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The Times

FLOYD COUNTY
WEEKEND EDITION

Member KPA

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School break-ins investigated

by SHELDON COMPTON
STAFF WRITER

BETSY LAYNE — Investigations by the Kentucky State Police and school board officials are now underway to find out more about break-ins that took place at Betsy Layne High School and Betsy Layne Elementary in the past week.

The two schools were targets of both

burglary and vandalism this past weekend, and police are still searching for suspects and also attempting to officially link the two incidents.

KSP spokesman Mike Goble spoke to reporters shortly after the break-ins, saying what happened at the Betsy Layne schools takes "money from the children because it causes hardships on everyone."

Floyd County Supt. Henry Webb

confirmed that the school board will be doing an internal investigation into the break-ins.

The vandals broke into the elementary school's gym and the high school's equipment and locker room building near the football field.

Property was damaged, according to officials, but, most significantly perhaps, money was stolen from a recent school fundraiser.

The amount taken was not disclosed, and now school officials, in addition to their own investigation, have made the decision to change security protocol at both schools. No specifics concerning these changes have been offered.

Anyone with information that might be helpful are encouraged to contact the Kentucky State Police, the Floyd County Board of Education or principals at either of the two schools.

JENNY WILEY PIONEER FESTIVAL



FESTIVAL TREATS

One of the main attractions during the Jenny Wiley Pioneer Festival is the food. At right, a vendor turns ribs on an open grill, while in other sections of the food booth area some vendors had plates already prepared to tempt hungry visitors.

photos by Sheldon Compton



Lawsuit alleges little done to prevent abuse at Otter Creek

by SHELDON COMPTON
STAFF WRITER

WHEELWRIGHT — The Otter Creek Correctional Center is again the subject of a lawsuit, this time against another former inmate who says the prison's parent company, Corrections Corporation of America, along with Hawaii officials, knew of allegations at the location but did nothing to prevent future incidents.

The female inmate was sexually assaulted on Oct. 17, 2007, by former officer Darren Green. Green was convicted of a misdemeanor second-degree sexual assault charge following the woman's claim.

The Hawaiian lawyer representing the woman, Myles Breiner, said he looks for more lawsuits to be filed in the future against CCA, Hawaii officials and possibly Kentucky officials.

In the past few months, Otter Creek has become the focus of attention for some Frankfort lawmakers, including Speaker of the House Greg Stumbo, who has called for a state takeover of the facility to curb behavior that has resulted in nearly 20 alleged cases of sexual misconduct at the prison in just the last three years.

The prison opened its doors in 1992 in Wheelwright.

More than 160 female inmates from Hawaii were removed from the medium-security facility in August after that state's department of corrections looked into complaints about male guards sexually assaulting inmates.

This pullout was followed by a two-month investigation by the Kentucky Department of Corrections.

That report called for a series of improvements to better help the remaining female inmates at the prison, including the hiring of a female chief-of-security officer, a security staff

(See LAWSUIT, page eight)

The ramp off U.S. 23 on to Route 302 at Watergap will be closed for several hours on Monday, Oct. 12.

This is the ramp that southbound vehicles would take, turning left at the signal on to Route 302 toward Jenny Wiley State Resort Park. The closure is so that D-12's electrical contractor, Davis H. Elliott, can reinstall a damaged detection loop.

Keith Coleman, highway traffic technician superintendent, said the work will start at 8 a.m. on Monday, and should be completed by around noon.

Only the ramp at the traffic signal where you make a left turn onto Route 302 (towards Jenny Wiley) will be closed. The ramp onto Route 80 (towards Martin) will not be affected and will remain open throughout the time that the work is under way.

2 DAY FORECAST

Today



High: 83 • Low: 56

Tomorrow



High: 63 • Low: 41

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

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The Floyd County Times is printed on 100 percent USA recycled paper

Donation provides 'hope' to women's rehab center

by SHELDON COMPTON
STAFF WRITER

WATERGAP — It's been several years since Renee and Jimmy McCoy first started the Hope in the Mountains drug treatment center, located at Watergap.

The facility, which is housed in a two-story, red brick house that looms large just off U.S. 23 near the Watergap overpass, functions as a drug and alcohol rehabilitation center for women, housing approximately 10 women at any given time.

The house and land on which it sits

were leased earlier in the decade to the McCoy's from the Kinzer family for \$1 a year.

In the beginning months, Jimmy McCoy spent a great deal of time adjusting to the task of securing outside funding to keep his and Renee's dream alive. They reached out to friends and organizations early on. And, today, that reaching out is obvious as the rehab center just received another round of funding from the Floyd County Fiscal Court.

During a special-called meeting late

(See HOPE, page eight)



photo by Sheldon Compton

A light rain didn't dampen spirits at Prestonsburg High School's annual homecoming parade Thursday, featuring the school's football team and members of the homecoming court.

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Better Pizza.

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Best of Luck, PHS, on Your Homecoming Game!

Obituaries

Rudolph "Doc" Akers

Rudolph "Doc" Akers, age 82, of Martin, husband of Marjorie Dove Akers, passed away Wednesday, October 7, 2009, at King's Daughters Medical Center, in Ashland. He was born January 22, 1927, in Martin, the son of the late Kessie Akers and Nollie Mayo Akers. He was a retired CSX Railroad employee; a member of the Martin First Baptist Church; the AMVETS; and he was an U. S. Army, World War II veteran. Survivors include his wife, Marjorie Deawe; two sons: Larry (Clara) Akers, and Terry Akers, both of Martin; a

daughter, (Homer) Dove of Indiana; 12 grandchildren and 11 great-grandchildren.

Preceding him in death was his parents; a son, Ricky Akers; and three sisters: Margie Osborne, Aileen Scarberry, and Beatrice Patton. Funeral services will be conducted Saturday, October 10, at 1:00 p.m., at the Hall Funeral Home Chapel, in Martin, with Clergyman Randy Osborne officiating.

Burial will follow in the Davidson Memorial Gardens, in Ivel, with the Hall Funeral Home caring for those arrangements.

Visitation is at the funeral home. (Paid obituary)

James Henry (Alkie) Hall

James Henry (Alkie) Hall, 39, of Grethel, died October 2, 2009, at the Holy Cross Medical Center, in Ft. Lauderdale, Florida.

Born May 6, 1970, in McDowell, he was the son of Joe Hall of Grethel; and Opal Eversole of McDowell. He was a self-employed contractor.

In addition to his parents, survivors include two daughters: Ruby Lynn Rena Hall of Virgie; and Victoria Bray Hall of Galveston; two sisters: Jennifer Gillespie of Harold; and Judy Gillespie of Grethel; his fiancée, Jennifer Lynn

Sosbe of Cynthiana; three nieces: Ashley Gillespie, Kayla Gillespie and Savannah Nunemaker; two nephews: Anthony Gillespie and Daniel Gillespie; and one great-nephew, Dalton James Gillespie.

Funeral services were held Thursday, October 8, at 1 p.m., at the Pilgrims Home Old Regular Baptist Church, in Harold, with Old Regular Baptist ministers officiating.

Burial was in the Hall Cemetery, Tackett Branch, Grethel, under the direction of Nelson-Frazier Funeral Home, in Martin.

Visitation was at the church. (Paid obituary)

James Edward Newsome

James Edward Newsome, 61, of Prestonsburg, died Sunday, October 4, 2009, at Highlands Regional Medical Center.

Born December 14, 1947, in Pike County, he was the son of Vernel and Pearlle Newman Newsome. He was a retired veteran.

He is survived by his wife, Elaine Reynolds Newsome.

Other survivors include two sons: Vince Edward Newsome of Winchester; and Anthony Shane Newsome of Dwale; two sisters: Ann Newsom of Pikeville; and Veronica Hales of Belleville, Michigan; and three grandchildren: Sierra, Colton, and Tyler.

He was preceded in death by two brothers: George Eddie Newsome and Jack Newsome.

Funeral services were held Wednesday, October 7, at noon, at the Nelson-Frazier Funeral Home, in Martin, with Glen Hayes officiating.

Burial was in the Newman Cemetery, in Hi Hat, under the direction of Nelson-Frazier Funeral Home.

Visitation was at the funeral home. (Paid obituary)

Irene Newman Sherwood

Irene Newman Sherwood, age 61, of Grethel, passed away Wednesday, October 7, 2009, at her residence.

She was born February 5, 1948, in Pikeville, the daughter of the late Ernest Newman and Bertha Alley Newman. She was a retired management employee for Bell-Atlantic Corporation.

Survivors include two stepsons: Scott Sherwood of New Jersey; and Stephen Sherwood of Ecuador, South America; two step-daughters: Cheryl Marquard of Connecticut; and Kathleen Sherwood Lehman of Atlanta, Georgia; three brothers: Hillard Newman and Carmel Newman both of Grethel; and Dexter Newman

of Lexington; and a sister, Judy Elizabeth Newman of Grethel.

Funeral services will be conducted Saturday, October 10, at 11:00 a.m., at Pilgrim Home Regular Baptist Church, in Grethel, with Regular Baptist ministers officiating.

Burial will follow in the Lee Alley Cemetery, in Grethel, with the Hall Funeral Home, in Martin, caring for those arrangements.

Visitation is at the funeral home. (Paid obituary)

Patsy Ruth Williamson

Patsy Ruth Williamson, 57, of Prestonsburg, died Tuesday, October 6, 2009, at her residence.

Born September 12, 1952, in Martin, she was the daughter of the late Sherman and Lassie Artrip Tackett. She was a homemaker, and a member of Drift Pentecostal Church.

She is survived by her husband, Ronnie Howard Williamson.

Other survivors include one son, Robert Williamson of Owensville, Indiana; two daughters: Kathy Clark of Ft. Knox; and Amy Isaacs of Drift; one brother, Terry Tackett of Drift; two sisters: Cynthia Patton of Martin; and Patricia Tackett of Honaker; and nine grandchildren.

In addition to her parents, she was preceded in death by one son, Keith Williamson; and one sister.

Funeral services will be held Friday, October 9, at 1 p.m., at the Drift Pentecostal Church, with Ted Shannon and Johnny Patton officiating.

Burial will be in the Drift Cemetery, under the direction of Nelson-Frazier Funeral Home.

Visitation is Wednesday, October 7, at 6 p.m., at Nelson-Frazier Funeral Home, and all day Thursday, with additional services, Thursday night, at 7 p.m.; and after noon, Friday, at the church. (Paid obituary)

Regional Obituaries

FLOYD COUNTY

■ Hazel Anderson Bates, 83, of Hi Hat, died Sunday, October 4, at the McDowell Appalachian Regional Hospital, in McDowell. Funeral services were held Tuesday, October 6, under the direction of Hall Funeral Home.

■ Gary Evans, a native of Martin, died September 8. A celebration was held in Newman Lake Washington.

■ Betty Carolyn Fields, 60, of Harold, died Friday, October 2, at the Pikeville Medical Center. She is survived by her husband, Willis Bennett Fields. Funeral services were held Monday, October 5, under the direction of Nelson-Frazier Funeral Home.

■ Noah Hall, 68, of Prestonsburg, died Wednesday, September 30, at his residence. He is survived by his wife, Connie King Hall. Funeral services were held Saturday, October 3, at her home. A memorial service will be held at a later date. Arrangements are under direction of Chambers Funeral Services of Matewan, W.Va.

■ Jerry B. Hackney, 52, of Belfry, died Sunday, October 4. He is survived by his wife, Glenna Sue Hackney. Funeral services were held Thursday, October 8, under the direction of R.E. Rogers Funeral Home.

■ Adam Louis Hojara, 89, of McAndrews, died Friday, October 2, at his home. Funeral services were held Friday, October 9, under West Funeral Home of McAndrews.

■ Milton Ison, 75, of Pinsonfork, died Monday, October 5, at the South Williamson Appalachian Regional Hospital. Funeral services were held Wednesday, October 7, under direction of R.E. Rogers Funeral Home of Belfry.

PIKE COUNTY

■ Donna Blankenship, 73, of Stopover, died Tuesday, October 6, at the South Williamson Appalachian Regional Hospital. Arrangements, under the direction of R.S. Jones & Son Funeral Home.

■ Hillard Bryant, 79, of Poor Bottom, a Robinson Creek native, died Wednesday, September 30, at Pikeville Medical Center. Funeral services were held Saturday, October 3, under the direction of Lucas

& Son Funeral Home.

■ Arvid Burgess Jr., 55, of Trenton, Michigan, died Thursday, October 1, at his home. He is survived by his wife, Tammy L. Burgess. Funeral services were held Monday, October 5, under the direction of J.W. Call Funeral Home.

■ Dr. Ballard Weddington Cassady died Sunday, October 4, at Pikeville Medical Center. He is survived by his wife, Ann Thompson Cassady. Funeral services were held Wednesday, October 7, under the direction of J.W. Call Funeral Home.

■ Tyler Lee Meek, 17, of Canada, a native of Inez, died Sunday, October 4, at his home. A private family gathering will be held. Arrangements are under direction of R.E. Rogers Funeral Home of Belfry.

■ Chloe Ann McCoy Petersen of Vero Beach, Fla., a native of Pikeville, died Friday, September 18. A memorial service in celebration of her life will be held Saturday, October 17, at 2 p.m., at the Pikeville Freewill Baptist Church, Chloe Creek, Pikeville.

■ Lealy Hudson Ratliff, 81, of Robinson Creek, died Sunday, October 4, at her home. Funeral services were held Wednesday, October 7, under the direction of Lucas & Son Funeral Home.

■ Ollie E. Rowe of Columbus, Ohio, died Tuesday, September 29. Graveside services were held Saturday, October 3, under the direction of Newcomer Funeral Home, Dublin Granville Road.

■ Celia B. Slone, 84, of Jonican, died Sunday, October 4, at Pikeville Medical Center. Funeral services were held Thursday, October 8, under the direction of Lucas & Son Funeral Home.

■ Shawnda Walters Smith, 34, of Louisa, a native of Pikeville, died Thursday, October 1, in Louisa. She is survived by her husband, Elva Gene Smith. Funeral services were held Tuesday, October 6, under the direction of Lucas & Son Funeral Home.

■ Doug "Sonny Boy" Stewart, 75, of Port Orange, Fla., a native of Venters, Marrowbone Creek, died Friday, September 25, in the Summerville Assisted Living Facility, Port Orange. He is survived by his wife, Betty Fain Stewart. Arrangements were under direction of Lohman Funeral Homes of Daytona.

direction of R.E. Rogers Funeral Home.

■ Gilford "Gil" Mayhom, 81, of Morehead, a Pike County native, died Wednesday, September 30, at St. Claire Regional Medical Center, Morehead. Funeral services were held Friday, October 2, under the direction of Northcutt & Son Home for Funerals of Morehead.

■ Tyler Lee Meek, 17, of Canada, a native of Inez, died Sunday, October 4, at his home. A private family gathering will be held. Arrangements are under direction of R.E. Rogers Funeral Home of Belfry.

■ Chloe Ann McCoy Petersen of Vero Beach, Fla., a native of Pikeville, died Friday, September 18. A memorial service in celebration of her life will be held Saturday, October 17, at 2 p.m., at the Pikeville Freewill Baptist Church, Chloe Creek, Pikeville.

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■ Shawnda Walters Smith, 34, of Louisa, a native of Pikeville, died Thursday, October 1, in Louisa. She is survived by her husband, Elva Gene Smith. Funeral services were held Tuesday, October 6, under the direction of Lucas & Son Funeral Home.

■ Doug "Sonny Boy" Stewart, 75, of Port Orange, Fla., a native of Venters, Marrowbone Creek, died Friday, September 25, in the Summerville Assisted Living Facility, Port Orange. He is survived by his wife, Betty Fain Stewart. Arrangements were under direction of Lohman Funeral Homes of Daytona.

MAGOFFIN COUNTY

■ John Wesley Brown, of Chelsea, Michigan, 70, died Sunday, September 27, at St. Joseph Mercy Hospital in Ann Arbor, Michigan. He is survived by his wife, Judy Brown. A memorial service was held Saturday, October 3, under the direction of Staffan-Mitchell Funeral Home.

■ A.G. Cole, 59, of Salyersville, died Thursday, October 1. Funeral services were held Sunday, October 4, under the direction of Magoffin County Funeral Home in Salyersville.

■ Martha Ann Collins, 28, of Salyersville, died Friday, October 2. Funeral services were held Wednesday, October 7, under the direction of Magoffin County Funeral Home.

■ David Collins, 86, of Royalton, died Monday, September 28, at the Highlands Regional Medical Center, in Prestonsburg. He is survived by his wife, Della Mae Collins. Funeral services were held

(See OBITUARIES, page three)

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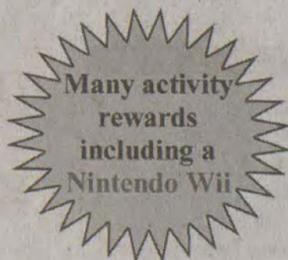
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Free Community Event!



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BE HEALTHY.
October 11,
2009

Where: Elk Horn Park
Junction Route 680 & 777

Time: 2:00 - 5:00 pm



Fun physical activities for all ages:
Corn Hole Biking Hiking Horseshoes
Line dancing Disc golf Walking Chair Exercises
...and many more activities and games!

For more information and/or directions, contact
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Floyd County Extension Service
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Prestonsburg, Ky.

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JENNY WILEY FESTIVAL

COME AND CELEBRATE WITH US
PRESTONSBURG, KENTUCKY

<p>MONDAY, OCTOBER 5TH</p> <p>Riverview Healthcare Luncheon * 11am - 2pm. Eat in or Carry out * Call ahead! 606-886-9178</p> <p>WEDNESDAY, OCTOBER 7TH</p> <p>Carnival Opens Today! Guitar Hero Contest * City Stage at 6:00pm Tyra Short as "Hanna Montana" * City Stage at approx 7:00pm Dance Etc. Studio of Dance * High School Gym at 6:00pm Family Academy of Martial Arts * City Stage at 7:00pm</p> <p>THURSDAY, OCTOBER 8TH</p> <p>Arts and Crafts Tent Opens Today! Inflatables Zone Opens Today! Local Gospel Singing * City Stage starting at Noon Candlelight Vigil for Domestic Violence * City Stage at 6:00pm Jenny Wiley Festival Gospel Night * City Stage at 7:00pm * Featuring Tony Gore, David Taylor, Don Rigsby & America's Gospel Bluegrass Band, Diane Rudd</p>	<p>FRIDAY, OCTOBER 9TH</p> <p>Lunchtyme Entertainment * City Stage starting at Noon Bluegrass Extravaganza * City Stage from 4:00pm til 11:00pm Family Academy of Martial Arts * City Stage at 9:00pm Jenny Wiley Festival Cornhole Tournament * City Hall at 6:00pm</p> <p>SATURDAY, OCTOBER 10TH</p> <p>Jenny Wiley Festival Car and Motorcycle Show * Mountain Arts Center at 9:00am Jenny Wiley Festival 5K Run * Pro Fitness starting at 9:00am sharp Jenny Wiley Festival Wacky Duck Race * Town Branch Bridge at 10:00am Jenny Wiley Festival PARADE * Lake Drive Road starting at 3:00pm Jenny Wiley Festival MAIN STAGE * David Ball performing at 7:00pm * Jeff Bates performing at 9:00pm</p>
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Welcome to the City of Prestonsburg KY!

Any Questions? Call 606-886-2335 or
visit www.jennywileyfestival.com
A Jenny Wiley Festival Community Production

For the Record

Marriage Licenses

Courtney E. Paige, 25, of Prestonsburg, to Kaleb M. Yates, 29, of Prestonsburg.
Frona L. Hamilton, 33, of

Hi Hat, to Hershel Stone, Jr., 45, of Beaver.

Stephanie N. Todd, 22, of Prestonsburg, to Johnathan D. Salisbury, 29, of Prestonsburg.

Inspections

Taco Bell, Prestonsburg, regular inspection. Violations noted: food not protected during storage, food not protected

during transportation, all plumbing not maintained according to law, garbage and refuse containers not covered as required, floors not in good repair, floors not clean, light fixtures not shielded as required. Score: 93.

Wheelwright Senior Citizens Center, Wheelwright, regular inspection. Violations noted: food not protected during storage, toilet room floors not self-closing, sanitary towel or hand drying device not provided at lavatory or handwashing sink, cleaning and maintenance equipment not properly stored. Score: 95.

Dollar General Store, McDowell, regular inspection. Violations noted: lack of numerically scaled thermometers for checking cooking and holding temperatures of potentially hazardous food, lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods, food not protected during storage, food not protected during display, lighting not provided as required, toxic items not properly stored. Score: 91.

South Floyd High School, Prestonsburg, regular food establishment inspection. Violations noted: food contact surfaces not properly maintained, floors not constructed properly, floors not properly covered. Score: 97.

May Valley Elementary, Martin, regular food establishment inspection. Violations noted: food not protected during storage, food not protected during preparation, food contact surfaces not properly maintained, where chemical sanitization methods are employed, operators not providing and using chemical test kits, improper storage of clean equipment and utensils, improperly handling of clean equipment and utensils, garbage and refuse containers not covered as required, floors not clean. Score: 91.

Property Transfers

Kenneth Robinson to Joann Slone, property located at Little Paint Creek.

Patsy Robinson to Joann Slone, property located at Little Paint Creek.

Phyllis Sellards to Carl Ray Sellards, property not listed.

Wendell Sexton to Paul David Kilburn, property not listed.

Patsy Ruth Williamson to Terry Tackett, property located at Drift.

Ronnie Williamson to Terry Tackett, property located at Drift.

Bobby Yates to Jackie D. Tackett and Shirl Tackett, property not listed.

Diana to Jackie D. Tackett and Shirl Tackett, property not listed.



photo by Jarrid Deaton

Big Sandy Physical Therapy celebrated its fifth anniversary with a cookout and open house in Prestonsburg on Thursday.

HHS unveils new features on flu.gov

Evaluation guide, flu myths and facts, flu essentials flyers among new resources

HHS Secretary Kathleen Sebelius today unveiled several new resources on the federal government's one-stop resource for flu information -- www.flu.gov. The Web site now features a new H1N1 Flu Self-Evaluation guide for adults 18 and older along with a new Flu Myths and Facts section, which provides the public with the latest and most accurate information about the flu.

"Flu.gov is a one-stop clearinghouse for the latest news about the flu," said Secretary Sebelius. "These new resources on flu.gov will help individuals get critical information on how to protect themselves and their families from the H1N1 virus. They

will also help us to get accurate information out into the public realm so people know what the facts are about the flu."

The new Flu Myths and Facts section on flu.gov debunks some of the myths about the H1N1 virus and vaccine, and provides accurate information on vaccinations, the flu, and public health.

The H1N1 Flu Self-Evaluation guide (http://www.flu.gov/evaluation/) on flu.gov will give individuals 18 and older more information about what they can do to take care of themselves, prevent the spread of the flu to other members of their families, and identify the warning signs of more serious

flu symptoms -- symptoms that require the attention of a medical professional.

The information in the H1N1 Flu Self-Evaluation guide is designed for educational purposes only and is not a substitute for your doctor's advice. It does not capture identifiable information in any manner and is completely anonymous. Organizations providing public health education, blogs, and members of the media can add it to their Web sites.

"One way that we can help relieve some of the burden on the states and local providers this flu season is by helping people understand what the warning signs are when it comes to the flu," said Secretary Sebelius. "In addition to the Self-Evaluation guide, we have also created some handy one-page information sheets called Flu Essentials that people can share with family, friends and neighbors."

Obituaries

Friday, October 2, under the direction of Salyersville Funeral Home.

■ Martha Gipson, 26, of Salyersville, died Friday, October 2. Funeral services will be at 1 p.m. Tuesday, October 6, under the direction of Magoffin County Funeral Home.

■ Candace Connelley Lacy, 82, of Salyersville, died Wednesday, September 23, at the Paul B. Hall Regional Medical Center, in Paintsville. Funeral services were held Saturday, September 26, under the direction of Salyersville Funeral Home.

■ Betty Ruth Whitaker McCarty, 67, of Salyersville, died Sunday, September 27, at the Morgan County ARH in West Liberty. Funeral services were held Thursday, October 1, under the direction of Salyersville Funeral Home.

■ Donna Sue Crownover Patterson, 41, of Staffordsville, died Monday, September 28, at her residence. Funeral services were held Thursday, October 1, under the direction of Magoffin County Funeral Home.

■ Olga Lee Howard Salyer, 90, of Salyersville, died Monday, September 28, at the Mountain Manor Nursing Home, in Paintsville. Funeral services were held Thursday, October 1, under the direction of Salyersville Funeral Home.

■ Lillie Wages, 91, of Salyersville, died Friday,

September 25, at her home on Left Hand Fork of Johnson Fork. Funeral services were held Tuesday, September 29, under the direction of Salyersville Funeral Home.

JOHNSON COUNTY

■ David C. Blanton, 54, died Saturday, October 3, in Paul B. Hall Medical Center in Paintsville. He is survived by his

wife, Shirley Ratliff Blanton. Funeral services were held Tuesday, October 6, under the direction of Jones-Preston Funeral Home in Paintsville.

LAWRENCE COUNTY

■ Pauline Moore, 73, of Louisa, died Monday, October 5, at her residence. Wilson Funeral Home in Louisa is in charge of arrangements.

Card of Thanks

The family of Nancy Karen Northrop would like to express their appreciation to all who sent food, flowers, or prayers to our family during this difficult time. A special thanks to Pastor Arnold Turner for his comforting words; Keith Akers, Bill May and Ronnie Patton for their special singing; Big Sandy Hospice; HRMC Staff and Highlands Regional Cancer Center staff for all of their special care. Thanks to Nelson-Frazier Funeral Home for their kindness and professional service and all of her caregivers. All the love and support shown to our family will never be forgotten. A memorial service will be held October 10, at 3 p.m., at the Leonard Allen Cemetery, in Langley. Everyone is welcome to attend.

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3 classes a week in Prestonsburg:

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Monday—6:00 p.m.
Tuesday—6:00 p.m.

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Kentucky FRONTIER GAS

Kentucky Frontier Gas is a new utility formed in 2005, from companies which have delivered natural gas in Eastern Kentucky for more than 50 years. Frontier has more than 2000 customers through acquiring Belfry Gas, Inc., East Kentucky Utilities, Mike Little Gas Company, and Alert Gas, and Quality Gas Farm Taps.

We pride ourselves in economically providing quality service and aggressively expanding natural gas in Eastern Kentucky.

WHY NATURAL GAS?

- Natural gas is economical and has remained under the cost of propane or electric.
- Natural gas is safer, cleaner, and more comfortable.

PRICE UPDATE
Are you buying Propane at \$1.00 per gallon? Over the last several years, winter gas prices have averaged the equivalent to \$1.00 to \$1.25 per gallon for propane. Instead of filling that tank for \$1000, talk to us about a conversion to gas. You'll pay 1/2 as much, and spread the payments over the whole winter.

811 Know what's below. Call before you dig.

Frontier will locate and mark its buried facilities upon proper request through Kentucky 811 (800-752-6007). There is no charge for this service

TO REPORT A GAS LEAK or other emergency Call 911 immediately.

Historically, a BTU of energy produced from natural gas has cost less than either electricity or propane... and currently the cost of natural gas is the lowest it has been in years.

NATURAL GAS EFFICIENCY vs. ALTERNATIVE ENERGY SOURCES—New high-efficiency natural gas furnaces and gas packs operate at up to 97% efficiency rates creating even greater value for the consumer. And now you may be eligible for up to \$1,500.00 tax credit on a new energy efficient natural gas HVAC system.

HOME AND BUSINESS CENTRAL HEATING—Natural gas heat is comfortable—because a gas furnace delivers warmer air to the heated area than a heat pump, the home feels cozier to the occupant than air delivered by a heat pump, and it cost less to heat with gas.

WATER HEATING—Natural gas for water heating heats water faster and more economical than electric. Up to 50% savings over electrical water heating.

COOKING—Surveys of professional chefs clearly show that they overwhelmingly prefer gas to any other fuel source for cooking.

So...when thinking of your energy needs, and how you can save on your household budget, call us, Kentucky Frontier Gas, to assist you in connecting to natural gas.

Mail payments to: Kentucky Frontier Gas P.O. Box 408, Prestonsburg, KY 41653

Call today to see if a gas line is available near you. (24 hrs) 606-886-2431 or Toll-Free: 866-942-9427



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Wall-to-Wall Screens, Dolby Sound, and Cupholders!
10/9/09 - 10/15/09

Cinema 1—Starts Friday, Oct. 9
PANDORUM (R), Mon.-Sat. 7:00-9:00; Sun. (1:30) 7:00-9:00.

Cinema 2—Starts Friday, Oct. 9
FAME (PG), Mon.-Sat. 7:00-9:00; Sun. (1:30) 7:00-9:00.

Sunday Matinee—Open 1:00; start 1:30

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Cinema 1—Held Over
ALL ABOUT STEVE (PG-13), Mon.-Sun. 7:05-9:15; Fri. (4:15) 7:05-9:15; Sat.-Sun. (2:05-4:15) 7:05-9:15.

Cinema 2—Held Over
SURROGATES (PG-13), Mon.-Sun. 7:15-9:30; Fri. (4:30) 7:15-9:30; Sat.-Sun. (2:15-4:30) 7:15-9:30.

Cinema 3—Held Over
WHIP IT (PG-13), Mon.-Sun. 7:00-9:20; Fri. (4:20) 7:00-9:20; Sat.-Sun. (2:00-4:20) 7:00-9:20.

Cinema 4—Held Over
TYLER PERRYS: I Can Do Bad All By Myself (PG-13), Mon.-Sun. 6:50-9:15; Fri. (4:15) 6:50-9:15; Sat.-Sun. (1:50-4:15) 6:50-9:15.

Cinema 5—Held Over
SORORITY ROW (R), Mon.-Sun. 7:10-9:25; Fri. (4:25) 7:10-9:25; Sat.-Sun. (2:10-4:25) 7:10-9:25.

Cinema 6—Held Over
CLOUDY WITH A CHANCE OF MEATBALLS (PG), Mon.-Sun. 7:10-9:25; Fri. (4:25) 7:10-9:25; Sat.-Sun. (2:10-4:25) 7:10-9:25.

Cinema 7—Starts Friday, Oct. 9
COUPLES RETREAT (PG-13), 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—Held Over
ZOMBIELAND (R), Mon.-Sun. 7:15-9:30; Fri. (4:30) 7:15-9:30; Sat.-Sun. (2:15-4:30) 7:15-9:30.

Cinema 9—Starts Friday, Oct. 9
THE INFORMANT (R), Mon.-Sun. 7:05-9:25; Fri. (4:25) 7:05-9:25; Sat.-Sun. (2:05-4:25) 7:05-9:25.

Cinema 10—Held Over
JENNIFER'S BODY (R), Mon.-Sun. 7:15-9:30; Fri. (4:30) 7:15-9:30; Sat.-Sun. (2:15-4:30) 7:15-9:30.

Viewpoint

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.

Our View

Treat yourself to fun, fitness

So, on Sunday morning, maybe you're getting ready for church and finding your Sunday best a little too snug after a few too many funnel cakes and blooming onions at the Jenny Wiley Pioneer Festival.

Or maybe you're looking ahead to next week's Red, White and Blue Day in Martin, already salivating over Italian sausage or greater taters, and you're feeling a little guilty because you know you're going to overdo it.

What's a person to do?

Fortunately, there is a chance for you to join other Floyd Countians for a chance to have a little fun with your family, take a chance to win some prizes and burn away a few of those fall festival calories in one fell swoop.

The second annual Second Sunday will take place from 2 to 5 p.m. Sunday afternoon at the Elkhorn Park, located near the intersection of Route 680 and Route 777. And having seen last year's event, we can promise that you will be missing out on a lot of fun if you don't attend this year.

Now, some of you might be thinking that spending an afternoon exercising doesn't sound like a lot of fun. Second Sunday will change your mind. Organizers have lined up a lot of fun activities, including corn hole, biking, hiking, horseshoes, line dancing, disc golf, walking, chair exercises and more. In fact, you might have so much fun that you forget that you're also getting a workout.

Who knows? You might even find an activity you enjoy so much that you'll be inspired to drop a few pounds in the months to come.

So if you're looking for something fun to do that has the added benefit of making you healthier, head on over to Elkhorn Park on Sunday. Your heart, lungs and waistline will thank you for it.

— The Floyd County Times

RUSH LIMBAUGH IS TRYING TO BUY THE ST. LOUIS RAMS



Beyond the Beltway

Leaning against the Afghan war

by DONALD KAUL
MINUTEMAN MEDIA

The latest New York Times/CBS News poll shows that 29 percent of Americans want to increase the number of troops in Afghanistan. Thirty-two percent say we should decrease the number and 27 percent want us to keep as it is.

I feel much the same way.

Twenty-nine percent of me believes our commander in Afghanistan, Gen. Stanley McChrystal, when he says we risk "mission failure" unless we put in another 40,000 troops or so. It further agrees that it would be a foreign policy defeat of historic proportions if we just up and leave.

Our friend Hamid Karzai, the president of Afghanistan, would last in office about three days after the last of our troops left. He would be replaced by fundamentalists who embrace the Taliban and would put out a welcome mat for al-Qaeda. Our desertion could very well act to destabilize neighboring Pakistan, which is, after all, a nuclear power. And never forget Afghanistan was the Petri dish for the terrorist attacks on the Pentagon and the Twin Towers. It was where Osama bin Laden hung out, and may still for all we know.

Plus, we'd be viewed as a pitiful

helpless giant by friend and foe alike. That's what 29 percent of me thinks.

Thirty-two percent of me says: "Now wait a minute. Haven't I heard this tune before, with different lyrics?"

I remember the 1960s, when we were being told that a place called Vietnam, which we couldn't find on a map, was crucial to the security of the United States. We had to beat the insurgency there—it was called the Viet Cong—or every state in Southeast Asia would fall to communism, like a row of dominoes.

And the way to beat them was to send over a few more troops—10,000 here, 40,000 there, always a few more to guarantee victory. It kept on like that until we had more than 530,000 American soldiers committed to the war, and we lost the war anyway.

And while that wasn't without consequence and our enemies did snicker at us, all of Southeast Asia didn't fall. Soviet Communism fell.

To those who say: "Afghanistan isn't Vietnam. The McChrystal strategy has worked, more or less, in Iraq. It deserves a chance here too. The military knows best," I reply: "Afghanistan may not be Vietnam but it isn't Iraq either. Iraq was and is a sophisticated country with an industrial base and a literate population. We were able to train an Iraqi army to take over our duties, however imperfectly, and our next move will be to get out while the getting's good."

That situation bears little resemblance to Afghanistan, a tribal society

rife with corruption (drug-trafficking accounts for about a third of its gross nation product). Nevertheless it has beaten back every invader since the time of Alexander the Great. Its army is 95 percent illiterate. How are you going to train an indigenous army if they can't read maps or instruction booklets?

It also helps to have an ally in an operation like this and we don't have one. The Brits have pretty much abandoned the field, and Mr. Karzai is a worthless and crooked politician. In addition, we backed the majority ethnic group in Iraq. We're backing the minority in Afghanistan.

Military leaders don't always know best. They're trained not to accept "mission failure," not even when it's the best of the bad alternatives available.

Yes, leaving would mean the return of al-Qaeda, but al-Qaeda is operating in Pakistan and other places these days. What's another safe haven more or less?

And lastly, what if we put in the 40,000 troops only to find out in a year we need more, just a few more, to put us over the top. Do you really want to walk that road again?

It's not an easy equation to puzzle out, which is why the rest of me is undecided.

Donald Kaul is a two-time Pulitzer Prize-winning Washington correspondent who, by his own account, is right more than he's wrong. Email him at dkaul2@earthlink.net.

Guest column

Back to the future for energy policy

by ED SMELOFF
and SCOTT DENMAN

Too much heat and too little light are being generated right now inside the Washington, DC Beltway on the issue of global warming. Some electric utilities and allies in the coal and nuclear industries claim that only coal or nuclear reactors can meet future energy needs and combat global climate change. They say there is no other way.

However, beyond the Beltway there is clear evidence that there is another way. There is a prosperous new direction — without using more polluting coal or building more expensive, dangerous nuclear reactors.

This "third way" takes advantage of America's vast — and easily recovered — energy efficiency "reserves" and dramatically expands reliance on a wealth-creating mix of advanced and renewable energy technologies.

Quietly, but steadily, one major U.S. utility, California's Sacramento Municipal Utility District (SMUD), has spent the last 20 years demonstrating that this "third way" powers economic growth, is easier on the family

pocketbook, and slashes air pollution.

Despite its odd sounding acronym, SMUD's success — now spanning two decades — is a model for other cities, states and indeed, for Congress. SMUD's path to success began in 1989 when Sacramento voters closed the problem-plagued and expensive Rancho Seco nuclear reactor. SMUD's citizen leaders then embarked on an ambitious and remarkably productive, utility-led, energy efficiency and green energy initiative.

Since the vote to shutdown their troubled reactor, Sacramento's industries, commercial businesses, residents, and nonprofit institutions, have benefited from consistently lower electric rates than California's major utilities. Close collaboration with customers is a key to SMUD's comprehensive energy efficiency programs and renewable energy development, ranging from detailed audits of industrial facilities to incentives for miserly refrigerators and compact light bulbs. SMUD even enabled local manufacturers to "co-generate" electricity for the community together with the steam needed for their industrial processes.

Moody's Investor Service, Wall Street's fiscal watchdog of U.S. utility performance, rates SMUD higher than or equal to other U.S. utilities that operate nuclear reactors. In June, Moody's warned that: "The likelihood that Moody's will take a more nega-

tive rating position for most issuers actively seeking to build new nuclear generation is increasing."

On the cost side of the energy equation, a new, comprehensive academic report from Vermont Law School (VLS) on the prospective economics of new reactors underscores Moody's wariness of embracing a new generation of reactors. The study, conducted by Dr. Mark Cooper, found that efficiency and renewable energy cost estimates average 6 cents per kilowatt-hour, while the cost of electricity from new nuclear reactors is estimated in the range of 12 to 20 cents per kilowatt-hour. VLS's analysis concludes that, "the additional cost of building 100 new reactors, instead of pursuing a least cost efficiency-renewable strategy, would be in the range of \$1.9-\$4.1 trillion over the life of the reactors."

Congress and the American people have heard this story before — promises that nuclear power is a solution to America's energy needs. In fact, nuclear power continues to be a fiscal black hole; looming as a fool's gold solution to the growing real threat posed by global climate change.

Many states "get it" and are now implementing SMUD-type programs. More than two dozen states have legislated or passed referenda requiring that utilities provide a specific per-

(See ENERGY, page eight)

McDONALD'S
TO OPEN LOCATION
BY THE LOUVRE...
- NEWS ITEM



The Times

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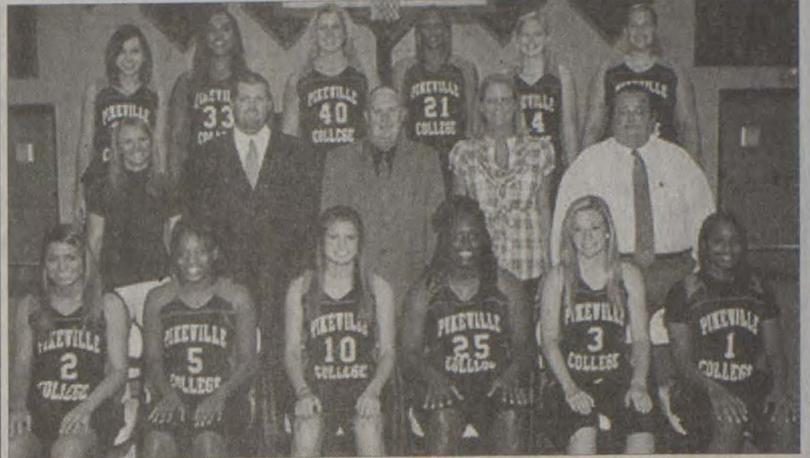
54th District Volleyball Tournament set

TIMES STAFF REPORT
High school volleyball teams across the state are gearing up for district tournament competition. Locally, coaches from the 54th District met earlier in the week to set up this year's district tournament. The 54th District is comprised of five Floyd County high school teams. This year's 54th District Tournament will get underway Monday. The tournament will be played Monday, Tuesday and Thursday (Oct. 12, 13 and 15). Allen Central and Betsy Layne tied as conference champions and a coin

flip was made to determine the top seed for the 54th District Tournament. Allen Central won the coin flip and will play the winner of Piarist (5 Seed)-Prestonsburg (4 Seed) on Tuesday at 6 p.m. Betsy Layne (2 Seed) will face South Floyd Tuesday at 7:30 p.m. The championship is set for Thursday at 7 p.m.
Allen Central and Betsy Layne reached the 15th Region Tournament last season. Betsy Layne is the reigning 15th Region runner-up.

15TH REGION VOLLEYBALL STANDINGS

Team	Record
Allen Central	25-9-0
Belfry	22-3-0
Betsy Layne	22-8-0
South Floyd	19-9-0
Johnson Cent.	17-9-0
Pikeville	17-11-2
East Ridge	17-14-0
Prestonsburg	14-10-0
Phelps	12-15-0
Sheldon Clark	10-6-0
Pike Central	10-16-0
Paintsville	9-15-1
Piarist School	7-17-0
Shelby Valley	3-16-0
Magoffin Co.	3-20-0
Lawrence Co.	1-16-0



THE PIKEVILLE COLLEGE WOMEN'S BASKETBALL TEAM will debut in front of fans next week during the annual Blast-Off event.

My friend, Goodtime Charlie

by RICK BENTLEY
TIMES COLUMNIST

Wednesday is my normal column-writing day, and on that afternoon I was blessed to attend an event honoring my buddy Charlie Pinson.

In this section of the paper Charlie's known for his work on WPRG, both doing high school games and as the voice of the Bears during football and basketball seasons. He's also something of a pigskin prognosticator, although with Joe Joe leading the way at this stage in the season I'm not sure what it says about the rest of the gang.

Elsewhere Charlie's known for the shingle that carries his name. Charlie Pinson Insurance recently won an award naming it the Small Business For Profit Company of the Year. And while this wasn't really mentioned at the ceremony, it's the second time CPI has taken the honor.

Here's the thing about Charlie Pinson Insurance: It's a small-town company that fully embraces its community. A lot was said about the involvement of Pinson Insurance during the brief, fast-paced ceremony, but nobody said it better than State Rep. Leslie Combs, another person I'm glad to call a friend. Leslie said, and I'm sure I'll paraphrase to some extent, "If there were more Charlie Pinsons in our community, this world would be a much better place to live."

And she's right. Now, about Charlie: He spent much of Wednesday afternoon deflecting the credit to those around him, which tells you about all you need to know about him. He's not wrong. I jokingly call the place "Joyce Pinson Insurance," which always makes Charlie laugh. It's not a slap at either of them, it's an honest evaluation: Joyce deserves much of the credit for the success Charlie and CPI have had through the years. She is to be commended. And she bakes some pretty sweet goodies as well.

Charlie's brother-in-law Mark Frantom is one interesting guy too. He is very quiet. For years when the three of us would travel, we'd make journeys lasting several hours during which Mark would only speak when the phone rang, when Charlie was asking him music trivia or we were asking where he wanted to eat (always Sonny's, by the way).

But I'm sure the other handful of employees at the company would tell you Mark is invaluable to the business. He knows the product, the companies CPI represents, and most importantly the technology. Traveling with Mark and Charlie is like loading up a television station, a radio station and somebody's high-level information technology branch. Regardless of where we're going, it's a car full when we leave. And I'm not just talking about me and Charlie.

So when Charlie spent much of the day telling everyone else how critical they were to the success of the business, he wasn't wrong.

But it's also an understatement to say it wouldn't work

(See CHARLIE, page six)



Hunter Crowder (34) and Logan Crowder (30) have rushed for a combined 1,500 yards.

Crowder twins closing in on 1,000 yards rushing each

by STEVE LeMASTER
SPORTS EDITOR

EASTERN - Allen Central senior running backs Logan Crowder and Hunter Crowder are both nearing the 1,000 yards rushing plateau. Hunter Crowder has rushed for 768 yards and nine touchdowns through 92 carries. He leads the Rebels in rush attempts, net yards rushing and is tied with his brother Logan for the team lead in rushing touchdowns. Logan Crowder has rushed 63 times for 762 yards and nine touchdowns.

Allen Central owns a 5-1 record through its first six games. The Rebels have key district games remaining on their schedule including tonight's road matchup versus Phelps.

Phelps, under the direction of young head coach Jesse Peck, owns a 3-3 record through its first six games.

Justin Jackson ranks as Allen Central's third-leading rusher. Jackson has

amassed 593 yards rushing and scored seven touchdowns via 74 carries for the Rebels.

Through the air, Chris Stumbo has completed 11-of-25 passes for 193 yards and two touchdowns. The Allen Central signal-caller has been intercepted once.

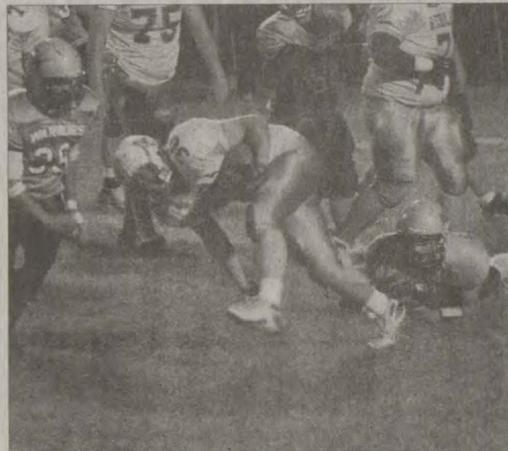
Micah Harlow and Hunter Crowder lead the Rebels in receiving with one touchdown catch apiece.

Defensively, Mickey Parsons has recorded a team-high three interceptions for the Rebels. Logan Crowder has also made one interception for Allen Central in its first six games.

Sheldon Rice has made a team-high three fumble recoveries. Jackson and Bradley Fields each have two fumble recoveries.

Allen Central has outscored opponents 240-113.

Kickoff for tonight's Allen Central-Phelps game is set for 7:30 p.m.



HIGH SCHOOL FOOTBALL Tonight's Area Games

- Paintsville at Betsy Layne, 7:30 p.m.
- Breathitt County at Estill County, 7:30 p.m.
- Lawrence County at Greenup County, 7:30 p.m.
- Hazard at Harlan, 7:30 p.m.
- Ashland Blazer at Johnson Central, 7:30 p.m.
- Corbin at Knott County Central, 7:30 p.m.
- Allen Central at Phelps, 7:30 p.m.
- Belfry at Pike County Central, 7:30 p.m.
- Jenkins at Pineville, 7:30 p.m.
- Morgan County at Prestonsburg, 7:30 p.m.
- Clintwood, Va. at Shelby Valley, 7:30 p.m.
- East Ridge at Sheldon Clark, 7:30 p.m.
- East Carter at Rowan County, 7:30 p.m.
- Magoffin County at Powell County, 7:30 p.m.
- Clay County at Perry County Central, 7:30 p.m.
- Pikeville at South Floyd, 7:30 p.m.
- Letcher County Central at Whitley County, 7:30 p.m.

Pikeville returns three starters for 2009-10

Bears to open season Nov. 9 vs. Shawnee State

by STEVE LEMASTER
SPORTS EDITOR

PIKEVILLE - Pikeville College put together another 20-win season in 2008-09. The Bears ended last season 20-12 overall. The run included a 13-2 home record. Pikeville College finished 7-5 overall in the Mid-South Conference, competing against numerous NAIA Top 25 teams. Longtime rival Georgetown College eliminated the Bears from the Mid-South Conference Tournament thus ending Pikeville's 2008-09 campaign.

Much excitement surrounded the Pikeville College men's basketball

program during the offseason as the Bears are set to play in the state-of-the-art East Kentucky Expo Center.

"No NAIA program in the country plays in a finer facility than the Expo Center," Pikeville College Coach Kelly Wells commented during a press conference held to make the announcement of the team's move to a new home venue. "We want to make the Expo Center on game nights the place to be."

The Pikeville College men's basketball team will play all games at the Expo Center with two exceptions - the second day of the BB&T Classic on Nov. 21 and the home game against WVU Tech Feb. 20.

Pikeville has three

starters and one part-time starter back from the 2008-09 squad. Returning starters are seniors Joshua Samarco and Anthony Smith and junior Justin Hicks. Sophomore Kane Belcher was a part-time starter for the Bears last season as a freshman.

Pikeville lost starters J.B. Smiley and Ewan Linton.

Samarco averaged a game-high 20.4 points per game last season for the Bears. One of the Mid-South Conference's top performers, Samarco led a group of five Pikeville players that averaged double figures in the scoring column.

Hicks averaged 13.8 points and a team-high 4.4 assists per game while start-

ing in a team-high 30 games.

Smith averaged 6.9 points and 5.9 rebounds per outing for the Bears.

As a team, Pikeville averaged 82.2 points per game.

Among the promising newcomers for Pikeville are transfers Andre Thornton (Central Florida) and Jonathan Clark (Louisiana Tech).

Wells is entering his fourth season at the Mid-South Conference school. The veteran head coach is 54-40 in three seasons at the top of the Pikeville College program.

The Bears will open the 2009-10 season Nov. 9 at home against familiar foe Shawnee State.

Several new players in the mix for Eagles

by STEVE LeMASTER
SPORTS EDITOR

PIPPA PASSES - Alice Lloyd College men's basketball head coach J.R. Hammond must replace all five starters from the 2008-09 season. Hammond will face a rebuilding task during his second season as ALC head coach. The ALC alum, however, welcomes the challenge.

The Alice Lloyd College men's and women's basketball teams conducted their first practices in front of fans Thursday evening. Several new faces were present in the session for the ALC men's program.

Replacing proven leader Will Dillard won't be an easy task for Hammonds and his staff. Dillard averaged 19.1 points and a conference-high 5.07 assists per game as a senior. The West Virginia native shot 53-percent from the floor and drained 128-of-169 free throw attempts (75.7-percent). Fellow starters Corie Hairston, Rodney Mitchell, Preston Simon-Spradlin and Cory Dixon have also moved on and must be replaced in the Alice Lloyd starting lineup.

Mitchell (15.6 ppg) and Hairston (11.8 ppg) ranked second and third, respectively, in scoring average for the Eagles last season.

Sophomore forward Nick Brumback (6-6, 225) is the leading player back for the Eagles. Brumback averaged 7.3 points per game during his freshman season.

Guard Keith Warner is the Alice Lloyd team's lone senior. Warner played in 17 games last season.

Junior guard Daniel Combs (6-1) and junior forward Brandon Hayes (6-3) are also back for the Eagles. Combs averaged 4.17 points in 19 games.

The latest Alice Lloyd recruiting class includes Shelby Valley standouts Logan Bryant (5-10, G) and Deven Adams (6-10, C) along with Brandon Brugraff - one of West Virginia's top high school boys' basketball scorers during the 2008-09 campaign.

Alice Lloyd ended last season 12-18 overall and 3-7 in the KIAC.

The Eagles hosted last year's KIAC Tournament. Alice Lloyd fell to Asbury in the first round of the conference tournament.

Blackcats turn back Hazard

by STEVE LeMASTER
SPORTS EDITOR

PRESTONSBURG - Prestonsburg finished out in front of visiting Hazard Tuesday evening when the two Eastern Kentucky boys' high school soccer teams squared off at StoneCrest. The Blackcats defeated Hazard 5-2.

Caleb Petry netted a game-high four goals as Prestonsburg rolled past Hazard. Brad Stanley provided Prestonsburg's other goal.

Stanley dished out a team-high two assists for the Blackcats. Petry also provided an assist for Prestonsburg in the late-season game.

Prestonsburg was back in action Thursday on the road at Shelby Valley. The Prestonsburg-Shelby Valley game ended too late to make this edition. The Blackcats will host Jackson City on Saturday in a regular-season finale.

ALC Cross Country program competes in Georgetown College Invitational

TIMES STAFF REPORT

LEXINGTON – The Alice Lloyd College Cross Country program traveled to the Kentucky Horse Park on Saturday and participated in the Georgetown College Invitational. A downpour that created a muddy quagmire for everyone involved made a challenging race even more interesting.

In the men's race, 40 runners (including three from Alice Lloyd College) braved the elements to complete the 5-mile run.

Senior Tim Estes (Beattyville) finished 34th overall with a time of 35:29.

Junior Steven Call (Gallipolis, Ohio) finished seven seconds behind Estes, concluding the race in 35:36.

Freshman Joe Smith (Hazard) completed his first race in a time of 45:16.

"I was pleased with the men's effort," commented Alice Lloyd College Coach Gary Stepp. "The weather conditions were extremely treacherous and it was a tribute to these athletes that they maintained their composure throughout the race. Tim ran his typical race even under the adverse conditions he faced. I was very pleased with Steven. He actually erased nearly 10 seconds off his time from Berea, even though the conditions were so poor. He has potential to decrease his time dramatically if he stays healthy. Joe just got his release from the military and had received only a few days of running. I was pleased with his no quit mentality."

On the women's side, a total of 25 runners braved the elements for the 5-mile run.

Due to a scheduling conflict that involved several run-

ners, Miranda Horn was the only Lady Eagle able to compete in the race. Horn represented ALC well as she fought through the rough conditions to complete the course in a time of 43:16.

"I was very pleased with Miranda's effort," Stepp commented. "Her time was not what she is capable of, but it was dramatically affected when she was mistakenly sent along the wrong path before the completion of the race. Rather than complain, however, she finished with a great show of sportsmanship that was good for everyone involved to witness. She was certainly a winner today."

The Alice Lloyd College Cross Country program will travel to Ohio on October 16 to compete in the Wilmington Classic.



RUNNING BACKS JUSTIN JACKSON (7) AND LOGAN CROWDER (30) are two of the three leading running backs for Allen Central. Both backs have rushed for over 500 yards in six games. Hunter Crowder (not pictured) has also rushed for over 500 yards.

Both UK cornerbacks out

TIMES STAFF REPORT

LEXINGTON – University of Kentucky Coach Rich Brooks said Wednesday that junior cornerback Paul Warford will join senior Trevard Lindley on the sidelines for the South Carolina game, leaving the Wildcats with a lot of inexperience at the key pass coverage positions.

Warford incurred a strained quadriceps muscle Sept. 26 in the Florida game. Lindley sustained an ankle sprain last Saturday vs. Alabama. Sophomore Randall Burden and freshman Martavius Neloms will get the starting

spots against South Carolina. Brooks was philosophical about the situation.

"Hey, you gotta play," Brooks said. "They've been practicing all year, too. We've been into the fifth game, so there aren't any more rookies. They can both cover. Neloms, in particular, is a very physical guy."

The young corners will be challenged by USC quarterback Stephen Garcia, who is enjoying a fine season for the No. 25-ranked Gamecocks.

"Garcia has had a very good year so far," Brooks said. "He's throwing the ball well. He's very active. What he's been doing more than pulling

it down and running is pulling down and scrambling and finding the guy open and really hurting the defense that way. He's had his eyes downfield while scrambling so we have to do a good job in our rush lanes."

Brooks also noted that offensive tackle Justin Jeffries was held out of practice because of his sore Achilles tendon and linebacker Danny Trevathan missed practice because of flu-like symptoms.

Kentucky will travel to South Carolina for Saturday's game, which will be televised at 12:30 p.m. by multiple affiliates on the Fox Sports Network.



16TH REGION GIRLS' SOCCER STANDINGS	
Team	Record
Paintsville	13-1-2
Letcher County Central	11-3-1
North Laurel	11-4-2
Corbin	10-2-3
Johnson Central	10-5-1
Pikeville	9-3-1
Perry County Central	7-6-1
South Laurel	7-9-2
Belfry	5-7-1
Hazard	4-10-1
Pike County Central	3-7-1
Middlesboro	3-7-1
Shelby Valley	3-10-2
Sheldon Clark	2-11-0
Prestonsburg	2-13-0

16TH REGION BOYS' SOCCER STANDINGS	
Team	Record
South Laurel	15-4-0
Prestonsburg	10-6-1
Paintsville	9-3-2
Letcher County Central	9-3-2
Pikeville	9-3-0
Perry County Central	8-4-2
Johnson Central	6-5-2
Corbin	6-8-1
Oneida Baptist Institute	5-6-1
Shelby Valley	4-7-4
Hazard	4-10-2
Belfry	4-10-1
Jackson City	3-12-0
Middlesboro	1-5-0
North Laurel	1-14-1
Buckhorn	0-4-0

ATHLETES OF THE WEEK

Westin Little, South Floyd Football
Rebekah Potter, Allen Central Volleyball

Midnight Madness tickets sold out

TIMES STAFF REPORT

LEXINGTON – Once again, University of Kentucky fans have demonstrated their insatiable appetite for basketball. All tickets to the 2009 Big Blue Madness were snapped up in the first 45 minutes of availability Saturday morning.

Thousands of fans were present at UK's Memorial Coliseum ticket office Saturday at 6 a.m. when the distribution of free tickets began. Others obtained their tickets via the school's Website, UKathletics.com and ticketmaster.com.

Despite the fact that fans

were limited to two tickets per person at UK's Memorial Coliseum ticket office and two per household online, this year's Big Blue Madness event sold out in 45 minutes.

Coaches and members of the Kentucky men's basketball spent Friday night handing out pizza to campers who were camped outside Memorial Coliseum and the Joe Craft Center in an effort to get tickets for Big Blue Madness.

Coach John Calipari, players and staff spread out to distribute Papa Johns pizza to campers, who have lined the parking lot of the Joe Craft Center throughout the week.

The campers were treated to McDonald's breakfast sandwiches and orange juice earlier in the week, as coach Calipari and the players went throughout the makeshift campground.

Big Blue Madness, the first practice opportunity for Kentucky's 2009-10 men's and women's basketball teams, is Friday, Oct. 16, at 7:30 p.m. Fans will be allowed to enter Rupp Arena beginning at 6 p.m. the night of Big Blue Madness.

This will be the fifth time Madness has been held at Rupp Arena.

Charlie

Continued from p5

without him leading the way. Charlie is perfect for the job; he truly loves Pikeville and Pike County. He didn't just say "your community won't support you unless you support it," he oozes it. In many ways, Charlie is the perfect representative of us and our small-town, big-dream values. He embodies our area and our way of life.

And he stands for us with a healthy, hearty laugh that is always present. Here's Charlie Pinson: He always has a joke to tell, and more often than not, he's the butt of it. He's always having fun during those goofy commercials that are arguably the most successful marketing campaign in the history of our area (A product of Joyce Pinson's vision), or at least since the days of B.M. Bass.

There were several mentions of his fall last winter that left him with a broken leg and wheelchair bound. When he brought it up himself, he glanced to the back of the room where I was seated and

laughed. Last winter when he called to "break" the news about his fall – hardy har har – I just laughed. I laughed, and he laughed. That's the thing about Charlie: He believes there no need in getting upset about something; have a good laugh and dust it off.

I get to travel with Charlie a lot at this time of year. In fact, while most of you read this column, Charlie, Mark and I will be on a nine-hour drive to Paris, Tenn., which is really located west of the Mississippi if you want the truth. There are three things always present in those rides: Music, sports and laughter. They never get boring, never get old.

Wednesday was a great day for my friend Charlie Pinson and the insurance company that bears his name. But really, it was a great day for the city of Pikeville and for Pike County. That's why you saw the judge, the mayor and a lot of other dignitaries in attendance. Charlie is important to our town, important to our

community.

I was proud of Charlie on Wednesday, as I am every day. To me, the best thing about Charlie's honor and success is that he didn't inherit it or a huge sum of money. He's worked hard for it and made his way with his own hands.

And on every step of the way, he's laughed, he's made everyone around him feel special, and he's made his community a better place to be.

Of all the reasons I'm proud to call him my friend, that's about the best one right there.

SPORTS FAN

OF THE WEEK

If you are the sports fan circled here...
it's your lucky day!

If you are the sports fan circled, you are entitled to a free 8-inch ice cream cake of your choice, redeemable at DAIRY QUEEN OF PRESTONSBURG. When claiming your ice cream cake, present this newspaper.

BLACKCAT FOOTBALL TONIGHT

Prestonsburg vs. Morgan County, 7:30 p.m.

(HOMECOMING GAME)



FALL FOR Taste-full Salads

FAMILY FEATURES

Autumn schedules can set life into warp speed, so make dinner plans a snap with sensational new salad solutions that kick-start fresh meals and deliver big on flavor.

The surprising and delightful varieties of leafy greens now available can deliver a unique and fresh taste experience whether as a side salad or a meal. Adventurous salad eaters no longer have to settle for the so-so — instead they can find stand-out fresh salads with eye-catching colors, an array of textures and a perfect balance of sweet and bold flavors. The fresh tasting salad blends from Fresh Express now in the produce aisle can be tossed in your favorite vinaigrette for a delicious side dish. Or, simply add rotisserie chicken to make it a satisfying entrée.

Ready-to-dress right out of the package, new premium lettuce blends can inspire fresh menus and delicious meals everyday, right up to and including the holidays. Try these easy and flavorful tips:

- Top fancy greens with sliced roasted pork tenderloin and wedges of fresh plum; dress lightly with a ginger marinade and a pinch of sea salt.
- Shred rotisserie chicken to top baby spinach and sliced red onion; dress with some chicken juices and a touch of vinegar.
- Toss diced ham, golden raisins, peanuts and sweet tender greens with a curry-seasoned vinaigrette.
- Grill and slice fresh tuna to top tender ruby red lettuces; dress with a caper-laced creamy Caesar dressing and a grind of fresh black pepper.

The on-shelf line-up from salad innovator Fresh Express brings a welcome new dimension to autumn including exceptionally fresh blends not found anywhere else. New Fancy Greens combines romaine, tango, carrots and radicchio for a well-balanced flavorful salad in which every ingredient shines. Sophisticated Tender Leaf blends are harvested and grown only in select regions to ensure rich buttery flavor, melt-in-your-mouth texture, vibrant color and bite size leaves.

Unique and fresh flavors are just moments away when you start with salads that combine the colors, textures and gourmet ingredients to deliver a truly satisfying fresh flavor experience. For sensational and easy-to-make fresh salads check out www.FreshExpress.com.



Fancy Greens With Artichokes, Tomatoes and Sourdough Crisps in a Dijon Vinaigrette

Serves 4

- 1 7-ounce package Fresh Express Fancy Greens
- 1 14-ounce can quartered artichoke hearts in water (drained)
- 1 1/2 cups pear, grape or cherry tomatoes, halved
- 1/2 red onion, thinly sliced
- 16 1/4-inch-thick slices of sourdough baguette
- 3 tablespoons olive oil

Preheat oven to 375°F. Toss sourdough slices in olive oil and bake 12 minutes or until golden brown. Remove from oven and let cool while you assemble the salad.

In a medium bowl, combine artichokes, tomatoes and red onion, and gently toss. Add your favorite Dijon vinaigrette and pour over artichoke mixture, and toss well to coat. To serve, gently fold in greens and warm sourdough crisps, lightly toss to coat, divide salad among four plates. (Serve it with a piece of grilled wild salmon for a sensational entrée salad.)

Smoked Turkey and Blue Cheese Salad

Serves 2

- 1 7-ounce package Fresh Express Leafy Green Romaine
- 2 cups smoked turkey breast, deli sliced or diced
- 1 Red Delicious apple, sliced
- 6 ounces blue cheese, crumbled
- 6 tablespoons toasted pecan halves

Cider Vinaigrette

- 1/4 cup vegetable oil
- 3 tablespoons cider vinegar
- 1 tablespoon minced onion or shallot
- 1 teaspoon Dijon mustard
- 1/2 teaspoon sugar

Combine first 5 ingredients in large bowl. Add enough dressing to season to taste. Season generously with pepper. Toss well and serve.

Liven Up Lunch

Starved for a satisfying lunch on the run? Don't sacrifice taste for time, or freshness for convenience. Let lunch become a delicious and fresh-tasting meal you deserve in the midst of a busy day. Upgrade your "brown bag" to an "all in one" complete salad for a fresh take on the lunch break.

Get sensational taste with a complete salad lunch from the Fresh Express line of Gourmet Café Salads. Premium taste, gourmet ingredients and tender, sweet baby lettuces deliver sophisticated, satisfying lunch solutions.

Take the break you deserve with one of the "open, shake and eat" delicious salad varieties: Tuscan Pesto, Caribbean Chicken, Orchard Harvest Salad, Waldorf Chicken, Chopped Turkey Chef, Chicken Caesar with Crostini.

While you're at it, refuel your senses as well as your energy level. If you're at your desk, download some music you enjoy; or head outside to eat al fresco. Sip a cold drink, and make lunch a tasty time out from the routine.

Salads Star on Fall Dinner Menus

Satisfy seasonal cravings with high-flavor specialty salads made with one-of-a-kind lettuce combos. Whether eaten as an entrée, or as a side dish dressed with a classic vinaigrette, these salads deliver the fresh taste and variety that you are always hungry for.

Taste-full Blend	Star Attraction Salad	OR Scene-Stealing Side
Sweet Tender Greens	Top with grilled salmon, slivered almonds, mandarin orange segments	Toss with red grapes, red onion, blue cheese, mustard vinaigrette
Tender Ruby Reds	Roll up in flour tortilla with Southwestern grilled chicken tenders and salsa	Toss with crumbled bacon, croutons, creamy garlic dressing
Fancy Greens	Top with shrimp sautéed with garlic and Parmesan cheese	Toss with cherry tomatoes, roasted pecans and mustard vinaigrette

Lawsuit

Continued from p4

made up of at least 40 percent female workers and basic recommendations such as having female guards overlook the roughly 400 remaining women inmates while sleeping in the dorm area of the facility.

These recommendations were among 13 total that were made following the corrections

department's investigation. Kentucky State Police is currently looking into several more allegations of sexual assault at the prison. KSP spokesman Mike Goble said at least one of these ongoing cases may be referred to a Floyd County grand jury as early as next week.

Hope

Continued from p4

last week, members of the Floyd County Fiscal Court approved a donation to Hope in the Mountains for \$50,000.

"This is a multi-county project that is doing a lot of good," Floyd County Judge-Executive R.D. "Doc" Marshall said. "We're happy to be able to help see that it continues."

This past spring in Perry County, the center received another boost in funding to see work continued.

At WYMT's headquarters in Hazard, viewers helped raise \$23,000 for the center through a fifth annual telethon held at the news station's stu-

dio. The fundraiser featured live entertainment and gave Renee McCoy the chance to again explain the reasons for her and Jimmy to start the center in the first place.

"If they're not in treatment, they're out on the street," Renee McCoy told those in attendance for the telethon. "Some of them were in jail or some of them could be dead right now, but we've given them a second chance."

There is currently no clear outline for how the \$50,000 given by the county will be used, other than for general operations.

Energy

Continued from p4

centage - typically ranging between 10-30 percent of their electricity supply - to be generated by sustainable energy resources by a certain date. Nearly 1,000 mayors of cities like Denver, Chicago, Portland, Austin, and Salt Lake City, representing tens of millions of Americans, have signed the Mayor's Initiative on Climate Change, pledging to use sustainable energy resources to power their jurisdictions to prosperity.

Nevertheless, Beltway cheerleaders for the nuclear and coal industries are trying to force us, the taxpayers, to give away tens of billions more in shaky loan guarantees. This scheme shifts responsibility for failed nuclear projects onto the backs of the American families and businesses -- despite the conclusion of the Congressional Budget Office that 50 percent of such nuclear reactor loans will likely default.

The nuclear industry and their lobbyists want us to take the risk while they pocket the profits. New nuclear reactors would lead us deeper into national financial debt, and weaken our economy.

Congress must look outside the Beltway and adopt practical and profitable solutions like Sacramento did 20 years ago. It's time to make energy efficiency, wind, geothermal, biomass, and solar power the cornerstone of America's energy future.

Smeloff is a developer of utility-scale solar projects for SunPower Corporation and the former president of the Sacramento Municipal Utility District. Denman is an energy policy consultant and the former executive director of the national sustainable energy advocacy coalition, the Safe Energy Communication Council.

Open house to spotlight Custom Meats

by JARRID DEATON
FEATURES WRITER

Custom Meats Inc., a retail and wholesale butchering and wild game processing company, will hold an open house on Saturday for those interested in checking out the unique local approach to preparing a variety of meat products.

"We're a small, local company here in Prestonsburg," said owner Paul E. Marsillett. "Basically, we are a packing house and slaughterhouse. We do custom work for a lot of farmers who sell livestock to individuals. We are just like the

grocery store. You can come and purchase steaks, any kind of meat like lamb, beef and pork. We make different summer sausages and snack sticks. We also have a commercial smokehouse. Also, we have a machine that can press 600-hamburger patties an hour. A lot of it is organic. We're pretty competitive. We beat the grocery stores on a lot of stuff."

Representatives from the University of Kentucky College of Agriculture will be at the event on Saturday to talk about how important it is to do business locally, and how safe the meat packing and processing done at Custom Meats will be.

For Marsillett, starting Custom Meats was a matter of heritage and necessity.

"My grandfather had a packing house years ago," Marsillett said. "Nowadays, I notice that people are driving to the lower end of the state to take their animals and to get fresh meat. We want them to be able to do that locally."

Custom Meats, Inc. is located at 169 W. Old Middle Creek Road about five miles outside of Prestonsburg. The open house will start at 12 p.m. and end at 4 p.m. For more information, contact Custom Meats Inc. at (606) 886-6003.

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MOVIES FROM THE BLACK LAGOON

'Schizo'

by TOM DOTY
TIMES COLUMNIST

A psycho-killer terrorizes an ice skating champion in this British chiller that predated the Tonya Harding/Nancy Kerrigan brouhaha.

The film opens with a grizzled man buying a newspaper. The cover story tells of an ice skater's impending marriage (must have been a slow news day). The man



Tom Doty
Times Columnist

sets out for the nuptials whilst having a flashback that features a lot of screaming and blood, but no details on how all of this fits together.

Meanwhile, we meet the bride-to-be, Samantha. She's reasonably excited about her upcoming marriage, but there are some worries. First off her intended is a rather dull, though successful, carpet manufacturing company president. All of his family intends to be at the affair, but that's a problem for Samantha.

Turns out she's an orphan and has no relatives on the guest list. Her social anxiety is understandable considering how many questions she can expect about her past. Too bad that her family history is about to get revisited, now

(See LAGOON, page three)

This Town, That World

Editor's Note: For years, Floyd County Times founder and former publisher Norman Allen wrote a weekly column that looked at Floyd County through his eyes. His columns are being reprinted due to request.

THE GENERATION GAP

Lest social anthropologists and others who prowl around among such matters turn up with a generation gap, I herewith list the Shirt Tail Generation which has never had its proper due.

I refer to that generation of which I am a relic, whose male members literally lived, at varying ages in their shirt tails. Younger, they played and slept in 'em. Older, they only slept. No pajamas (la, la!) in those days.

The late Irvin Cobb used to tell a story of that generation. He told of the train on which he was a passenger drawing into a station, somewhere in the Deep South, before daybreak. Outside he saw the shadowy forms of mounted men, their horses snorting in the pre-dawn chill; the men speaking in muffled tones. There was something of grim portent about the whole business.

A lanky farmer boarded the train, and Cobb turned to him.

"A lynching party, I suppose?" he queried, pointing to the men.

The man laughed. "No siree. No lynching, this time. Old man Miller's boy Joe was 18 yistiddy, and they're tryin' to ketch him to get a pair of pants on 'em."

THE WELL-REMEMBERED

My earliest recollection of Shirt-Tail days begins with the first dog that ever owned me, and

(See ALLEN, page two)



SECOND SUNDAY

Get out, get moving at annual fitness event

by THERESA SCOTT
FLOYD COUNTY EXTENSION OFFICE

Come join your neighbors in a day of fun, physical activity in the midst of your beautiful county during the Second Sunday event on Oct. 11. The event will take place from 2 to 5 p.m. at Elkhorn Park, near Minnie.

This is the second year for the statewide event that promotes physical activity for all ages and abilities. Cooperative Extension family and consumer sciences agents coordinated Second Sunday partnerships allowing people to engage in all forms of fun-filled activities. In 2008, more than 12,000 Kentuckians from more than 70 counties participated in the first Second Sunday Event. This year, attendance is projected to grow as 105-plus counties are participating in order for their fellow Kentuckians to take advantage of a statewide day for physical activity and commit to making health lifestyle changes.

In Floyd County we are planning to have activities including corn hole, biking, hiking, horse-shoes, line dancing, disc golf, walking, chair exercises and

many more activities and games!

In addition to being a fun, exciting event, Second Sunday provides us with a unique opportunity to show the nation that we are working to change some unfortunate statistics and improve our overall health. Kentucky has the seventh highest obesity rate in the U.S. at 29 percent and the fourth highest percentage of overweight youth at 37.1 percent. Obesity has been linked to chronic diseases such as heart disease, diabetes, and certain cancers.

The past year has been an exciting one for Second Sunday with the initiative receiving resolutions from both the Kentucky House of Representatives and the Senate as well as from Governor Beshear.

For more information on Second Sunday, contact Theresa Scott at the Floyd County Cooperative Extension Service by phone at (606) 886-2668 or by email at tmscott@uky.edu.

Educational programs of the Cooperative Extension Service serve all people regardless of race, color, sex, religion, disability or national origin.



DINNER DIVA

Frozen broccoli



I've been a champion of eating fresh vegetables and fruits and eating them in season for years. Right now however, I'm really enjoying frozen veggies for a number of reasons. One, they're real cheap (especially when they're on sale and you've got a coupon!) and two, they enjoy a reputation for nutrition due to the fact they are picked at their prime and frozen quickly, without a lot of downtime to lose their nutrients. You gotta love that!

I bought several bags of frozen broccoli cuts on sale. Broccoli cuts are less expensive than the spears. You get the

flowers and the stems. In my book, that's fine; I think the stems are tastier than the spears, to be honest!

Anyway, they cost \$1.28 for each 1 pound bag; that's an awesome price. Let me share with you some of my ideas for cooking with the broccoli. One of those ideas (the soup) is currently on the stove-top. I'll share all my "recipes" with you—you'll love them!

1) Broccoli Quiche. Easy as pie to make—I make mine crustless. Sauté an onion, add the frozen broccoli to the skillet, season with garlic powder, a little oregano and salt and pepper. Put it on the

bottom of a lightly greased pie plate, add 8 ounces lowfat shredded cheese tossed with 2 tablespoons of flour, then fill it up with beaten raw eggs, about 6 eggs total. Cook in a 375 degree oven till set, about 30 minutes or so.

2) Quick Broccoli Soup. In a saucepan, sauté a chopped onion in a little olive oil, add a clove or two of pressed garlic, when onion is translucent, add the bag of broccoli. Salt and pepper to taste, add maybe 1/2 teaspoon of thyme and sauté for about 2 minutes. Now add a

(See DIVA, page two)

inside lifestyles

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Fun & Games

page B8



CAR TALK

Antifreeze not safe for humans or animals

—page B3





Family Medicine

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

Q I think my husband may have sleep apnea. He snores really loudly. He is a bit overweight and has mild high blood pressure. I can't get him to go to the doctor because he thinks he is fine. Can you give me some information so I can decide how bad he really is?

A When a person stops breathing briefly during his or her sleep, the condition is called sleep

apnea. This disruption of breathing usually lasts for less than 30 seconds and is not, typically, life-threatening. The sleeping person usually is not aware that he or she has a problem.

Obstructive sleep apnea (OSA) is the most common type of sleep apnea. It occurs when the throat muscles relax and close off the airway. Loud snoring is often the most prominent symptom in OSA,

although not everyone with OSA snores. Other symptoms include daytime sleepiness, or awakening with a dry mouth or throat. Often, a spouse or partner observes lapses in breathing.

OSA is most common in overweight, older people, and those who have high blood pressure, diabetes or a family history of the condition. Men are more likely than women to develop OSA, and smokers and people who use alcohol are also at a greater risk.

Symptoms of OSA can include waking up with a dry

mouth or sore throat, waking up abruptly during the night — possibly with shortness of breath — and excessive daytime sleepiness. Many people with OSA don't feel rested when they get up in the morning, and this chronic fatigue can, in turn, lead to depression and memory problems. OSA can also increase the likelihood of complications with surgery and anesthesia.

If your husband has a combination of these risk factors and symptoms, he should see his family physician. Once OSA is diagnosed, the primary medical treatment is weight loss. A recent study has shown that a loss of about twenty-five pounds in most people cured

their OSA. It may also be advisable for your husband to change sleep positions. Sleeping on one's side often improves snoring, and avoiding alcohol or sedative medications close to bedtime also can reduce OSA symptoms.

If the doctor feels it's advisable, he or she may refer your husband to a sleep specialist for additional tests. Or if your husband has an anatomical problem of the airway, he may be referred to an ear, nose and throat specialist.

There are surgical treatments for anatomical problems causing OSA. Most people with severe OSA use a positive pressure breathing machine at night. This keeps

the airways open and decreases both the snoring and the OSA.

You should continue to encourage your husband to seek medical advice. If his snoring is keeping you awake, too, it's worth seeking medical help.

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Family Medicine(r) 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@familymedicineor.com.

GOOD HEALTH

Many ways to treat prostate enlargement

DEAR DR. DONOHUE: About three years ago, I had a procedure to reduce the size of my prostate. It was Greenlight PVP laser procedure. My doctor did it on an outpatient basis. Since then, I have a normal flow for someone who is 79 years old. I sleep through the night without having to get up to go to the bathroom. Perhaps you could comment on this treatment. -- L.M.

ANSWER: Prostate gland enlargement -- benign (non-cancerous) prostate hyperplasia or hypertrophy -- is something that happens to just about all men. Fifty percent of men between the ages of 51 and 60 have some gland enlargement, and by age 80, more than 80 percent have it. Not all these men have to deal with its exasperating consequences -- frequent urination, nighttime urination, difficulty starting the stream -- but enough do that it is a quite common problem.

Sometimes medicines can relax the chokehold that the big prostate has on the urethra, the tube draining the bladder, and there also are medicines that shrink the gland.

When medicines strike out, a large number of invasive procedures are readily available. The standard operation, TURP -- transurethral resection of the prostate -- is done with a scope

and instrument passed into the urethra and advanced upward to the gland. The doctor shaves away portions of the gland. TUNA -- transurethral needle ablation; TUMT -- transurethral microwave therapy; and TUIP -- transurethral incision of the prostate are procedures done very much like a TURP, but they employ different techniques for reducing the gland's size. Some are done in the doctor's office.

Greenlight Laser Photovaporization is a technique in which the prostate gland is downsized by vaporizing the excess with a laser that emits a green light. One big advantage this offers is a reduction of bleeding. The greenlight laser seals blood vessels in the process. I am sure many men readers will appreciate your bringing up the topic.

The booklet on the prostate gland, both enlargement and cancer of, summarizes treatments for these conditions. Readers can order a copy by writing: Dr. Donohue -- No. 1001W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

□□□

DEAR DR. DONOHUE: My 3-year-old granddaughter wakes up within a few hours of going to bed. She screams, and nothing consoles her. It's like watching "The Exorcist." I understand this is called night terror. Any suggestions? -- C.S.

ANSWER: Many children suffer from night terrors. They usually occur in the first hours of sleep. The child suddenly screams, is wide-eyed, has a fast heartbeat, might be sweating, could thrash about or get up and walk zombielike. The child has no recollection of this the next day. The episodes are terrifying to onlookers. Speak to the child soothingly until he or she goes back to sleep. Night terrors peak between ages 5 and 7, and then tend to disappear. The child's doctor should be informed of these so an exam to rule out any serious condition can be done.

□□□

Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475. Health newsletters also may be ordered from www.rbmamall.com.

Diva

quart sized container of low sodium chicken broth. Simmer till tender, then blend it in a blender in batches. Serve hot with a sprinkling of shredded lowfat cheddar cheese.

3) Easy Chicken Broccoli Casserole. Prepare two boxes of Kraft Macaroni and Cheese, Premium White Cheddar.

Undercook the pasta slightly and just follow the direction on the box. Add 1/2 a bag of the frozen broccoli, 2 cups chopped cooked chicken and mix together. Pour into a lightly greased casserole dish, top with 1 cup crushed saltines or seasoned bread crumbs mixed with 1/2 cup lowfat cheese

(your choice). Bake in a preheated 375 degree oven till warm and bubbly and cheese is nicely melted on top, about 20 to 30 minutes.

That's all I have, but look at how easy, inexpensive and tasty all three recipes are. Have fun and give these recipes a whirl!

Continued from p1

Salome's Stars Weekly Horoscope

ARIES (March 21 to April 19) You could be caught in a torrent of advice from well-meaning friends and colleagues this week. But remember, Lamb, you are at your best when you are your own inimitable self.

TAURUS (April 20 to May 20) Expect strong efforts to get you to accept things as they are and not question them. But ignore all that and continue your inquiries until you're sure you have all the answers you need.

GEMINI (May 21 to June 20) Heavier than usual family and workplace duties compete for your time this week. Try to strike a balance so that you're not overwhelmed by either. Pressures ease by week's end.

CANCER (June 21 to July 22) It's a good time for the Moon Child to show off your uniquely inspired approach to the culinary skills -- especially if they're directed toward impressing someone special.

LEO (July 23 to August 22) You might be happy about the re-emergence of a long-deferred deal. But don't pounce on it quite yet. Time can change things. Be sure the values you looked for before are still there.

VIRGO (August 23 to September 22) Try to rein in your super-critical attitude, even if things aren't being done quite as you would prefer. Remember: What you say now could create an awkward situation later on.

LIBRA (September 23 to October 22) Although you can expect on-the-job cooperation

from most of your colleagues this week, some people might insist on knowing more about your plans before they can accept them.

SCORPIO (October 23 to November 21) Creating another way to do things is commendable. But you could find some resistance this week from folks who would rather stick with the tried-and-true than try something new.

SAGITTARIUS (November 22 to December 21) You usually can keep your aim focused on your goal. But you might need to make adjustments to cope with unsteadiness factors that could arise over the course of the week.

CAPRICORN (December 22 to January 19) News arrives about a projected move. Be prepared to deal with a series of possible shifts, including starting and finishing times, and how much the budget will actually cover.

AQUARIUS (January 20 to February 18) A new relationship needs time to develop. Let things flow naturally. It could be a different story with a workplace situation, which might require faster and more focused attention.

PISCES (February 19 to March 20) Accept a compliment without trying to troll for any hidden reason beyond what was said. After all, don't you deserve to be praised every now and then? Of course you do.

BORN THIS WEEK: You like to weigh all possibilities before making a decision. You would be a fine judge, or even be a star in a jury room.



Miss Rose Blair is proud to announce the engagement of her daughter, Heidi Lynne Yost to John (Jay) Harlan Callis, III. Heidi and Jay met when he was in Law School and she was studying Theatre at the University of Kentucky. It only took 27 years for them to reconnect. Heidi received her Bachelor of Arts in Theatre from Berea College in 1988. Jay received his Bachelor of Arts Degree from Georgetown College in 1981 and his Juris Doctor from the University of Kentucky in 1984. They share a passion for missions and social justice ministry actively volunteering at Highland Baptist Church in Louisville, KY, where they are both members. The bride-to-be is currently working for the Charles P. Moorman Foundation in Louisville as Executive Director. The groom-to-be serves as Senior Attorney at Appalachian Research and Defense Fund in Prestonsburg. The couple will celebrate autumn nuptials in 2010 at Highland Baptist Church in Louisville.

Allen

that triggers a trek, as the writers of "purple prose" sometimes are wont to say, down Memory Lane.

It was Christmas morning, and this pup lay between me and a long, red, wool stocking which hung from a nail at the fireplace. I got the stocking, all right, and dashed across the cold, bare floor in bare feet toward the bed where I proposed to examine the largesse from Santa. But the pup had something to say about it. A flying shirt tail was a great temptation, and he jumped for it. The mutt worried the garment, growling and shaking and tugging, all the inch-by-inch way to bed. And then had the cheek to jump in with me.

That dog was followed by a long procession of pets which kept me in the dog business until two or three years ago. There were hounds, a bird dog, bulldogs, shepherds, collies, mixtures of same, a cocker spaniel, a dalmation. Strange as it may seem to many who are uneducated in the love of dogs, every one of these was a good dog. One of the hounds would cold-trail a sheep, but he always contrived to stay well behind his quarry, and died with an unsmirched reputation.

They talk about a boy and his dog. But they forget a man and the friend who cares nothing about bank accounts, or social standing, or how well the master is getting along with his wife, or anything in the whole, wide world except, perhaps, a bite to eat and a friendly pat on the head. One of these dogs of mine was the first to convince me that I could never be the Jesse James or Cole Younger about whom I read a good deal in those days. This shepherd had grown old, but he still contrived to keep up with, or near, us who were younger in woodland jaunts and on the daily trips to school. One day, he suddenly began running.

The dog was mad, the neighborhood experts declared. After he had been killed they said he "musta had the runnin' fits," which, they said, was caused by worms. Anyway, the decision was made. He must be killed, and I stoutly declared that if my dog must die I would take care of the matter. Twice I lined up the center of his forehead with the

sights of my rifle, and each time the dog's trusting eyes met mine, and that "mad dog" spoke his affection with the thumping of his tail.

There is such a thing as losing face, and I lost it, but I chickened out in what I still maintain was a good cause.

And so the story goes, from the Shirt-Tail to the Bedroom Slippers generation. Dogs wander in and out of my life, even yet, but they no longer stay. Sometimes it's my fault, sometimes that of others, and then again the mutts themselves are to blame. As in the case of the little stray cocker which almost had found itself a home, a few months back, but moved on too soon. And then there was perhaps the finest gentleman of the lot, the boxer who left our street for a settled home, the other day, after wagging his way into the good graces of the whole neighborhood.

You say, I have run out of materials for a column? If you don't like it, there's Watergate or the latest mass slaying to

Continued from p1

OUR FIRST VETERANS

Clyde P. Allen, of Martin, informs us that U.S. National Archives show that as of June 1, 1840, eight Floyd County veterans of the Revolutionary War, and five widows of veterans were drawing pensions.

Veterans listed were: Anthony Hall, Reuben Thacker, Benedict Wadkins, Cudbeth Stone, Sr., John Porter, Thomas C. Brown, Philip Williams, Mexico Pitts.

Names of widows of veterans were listed as Amy Justice, Sally More, Rebecca Henrel, Patey Harris, Elizabeth Preston.

AND THAT'S WHY

We would, if cornered, supply perhaps a dozen reasons for the paper failing to reach a subscriber, but the one Gypse Lewis of Louisville, passes on hadn't occurred to us. She says her mailman kids her when The Times is late or fails to arrive, and greets her with "No paper today—the creek's up."



Bill and Linda Salisbury, of Martin, announce the engagement and forthcoming marriage of their son, Jonathan Dale Salisbury, 29, of Prestonsburg, to Stephanie Nicole Todd, 22, of Prestonsburg. Jonathan is a graduate of Big Sandy Community and Technical College and is currently employed as a driver at UPS. Stephanie is enrolled at Big Sandy Community and Technical College in the Respiratory Therapy Program where she plans to graduate in May. An open wedding is planned for Oct. 10, at the Fitzpatrick First Baptist Church in Prestonsburg at 5:30 p.m. Following the honeymoon, the couple will reside in Prestonsburg.

Antifreeze not safe for ingestion by animals or humans

by TOM and RAY MAGLIOZZI

Dear Tom and Ray:

You mentioned in a recent column that ethylene glycol (antifreeze) is toxic to animals. Is it also toxic to humans? I'm a doctor, and I prescribe a medicine for my patients that cleans out their colon called Go-Lytely (which makes a person do anything but go lightly). The main ingredient in Go-Lytely is polyethylene glycol, which sounds an awful lot like ethylene glycol, or antifreeze. So, when I prescribe Go-Lytely to prepare my patients for a colonoscopy, am I really prescribing antifreeze? If so, could I just tell my patients to down a gallon of Prestone and save themselves a trip to the pharmacy? — Dan

TOM: Well, sending off your colonoscopy patients with a bottle of Prestone is contra-indicated, Doc. I wouldn't recommend it.

RAY: Although, wait a minute, Antifreeze DOES have rust inhibitors. Maybe they'll keep the arteries clean?

TOM: You won't need arteries if you ingest antifreeze. The two substances ARE related (they're polymers, as we chemists say), but they have very different effects on the

human body. Polyethylene glycol — the stuff you give your patients — is a very large molecule, too big to be easily absorbed by the body. Its job is to block the absorption of water.

RAY: So when your patients drink 17 gallons of water with their Go-Lytely, as instructed, all that unabsorbed water acts as a "flush," which is what your patients end up doing all night before their procedure.

TOM: Ethylene glycol (antifreeze), on the other hand, is a very small molecule that IS absorbed by the intestines. And according to Dr. Arthur J. Berman, assistant professor of clinical medicine at Columbia Medical School and a Go-Lytely prescriber himself, if you ingest antifreeze, getting your annual colonoscopy is the last thing you'll have to worry about.

RAY: He tells us that in humans, ethylene glycol is metabolized into oxalic acid, a poison that affects the brain, the heart and — if you live long enough — the kidneys.

TOM: So, Prestone is not a substitute for Go-Lytely. On the other hand, I'm eager to find out whether Go-Lytely can be a substitute for Prestone. So if you'll write me a prescription, I'll throw a gallon in my trunk. And

next time I overheat, I'll pour it in the radiator and ask my health insurer for reimbursement.

How to test for bad shocks

Dear Tom and Ray:

I have a 2001 Toyota 4Runner with 160,000 miles. I also have a pop-up camper that I pull on occasion with the 4Runner. I just made a trip from Colorado up to Minnesota pulling the camper. The last 20 percent of the trip, when traveling on the interstate, the 4Runner started bouncing pretty good — so much that my daughter thought she was riding the horse ride at the grocery store while riding in her car seat in the back. I jumped up and down on the hitch to the 4Runner, and it continued to bounce a couple of times before stopping. Do I need new shocks? — Keith

RAY: Well, let's assume you've already checked the tires, Keith, to make sure they're not overinflated.

TOM: Wait! Let's not assume! Keith, check the tires, including the trailer tires, to make sure they're not overinflated, because that's a very common cause of bouncing and poor ride quality.

RAY: But if the tires are inflated

correctly, then it sounds like you do need shocks. Here's the test. Unhook the trailer. Then put a foot on the rear bumper and stand up on it, holding on to the roof rack for support.

TOM: Then start bouncing up and down on the bumper. Get it really rocking — up and down, up and down, as far down as you can make it go.

RAY: My brother finds it helps to grunt like a gorilla and scratch his armpits while doing this.

TOM: Once you've got it really going up and down, then, when it's at the bottom of the cycle, hop off.

RAY: The bumper should come back up to its normal position and stop dead in its tracks. There shouldn't be even a hint of another oscillation.

TOM: If the truck continues to go up and down at all, you need shocks. Bad shocks certainly could cause the kind of bouncing you describe.

RAY: As you might imagine, this

isn't very safe, Keith. When you bounce up, you're not only lifting the weight of the vehicle off of the rear wheels, which compromises your handling, but you're also stressing the trailer hitch. After a while, that thing could break, and the trailer could end up in a different lane from the 4Runner.

TOM: So check first to make sure your daughter isn't feeding quarters into a slot in the back seat. Maybe she HAS hooked up a horse ride there. But if not, get the shocks checked and, if necessary, replaced right

away.

Get more Click and Clack in their new book, "Ask Click and Clack: Answers from Car Talk." Got a question about cars? Write to Click and Clack in care of this newspaper, or e-mail them by visiting the Car Talk Web site at www.cartalk.com.



CLICK & CLACK
Talk Cars

Rental Central

by TOM DOTY
TIMES COLUMNIST

Two horror movies shared the shelves with two comedies this week. Both of the terror tales had teeth, while only one of the comedies promised any laughs.

■ "Imagine That" — Adults and children will appreciate this yuk-fest that observes a single father failing to juggle his responsibilities until his daughter offers him a glimpse into her (not so) imaginary world. The experience helps dad become a force to be reckoned with in the financial world, but the better lesson involves spending more time with his child. There's plenty to chew on here and a lot of broad laughs. Eddie Murphy turns out to be the perfect guy for this material and he more than

makes up for his last couple of groaners.

■ "Year One" — Comedies don't get much worse than this stink burger. Jack Black and Michael Cera star as a pair of cave men in this awful effort that isn't fit for laboratory mice.

■ "Offspring" — A family of cannibals gets more than they bargained for when they kidnap two women and their children in this terror tale from the pen of Jack Ketchum. The story comes to you courtesy of Sam Raimi's "Ghost House" Pictures, which continues to release underground gems that put the "Horror Fest" line of DVDs to shame. The story also features an aging sheriff who thought he shut down the clan in an earlier battle (from Ketchum's first novel "Off Season") and may not be up to

another encounter. Tense stuff that is definitely not for the kids.

■ "Trick 'r Treat" — Horror anthologies are great when they're done right ("Creepshow"). This collection of stories, set on Halloween, deserves a place alongside "Tales From the Crypt." The plotlines manage to conjure up thrills as well as a strong sense of what it was like to be a child during the Halloween season. The stories are richly observed and include a tale about a group of teens who must pay for horrible prank, as well as a chilling story about a high school principal who moonlights as a serial killer.

Next week promises more thrills with the release of "Drag Me To Hell" and maybe more yuks when Will Ferrell remakes "Land of the Lost."



Varina Howell Davis and Mary Todd Lincoln have followed the troops and moved from Apple Day in Johnson County to our fair city of Prestonsburg and the Jenny Wiley Festival. From a booth in the main exhibition tent, the two first ladies have accepted the invitation of the Friends of Middle Creek to present the Civil War from a woman's experience and from their vantage points as the wives of presidents Jefferson Davis and Abraham Lincoln. Performances will take place Friday 10 a.m., 11 a.m., 1 p.m., 3 p.m., and 5 p.m. Presentations will also be present Saturday Morning until parade time. Visitors to the Friends of Middle Creek Table will be welcome anytime. Ms. Davis and Ms. Lincoln's presentation is made possible in part by a Kentucky's Humanities grant celebrating Kentucky native Abraham Lincoln.

Strange ... but true

by SAMANTHA WEAVER

■ It was Romantic poet Samuel Taylor Coleridge who made the following sage observation: "The man's desire is for the woman, but the woman's desire is rarely other than for the desire of the man."

■ The lens of your eye will continue to grow throughout your lifetime.

■ You might be surprised to learn that famed British author Aldous Huxley, best-known for his dystopian novel "Brave New World," was a consultant on Disney's 1951 animated film version of "Alice in Wonderland."

■ Andrew Johnson, the 17th president of the United States,

didn't learn to read until he was 17 years old.

■ For reasons that are unclear in the present day, lawmakers in North Carolina once saw fit to forbid racing a rabbit down a public street.

■ In 1850, the northern portion of the state of California declared itself to be an independent country to be known as the Great Republic of Rough and Ready.

■ Before he became a famous actor and director in his own right, Clint Eastwood was fired from bit parts in several films.

■ Everyone knows that ballerinas endure rigorous training that can wreak havoc on their feet, but you may not have

known that their shoes endure their own hardships. It's not uncommon for dancers to break in their toe shoes by crushing them in doors, steaming them over a kettle, slamming them against a concrete floor or beating them with a hammer.

■ Those who study such things claim that eventually the oceans will dry up -- in about a billion years or so.

■ During the Middle Ages, French toast was a delicacy enjoyed only by the very wealthy.

Thought for the Day

"There's no secret about success. Did you ever know a successful man who didn't tell you about it?" — Kin Hubbard

Lagoon

that the grungy guy from the beginning of the film hits town. His sole aim appears to be freaking out Samantha and that's not hard to do in her fragile state. Soon she's getting odd messages and coming home to find that furniture has been moved around.

Things only get worse when the stranger crashes the wedding and sneaks a machete onto the wedding cake cart. Samantha totally loses it when she spies the large blade, but it is all far from over.

Pretty soon, the people around Samantha begin to die in horrible ways and she is forced to come clean about her past. Eventually she relates that she was 7 years old when her mother was stabbed to death by her latest boyfriend. Turns out the guy is now out of jail and was last seen before the wedding announcement hit the papers.

It all comes down to a stalk-and-slash scene, set in the carpet factory, which reveals the true killer and their twisted mental state (see title).

This one is a little long for a

thriller, clocking in at an 1:49. That said, it mostly works except for fans of carnage, who will have to wait till the 45-minute mark for the "catalog of creative ways to kill your characters" to be opened.

All credit goes to director Pete Walker. In the 1970s, Walker was pretty much it for the low-budget horror scene in Britain. While studios like Amicus and Hammer drew the top terror stars of the time (Peter Cushing, Vincent Price and Christopher Lee), Walker retaliated by upping the gore in his chillers, which almost always took place in middle-class settings. He worked with a stable of dependable stage actors and stuck with the same writer on all of his projects, David McGillivray.

The writer does a decent job here, though the psychiatrist character is a lame duck who sports all the ethics of an investment banker. This guy couldn't diagnose a head cold, so the jokes on him when he becomes an early victim.

Walker may have delivered on the gore and terror on most

occasions, but he also enjoyed having a go at societal norms. One of his favorite targets was the family unit and here he skewers it by showing how much damage a human being can inflict after they've been denied affection by a parent. It's a theme he would explore again, along with cannibalism, in his next feature "Frightmare."

Check out any of his efforts if you need a change from the current crop of horror remakes and you'll be glad you did. Look out, however, because this guy delivers the goods and refuses to give in to audience expectations. His films tend to rock realistic finales that are far from happy and usually see the killer remain at large. Enjoy his flicks for the straight up horrors they offer, at least until Hollywood remakes them and waters the material down for mass consumption.

Best line: "Hardly a week goes by without him making an attempt on his own life, or mine. He's quite harmless." 1976, rated R.

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Floyd County Devotional Page

This devotional and directory is made possible by these businesses who encourage all of us to attend worship services.

Devotional Spotlight



First Church of God

Steven V. Williams
Pastor

Sunday School 10:00 a.m.
Worship Service 11:45 a.m.
Evening Service 6:00 p.m.
Wednesday 7:00 p.m.

Attention Church Organizations, send in a picture of your church, pastor, or youth leaders.

ASSEMBLY OF GOD

First Assembly of God, Martin; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Lorie Vannucci, Minister.

In Victory Assembly of God, West Prestonsburg; Sunday School, 10:00; Worship Service, 11:00 & 6:30; Wednesday Evening, 6:30; Gary Stanley, Pastor.

New Bethel Assembly of God, Burning Fork Rd., Salyersville; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m. Arthur (Sam) Smith, Minister.

Praise Assembly, 1 mile S. of Prestonsburg, intersection of Rt. 80 and U.S. 23; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wednesday, 6:30 p.m.; J.M. Sloce, Minister.

BAPTIST

Allen First Baptist, Allen; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Arnold Turner, Minister.

Auxier Freewill Baptist, Auxier; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Thursday, 7 p.m.; Bobby Spencer, Pastor.

Ball Branch Regular Baptist Church, Mousey Ky; Worship Service, 9:30; Every third Sat. and Sun. of each month; Roger Hicks, Pastor; Ralph Howard, Asst. Pastor. Contact Kermit Newsome 606-377-6881 for more information.

Benedict Baptist, Slick Rock Branch, Cow Creek; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Gordon Fitch, Minister.

Betsy Layne Free Will Baptist, Betsy Layne; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Tracy Patton, Minister.

Big Sandy Community and Technical College Baptist Student Union, J 102; Wednesday, 11:30 a.m.; Vera Joiner, 886-3863, ext. 67267.

Bonanza Freewill Baptist, Abbott Creek Road, Bonanza; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Jimmy D. Brown, Minister.

Brandy Keg Freewill Baptist, Corn Fork; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Roger Music, Minister.

Calvary Southern Baptist, Betsy Layne; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Doug Lewis, Minister.

Community Freewill Baptist, Goble Roberts Addition; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Paul D. Coleman, Minister.

Cow Creek Freewill Baptist, Cow Creek; Sunday School, 10 a.m.; Sunday, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Nathan Lafferty, Minister.

Daniels Creek Baptist Fellowship Church of God, Banner; Services: Saturday night, 7 p.m.; Sunday morning, 11 a.m.; Sunday night, 7 p.m.; Henry Lewis, Minister.

Drift Freewill Baptist, Drift; Sunday School, 10 a.m.; Worship Service, 6:30 p.m.; Thursday, 6:30 p.m. Jim Fields, Minister.

Endicott Freewill Baptist, Buffalo; Sun. School, 10 a.m.; Church every Sun. Morning 11:00 a.m.; Wed. evening Bible Study & Prayer Meeting, 7:00 p.m.; First Sat.

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Faith Bible Church, an independent Baptist Church, located on 1428, between Allen & Martin; Sunday School, 10 a.m.; Sunday Morning, 11 a.m.; Sunday Evening, 6 p.m.; Wednesday Bible Study & Prayer, 6 p.m.; Pastor, Rev. Bob Wireman.

Faith Freewill Baptist, 1/4 mile above Worldwide Eqpt. on Rt. 1428; Sunday Service, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m. Elder Donnie Patrick, Minister.

First Baptist, Garrett; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Randy Osborne, Minister.

First Baptist, Martin; Sunday School, 10 a.m.; Worship Service, 11 a.m. Sunday Evening Service 7 p.m.; Wednesday, 7 p.m.; Greydon Howard, Minister.

First Baptist, Prestonsburg, 157 South Front Street; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wed., 6:30 p.m.; Jerry C. Workman, minister.

Fitzpatrick First Baptist, 1063 Big Branch, P.O. Box 410, Prestonsburg, KY 41653; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Pastor Tommy Reed.

Free United Baptist, West Prestonsburg; Sunday School, 10 a.m.; Worship Service, 11 a.m. & 6:30 p.m.; Wednesday, 7 p.m.

Free United Baptist, West Prestonsburg; Sunday School, 10 a.m.; Worship Service, 11 a.m. & 6:30 p.m.; Wednesday, 6:30 p.m.

Grethel Baptist, State Rt. 3379, (Branham's Creek Rd.); Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wednesday, 6:30 p.m.

Garrett Regular Baptist, Route 550, Garrett; Worship Service, 10:30 a.m. and 6:30 p.m.; Wednesday, 6:30 p.m.; Willie Grace, pastor; Assist. Larry Patton. Phone 358-4275.

Highland Avenue Freewill Baptist; Sunday School, 9:50 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; David Garrett, Minister.

Jacks Creek Baptist, Bevinville; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Pastor Roger Trusty.

Katy Friend Freewill Baptist, 2 miles up Abbott; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Chad Blair, Pastor.

Lackey Freewill Baptist, Lackey; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Johnny J. Collins, Minister.

Lancer Baptist Church; 71 Cooley St., Prestonsburg; Sunday School, 10:00 a.m. Morning Worship, 11:00 a.m., Evening Woshp, 6:00 p.m., Wednesday Prayer Meeting and Bible Study, 7:00 p.m.; Pastor Bobby Carpenter

Left Beaver Regular Baptist Church across from Garth School; 4th Saturday & Sunday 10:00 am, Odd Saturday 6:00 pm.; Gary Compton, Pastor.

Liberty Baptist, Denver; Sunday Service, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6 p.m.; Merle Little, Minister.

Ligon Community Freewill Baptist, Ligon Worship Service, Sunday, 11:00 a.m. Thursday, 7 p.m.

Little Rosa Regular Baptist Church of Jesus Christ, (Indian Bottom Association) Services: 1st Saturday & Sunday of every month 9:30 a.m., 3rd Sunday 9:30 a.m., Odd Sunday 9:30 a.m.

Martin Branch Freewill Baptist, Estill; Sunday Service, 10 a.m.; Worship Service, 11:15 a.m. and 7 p.m.; Wednesday, 7 p.m.; James (Red) Morris, Minister.

Martin Freewill Baptist, Martin; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; John L. Blair, Minister.

Maytown First Baptist; Main St., Maytown; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6 p.m.; Bob Varney, Minister.

McDowell First Baptist, McDowell; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6 p.m.; Gene Bracken, Minister.

Middle Creek Baptist, Blue River; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; William L. Hunt, Minister.

Lighthouse Baptist, 2194 KY Rt. 1428, Prestonsburg; Sunday Service, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Donald Crisp, Minister. home phone 285-3385

Pleasant Home Baptist, Water Gap Road, Lancer; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Mark Tackett, Pastor.

Prater Creek Baptist, Banner; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.

Rock Fork Freewill Baptist; Garrett Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Wendell Crager, Minister.

Rock Fork Regular Baptist, Garrett; Worship Service, 9:30 a.m.; Jerry Manns, Pastor; Willie Crace Jr., Assistant Pastor.

Salt Lick United Baptist, Salt Lick, Huelysville; Worship Service, 2nd & 4th Sunday, 10:30 a.m.; Pastor, Allen Chaffins, phone 946-2123.

Sammy Clark Branch Freewill Baptist, Dana; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m.

Stephens Branch Missionary Baptist, Stephens Branch; Sunday Service, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.

The Third Avenue Freewill Baptist; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m. Phillip Ramey, Pastor.

Tom's Creek Freewill Baptist, U.S. 23 (north of Layne Brothers); Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Chuck Ferguson, Minister.

Tom Moore Memorial Freewill Baptist; Cliff Road; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Youth Service, 5:00 p.m.; Evening Service, 6:00 p.m.; No Service the 1st Sunday of each month; Wednesday, 7 p.m.; Jody Spencer, Minister.

Trimble Chapel Freewill Baptist; Intersection of U.S. 23 and KY 80, Water Gap; Sunday School, 10 a.m.; Morning Worship Service, 11 a.m. and Evening Worship Service 6 p.m.; Wednesday Bible Study, 7 p.m., Youth Services 7 p.m.; Everyone Welcome.

United Community Baptist, Hwy. 7, Huelysville; Worship Service, 2 p.m.; Friday, 7 p.m.; Carlos Beverly, Minister.

Wheelwright Freewill Baptist, Wheelwright Junction; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Louis Ferrari, Minister.

CATHOLIC

St. Martha, Water Gap; Mass: Sunday, 11:15 a.m.; Saturday, 5 p.m.; Sunday; Father Robert Damron, pastor.

CHRISTIAN

First Christian, 560 North Arnold Avenue; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Jim Sherman, Minister.

Victory Christian Ministries, 1428 E.; Sunday School, 11:30 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Sherm Williams, Minister.

CHURCH OF CHRIST

Betsy Layne Church of Christ, Betsy Layne; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Tommy J. Spears, Minister.

Prestonsburg Church of Christ, 88 Hwy. 1428; Worship Service, 10 a.m. and 6 p.m.; Wednesday, 7 p.m.; Richard Kelly and Nelson Kidder, Ministers.

Harold Church of Christ, Harold; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Willie E. Meade, Minister.

Highland Church of Christ, Rt. 23, Hager Hill; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.

Hueysville Church of Christ; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Chester Varney, Minister.

Lower Toler Church of Christ, Harold; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wednesday, 6:30 p.m.; Lonie Meade, Minister.

Mare Creek Church of Christ, Stanville; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m.

Martin Church of Christ, Martin; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m. Gary Mitchell, Minister.

Maytown Church of Christ, 66 Turkey Creek Rd., Langley; Sunday Bible Study 10:00 a.m., Sunday morning worship 11:00 a.m., Evening Worship 6:00 p.m., Wednesday Bible Study 6:00 p.m.

Upper Toler Church of Christ, 3.5 miles up Toler Creek on right; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.

Weeksbury Church of Christ; Sunday School, 10 a.m.; Worship Service, 10:45 a.m. and 6 p.m. John Burke, Minister.

CHURCH OF GOD

Betsy Layne Church of God, Old U.S. 23; Sunday School, 10:30 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Judith Caudill, Minister.

Community Church of God, Arkansas Creek, Martin; Worship Service, 11 a.m.; Friday, 7 p.m.; Bud Crum, Minister.

First Church of God; Sunday School, 10 a.m.; Worship Service, 10:45 a.m. and 6 p.m.; Wednesday, 7 p.m.; Steven V. Williams, Pastor.

Garrett Church of God, Garrett; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Family Training Hour - Thursday 7 p.m., Bill B. Tussey, Jr, Pastor

Landmark Church of God, Goble Roberts Addition; Sunday School, 10 a.m.; Worship Service, 11:10 a.m. and 7 p.m.; Wednesday, 7 p.m.; Kenneth E. Prater, Jr, Minister.

Little Paint First Church of God, 671 Little Paint Road, East Point; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Charles Heater Jr., Minister.

The Ligon Church of God of Prophecy, Saturday Services, 7:00 p.m.; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Ralph Hall, Pastor.

EPISCOPAL

St. James Episcopal; Sunday Service, 9:45 a.m.; Holy Eucharist 11:00 a.m. Wednesday Study Group 6:00p.m., Holy Eucharist & Healing 7:30 p.m. Father Johnnie E. Ross, Rector.

LUTHERAN

Our Savior Lutheran, Sipp Bayes Room Carriage House Motel, Paintsville; Sunday Service, 11 a.m.; WKLW (600 am) 12:05 p.m.; Roland Bentrup, Minister.

METHODIST

Auxier United Methodist, Auxier; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.; Mearl Music, Minister.

Betsy Layne United Methodist, next to B.L. Gymnasium; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Randy Blackburn, Minister.

Allen Christ United Methodist, Allen; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. & 6 p.m.; Wednesday, 7 p.m.; Kenneth Lemaster, Minister.

Community United Methodist, 147 Burke Avenue (off University Drive and Neeley St.); Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Glen "Sandy" Douglass, Rev.

Elliott's Chapel Free Methodist, Rt. 979, Beaver; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Philip T. Smith, Minister.

Emma United Methodist, Emma; Sunday School 10 a.m., Sunday Worship Service 11 a.m.; Pastor David Profit.

First United Methodist, 256 South Arnold Avenue; Sunday School, 9:45 a.m.; Worship Service, 10:55 a.m.; Youth Service 6 p.m.; Rev Jim Adams, Pastor.

Horn Chapel Methodist, Auxier Road, Auxier; Sunday School, 10 a.m.; Sunday Morning Service, 11 a.m.; Mid-week Service, 7 p.m.; Sunday Evening Service held on the 1st and 3rd Sundays of each month at 6 p.m.; Judy Carr-Back, Minister.

Graceway United Methodist, Rt. 80, Sunday School, 9:45 a.m.; Worship Free Service, 11 a.m.; Wednesday Night, 7 p.m.; Roy Harlow, Minister.

Salisbury United Methodist, Printer; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday Bible Study, 6 p.m.; Bobby G. Lawson, Minister.

Wayland United Methodist, Rt. 7, Wayland; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.; Jack Howard, Pastor.

Wheelwright United Methodist, Wheelwright; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Bobby Isaac, Minister.

Vogle Day United Methodist Church, Harold; Sunday School, 10:00 a.m.; Sunday Worship Service, 11:00 a.m.; Wed. Bible Study, 7:00 p.m.; Dennis C. Love, Pastor.

Drift Pentecostal, Drift; Sunday School, 10 a.m.; Worship Service, Saturday/Sunday, 7 p.m.; Wednesday, 7 p.m.; Ted Shannon, Minister.

Free Pentecostal Church of God, Rt. 1428, East Point; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Thurs., 6:30 p.m.; Buster Hayton, Minister.

Free Pentecostal Church of God, Weeksbury; Sunday School, 10 a.m.; Worship Service, 7 p.m.; Wednesday/Saturday, 7 p.m.; John "Jay" Patton, Minister.

Free Pentecostal Deliverance, Ext. 46 off Mt. Parkway at Campton; Worship Service, Saturday and Sunday, 7 p.m.; Patricia Crider, Minister.

Free Pentecostal Holiness, Rt. 122, Upper Burton; Sunday School, 11 a.m.; Worship Service, 6 p.m.; Friday, 7 p.m.; Louis Sanlan, Minister; David Pike, Associate Minister.

Goodloe Pentecostal, Rt. 850, David; Worship Service, 6 p.m.; Malcom Slone, Minister.

Parkway First Calvary Pentecostal, Floyd and Magoffin County Line; ; Worship Service, 6:30 p.m.; Mike D.

Caldwell, Minister. 297-6262.

Trinity Chapel Pentecostal Holiness, Main St., Martin; Sunday School, 10 a.m.; Worship Service, 7 p.m.; 2nd Sat., 7 p.m.; Thurs., 7 p.m.; Ellis J. Stevens, Minister.

Free Pentecostal Church, Dwaile; Services Saturday, 6 p.m.; Sunday School, 10 a.m.; Services, 11 a.m.; No Sunday Night Service.

PRESBYTERIAN

Drift Presbyterian, Route 1101, Drift; Worship Service, 11 a.m.

First Presbyterian, North Lake Drive; Sunday School, 9:30 a.m.; Worship Service, 11 a.m. Rev. Vicki Poole, pastor.

SEVENTH DAY ADVENTIST

Seventh-Day Adventist, 5 miles West on Mountain Parkway; Church Service, 9:15; Sabbath School, 10:45; John Baker, Pastor, 358-9263; Church, 886-3459, leave message. Everyone welcome!

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

The Church of Jesus Christ of Latter-Day Saints; Sacrament Mtg., 10:00 a.m.; Sunday School, 11:20 a.m.; Relief Society/Preisthood/Primary, 12:00 p.m.; Wednesday, 6 p.m. Church Meeting House address, Hwy. 80, Martin, KY 41649; Meeting House telephone number: 285-3133; Richard Salisbury, Bishop.

OTHER

Pastor Atha Johnson welcomes everyone to attend services at the CHURCH OF GOD OF PROPHECY TRAM KENTUCKY. Sunday school 10 a.m., Worship service 11 a.m.

Drift Independent, Drift; Sunday, 11 a.m.; Thursday, 6:30 p.m.

Grace Fellowship Prestonsburg, (next to old flea market); Sunday School, 10 a.m. Worship, 11 a.m. Bill Stukenberg, Pastor 889-0905.

Faith Deliverance Tabernacle, West Prestonsburg; Sunday School, 10:30 a.m.; Thursday, 7 p.m.; Don Shepherd, Minister.

Faith Revelation, Harkins Ave., West Prestonsburg; Sunday School, 10 a.m.; Worship service, 11 a.m. and 6 p.m.; Thurs. 7 p.m. Randy Hagans, Minister. 886-9460.

Faith Fellowship, Allen, Ky. Sun. School, 10 a.m.; Worship Service, 11 a.m.; Sun. Evening, 6 p.m.; Wed, 7 p.m. Carl & Missy Woods, Pastors.

Faith Worship Center, US 460, Paintsville; Worship Service, 11 a.m.; Thursday, 6 p.m.; Buddy and Maude Frye, Minister.

Full Gospel Community, (formerly of Martin) moved to Old Allen; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Sunday evening, 6:30 p.m.; Wed., 6:30 pm.; Lavonne Lafferty, Minister.

Lighthouse Temple, Main St. and Hall St.; Worship Service, 12 p.m. and 7 p.m.; Wednesday/Friday, 7 p.m.; Roy Cosby, Minister.

Living Water Ministries Full Gospel Church, Rt. 3, just before Thunder Ridge; Wednesday, 7:00 p.m., Sunday Evening, 6:00 p.m. Pastor: Curt Howard.

Martin House of Worship, Old Post Office St.; Worship Service, 7 p.m., Saturday/Sunday.

Old Time Holiness, 2 miles up Arkansas Creek, Martin; Sunday School, 11 a.m.; Worship Service, 7 p.m.; Friday, 7 p.m.; John W. Patton, Minister.

Spurlock Bible (Baptist), 6227 Spurlock

FLOYD COUNTY



Faith and Family



KIM'S KORNER

Oh, woe is me

by KIM LITTLE FRASURE

Sometimes the day arrives when no matter what you seem to do or how you seem to try nothing seems to go right. Sometimes, we can have weeks and even months of frustrating, aggravating challenges that come barreling our way to the point we slip into a deep dark pit of gloom, despair and downright agony.

In the Bible, David faced all kinds of these very chal-

lenges. People lied about him, accused him, and even tried to kill him. In Psalm 59 he says, "My enemies are coming against me like vicious dogs trying to destroy me. But as for me, what am I going to do? I will sing about Your power. And I will shout for joy for You are my refuge, my place of safety in my day of distress."

Oh, to be like David. That no matter what fiery dart that seems to be rearing its ugly lit-

tle head, shooting its way into our lives to wreak havoc and kill our joy, dim our lights, we try desperately to shine or stand, faith believing yet finding ourselves weak in the knees and our guts as if they have been sucker punched ... we could remain with a song in heart and able to lift God high with Praise.

Yes, in David's time of need, he wasn't sitting around having a pity party and complaining. He didn't sink him-

self into the pit of despair so many of us so often do. He decided to sing about the greatness of God. He was saying, "My enemies may be powerful, but I know my God is ALL powerful. My obstacles may be high, but I know my God is the Most High." No, he wasn't talking to God about how big his problems were; he was talking to his problems about how big his God was!

Instead of complaining and thinking about what we don't

have, or what this one or that one has done to us, or seeing our glasses half-empty instead of half-full, we need to start thanking God for what we are becoming. Like David, we have got to stay in faith and sing to the Lord.

May we remember to know we can do all things through Christ Jesus who strengthens us, and we can climb out of our pits.

'Til next week, God bless!



Kim Little Frasure

tristateauctionmania.com
Heartland Publications Newspapers

Bidding begins October 12th, at 9 a.m. and runs until October 19th, at 9 p.m.

OFFICIAL GUIDE
will be published in this newspaper
FRIDAY, OCTOBER 9th, 2009
Bid online at: www.tristateauctionmania.com
Bid by phone: 1-800-310-9314

Save \$100's on 100's of items!

Items listed below will be available for auction only

SELLS FOR \$800.00

Prima Donna Platinum Collection
Size 8. Champagne with silver beading, halter neckline, sweep train. Perfect for Pageant or Prom. Dress needs curves and a fabulous place to go!

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2010 Ky. Rt. 321,
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"City Style—Hometown Service"
www.village-boutique.com

Lodge Signature Series
Seasoned Cast Iron w/Stainless Handles

- 12-in. Skillet.....\$99.95
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- 7-qt. 12-in. Dutch Oven.....\$149.95
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MEMBERSHIPS

- 1 Month.....\$50.00
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- 6 Months.....\$189.00
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1243 S. Lake Drive
Prestonsburg, KY 41653 • 886-8604

INITIAL VISIT
Value: \$360.00

- Exam/Consultation
- 1 Set X-Rays
- Therapeutic Modulation
- Chiropractic Manipulation

App. must be made by 12/31/09

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Chiropractic Center
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Pikeville—432-2225

Dr. J. "Bonnie" Hensley, D.C.
Dr. Greg Hackney, D.C.

BLAINE'S GUNS
\$50.00 Gift Certificate
Expires 12/31/09
Cannot be redeemed for cash.
Can be used toward lay-a-way.

Allen, Kentucky 41601
606-874-9997

The Hayloft FEED STORE and TANNING SALON

100-Minute Super Bed Pkg. with one Spray Tanning \$105.00

2051 Ky. Rt. 40 West, Staffordsville, KY
606-297-1878

THREE WISHES & GYPSY MOON
DONNA AND SAMRA

Two Readings with Donna Tarot & Palm Package—\$50.00

Two Readings with Samra Crystal Ball, Tarot, & Palm Package—\$70.00

1040 S. Lake Dr.
Prestonsburg, KY 41653
(606) 886-2058

Lad N' Lassie
A Children's Boutique

\$50.00 Gift Certificate
Not redeemable for cash.
Expires December 31.
Not applicable on sale merchandise

188 W. Court St., Prestonsburg, KY
606-886-3142

BLACKCAT FRAMING

\$500.00 Value

2 Custom Transformers End Tables. Hand-painted, 6 Vintage Playing Cards, Surrounds a chrome emblems. A must have for any Transformers collector. Official decals from Transformers manufacturer.

274 W. Court St., Prestonsburg, Ky. 41653
(606) 886-1811

KAT KORNER Located West Court St., Prestonsburg 606-886-8600

Longaberger Medium Wreath in Warm Brown and Protector—\$125.00
Longaberger 16-pc. 4-place Setting—\$384.00

Setting includes:
Woven Tradition Soft Sq. Mug
Woven Tradition Sq. Small Bowl
Woven Tradition Sq. Luceon Plate
Woven Tradition Sq. Diner Plate
Vintage Lamp Pair

1940's Occupied Japan Bedside Lamps
Brass Base Ceramic—\$100.00/set

Home Rentals

\$100 Gift Certificate
towards the purchase of a living room suite, bedroom suite, dinette set, or flat panel TV.
Not redeemable for cash. Expires 12/31/09

"Next Door to Big Lot's" • 886-8665

Prima Donna TATTOO

\$100.00 Gift Certificates
Expires 12/31/09
Not redeemable for cash.

256 Irene Street, Downtown
Prestonsburg, KY 41653 606-886-2111

Fairy Tales & Treasures
Whimsical Fine Art Childrens Photography
Cindy Artrigg Photographer

Portrait Session Gift Certificate
\$50.00 Value
By appointment only • Expires 12/31/09
Not redeemable for cash.

Area's Only Professional Children's Portrait Studio
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Pikeville, KY 41501
(606) 432-1200

Heart 2 Heart Flower and Gifts
When words aren't enough...
Full Service Florist

Certificate good towards dozen roses arranged in vase.
\$50.00 Value

515 S. Lake Drive, Prestonsburg, Ky 41653
606-886-0036 • 606-886-0027

6" Square Sunflower Shower Head \$224.25
8" Sunray Shower Head \$185.25

Ceiling Fan Antique Brass Housing, Medium Oak/Walnut Blades. Shown with F464AB Filter and G9 Glass. \$260.17

by Danzé

Brock McVey Company
778 S. Lake Drive,
Prestonsburg, KY 41653
(606) 886-6801

CASTLE'S JEWELRY AND GIFTS

- Men's Ring—2 Carat Kentucky Cluster Sapphire and Diamond, sizing free.....\$999.95
- Joined Wedding Bands—Featuring the Past, Present, Future Diamonds White or Yellow Gold.....\$199.99
- Ladies' Ring—10K Blue Onyx Diamond Cluster.....\$139.95
- Men's Granddad Ring, 10K w/Diamonds.....\$199.95
- Men's Grandpa Ring, 10K w/Diamonds.....\$169.95

315 Mayo Plaza, Paintsville, Ky. 41240
606-789-7572

Bluegrass State HOME SHOWCASE

Model 883
• 2x6 Walls
• Rock Fireplace
• Zone III Insulation
• Theromopane Windows
• Upgrade appliances package

2008—24x64—1680-sq. ft.
Value: \$73,905.00
Delivery and set-up additional

Located on US 23 S., between Prestonsburg and Pikeville • (606) 874-1050

T-Bone Loin Value \$105.00
Sliced Free, Any Size

100 Hamburger Patties \$134.00
Ground Fresh

Process 1 Deer \$175.00
Summer Sausage, Snack Stick with Cheese

Slaughter/Process 1 Hog—\$185.00
Double Wrapped

CUSTOM MEATS, Inc.
W. Old Middle Creek Road
Prestonsburg, KY 41653 • (606) 886-6003

Big Sandy Physical Therapy

Aqua Therapy Session
30-Minute
By Apt. Only
Must be made by Dec. 31

Value: \$60.00

83 Dewey Street, Prestonsburg, KY
606-886-9888

If you need additional information on bid items, contact the businesses.

The Times

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\$16

5 Easy ways to place your ad:

1. Call: (606) 886-8506, LeighAnn Williams
2. Fax: (606) 886-3603
3. E-mail: classifieds@floydcountytimes.com
4. Stop by: 263 S. Central Avenue, Prestonsburg
5. Mail: P.O. 390, Prestonsburg, KY 41653

Our hours: 8 a.m.-5 p.m.

DEADLINES:
 Wednesday's paper @ Mon., noon
 Friday's paper @ Wed., 5 p.m.
 Sunday's paper @ Thurs., 5 p.m.

Visa - MC - Discover
 Check

The Best Way To Write An Ad:

- Begin with a key word (item for sale, etc.)
- Use descriptive words to identify your items
- State your price or terms
- Include a phone number and/or e-mail address

NAME _____
 ADDRESS: _____
 PHONE #: _____

Write your ad here:

(approximately 18 letters per line)

CREDIT CARD: _____

Our CLASSIFIEDS Will WORK For You!!!

Antiques

Antique Oriental cabinet signed \$250. Also antique attic chest-\$75. Also a antique library desk made in 1800's-\$125. Call 886-9382 after 2 pm.

Miscellaneous

For Sale: 2007 Pop-up camper. 14ft box. Comes with Refrigerator, stove, heater, bathroom and shower. Asking payoff. Call 358-9456.

Miscellaneous

Corn hole boards for sale. Different styles and colors available. Call 606-793-0756 or 606-265-4563.

Miscellaneous

For sale: 1994 18 ft Pro Craft boat. With a 150 hp Mercury. Motor guide trolling motor with a alpine stereo. Custom cover. In excellent condition. Asking \$6,500. Call Randy Smith at 606-452-4263 or 452-4115.

Miscellaneous

Established Medical Practice/Large Base of Patients, Office Equipment and Furniture/Serious. Inquiries Only For More Information, please contact: William S. Kendrick, Executor of the Estate of Charles J. Hieronymus 606/886-2812 - phone 606/886-8833 - facsimile wkendrick@kib.net

Miscellaneous

Wedding dress or sale: Sequence & Pearls with train. Call 886-0133 leave message.

Yard Sale

Carport Sale: Fri-Sat 9:00 am - 7 1 mile on Town Br Rd. Lots of items to numerous to mention. Come on down!

Recreational Vehicles

1000 Several family yard sale. Friday Oct 9th & Saturday Oct 10. Between Jerry's & social security office in Prestonsburg, 8-7

Campers / RVs & Trailers

Wanted: Cheap old camper. Aprox 24ft. Call 606-230-0197.

Houses For Sale

3 Br, brick home for sale or lease. North side of Prestonsburg. Call 889-0363.

MEDICAL BILLING POSITION

Position available for qualified, experienced individual in medical billing and coding. Position is for Medical Billing company located in Paintsville, KY. Experience a must and medical coding certificate a plus. Must be able to multi-task and work with public well. Submit resumé to "Billing" P.O. Box 1810, Prestonsburg, KY 41653

Be an Angel.

Become a Kentucky organ & tissue donor. Sign the back of your drivers license or place a Donor Dot on it & tell your family of your wishes.

For information contact:
 1-800-525-3456,
 or www.trustforlife.org

TRUST FOR LIFE
 Kentucky Circuit Court Clerks Association
 Organ And Tissue Donation Awareness

PUBLIC NOTICE

Notice is hereby given that Kinhag Development, of Allen, KY 41601, has filed an application with the Natural Resources and Environmental Protection Cabinet, to construct a building located in the floodplain beside of the Wesley Christian School in Allen, Kentucky, at latitude 37°36'55.43" N, and longitude 82°43'40.76" W. Any comments or objections concerning this application shall be directed to: Kentucky Division of Water, Water Resources Branch, 200 Fair Oaks Lane, fourth floor, Frankfort Office Park, Frankfort, KY 40601. Phone: (502) 564-3410.

The Housing Authority of Prestonsburg has an immediate opening for a Property Manager

The Property Manager must have a high school diploma or equivalent plus at least three years office experience including basic computer skills. General requirements include the ability to communicate orally and in writing, organizational skills, the ability to work with confidential information and to work well with the public. Applicants must have a valid KY Drivers License. This is a full time position with health insurance, retirement and other benefits. Applications will be taken at the Green Acres Office in Prestonsburg from 10:30 am to 3:30 pm each day through October 15, 2009.

Rentals

3 br , extra nice mobile home for rent. Refrigerator, stove, washer/dryer. \$525 per month plus utilities and security deposit. Must have references. Call 874-2802.

Mobile with lg lot for rent. Located 2 miles up Arkansas Creek. All electric. Very clean and very nice. Call 886-6665.

Sales

Double lot with 2 homes for sale. 1 block from Wesley Christian School. 1-3 br, 2 bath, 2-2 br, 1 bath. With 2 garages. Excellent condition. Fantastic neighborhood. Call Jim to set up appointment 606-791-3258.

Autos

2008 14 X 60, 2 br, 2 ba mobile home for sale. With 3 acres of land. Located in Wayland. Priced at \$55,000. Call after 6pm. 606-358-9456.

Autos

2004 Mitsubishi galant. Extra sharp. Moon roof. V6, 60,000 miles. Asking \$7,495
 2000 Dodge Dakota Quad cab. Automatic. V6 \$4,200.
 1998 S-10, 4 cylinder, 5 speed. \$2,500.
 2000 Ford Taurus. 80,000 miles. \$3,000.
 1997 Cadalac S/S.

Real Estate Sales

For Sale: 3 bedroom, 1-bath home with acreage, located at East Point. (Floyd County) just off US 23. Very Convenient to Prestonsburg and Paintsville, shopping, hospital, and schools. Asking \$75,000. Call after 5:30 p.m., 886-6214.

Real Estate Sales

For sale: (Hand Heven) Log cabin, 2 Br, 2 ba. With 1,429 sq ft. 1 mile from New Prestonsburg elementary, 2 Acres of land. \$115,000. Call 886-6614

Sales

home is \$1,000, second is \$1,500 and the third is \$3,500. Call 358-4524.

Sales

Special FHA Finance Program \$0 Down if you own land or use family land. We own the bank your approved. Call 866-597-2083

PUBLIC NOTICE

Prestonsburg City's Utilities Commission is planning routine maintenance of sewer lines in the area of West Court Street and North Arnold Ave. starting October 12, 2009. If you experience any adverse effects due to this maintenance please contact our office at (606) 886-6871.

PUBLIC NOTICE

The Floyd County Housing Authority Board of Commissioners will be meeting in Regular session on the Second Tuesday of each month, at 1:00 p.m., in the Conference Room of the Central Office at Warco Apartments. The Regular Meeting for the month of October will be held Tuesday, October 13, 2009, at 1:00 p.m.

5000 Resort Property

6000 Employment

Help Wanted - General

Part-Time Position for a Receptionist Law office looking for a part-time receptionist. Duties include greeting clients, answering telephones, taking messages, filing and billing. Must be professional in appearance with good grammar skills. Experience is preferred, but not required. Send your resume' to P. O. Box 274, Prestonsburg, Kentucky 41653.

Real Estate Rentals

3500

Apartments/ Townhouses

Large apartment for rent. Located on US 23 at Stanville. 2 br, 2 bath. Walk in closet. Large living room area. 1 yr lease. NO PETS. \$650 per month \$650 security deposit. Call 606-478-8100

Commercial

50 X 90 Building 18 ft tall for rent. Located at Martin. \$475 a month. 606-285-3368.

Houses For Rent

For rent: Large Commercial bldg. (Approx. 36x96) @ McDowell. Call 377-6346.

Houses For Rent

House for rent in Allen. 3 br, 2 ba with large living room, kitchen & utility. \$700 per month with \$500 deposit. No Hud. One year lease & references required. Call 606-478-1122 or 791-5262.

Houses For Rent

For rent: 1 br small efficiency apartment on nice private lot, completely furnished, all utilities paid including tv cable. \$475 month plus \$250 deposit. References required. No pets, no hud. Located at on Rt 1428 between Allen and Prestonsburg. Call 1-859-408-9617 or 226-6512.

Houses For Rent

Small 2 bedroom house for rent. Dana, Ky. \$375 per month plus \$375 deposit. No pets. References required. Call 606-478-4105.

Houses For Rent

3 br house in Allen. \$600 month. Call 794-0249.

Manufactured Housing

4000

Rentals

3 br, Mobile home for rent. Located at Auxier. Contact Jim or Todd 367-1169 or 367-1605

Rentals

2 br mobile home for rent. No hud, no pets. Located at Banner. Very clean. Call 874-0267.

PERMIT NO. 836-5535 BLASTING SCHEDULE

This is notice that The Elk Horn Coal Company, LLC, 544 South Lake Drive Prestonsburg, Kentucky, 41653, (606) 886-2330, Permit #836-5535 Original, will be blasting 2.0 miles Southeast of East McDowell near State Route 1929 and Ned s Fork Road at Latitude 37E 25' 28", Longitude 82E 42' 28". Blasting will be done daily between the hours between Dawn and Dusk. No blasting will be conducted before sunrise or after sunset. At least ten (10) minutes before the blast, access to the area will be barricaded by Company personnel. Before each blast is detonated a warning signal consisting of a one (1) minute series of long blasts of an airhorn will be given five (5) minutes prior to the blast signal consisting of a series of short blasts of an airhorn one (1) minute prior to the shot. The all clear signal will be one long blast of an airhorn. Blasting will not be conducted at times different from those given above except in emergency situations where rain, lightning, other atmospheric conditions, or operator or public safety requires unscheduled detonation. Prior to these detonations when permittee uses audible signals, oral notices will be given to persons within one-half mile of the blasting site. The "Blasting Schedule" will be published in the newspaper with the largest circulation in the county at least 10 days, but not more than 30 days, before beginning a blasting program. The "Blasting Schedule" will be republished and redistributed at least every twelve months. Copies of the "Blasting Schedule" will be sent to the County Judge Executive, the property owners, public utilities in the vicinity, the regional DSMRE office, and all residents within one-half (1/2) mile of the blasting area.



Paul B. Hall Regional Medical Center

is planning to add ICU beds in the near future

We are currently accepting applications from qualified, experienced professionals to staff this expanding department:

- Registered Nurses
- Certified Nurses Aides
- Respiratory Therapists
- Housekeeping Staff

We offer an excellent benefit package. We are an EOE, and we drug test.

If interested in an exciting new career, call or forward resumé to:

Paul B. Hall Regional Medical Center
 Human Resources Department
 625 James S. Trimble Blvd.
 Paintsville, KY 41240
 (606) 789-3511, Ext. 1229

ADVERTISEMENT FOR BID

Sealed bids will be accepted by the Floyd County Clerk's Office until October 23, 2009, at the hour of 4:00 p.m., for the following:
 The Floyd County Clerk's Office desires a vendor to provide a land record indexing imaging system along with an electronic title liens program that works in conjunction with the state AVIS system, marriage license program, account management program, delinquent tax program and a voter registration program. Vendor must have Kentucky approved vendor status and have a contract history with a minimum of 5 years working with Kentucky County Clerks with these types of systems. The specifications may be obtained at the Office of the Floyd County Clerk, on the first floor of the old Floyd County Courthouse, 149 South Central Avenue, Suite 1, Prestonsburg, Kentucky 41653, Telephone: (606) 886-3816, during regular business hours. The bid will be awarded to the lowest and/or best bidder on Friday, October 23, 2009 at the hour of 4:15 P.M. in the Floyd County Fiscal Courtroom, on the Second Floor of the old Floyd County Courthouse, 149 South Central Avenue, Prestonsburg, Kentucky. The Floyd County Clerk has the right to accept and/or reject any/or all bids.

Chris Waugh
 Floyd County Clerk

LEGAL NOTICE

TO THE UNKNOWN SPOUSE OF JAMES MARTIN a/k/a JAMES R. MARTIN

BY ORDER OF THE FLOYD CIRCUIT COURT, ENTERED SEPTEMBER 10, 2009, I, Larry D. Brown, Attorney-at-Law, P.O. Box 550, Prestonsburg, Kentucky 41653, have been appointed as Warning Order Attorney to attempt to notify the "UNKNOWN SPOUSE OF EUKA HICKS," of the nature and pendency of a Civil Acton that has been filed in the Floyd Circuit Court, designated file No. 09-CI-00940, styled:

U.S. BANK NATIONAL ASSOCIATION AS TRUSTEE FOR THE C-BASS MORTGAGE LOAN ASSET-BACKED CERTIFICATES, SERIES 2006-CB6 vs. KAREN JOHNSON, et al.

The action that has been filed appears to be in the nature of a mortgage foreclosure regarding the following described property to-wit:

A parcel of land measuring 75 feet wide and 90 feet long from the parties of Estill and Euka Hicks, Deed Book 138, page 76. This parcel of land begins with a stake of property line of Estill and Euka Hicks, thence eastern to a stake at the boundary of Clara Johnson, Deed Book 188, page 295; thence south to middle of sizemore branch, thence west to boundary of Estill and Euka Hicks' property, thence back northern to stake state Highway Department boundary.

Being same property conveyed from Estill Hicks and Euka Hicks to Gregory Johnson and Karen Johnson by deed dated 09-14-93, and recorded 09-15-93, in Deed Book 370, page 309, in the Office of the Clerk of Floyd County, Kentucky.

My office has not been appointed to represent the unknown Defendant, Spouse of Euka Hicks, but has been appointed to attempt to notify said Defendant of the nature and pendency of this action. This may be a matter for which you may like to consult with an attorney.

LARRY D. BROWN, ATTORNEY AT LAW
 P.O. Box 550
 143 North Arnold Ave.
 Prestonsburg, Kentucky 41653
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 (606) 886-8134, fax

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NOTICE OF INTENTION TO MINE#1 Pursuant to Application Number 836-5307 Renewal #3

In accordance with KRS 350.055, notice is hereby given that Matt/Co., Inc.; 439 Meadows Branch; Prestonsburg, Kentucky 41653 has applied for a renewal of a permit for an underground coal mining and reclamation operation located 0.5 miles northeast of Emma in Floyd County. The proposed operation will disturb 21.00 surface acres and will underlie 842.70 acres, and the total area within the permit boundary will be 863.70 acres.

The proposed operation is approximately 0.24 miles north from KY Route 1428's junction with KY Route 194 and located 0.08 miles east of the Levisa Fork.

The proposed operation is located on the Lancer U.S.G.S. 7 ? minute quadrangle map. The surface area to be disturbed is owned by Eddie B. Merritt. The operation will underlie land owned by Eddie B. Merritt, Sandra Barkan, Ed Leslie Estate, Forrest Burchett, Gale Burchett, Troy Whitt, Clyde Burchett, William Jarrell, Irvin Harris, Roland Blackburn, Leonard Goble, Rosie Woods Estate, Columbus Jervis, William H. Am-burgey and Brodis Goble.

The renewal application has been filed for public inspection at the Department for Natural Resources, Prestonsburg Regional Office, 3140 South Lake Drive; Prestonsburg, Kentucky 41653. Written comments, objections, or requests for a permit conference must be filed with the Director, Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601.

NOTICE OF INTENTION TO MINE Pursuant to Application Number 636-5032, Renewal #5

In accordance with the provisions of KRS 350.055, notice is hereby given that Hall & Jones Coal Company, General Delivery, Route 122, Bevinville, KY 41606 has filed for renewal of a permit for an underground coal mining operation located 2.5 miles south of McDowell in Floyd County. The proposed operation will disturb 0.93 surface acres and will underlie 382.00 acres, and the total area within the permit boundary will be 382.93 acres.

The proposed operation is approximately 0.5 miles east from KY 1929's junction with Ned Fork Road and located 0.01 miles southwest of Ned Fork. The latitude is 37 degrees 25 minutes 28 seconds. The longitude is 82 degrees 41 minutes 52 seconds.

The proposed operation is located on the McDowell U.S.G.S. 7 ? minute quadrangle map. The surface area to be disturbed is owned by Andy Mitchell. The operation will underlie land owned by Andy Mitchell, Della Vance, James Jones, Richard Moore, Ira Lee Jones, Charles Page, Levi Blankenship, Carl Bentley, Orbin Moore, Orville Hamilton, Hazard Collins, Opal Moore, Barzell Brown, Sam Hamilton, Arizona Martin and Jeff Henson.

The application has been filed for public inspection at the Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, KY 41653-1410. Written comments, objections or requests for a permit conference must be filed with the Director, Division of Permits, 2 Hudson Hollow,



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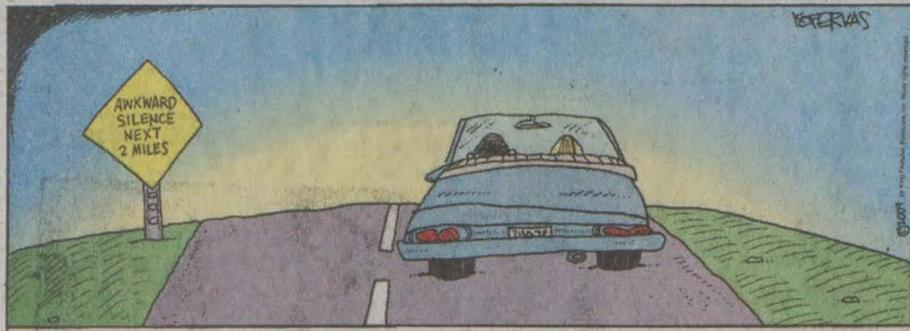
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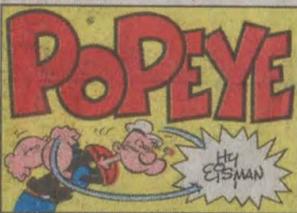
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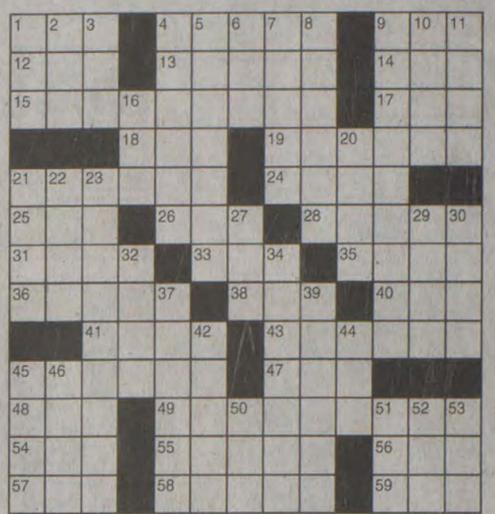
LAFF-A-DAY



King Crossword

ACROSS

- 1 "The loneliest number"
- 4 "Danny Boy" musicmakers
- 9 Definite article
- 12 Supporting
- 13 Lifeless, old-style
- 14 Tier
- 15 Happen
- 17 Gorilla
- 18 Can. neighbor
- 19 First game of the season
- 21 Denim, e.g.
- 24 Fishing equipment
- 25 Bobby of hockey
- 26 Fresh
- 28 Fleet-related
- 31 Harvest
- 33 Legislation
- 35 Long skirt
- 36 Forbidden acts
- 38 Speck
- 40 Every last bit
- 41 Totals
- 43 Multicolored
- 45 Stratagem
- 47 Jackie's second mate*
- 48 Blackjack component
- 49 Change from one language to another
- 54 Coffee vessel
- 55 Greeting
- 56 Meadow
- 57 Danson or Kennedy
- 58 Convinces
- 59 Vanna's cohort



- 8 Squelch, in a way
- 9 Pretoria's region
- 10 Optimist's feeling
- 11 Basin accessory
- 16 Pecan or almond
- 20 Dutch cheese
- 21 Old, stale jokes
- 22 Sandwich cookie
- 23 Exceed
- 27 Bankroll
- 29 Wheel holder
- 30 Easter flower
- 32 Sulk
- 34 Feminine workers
- 37 Metal
- 39 Human trunks
- 42 Threaded nail
- 44 Up to
- 45 Tense
- 46 Farm fraction
- 50 Carte lead-in for one
- 51 Matterhorn, social
- 52 Afternoon
- 53 Have a bite

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Weekly SUDOKU

by Linda Thistle

3			7	1	2			
	6			2	9			
	8	4						3
2		3	1				4	
	9	6						5
5	3			4	2			
	7			9	5			
	4	5						1
8		7	6					9

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★

- ★ Moderate
- ★★ Challenging
- ★★★ HOO BOY!

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HOCUS-FOCUS

BY HENRY BOLTINGOFF



Find at least six differences in details between panels.



Differences: 1. Tree is missing. 2. Boy's hat is different. 3. Boy's jacket has buttons. 4. Tree has extra branch. 5. Leaves missing from tree on left. 6. Gun stock is longer.

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: E equals K

HD YRXLZRCK PLJFFK FHELY
 DRNIVJHI CPHIEY ZNV HY
 SNYV QFJHI XLJI, VGLI GL'Y J
 YRCJ SLPE!

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If somebody really likes fountain drinks but is just plain mean, then he's a soda jerk!

CryptoQuip

answer

"Daddy just doesn't want to brag—we were doing ninety!"

Trivia test by Fifi Rodriguez

1. GEOGRAPHY: What is the tallest mountain in Western Europe?
2. LANGUAGE: What does the Latin phrase "in media res" mean?
3. FAMOUS QUOTATIONS: What famous writer said, "I hate to advocate drugs, alcohol, violence, or insanity to anyone, but they've always worked for me"?
4. AD SLOGANS: What products were sold with the advertising slogan, "Sometimes you feel like a nut, sometimes you don't"?
5. MUSIC: In musical notation, what does it mean to play notes in a "staccato" style?
6. U.S. PRESIDENTS: What was the Secret Service's code name for John F. Kennedy?
7. GENERAL KNOWLEDGE: How many official languages does the United Nations have?
8. PSYCHOLOGY: People who suffer from misopedia have an abnormal dislike of what?
9. TELEVISION: Which actress, upon winning an Emmy for best supporting role, shouted "This is for all the fat girls"?
10. MEDICAL TERMS: What is the common name for monochromatism?

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1. Mont Blanc
2. In the middle of things
3. Hunter S. Thompson
4. Mounds and Almond Joy candy bars
5. Playing craps, disconnected notes
6. Lancer
7. Six (English, Arabic, Spanish, Chinese, French and Russian)
8. Children
9. Carolyn Manheim of "The Practice"
10. Complete color blindness

T	E	D	S	M	A	S	P	A	T	
U	R	N	H	E	L	L	O	L	E	A
A	C	T	E	R	A	N	S	L	A	T
T	A	C	E	A	R	I				
S	U	M	S	M	O	T	L	E	Y	
N	O	S								
R	E	A	P	L	A	M	A	X	I	
O	R	A	N	E	W	N	A	V	A	L
C	O	T								
U	S	A								
T	R	A	N	S	P	I	R	E	A	P
F	O	R	A	M	O	R	T	R	O	W
O	N	E	P	I	P	E	S	T	H	E

Solution time: 21 mins.

Answers

King Crossword

8	3	5	7	6	1	4	9	2
9	2	4	8	5	3	6	7	1
6	7	1	2	4	9	5	3	8
5	1	3	9	8	4	2	6	7
4	9	8	6	2	7	3	1	5
2	6	7	3	1	5	8	4	9
1	8	2	4	9	6	7	5	3
7	5	6	1	3	2	9	8	4
3	4	9	5	7	8	1	2	6

Answer

Weekly SUDOKU