he faced daily during the course of his job.

"Our biggest challenge is making sure the kids are safe," said Slone, who drives his bus along Route 979 every morning and afternoon. "Most of time that means coordinating with a lot of these coal trucks running routes in the morning and afternoons."

Slone said it was primary to use CBs to alert truckers when they were driving buses through certain curves along each route.

But exactly how much driving do these staffers do on an average day?

You might be surprised. "We have 91 full-time bus routes," Johnson said, adding that the school system employs 18 bus monitors and another 13 staff workers at the main office. "It's just an awesome task."

According to transportation records, staffers drive some 8,700 miles a day, transporting upwards of 3,800 students.

One of the staffers who

spends her time off the road, but heavily involved with the day-to-day functions of the transportation department, is dispatcher Debbie Cecil, an 11-year veteran.

"One of the ways we work as a team is if a driver needs a route covered, they call and let me know," said Cecil. "All the drivers know each other's routes and they just kick in and get it done."

Mechanic Steve Spriggs, who has worked at the department for 37 years and once drove a bus, said there have been a lot of good changes over the last several decades.

"There have been extreme changes," said Spriggs. "Especially with safety. Used to, if you could drive a bus around the garage, they let you drive kids. Now there is a lot of training that takes place, and that makes things safer for everybody."

Johnson said several schools throughout the county have also planned events to honor their bus drivers and other transportation workers.

Drugs

■ Robert S. Mitchell, 22, of Hi Hat, one count first-degree possession of a controlled substance. He was returned to the Pike County Detention Center on unrelated charges.

■ Monica Short, 23, Prestonsburg, one count second-degree trafficking in a controlled substance. She was lodged in the Floyd County Detention Center in lieu of a \$5,000 bond.

The following suspects were arraigned on Wednesday:

■ Russell Johnson, 57, of Wheelwright, six counts first-

degree trafficking in a controlled substance, three counts second-degree trafficking in a controlled substance and two counts third-degree trafficking in a controlled substance.

Johnson was allowed to remain free on an \$80,000 bond posted on prior UNITE charges that are still pending.

■ Angela L. Mitchell, 36, of Prestonsburg, one count trafficking in a controlled substance within 1,000 yards of a school. She was lodged in the Floyd County Detention Center in lieu of a \$10,000

bond.

■ Stana M. Musc, 34, of Hi Hat, one count second-degree trafficking in a controlled substance. She was released on a \$10,000 bond.

■ Brittney G. Newton, 22, of Prestonsburg, one count second-degree trafficking in a controlled substance. She was released on a \$10,000 bond.

Judge Caudill is expected to issue arrest warrants for three remaining suspects who did not appear for arraignment on the drug charges.

Continued from p1

Littler

Bryant, said he then inspected his property and found a large amount of debris that had been dumped.

Hoover was sentenced Wednesday to one year in jail and fined \$500 and court costs in Floyd District Court, but was not in attendance.

The case is the second that Bryant has focused on in the past year.

Another Floyd County man was charged with criminal littering this past summer following a complaint filed by Bryant. This case, against Joe Lowe, a 44-year-old Auxier resident, ended in Lowe strapped with a 90-day probation sentence on the condition he clean up what he had dumped.

According to court records, Lowe entered a guilty plea in August and was also handed down a \$500 fine on the charge that he had dumped an old couch on a cemetery in Auxier.

The trend is something Bryant says county officials are obviously prepared to pursue charges and seek prosecu-

tion to combat.

"Illegal dumping is unsightly, unhealthy and, most of all, illegal," Bryant said, "and as Floyd County's code enforcement officer, I will continue to do everything I can

to prevent violators from making our county a dumpsite. Violators are going to have to realize they are going to get more than a slap on the wrist if caught."

Continued from p1

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Sports

Betsy Layne reaches 15th Region title match

by STEVE LeMASTER
SPORTS EDITOR

SALYERSVILLE — Betsy Layne reached the 15th Region Volleyball Tournament title match Thursday evening at Magoffin County High School. The Lady Cats defeated Pikeville 2-1 (25-18, 22-25, 25-21) in the semifinals Wednesday night.

Audri Ray (5 aces, 7 kills, 4 digs, 3 blocks); Andie Meade (2 aces, 16 assists, 8 kills, 2 digs); Allie Meade (3 digs, 2 assists); Taylor Watkins (1 assists, 7 kills, 1 dig, 5 blocks); Keleigh Wagner (1 ace, 14 assists, 9

kills, 4 digs) and Stewardson (1 ace, 4 digs) led the way for the Lady Cats in the semifinals match.

Betsy Layne defeated Pike County Central (25-13, 25-15) Monday in an opening round match.

"It's been an exciting season," said veteran Betsy Layne Coach Christina Crase. "I am happy for my team that we



have made it this far. They set goals early in the season and they have accomplished many! Winning the District and now being in the championship match shows heart and dedication."

Betsy Layne had won six of its last seven matches heading into the region

title tilt.

"This is the first time since 2004 the Lady Cats have made it to the regional championship match. Our school and community members are so proud of these girls!"

Magoffin County High School has hosted the entire 15th Region Volleyball Tournament.

At press time, Betsy Layne was facing tournament favorite Belfry in the region title match. The championship contest ended too late to make this edition. Coverage of the championship match will appear in Sunday's edition.



file photo
BETSY LAYNE faced Belfry Thursday night in the 15th Region Tournament title match. The championship contest ended too late to make this edition.

Prep football matchups take spotlight

by RICK BENTLEY
TIMES COLUMNIST

Now this is what I call a big Friday night of high school football. Three huge (make that huge games in our area with definite playoff implications.

Two will decide the top seed in two of our local districts. The other will decide who gets in and who stays home.

Big, big, big football games. Let's sneak a peak: Phelps at Betsy Layne: Seriously, hear me out.

A lot of people talk about the football playoffs, and whether there are too many teams to make the postseason these days. It got even worse last year when we went to six classes; meaning that 50 percent more teams made it out of the regular season.

Let me make my stance clear: I'm not sure if too many teams make it or if it's not enough.

What? OK, let me try again. We're in that precarious spot where, in the present format, too many teams make it. They either need to cut it back to two (preferably) or three teams per district or go ahead and let everybody in.

I mean think about it: How many other sports do we have where teams don't get to play in the postseason? To my knowledge, the answer is none. There are only a handful of teams that don't make it anyway — if memory serves, there's one class where only one or two don't make it — so why not expand it slightly and let everybody in?

All that said, I don't think Betsy Layne has ever made the football playoffs. They've really struggled down there on the hill, to the point that you often wonder if they'll be able to field a team.

But all that can end tonight if they knock off Phelps. Jesse Peck's Hornets not only can keep that from happening, but also they can send their coach to the playoffs in his first season at the helm with a win tonight.

Somebody's going to be very happy tonight. And somebody's going to be pretty down.

This could be a terrific football game.

Belfry at Sheldon Clark: There are several good storylines involved in this one, even after the Cardinals got spanked last week on Log Mountain.

Had the Cards escaped Bell County, this game would have not only decided the district title,

(See FOOTBALL, page two)



photo by Jamie Howell
SENIOR CLAY JAMERSON handles placekicking duties for the Blackcats. Jamerson and the rest of the Blackcats will venture to Northern Kentucky Saturday for a game versus Class 6A member Cooper.

Craynon re-emerges for Blackcats

by STEVE LeMASTER
SPORTS EDITOR

PRESTONSBURG — It's been a less than ideal senior season for Prestonsburg running back Allen Craynon. After suffering an early-season injury, Craynon was forced to the sidelines. But he's back now. Craynon came back in a big way last week, rushing 35 times for 212 yards and three touchdowns in Prestonsburg's 41-0 thrashing of rival Pikeville. For the season, Craynon has rushed 35

times for 311 yards and four touchdowns. As a junior, Craynon rushed for over 2,000 yards.

Seth Setser continues to lead Prestonsburg in rushing. Setser has rushed 130 times for 814 yards and 15 touchdowns. Matt Sword is the third-leading rusher for the Blackcats. Sword has rushed 18 times for 181 yards and one touchdown.

Michael Burchett has already reached the 1,000 yards passing milestone. Burchett has made good on 51-of-93 passes for 1,093

yards and 12 touchdowns. Austin Gearheart has hauled in 31 receptions for 699 yards and eight touchdowns in seven games.

Gearheart, one yard shy of averaging 100 yards receiving per game, ranks as one of the state's top high school pass-catchers.

Sword has reeled in 11 catches for 304 yards and three touchdowns.

Setser (90 points) leads the Blackcats in scoring.

The Prestonsburg defensive unit has performed well for Blackcat head coach John DeRossett

and his staff. In its six wins, Prestonsburg has limited the opposing team to 20 points or less.

Junior Austin McKinney leads the Prestonsburg defense. McKinney ranks as one of Eastern Kentucky's top defensive football players.

Prestonsburg will be on the road Saturday, traveling to Northern Kentucky for a game against Class 6A member Cooper (2-6). Kickoff for the Prestonsburg-Cooper game is set for 4 p.m.

Howell reaches rushing plateau

by STEVE LeMASTER
SPORTS EDITOR

HI HAT — South Floyd senior Kyle Howell surpassed the 1,000 yards rushing mark last Friday night on the road in Hindman versus the host Knott County Central Patriots. Howell has now rushed for 1,065 yards and 14 touchdowns via 114 carries. He has accounted for nearly half (80 of 167) of South Floyd's points.

Tyler Mitchell remains South Floyd's second-leading rusher with 357 yards and four touchdowns. Mitchell went out during the first week of October with a season-ending injury. He recently underwent a successful surgery

and is expected to return to play basketball for the Raiders. Mitchell is a college prospect in the sports of football and baseball.

Brandon Stephens, Brent Reed and Mitch Johnson round out the top-five list of leading rushers for the Jody Hall-coached South Floyd team.

South Floyd quarterback Tyler Moore has completed 20-of-51 passes for 510 yards and five touchdowns.

Mitchell still leads South Floyd in receiving with four receptions for 150 yards and two touchdowns. David Slone has grabbed five catches for 142 yards and one touchdown for the Raiders.

South Floyd will host rival Allen Central tonight.



file photo
SOUTH FLOYD SENIOR KYLE HOWELL has rushed for over 1,000 yards.



file photo
SOUTH FLOYD is missing senior Tyler Mitchell. A three-sport athlete at South Floyd, Mitchell recently underwent surgery. He is expected to return for basketball season. Mitchell also plays baseball for the Left Beaver high school.

HIGH SCHOOL FOOTBALL SCHEDULE TONIGHT'S GAMES

- Phelps at Betsy Layne, 7:30 p.m.
- Ashland Blazer at Bryan Station, 7:30 p.m.
- Allen Central at South Floyd, 7:30 p.m.
- Boyd County at Rowan County, 7:30 p.m.
- Shelby Valley at Morgan County, 7:30 p.m.
- East Ridge at Magoffin County, 7:30 p.m.
- Middlesboro at Knott County Central, 7:30 p.m.
- Greenup County at Lawrence County, 7:30 p.m.
- Pikeville at Paintsville, 7:30 p.m.
- Belfry at Sheldon Clark, 7:30 p.m.
- Montgomery County at Johnson Central, 7:30 p.m.

SATURDAY, OCT. 25
Prestonsburg at Cooper, 4 p.m.

Parsons makes game-winning grab in AC win

by STEVE LeMASTER
SPORTS EDITOR

EASTERN — Mickey Parsons was on the receiving end of a 26-yard game-winning pass from quarterback Josh Prater Friday night when the Allen Central Rebels visited Jackson County. Parsons got a hero's reception following the game-winning grab. One of the top young players in his district, Parsons has been a leading contributor for Allen Central throughout the 2008 season. He has caught two passes for 102 yards and two touchdowns this season. Parsons has also rushed 15 times for 69 yards. Tonight, Allen Central will visit district and county rival South Floyd.

Logan Crowder is closing in on 1,000 yards rushing for the Rebels. Crowder could reach and surpass the 1,000 yards plateau tonight when the Rebels visit Hi Hat. Through seven games, Crowder has rushed 115 times for 946 yards and eight scores.

Hunter Crowder has rushed 102 times for 742 yards and five touchdowns. Each Crowder is on pace to rush for 1,000 yards apiece.

Justin Jackson has rushed for 547 yards and five touchdowns via 74 carries for the Rebels.

Allen Central quarterback Josh Prater has a shot of reaching a 1,000 yards mark of his own. In seven games, Prater has completed 36-of-65 passes for 594 yards and eight touchdowns. The Rebel starting quarterback has only been intercepted once.

Chris Stumbo leads Allen Central in receiving. He has hauled in 19 catches for a team-leading 222 yards and five touchdowns. Hunter Crowder and Jackson also have over 100 yards receiving for the Rebels.

Defensively, Prater and Logan Crowder each have two interceptions for the Rebels.

Jackson and Salisbury have recovered two fumbles apiece for the Rebels.

Hunter Crowder leads Allen Central in tackles (52 solo, 34 assisted). Logan Crowder, Cory Conn and Marty Dye rank second, third and fourth, respectively.

Kickoff for the Allen Central-South Floyd game is set for 7:30 p.m.

Patterson named All-SEC First Team

TIMES STAFF REPORT

LEXINGTON — University of Kentucky sophomore Patrick Patterson has been selected to the media's preseason All-SEC First Team as voted on by select SEC media and announced by the league office on Monday.

Patterson, who finished second to Tennessee's Tyler Smith for preseason SEC Player of the Year honors, averaged 16.4 points per game and a team best 7.7 rebounds per game last year. The 2008 SEC Freshman of the Year missed the final five games last season with a stress fracture in his left ankle.

Additionally, the Wildcats were picked to finish third in the SEC East division, while also receiving two votes to win the SEC championship this season.

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Lifestyles



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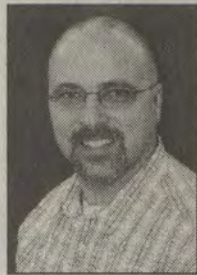
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WELLNESS Q&A

Fall prevention

by ERNEST BREWER
DIRECTOR OF WELLNESS & REHAB
HIGHLANDS REGIONAL MEDICAL
CENTER
EBREWER@HRMC.ORG

Because of my work in the hospital setting, I am keenly aware of the increased risk for falling faced by older adults, as well as the tragic impact that a fall can have on them. Studies have found that more than one third of adults age 65 and older fall each year in the United States. According to The Centers for Disease Control and Prevention, falls are the leading cause of injury and accidental death in adults over the age of 65 years, as well as the most common cause of hospital admissions for trauma.



Ernest Brewer
Helping you find the answers to your health concerns

In addition to the injuries that falls may cause a person, we often see that, even when the person suffered no substantial injury from the fall, they may develop a significant fear of falling. This fear can greatly impact their overall functional ability, even to the point that they become fearful of sitting on the edge of a bed or chair. We have seen patients who are fearful of falling while they are still lying in the bed. The recovery from this is

(See WELLNESS, page six)

DINNER DIVA

An apple a day

You know the old saying, right? An apple a day keeps the doctor away. There's a lot of truth to that saying. Apples are fiber rich, full of vitamin A, beta-carotene and vitamin C as well as a smattering of other vitamins and minerals. Definitely a valuable part of your daily bites!



It's not just red. Delicious apples that are worthy of your produce dollar, either. There is a whole bushel of apples I bet you've never tried. Honey Crisp apples are some of my favorites—delicious, crisp and juicy. They look like big Gala apples and are hugely flavorful. Another favorite apple, but hard to find is the Arkansas Black apples. This would have been the apple the witch in Snow White gave the princess...the skin is such a dark red, it's nearly black. On my trip home from the mountains of North Carolina this weekend, I happened upon them and promptly brought home a half a peck. I've already had one today and plan on attacking another one later this afternoon for my afternoon snack. Yes, they are THAT good!

Apples may be available year round, but that's because they're put in cold storage. Nothing wrong with that and heaven knows I'll still be eating apples all year 'round, but right now they are just positively scrumptious. Don't

(See DIVA, page three)

FAMILY MEDICINE

Stretching before bed, drinking water may prevent leg cramps — Page C3

WARMTH OF LOVE

Church provides cold-weather gear to local families

by JARRID DEATON
FEATURES WRITER

The mornings are starting to get cold, so dressing to suit the weather is important to stay comfortable and healthy. However, for some families with limited income, it can be difficult to provide coats and other winter items for their children. That's where the Town Branch Christian Victory Fellowship Church in Prestonsburg comes in. For 16 years, the church has handed out coats, scarves, hats, and mittens to children in order to help them bundle up against the chilly wind during the winter.

"We got the coats in early this year and we want the kids to have them before it gets colder," said Earlene Nelson, with Town Branch Christian Victory Fellowship Church. "We usually don't get them in until the middle of November, but they came in early. We decided to give them out as soon as possible because it is getting very cold in the mornings."

The church received 708 children's coats from Burlington Coat Factory, as well as hats, scarves, and mittens. All of the coats are new. A limited supply of baby blankets will also be handed out.

"I feel so blessed to be able to help so many families get a little help in a very troublesome time," Nelson said. "We want everybody to know that we are giving out the coats so those who need them will be able to come by the church and pick them up."

Earlier this year, the church handed out school supplies to over 400 children.

Families can pick up the coats at the church between 10 a.m. and 2 p.m. on Saturday.



Karen Marcum helps to unpack 708 coats at the Town Branch Christian Victory Fellowship Church in Prestonsburg on Friday. The coats will be handed out on Saturday to families who need them for their children this winter.

First Commonwealth hosts Halloween party

by JARRID DEATON
FEATURES WRITER

The employees at First Commonwealth Bank in Pikeville got in the Halloween spirit last week, with the bank's second annual Halloween Party for the East Mountain Foster Kids Association.

"Guests entering First Commonwealth Bank Tuesday evening weren't visiting the bank to make deposits and get checks cashed, said Nikki Shepherd, marketing director. "They were there to play games and eat pizza."

The children who attended the party are currently in foster care or have been in foster care prior to being adopted.

According to information provided by various foster care organizations, holidays can prove to be difficult for the children, so events like

First Commonwealth Bank's Halloween Party are an important way to get the children involved and active in holiday events.

Some of the festivities included games like "Pin the Nose on the Pumpkin" and "Pass the Pumpkins" along with refreshments in the form of pizza, cupcakes, and punch with gummy eyeballs.

The children dressed in costumes at the party, with outfits ranging from Hannah Montana, to Star Wars, to Iron Man.

The tellers at the bank appeared to have just as much fun handing out goodies and participating in the games and activities with the children.

"We are so glad to have the kids come back again this year," said Kim Edmiston, teller. "We have a great time hosting this event and interacting with the families."



Pictured are East Mountain Foster Kids Association guests, Tiffani Lahmann, First Commonwealth Bank Customer Service Representative, and Kim Edmiston, First Commonwealth Bank Teller.

FLY LADY

Financial awareness continually empowers

I have been traveling for three weeks and during that time I have been blessed to have not seen much television. The political process as well as the economy has continued despite my lack of attentiveness. I didn't have to hear or see every aspect of the news to survive. Just because I was not paying attention to the news didn't mean that the economy was going to crash. I think the whole world would be better off if they didn't pay attention to the news and feed on their fears.

I was taught many years ago by

Rita Davenport that what you think about you bring about. We have to get our minds off of what the irresponsible major news media is reporting and take care of ourselves. The worst thing we can do is allow their panic to cause us alarm. Their prophecy will become real if we feed on their terror. They have been reporting for months that things were getting bad. Do they have a hidden agenda or are they just creating news.

We have all heard the term if something seems too good to be true then it probably is. For years I have been thinking this about the housing market. The prices of homes were escalating and normal people were being sucked into mortgages that they did not understand or could afford after reading the fine print. All they really understood was the monthly payment amount. As their payments started to rise because interest rates were increasing on their

variable rate mortgages; they became more unable to pay their monthly mortgage. Then add to their problem was the cost of gas. When they finally decide that they cannot afford that mortgage, the value of their home has dropped. Now they owe more on their home than it is worth. With more and more people trying to sell their home along with the number of homes that were built on speculation thinking that someone was going to buy them and with the homes that have been foreclosed on by mortgage institutions; the market is flooded. This is a fact of economics; supply and demand.

When the supply is up the price goes down. Think about it this way. During the summer the price of toma-

atoes is low. There are plenty to be found. When the supply goes down the price goes up. The winter months arrive, tomatoes are hard to find and they usually cost a whole lot more and don't taste as well as our summertime tomatoes. This has happened to our housing market.

Everyone wants to make hay while the sun is shining. We all have the dream of home ownership. Our economy is fueled by this dream. People make money on lending money, selling houses, building houses, supplying building materials and landscaping. The people that make the money on this process also



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(See FLYLADY, page three)

Rental Central

by TOM DOTY
TIMES COLUMNIST

A dismal supply of rentals hit the shelves this week, though the kids lucked out with a decent animated film, while adults had to make do with movies that featured giant snakes and CGI superheroes.

■ "The Incredible Hulk" — Marvel went back to the well on one of its most popular creations with this effort, which still focuses on computer animation to create the titular creature. This installment is nowhere near as dull as Ang Lee's interpretation and includes a few decent scenes of the emerald giant bringing down property values faster than a Wall Street investment firm. But the final fight looks like a videogame as two computer generated behemoths kick the snot out of each other. Edward Norton makes for a marginally better Bruce Banner

than Eric Bana, but Tim Roth steals this one as a hardened soldier who actually volunteers to become a Hulk-like monster.

■ "The Strangers" — A young couple are menaced by a mysterious trio of nihilistic goons at a remote cabin in this exercise in suspense that is actually a thinly disguised version of the French thriller "Them," 2006. Stick with the French film, which at least, offered a better payoff.

■ "Anaconda 3" — You can't expect much from the second direct-to-video installment of any franchise (check "Hellraiser" and "Pumpkinhead" for examples of this phenomenon), so keep your expectations low here and you might have a good time. Here there are two giant snakes with which to contend, but the heroes are well suited for the job and include a bustier wearing blond scientist who gets ample support

from the one and only David Hasselhoff, cast here as a rugged hunter type. Go in with low expectations and you'll find that this is a decent time-waster.

■ "The Legend of Sasquatch" — The kids might like this inoffensive yarn that sees a family team up with a park ranger and Bigfoot for an adventure. Plenty of animated hijinks ensue.

This week marked the passing of 1970s cult legend Rudy

Ray Moore. Lately he had enjoyed a spike in popularity due to parodies of his films on Fox's "Mad TV," but nothing beat watching his outdated flicks in their entirety. Many of Moore's action/comedies are available for a song at Wal-Mart and other outlets, and you'll howl with laughter at his combination of sloppy scripting, poorly executed kung fu and vulgar dialogue (all delivered in rhyme which predated rapping). Check

out "Dolemite" and "The Human Tornado" for a double dose of Moore's patented shtick.

Next week appears more promising with Brendan Fraser starring in "Journey to the Center of the Earth," but I'm more excited about an adaptation of Jack Ketchum's novel "Red," which stars Brian Cox as a senior citizen who targets a trio of young toughs for some payback when they shoot his beloved dog.

Wellness

quite frustrating to them and to their caregivers.

Because of the impact that falls can have on a person's life, it is definitely worthwhile to explore ways that we can prevent the falls from occurring in the first place. For this purpose, I have compiled a list of helpful suggestions pulled from fliers created by the American Physical Therapy Association and The American Occupational Therapy Association. As you will see, a majority of the suggestions are fairly easy things that an individual could implement in their own home.

The first suggestion is to make your living environment as fall-safe as possible. Be sure to have adequate lighting throughout your house, and use a nightlight when getting out of bed at night. Arrange furniture so that it creates plenty of room to walk freely. If you use a walking aid, ensure that doorways and hallways are large enough to get through with the device. Older people may have weakness that causes them to have difficulty raising their feet during walking, so the removal of throw rugs is very important. At the very least, secure them firmly to the floor with double sided tape.

Bathrooms are a frequent site for falls. Falls in this room may be prevented by installing grab bars near the toilet and in

the shower or bathtub. Secure footing is very important, so installing nonslip strips or a rubber mat on the floor of the tub or shower is helpful. Depending upon your strength and mobility, utilizing a shower bench in your tub may be considered.

When you leave the home, wear appropriate footwear. Make sure that your shoes fit you well. To give you the best level of stability, wear shoes that are relatively flat and have nonslip bottoms. When you are walking in unfamiliar locations, particularly, concentrate on the task of walking. Don't try to walk and talk at the same time; especially if you are a very animated talker. Also, use high levels of caution when carrying items while walking.

The final group of suggestions involves taking good care of yourself. Healthier people fall less. With that being said, stay active to maintain your overall strength and endurance. Make sure that your vision does not contribute to a fall by having your eyes checked at least once a year. Medication side effects and adverse interactions can lead to falling, so ask your doctor or pharmacist to review your medications periodically.

I will add to these my own nugget of advice (for additional charge). If you have experienced a fall in the past few months, this may indicate an

underlying problem. Make sure to let your physician know this. He or she may want to refer you to physical therapy for an evaluation or to have home health physical therapy come out to your house to evaluate you and to do a safety analysis of your home. An in-home evaluation may reveal more hazards than you could ever imagine.

As with so many areas of your health, prevention of falling is so much easier, and less painful, than trying to treat the injuries after a fall occurs.

Ernest Brewer is a physical therapist and athletic trainer with over 20 years of clinical experience. In addition to his experiences in hospital, home health and outpatient settings, he has provided services to high school, college and professional sports including pro rodeo, ballet and basketball. He is the Director of Rehab and Wellness at HRMC. You can email him your questions at ebrewer@hrmc.org.

The information presented is intended to be informative for the general reading audience and not intended to be utilized for creation of a personal treatment plan or replacement of the care of your current health care professionals. In all cases, seek the advice of your physician for a definitive answer for your specific health con



Isabelle Shereé Tackett was named the 2008 Red, White and Blue Little Miss Patriotic Queen. She also won the Little Miss Photogenic and Overall Most Beautiful awards in the Red, White and Blue pageant 4- and 5-year-old division, held Saturday, Oct. 4, at the Martin Community Center. Tackett is the daughter of Matthew Tackett and Jessica Reed, of Weeksbury, and the granddaughter of Paul and Jenny Tackett, of Weeksbury, and Ricky and Veronica Reed, of Bevinsville.

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Continued from p2

Cinema 1—Held Over
NIGHTS IN RODANTHE (PG-13), Mon.-Sun. 7:05-9:25; Fri. (4:25) 7:05-9:25; Sat.-Sun. (2:05-4:25) 7:05-9:25.
Cinema 2—Held Over
BEVERLY HILLS CHIHUAHUA (PG), Mon.-Sun. 7:10-9:20; Fri. (4:20) 7:10-9:20; Sat.-Sun. (2:10-4:20) 7:10-9:20.
Cinema 3—Held Over
MAX PAYNE (PG-13), Mon.-Sun. 7:10-9:30; Fri. (4:30) 7:10-9:30; Sat.-Sun. (2:10-4:30) 7:10-9:30.
Cinema 4—Held Over
NICK AND NORAH'S INFINITE PLAYLIST (PG-13), Mon.-Sun. 7:10; Fri. 7:10; Sat.-Sun. (2:10) 7:10.
EAGLE EYE (PG-13), Mon.-Sun. 9:15; Fri. (4:15) 9:15; Sat.-Sun. (4:15) 9:15.
Cinema 5—Starts Fri., Oct. 24
PRIDE AND GLORY (R), Mon.-Sun. 6:40-9:20; Fri. (4:20) 6:40-9:20; Sat.-Sun. (1:40-4:20) 6:40-9:20.
Cinema 6—Held Over
SEX DRIVE (R), Mon.-Sun. 7:00-9:20; Fri. (4:20) 7:00-9:20; Sat.-Sun. (2:00-4:20) 7:00-9:20.
Cinema 7—Starts Friday, Oct. 24
SAW 5 (R), Mon.-Sun. 7:00-9:20; Fri. (4:20) 7:00-9:20; Sat.-Sun. (2:00-4:20) 7:00-9:20.
Cinema 8—Starts Friday, Oct. 24
HIGH SCHOOL MUSICAL 3 (G), Mon.-Sun. 7:05-9:25; Fri. (4:25) 7:05-9:25; Sat.-Sun. (2:05-4:25) 7:05-9:25.
Cinema 9—Starts Friday, Oct. 24
APPALOOSA (R), Mon.-Sun. 6:45-9:20; Fri. (4:20) 6:45-9:20; Sat.-Sun. (1:45-4:20) 6:45-9:20.
Cinema 10—Held Over
QUARANTINE (R), Mon.-Sun. 7:10-9:30; Fri. (4:30) 7:10-9:30; Sat.-Sun. (2:10-4:30) 7:10-9:30.

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GREG STUMBO

DEMOCRATIC CANDIDATE FOR STATE REPRESENTATIVE



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