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briefs

School system seeks input

The Floyd County School District wants to know what the public thinks about the education system, and district surveys are now available online in order to gather opinions on a variety of school-related subjects.

The surveys will be used by the board of education evaluate how the schools are doing and help teachers and administrators to make improvements in order to better serve the children of Floyd County Schools. Visitors to the site will need to click on a link and complete the online survey that applies to them.

To access the surveys, visit <http://www.floyd.kyschschools.us>.

5th district rated most unhappy

by JARRID DEATON
FEATURES WRITER

The 5th Congressional District, which includes Floyd County, has been named the most unhappy district in the nation, based on the results of a recent survey.

The results of the survey, known as the Well-Being Index, are broken down in five categories, including work quality, basic access, healthy behavior,

physical health and emotional health. According to the results, the 5th District comes in last out of 435th districts nationwide in physical health and emotional health, 433rd in healthy behavior, 411th in basic access and 162nd in work quality.

For physical health, the information gathered included the estimates of body mass index, disease burden, sick days, physical pain, daily energy, history of disease and daily health experi-

ences. Emotional health included the daily experience of those who responded, including smiling or laughing, being treated with respect, enjoyment, happiness, worry, sadness, anger, stress and learning or doing something interesting.

Healthy behavior included items measuring lifestyle habits with established relationships to health outcomes. The index is based on items relating to

smoking, a healthy diet and exercise. The basic access section of the report measures the access of those responding to the poll in terms of food, shelter, health care and a safe and satisfying place to live. Work quality, where the 5th District responded most positively, surveyed workers to find out if they were satisfied with their job and the work they

(See UNHAPPY, page eight)

PAINTING THE TOWN



Brent Graden, director of economic development for Prestonsburg, painted Wright's Barber Shop red on Friday as part of an initiative to update the look of local businesses. If the business purchases the materials, Graden will do the work.

photo by Jarrid Deaton

18 in region have IRS checks waiting

by SHELDON COMPTON
STAFF WRITER

The Internal Revenue Service is looking for 18 people across the Big Sandy Region in attempt to get to them undelivered tax refunds or stimulus payments, returned to post offices due to mailing address errors.

According to IRS statistics, five Floyd County residents, three in Johnson, seven in Pike and one each in Knott, Magoffin and Martin counties have checks that have not been picked up.

The following are those in each county who are listed in IRS statistics:

■ Floyd County – Travis Mullins, Amy and Michael Puckett, Kelly N. Clark, Cindy L. and Charles Hughes and Julius E. Jones.

■ Johnson County – Eddie W. and Melene D. Lemaster, Justin K. Radliff and Justin D. Russell.

■ Pike County – James Hall, Muhammad and Afshan Ahmad, Mallory Draught, Laquintis Home, Amanda L.

(See CHECKS, page eight)

Two more candidates file

by SHELDON COMPTON
STAFF WRITER

PRESTONSBURG – Since this past Thursday there have been only two other candidates file for elections in Floyd County, and both of those are constable races.

Terry Triplett, of Garrett, has filed to run for constable in District 2, while Jordan Case, of Dana, will be on the upcoming ballot for constable in District 4.

Others who have already filed include incumbent Judge-Executive R.D. "Doc" Marshall

and Sheriff John K. Blackburn, who both filed a week ago.

No other local races have seen candidates file, including races for magistrate. District 1 Magistrate John Goble said last week that he and fellow magistrates currently sitting on the court, which include Jackie Edford Owens, Ronnie Akers and Donny Daniels, do not plan to file until after the first of the year to avoid what he categorized as extensive paperwork. Still, the filing that has garnered the most attention and given rise to the most speculation has been Bill Mike

Runyon's Frankfort filing for state representative in the 97th District, a post long held by Hubert Collins.

Runyon, a former championship basketball coach at Paintsville High School, is currently a sitting member of the Paintsville City Council.

Judge-Executive
R.D. "Doc" Marshall.

Sheriff
John K. Blackburn.

(See ELECTION, page eight)

Pelphrey killed in wreck on U.S. 23 at Allen

Times Staff Report

ALLEN – John R. Pelphrey, 81, of Allen, was killed in a two-car accident Tuesday morning while attempting to pull across U.S. 23 near Allen.

According to the Kentucky State Police, Pelphrey was trying to pull across the southbound lanes of U.S. 23 in his 2008 Toyota Rav 4 when he collided with a southbound 2009 Chevrolet Traverse driven by Terri L. Edwards of Prestonsburg.

Drugs and alcohol are not suspected in the crash, police said, while speed was undetermined as of Tuesday.

All involved were wearing seatbelts at time time of the collision.

The accident is still under investigation by the Kentucky State Police.

2 DAY FORECAST

Today



High: 56 • Low: 37

Tomorrow



High: 57 • Low: 39

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

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Second arrest made in Allen drive-by shooting

by SHELDON COMPTON
STAFF WRITER

MIDDLE FORK – Less than a week after Jesse Dulaney saw movement on his case in connection to the 2008 death of Sally Vance during a shootout at Allen, another person indicted in that case has been arrested.

J.R. Allen, who was indicted last year along with Dulaney, was arrested in the Middle Fork area of Magoffin County.

Last summer, Sally Vance was a passenger in a vehicle driven by

Dulaney when she was shot during an exchange of gunfire between that vehicle and a house in Allen. Now Allen is in custody in connection to that shooting charged in his indictment with murder and a count of possession of a firearm by a convicted felon.

It has still not been exclusively determined how Vance was shot during the exchange, other than prosecutors saying it is believed she was struck by a stray bullet.

Dulaney was arrested in the Banner

(See ARREST, page eight)



Rodger "Kentucky Joe" Bingham was one of the special guest speakers at a meeting of the Floyd County Chamber of Commerce on Monday at the Jenny Wiley May Lodge in Prestonsburg. Bingham, best known as a contestant during the second season of "Survivor," currently works for the Kentucky Department of Agriculture.

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Obituaries

Virginia Alice (Ginger) Barnett
Virginia Alice (Ginger) Barnett, 46, of Martin, died Friday, November 6, 2009, at Cabell-Huntington Hospital, in West Virginia.
Born February 11, 1963, in Martin, she was the daughter of the late Raleigh and Dorothy Greer Barnett. She was a disabled cook.
Survivors include one brother, Nelce (Twila) Barnett of Martin; one sister, Bobbie Lynn Barnett of Detroit, Michigan; two sisters, Keshia Sha and Amanda Barnett; and several cousins.
Funeral services were held Tuesday, November 10, at 1 p.m., at Nelson-Frazier Funeral Home, in Martin, with Jimmy Stevens and Jerry Manns officiating.
Burial was in the Barnett

Cemetery, (Bucks Branch), in Martin.
Visitation was at the funeral home. (Paid obituary)

Brother Dave Morgan Flanery

Brother Dave Morgan Flanery, 89, of Allen, died Sunday, November 8, 2009, in Allen.
Born January 21, 1920, in Wayland, he was the son of the late James M. Flanery and Minnie Martin Flanery. He was an owner of Flanery/Dingus TV. He was a World War II Army veteran, and the minister of the East Point Church of Christ for more than 35 years.
He is survived by his wife, Evelyn Greer Flanery.
Other survivors include a son: James David (Vicki) Flanery of Prospect; two daughters: Anita Kay (Jerry) Lafferty of Prestonsburg; and Patricia Sue (Fred) Klataka of Raccoon; three grandchildren: Martha Lafferty of Nashville, Tennessee, Heather Gover of Danville, and Peter Klataka of Stow, Ohio; two great-grandchildren: Matthew Gover of Danville, and Abigail Klataka of Stow, Ohio.
Funeral services were held Tuesday, November 10, at 11 a.m., at the Jones-Preston Funeral Chapel, with Josh Akers and Aaron Davis officiating.
Burial was in Highland Memorial Park, in Staffordville, under the direction of Jones-Preston Funeral Home, Paintsville.

Visitation was at the funeral home.
In lieu of flowers, memorial contributions are requested to East Point Church of Christ in Brother Dave Flanery's memory, by contacting Jones-Preston Funeral Home at 789-3501.
Military services will be conducted by Auxier Chapter 18 D.A.V. (Paid obituary)

Aileen Green

Aileen Green, 75, of Michigan City, died peacefully Saturday, October 17, 2009, at St. Anthony Memorial Hospital, with her family at her side.
She was born September 30, 1934, in Tater Creek Branch, the daughter of the late Dave and Oka (Hall) Cook, both of whom preceded her in death. On March 24, 1952 she was united in marriage to Hiawatha Green in Kentucky, and he preceded her in death in 1990.
She was a homemaker. She loved to garden and collect ornamental frogs. She enjoyed spending time in her garden where her beautiful flowers grew. Her heart was devoted to her family and especially to

her grandchildren. Many of them fondly referred to Aileen as "mama" or "Mam Maw Candy."
She is survived by her closely knit family, which includes her children: Barbara (Dennis) Amm, Donald (Debbie) Green, Debbie Fugate, Peggy (Ron) Griffin, and Rodney (Tina) Green, all of Michigan City, and Jenny Cyphers of La Porte; her grandchildren: Jeremy, Don, Nick, Bryan, Alec, Michael, Elizabeth, Lee, Nicole, and Amanda; 17 great-grandchildren; her sister Nebraska King of Cleveland, Ohio; several nieces and nephews also survive, as well as her special friends: Dorthula Spangler of Kentucky, and Dottie Hall of West Virginia. She also leaves behind her special dogs: Chico and Baby.
In addition to her husband and parents, she was preceded in death by her brothers: Raymond Cook, Minus Cook, and Nelson Cook; and her daughter-in-law, Pamela May Green.
Funeral services were held Tuesday, October 20, at 1:00 p.m., at the Carlisle Funeral Home. The family greeted relatives and friends from 11:00 a.m. until time of service on Tuesday at the funeral home.
Burial was in Greenwood Cemetery.
Memorial contributions may be made to the Green family. To view Aileen's tribute, leave private or public condolences, or sign the guest book, visit: www.carlislefuneral.com. (Paid obituary)

Joe Hall Jr.

Joe Hall Jr., 62, of Grethel, died Thursday, November 5, 2009, at his residence.
Born November 17, 1946, in Grethel, he was the son of the late Joe Sr. and Darius Akers Hall. He was a disabled coal miner.
He is survived by his wife, Opal Eversole.
Other survivors include two daughters: Jennifer Gillespie of Harold, and Judy Hall of Grethel; five brothers: John and Andy Hall, both of Harold, James and Donnie Hall, both of Grethel, and Kenas Hall of Lincoln County; seven grandchildren: Ashley, Kayla, Savanna, Anthony, Daniel, Ruby Lynn Rena, and Victoria; and one great-grandchild, Dalton James.
In addition to his parents, he was preceded in death by one son, James Henry Hall; two brothers, Sherman Hall, and one infant, and one sister, Judy Hall.
Funeral services were held Monday, November 9, at 11 a.m., at the Pilgrims Home Old Regular Baptist Church, in Grethel, with Old Regular Baptist ministers officiating.
Burial was in the Hall Cemetery, (Tackett Branch), in Grethel, under the direction of Nelson-Frazier Funeral Home, in Martin.
Visitation was Saturday, November 7, at the funeral home, and after 6 p.m. Sunday, November 8, at the church. (Paid obituary)

Gary Hamilton

Gary Hamilton, 35, of Teaberry, died Friday, November 6, 2009, at his residence.
Born April 3, 1974, in Pikeville, he was the son of Bobby Jr. and Jackie Hamilton. He was a disabled coal miner.
He is survived by his wife, Amanda Hall Hamilton.
Other survivors include three daughters: Makesha, Martha, and Whitney Hamilton, all of Teaberry; and one brother, Bobby Jr. Hamilton (Elizabeth) of Teaberry; one niece,



Aileen Green, 75, of Michigan City, died peacefully Saturday, October 17, 2009, at St. Anthony Memorial Hospital, with her family at her side.

Stephanie; and three nephews: Josh, Gavin, and Brandon.
Funeral services were held Monday, November 9, at 11 a.m., at Samaria Old Regular Baptist Church, in Teaberry, with Old Regular Baptist ministers officiating.
Burial was in the John Hamilton Jr. Cemetery, in Teaberry, under the direction of Nelson-Frazier Funeral Home, in Martin.
Visitation was at the church. (Paid obituary)

Edgar Martin

Edgar Martin, 75, of Teaberry, died Thursday, November 5, 2009, in Highlands Regional Medical Center.
Born December 10, 1933, in Teaberry, he was the son of the late William J. Martin and Madie Hull Martin. He was a retired laborer, and a member of the Samaria Old Regular Baptist Church.
He is survived by his wife, Verbal Paige Martin.
In addition to his wife, survivors include three sons: Eddie Dale (Debbie) Martin of Johnson County, Danny Lee (Debbie) Martin of Johnson County, and Timothy (Rachel) Martin of Harold; three sisters: Pearl Jones and Cosettia McClanahan, both of Teaberry, and Betty Tackett of Dayton, Ohio; three grandchildren: Leslie N. Martin Hughes, Daniel T. Martin, and Jacob David Martin; and two great-grandchildren: Madisen N. Hughes and Hanna E. Hughes.
In addition to his parents, he was preceded in death by one grandchild, Justin D. Martin; two brothers: Andy and Adren Martin; and three sisters: Goldie Martin, Nova Newsome, and Verlie Martin.
Funeral services were held Sunday, November 8, at 1 p.m., at the Pilgrims Home Old Regular Baptist Church, in Teaberry, with Old Regular Baptist ministers officiating.
Burial was in the Jones-Frazier Funeral Home, in Martin.
Visitation was at the church. (Paid obituary)

William Duke McKenzie

William Duke McKenzie, 71, of Little Rock, Arkansas, formerly of Auxier, died Saturday, November 7, 2009.
Born March 7, 1938, he was the son of the late William Troy McKenzie and Irma Mae Marshall McKenzie. He had lived in Little Rock since 1957.
He is survived by his wife, Murvella Harris McKenzie.
Funeral services will be held Thursday, November 12, at 2 p.m., at the Carter Funeral Home Chapel.
Interment will be in Gethsemane Gardens, in Prestonsburg.
Visitation is Wednesday, 2 p.m.-9 p.m.; Thursday, 10 a.m., until time of service.
The family has entrusted arrangements to the Carter Funeral Home. (Paid obituary)

Raymond Owsley

Raymond Owsley, 88, of Albion, Michigan, passed away Sunday, November 4, 2009, at his residence.
He was born October 12, 1921, in Prestonsburg, the son of Joseph and Molly (Jones) Owsley.
On November 16, 1944, he married Emma Robinson. She preceded him in death on November 25, 1996. He worked as a press operator for Harvard Industries in Albion for 32 years, retiring in 1976. He enjoyed gardening, out of doors, and fixing lawn mowers. He truly enjoyed visiting with his family and his friends.
Survivors include two daughters: Diana and Kendrick Martin of Albion, and JoAnne and Duane Seymour of East Leroy; one son, Rick Owsley of Mobile, Alabama; one brother, Richard Owsley of Prestonsburg; eight grandchildren, and seven great-grandchildren.
He was preceded in death by his wife, Emma, and several brothers and sisters.
Funeral services were held

at 11:00 a.m., Monday, November 9, at J. Kevin Tidd Funeral Home, 811 Finley Drive, Albion, with Rev. Earl Martin and Rev. Ellis Howard officiating.
Interment was in Clarence Center Cemetery.
Visitation was Sunday, November 8, from 2:00 p.m. until 5:00 p.m., at the funeral home.
Memorials are suggested to Hospice of Oaklawn. www.kevintiddfuneralhome.com (Paid obituary)

Terry Lee Rowe

Terry Lee Rowe age 49, of Langley, passed away Saturday, November 7, 2009, in Langley, from injuries sustained in an automobile accident.
He was born November 21, 1959, in McDowell, the son of Joyce Ann Williams Rowe of Langley; and the late Virgil Rowe. He was a truck driver.
In addition to his mother, survivors include a son, Ryan Lee Rowe of Hazel Green; a sister, Rhonda Ann Rowe of Langley; his companion, Melinda Gail Short of Langley; a nephew, Darrin Spencer in the U.S. Army; and three grandchildren: Kaylee Tiara Rowe, Jericlay Hope Rowe, and Riley Spencer Rowe.
In addition to his father, he was preceded in death by a brother, Jerry Rowe.
Funeral services were held Tuesday, November 10, at 1:00 p.m., in the Hall Funeral Home at Martin, with Clergyman Red Morris officiating.
Burial was in the Stewart Cemetery in Langley, under the direction of Hall Funeral Home.
Visitation was at the funeral home. (Paid obituary)

Patricia Ann Hamilton Slone

Patricia Ann Hamilton Slone, 61, of Betsy Layne, died Saturday, November 7, 2009, at St. Joseph Martin.
Born September 4, 1948, in Martin, she was the daughter of the late Arthur and Pearl Ellen Hamilton. She was a retired dietician at Pikeville Medical Center, and a member of the Little Sarah Old Regular Baptist Church for 27 years.
Survivors include two sons: Matthew Brian Slone and Christopher Turner Slone, both of Betsy Layne; one daughter, Jennifer Ann Phipps of Betsy Layne; one brother, Wendell Hamilton of Betsy Layne; four sisters: Monie Sue Blackburn of Stanville, Genevieve Hamilton of Betsy Layne, Ayonelle Neeley of Prestonsburg, and Roxie Bungardner of Knoxville, Tennessee; and two grandchildren: Arthur Bronson Phipps and Dylan Timothy Turner Slone.
Funeral services were held Tuesday, November 10, at 11 a.m., at the Little Sarah Old Regular Baptist Church, in Mullins, with Old Regular Baptist ministers officiating.
Burial was in the Davidson Memorial Gardens, in Ivel, under the direction of Nelson-Frazier Funeral Home, in Martin.
Visitation was at the funeral home. (Paid obituary)

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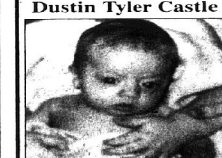
In loving memory of our sister, Judith (Branham) Isaac, wife of the late Doy Isaac Jr. She was born August 16, 1944, and passed away October 19, 2009.
She is survived by two sons, Lenville Glen and Christopher (Bo) Isaac; one daughter, Junline Hall; five sisters, Wanda Compton of Auxier, Jacki Hall of Wheelwright, Shirlene Henry of Mayfield, Helen Johnson of Prestonsburg, Brenda Kings of McDowell; two brothers, Burnis Branham of Weaverville, N.C., and Johnny Branham of Harold. Also surviving are six grandchildren.
She was preceded in death by her father, Sol Branham, and mother, Dockie Robinson Branham; two daughters, Maudie Meade and Patricia Blackburn; one sister, Christine Branham Rambo; and one brother, Alex (Boozie) V. Branham.
Judith will be missed by all her sisters and brothers. She has many nieces and nephews who love her dearly.
A special thanks to the Wheelwright Freewill Baptist Church.

In Loving Memory of Judith Branham Isaac

Aug. 16, 1944-Oct. 19, 2009

Remembering You
I wish there were words to say,
Without you, my life has been so empty and black.
I wish there was a way to fill this empty space,
Even though no one could ever take your place.
We were proud to be sisters from the start,
You'll always and forever remain in our heart.
Helen Johnson

Happy 5th Birthday In Memory of Dustin Tyler Castle



Another birthday has passed without Dustin to share it with. No cake, no party, or candles—not even any gifts.
He would be running and playing, jumping and walking. He would be crying and laughing and endlessly talking.
He deserved a chance at life, but God had a different plan. Now Dustin is an Angel, in that heavenly land.
God had his reasons as to why He took him away.
Sometimes I can't wait to get to Heaven, so I can see him again, someday.
His life on earth ended suddenly, but he sadly he had to part.
Now he's a Guardian Angel, caressed in our Lord's heart.
You would be so big now, if you hadn't been taken away.
We love you and miss you, so Happy 5th Birthday.
We love and miss you very much!
From: Mommy, Derek, Mamaw, Bub, Bob, Cleo, Chad, Britt, Dalton, Dylan, and Jamie.

Remembering You

I wish there were words to say,
Without you, my life has been so empty and black.
I wish there was a way to fill this empty space,
Even though no one could ever take your place.
We were proud to be sisters from the start,
You'll always and forever remain in our heart.
Helen Johnson

A3

Coal forum panelists, fresh from negotiations, say mountaintop-mine policing will get tougher

by JON HALE
INSTITUTE FOR RURAL
JOURNALISM AND COMMUNITY
ISSUES, UNIVERSITY OF
KENTUCKY

LEXINGTON — A forum yesterday on the role of coal in Kentucky was highlighted early by a prediction of major changes in the way strip mining is regulated, and near the end by an explanation of the changes and a debate on the future of how coal is used.

"The way coal has been mined over the last 30 years is not going to happen anymore," Joe Blackburn, director of the Lexington field office of the U.S. Office of Surface Mining Reclamation and Enforcement, told the crowd during the afternoon session at the University of Kentucky.

Blackburn's prediction was echoed, and elaborated upon, at the evening keynote session by Tom FitzGerald, director of the Kentucky Resources Council, who had just finished talks with Blackburn, state regulators, industry representatives, the U.S.

Environmental Protection Agency and Army Corps of Engineers, which issues Clean Water Act permits with EPA oversight — which has recently become much tougher.

"The good news is we just finished a protocol that requires area mines to be returned to approximate original contour unless they get a variance," FitzGerald said. The public often refers to area mines as mountaintop-removal mines, but the latter category requires a variance from the 1977 strip-mine law's mandate to return mined land to its approximate original contours. FitzGerald said that companies avoid that obstacle by calling their operations area mines, and regulators have often failed to enforce the original-contour rule. "It is a mockery of what Congress intended in 1977," when the Surface Mining Control and Reclamation Act was passed, he said. "Some coal industry people are sick and tired of having to defend some of the practices that are going on."

He said the new procedures

will reduce the dumping of blasted and excavated material into heads of hollows, or narrow valleys, and require coal operators to use the material to restore the contour of nearby pre-1977 mine sites benches before placing the waste in a valley fill. He said the new plan is now in use by the Corps' Louisville District, which encompasses most of Kentucky's part of the Appalachian coalfield.

FitzGerald and Blackburn were among more than a dozen speakers at the Thursday forum, sponsored by the university's Department of Mining Engineering and the Center for Visualization and Virtual Environments in the College of Engineering. The event, billed by its organizers as "a balanced discussion regarding the past, present and future impacts of coal on our state's economy and environment," lived up to its mantra for the most part.

The morning session was highlighted by the assertion of former Gov. Paul Patton, also a former coal operator, that cap-

and-trade legislation to limit greenhouse-gas emissions and climate change is an attempt by Northeastern politicians to raise Midwestern energy prices to meet those in New England and maintain their region's economic competitiveness. "A lot of the debate against coal is purely regional economic selfishness," Patton said.

FitzGerald had a rejoinder for that in the evening: "Now is not the time to claim a conspiracy to shift wealth to the coasts... Now is the time for engagement, for creativity," which he said would flower "Once you give the right price signal by truly valuing the cost of coal and the cost of other fuels," including their environmental impacts.

Fred Palmer, senior vice president for government relations of Peabody Energy, the nation's largest coal producer, called that an abstract concept that has not worked in the past. He was echoed by Joseph W. Craft, president and chief executive officer of Alliance Resource Partners, Kentucky's

largest producer, and they were challenged by Jeff Goodell, author of Big Coal: The Dirty Secret Behind America's Energy Future.

Craft, who made headlines by rounding up \$7 million for a new men's basketball team dormitory to be called Wildcat Coal Lodge, began his remarks with an allusion to the controversy and a reference to his attire, the team's colors of blue and white. "I love the University of Kentucky. I love the Cats," Craft said. "I also love coal."

The evening session developed into a debate about the merits and future of technology. All four panelists voiced optimism that carbon capture and storage technology would one day become viable, but Goodell was the most skeptical. "It's not clear human civilization is able to grapple with this kind of a problem at this scale with urgency," he said, adding that carbon-capture technology's complexity and high cost make it the antithesis of Silicon Valley entrepreneurs who are looking to invest in "the Google of energy."

Palmer spoke often in terms that the technology was in the works and full-scale production was just around the corner. When Goodell challenged Palmer's generalized faith in technology, Palmer retorted with a quote from President Obama, whom he called "green coals advocate in chief." "Yes we can."

In a day that was often a competition of dueling PowerPoint presentations, Goodell's emphasis on technology and innovation may

have been the most intriguing. He argued that the rules governing coal are changing, whether industry officials admit it or not, and warned that if global warming causes a climate crisis, the industry will be public enemy No. 1 regardless of its record on responsibility. Echoing the sentiment of new regulations mentioned by FitzGerald and Blackburn, Goodell concluded, "The new game starts today."

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11/13/09-11/19/09
Cinema 1—Held Over
THE BOX (PG-13), Mon-Sun 6:55-9:20, Fri (4:20) 6:55-9:20, Sat-Sun (1:55-4:20) 6:55-9:20
Cinema 2—Held Over
MICHAEL JACKSON: THE BE IT (PG), Mon-Sun 6:55-9:20, Fri (4:20) 6:55-9:20, Sat-Sun (1:55-4:20) 6:55-9:20
Cinema 3—Held Over
LAW ABIDING CITIZEN (R), Mon-Sun 7:05-9:25, Fri (4:25) 7:05-9:25, Sat-Sun (2:00-4:25) 7:05-9:25
Cinema 4—Held Over
SAW 6 (R), Mon-Sun 7:00-9:15
ASTRO BOY (PG), Fri (4:15), Sat-Sun (2:00-4:15)
Cinema 5—Held Over
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 6—Held Over
PARANORMAL ACTIVITY (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 7—Starts Friday, Nov. 13, 2012 (PG-13), Mon-Sun 8:00, Fri (5:00) 8:00, Sat-Sun (2:00-5:00) 8:00
Cinema 8—Held Over
A CHRISTMAS CAROL (PG), Mon-Sun 7:05-9:25, Fri (4:25) 7:05-9:25, Sat-Sun (2:05-4:25) 7:05-9:25
Cinema 9—Held Over
THE FOURTH KIND (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 10—Held Over
THE STEPFATHER (R), Mon-Sun 7:15-9:30, Fri (4:30) 7:15-9:30, Sat-Sun (2:15-4:30) 7:15-9:30

Floyd County awarded \$67,481 in State Homeland Security Grants

FRANKFORT — Floyd County has been awarded \$67,481 in State Homeland Security Grants for watercraft for search and rescue teams, base station, radios, and repeaters, Gov. Steve Beshear announced last week.

Gov. Beshear described the new Homeland Security grants vital to the Commonwealth in a variety of ways.

"First, they help acquire equipment, training and other support needs of our first responders. Second, they enhance local involvement in neighborhood and community safety programs. Third, they strengthen our critical intelligence operations, which constitute an essential front-line defense against terrorism and other dire events," he explained.

Floyd County Fiscal Court was funded

\$16,000 to purchase two watercraft used by four water-rescue teams. The City of Martin was awarded \$23,860 for a base station and radios while the City of Prestonsburg was approved for \$27,621 for four repeaters. The base station, radios and repeaters will improve interoperability in the county.

"I am pleased that Floyd County is receiving these funds to purchase equipment that will be used in times of disaster by our first responders," said state Sen. Johnny Ray Turner. "This equipment will allow our public servants to do their jobs in a safer, more efficient manner. Our Rescue Squad is an outstanding group and these dedicated members deserve the best equipment we can provide to help them be more effective in their jobs."

"This grant is very important for Floyd County to have this equipment for the use on Dewey Lake and Big Sandy River in case of an emergency," said state Rep. Hubert Collins.

"We aggressively pursue increased safety and security in the best interest of all citizens and guests. And we do so in the most effective manner possible. These grants support first responder missions on behalf of the recipient community and region. It's an integral part of our objective," said Thomas L. Preston, executive director of the Kentucky Office of Homeland Security (KOHS).

The U.S. Department of Homeland Security provides the funding for the grants administered by KOHS.

KDMC receives ARC grants for mobile cardiology services

ASHLAND — King's Daughters Medical Center has received \$191,000 in grants from the Appalachian Regional Commission for mobile cardiology services for underserved areas in seven Kentucky counties.

The funds will assist KDMC in purchasing cardiac testing equipment for its mobile health unit to enhance services to residents in Elliott, Floyd, Johnson, Lewis, Magoffin, Martin and Morgan counties.

These counties have been designated by the ARC as distressed counties for 2009. Most of these counties have a small number of primary care providers. Many residents of these counties drive more than 100 miles for specialty health-care services.

"Mobile cardiology for underserved areas will help reduce the burden of heart disease in the target counties,"

said Regina Stout, executive director of the Kentucky Heart Foundation (KHF). KHF is a nonprofit organization working to improve the life expectancy of people affected by cardiovascular disease. The foundation oversees cardiac research, education and prevention programs and is closely linked with the heart and vascular specialists at KDMC.

"By using mobile services, we can be in more places, cost effectively. We are excited to provide this diagnostic testing and cardiology services to our neighbors in the communities surrounding KDMC," Stout said.

Free screenings taking place in these counties include: lipid profile, fasting glucose, ankle brachial index, blood pressure and electrocardiogram (EKG).

Diagnostic testing includes: echocardiogram (ultrasound of the heart)

- ankle brachial index (blood pressure measurement at the ankle to check for signs of peripheral artery disease)
 - carotid duplex (ultrasound measuring narrowing of carotid arteries)
 - aortic ultrasound (ultrasound of the large artery that carries blood from the heart)
 - EKG (by electrodes attached to the skin, electrical activity of the heart is measured)
 - holter monitor (a portable device that records electrical activity of the heart)
 - event monitor (a portable device that records electrical activity of the heart for a longer period of time than the holter monitor)
- In addition, cardiologists and other healthcare providers from Kentucky Heart and

Vascular Physicians (KHVP) and Comprehensive Heart and Vascular Associates (CHVA) will provide services in the designated counties.

The ARC is a federal-state partnership that increases job opportunities and per capita income in Appalachia to reach parity with the nation.

KDMC is a locally controlled, not-for-profit, 465-bed regional referral center, offering comprehensive cardiac, vascular, medical, surgical, maternity, pediatric, rehabilitative, psychiatric, cancer, neurological, pain care, wound care and home care services. For additional information, visit us online at kdmc.com or call (888) 377-5362.

The Kentucky Heart Foundation can be reached at (866) 797-1544.

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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.

Worth Repeating ...

In real life, unlike in Shakespeare, the sweetness of the rose depends upon the name it bears. Things are not only what they are. They are, in very important respects, what they seem to be.

— Hubert H. Humphrey

Guest View
Climate bill may become cold case

A global warming bill to reduce U.S. greenhouse gas emissions finally passed out of a key Senate committee this week, but in a way that may spell its demise — at least for this year.

By clearing its first Senate hurdle, the Kerry-Boxer bill at best may have achieved a symbolic victory, as Reuters news agency put it, "allowing President Barack Obama to tout progress in the run-up to next month's global warming talks in Copenhagen."

"Only Democrats voted for the bill in the Senate Environment and Public Works Committee, but not even all of them. Sen. Max Baucus, a moderate from Montana, opposed reducing emissions 20 percent in 10 years from 2005 levels as too steep. Every committee Republican boycotted the vote after unsuccessfully calling for more study of the bill's economic effects. Normally, at least two opposition party members are required for a vote.

Democrats' hardball tactics, said Myron Ebell, director of energy and global warming policy for the free-market think tank Competitive Enterprise Institute, "so poisoned the atmosphere in the Senate that the terrible Kerry-Boxer bill is now dead." CEI's energy policy expert Christopher Horner concluded the "transparent end-run around ... not only is an admission that the bill's floor chances are nonexistent, but it further dooms them."

The political dust-up means the Senate probably isn't likely to adopt global warming legislation by mid-December, when 180 nations meet in Copenhagen, Denmark, to consider a worldwide treaty to curb greenhouse gases.

The Senate difficulties passing a bill to match one passed by the House of Representatives in June is a microcosm of international difficulties in reaching consensus on what, if anything, to do about global warming's presumed threat, and how to allocate the costs.

As the Canadian tourist bureau touts the benefits of a warmer Canada while the National Oceanic and Atmospheric Administration reports experiencing the third-coldest October since 1895, consensus on whether a problem exists is becoming nearly as difficult to achieve as worldwide political action to solve a problem that so far is demonstrated only in computer model projections.

Political improbabilities were underscored when Germany's Chancellor Angela Merkel appeared before Congress this week to urge the U.S. to come to Copenhagen ready to agree to legally binding emission reductions because there "is no time to lose." However, Ms. Merkel is being lambasted by European greens for "risking the failure of a global deal in Copenhagen" by blocking aid commitments for climate change, according to an article in Germany's Der Spiegel.

Even global warming zealots concede a treaty is unlikely in Copenhagen, partly because China and India have agreed not to reduce their greenhouse gas emissions unless wealthy Western nations pay them for mitigation measures. Meanwhile, Ms. Merkel "enraged environmentalists" by opposing massive transfer payments from European Nations to Third World countries, according to published reports.

As the world comes to the end of the 11th consecutive year of a nonwarming trend, the issue of global warming seems to be cooling off. That may save us from economy-stunting emission reductions.

— Orange County (Calif.) Register



Letters

It's a 'Christmas' tree

Christmas has always been my favorite holiday. I didn't grow up in a wealthy home, but, like most people in our district and throughout Kentucky, my family loved the excitement of the season and the days leading up to the celebration of the Lord's birthday every Dec. 25.

Part of the fun that we shared was choosing our Christmas tree. Ours didn't have fancy ornaments or expensive lights, but like the manger scene and paper angels we made it was a Christian symbol of the holiest of seasons that we cherished.

I still love the beauty and majesty of Christmas trees and enjoy seeing them every December. This is why I was so troubled by the governor's announcement that the tree that will be decorated at the Capitol this year would be referred to as a "holiday tree."

I appreciate and certainly have the highest respect for other religions that have celebrations in the month of December. But to call our tree a "holiday tree" in deference to all faiths celebrating next month was just a bad decision that needed to be reconsidered.

Christmas trees have been used to help celebrate the Lord's birth for hundreds of years. In fact, the triangular shape of the Fir tree has been

used to describe the Holy Trinity of God the Father, Son and Holy Spirit, according to The Christmas Archives.

I feared that referring to this important symbol as a "holiday tree" would have diminished its Christian origins and disrespected Christmas itself. A decorated Christmas tree is as much a part of the Christian holiday as the special church and prayer services in which we all participate and the secular carols of the season we sing.

I applaud the governor's decision to revert back to calling our Capitol tree a Christmas tree and appreciate him seeing the wisdom in maintaining this important and time-honored tradition.

Rep. Hubert Collins
Wittensville

Reform improves Medicare

Medicare is a sacred promise that was made to seniors — because no one should be left to struggle with medical bills after a lifetime of hard work. We've worked hard to protect and improve Medicare since its inception, and we can't stop now.

After carefully monitoring the latest developments in Washington and extensively studying the various legislative proposals, AARP's all-volunteer Board of Directors — made up of

working and retired doctors, nurses, business people, and teachers — has decided to endorse the Affordable Health Care for America Act and the Medicare Physician Payment Reform Act (H.R. 3962/H.R. 3961) because they contain critical components AARP has been fighting for — proposals that would strengthen and improve Medicare for seniors and future generations.

For example, the House plan protects seniors' access to their doctors. It provides relief to millions of seniors struggling with the high cost of prescription drugs by closing the Medicare Part D "doughnut hole" and allowing Medicare to negotiate with pharmaceutical companies for lower drug prices. It offers more preventive services free of charge and improves coordination of care for people with chronic health conditions. And it provides benefits to help seniors and people with disabilities live in their own homes and communities.

Finally, the House plan aggressively cracks down on waste, fraud and inefficiency so Medicare will be more financially sound for today's seniors and their children and grandchildren. Please urge Kentucky's members of the House to pass this critical bill this year and finally fix our broken health care system.

John Rosenberg, Chair
Jenny Wiley Chapter AARP
Prestonsburg

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Remembering a first draft of history

Letter Guidelines

Letters to the Editor are welcomed by The Floyd County Times. In accordance with our editorial page policy, all letters must include the signature, address and telephone number of the author.

The Times reserves the right to reject or edit any letter deemed slanderous, libelous or otherwise objection-

able. Letters should be no longer than two type-written pages, and may be edited for length or clarity. Opinions expressed in letters and other voices are those of the authors and do not necessarily reflect the views of the newspaper. Send letters to: The Editor, The Floyd County Times, P.O. Box 391, Prestonsburg, Ky. 41653.

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A5

Tax credits help homeowners winterize their homes, save energy

People can now weatherize their homes and be rewarded for their efforts. According to the Internal Revenue Service, homeowners making energy-saving improvements this fall can cut their winter heating bills and lower their 2009 tax bill as well.

The American Recovery and Reinvestment Act (Recovery Act), enacted earlier this year, expanded two home energy tax credits: the nonbusiness energy property credit and the residential energy efficient property credit.

Nonbusiness Energy Property Credit

This credit equals 30 percent of what a homeowner

spends on eligible energy-saving improvements, up to a maximum tax credit of \$1,500 for the combined 2009 and 2010 tax years. The cost of certain high-efficiency heating and air conditioning systems, water heaters and stoves that burn biomass all qualify, along with labor costs for installing these items. In addition, the cost of energy-efficient windows and skylights, energy-efficient doors, qualifying insulation and certain roofs also qualify for the credit, though the cost of installing these items does not count.

By spending as little as \$5,000 before the end of the year on eligible energy-saving improvements, a homeowner

can save as much as \$1,500 on his or her 2009 federal income tax return. Due to limits based on tax liability, other credits claimed by a particular taxpayer and other factors, actual tax savings will vary. These tax savings are on top of any energy savings that may result.

Residential Energy Efficient Property Credit

Homeowners going green should also check out a second tax credit designed to spur investment in alternative energy equipment. The residential energy efficient property credit, equals 30 percent of what a homeowner spends on qualifying property such as solar electric systems, solar hot water

heaters, geothermal heat pumps, wind turbines, and fuel cell property. Generally, labor costs are included when calculating this credit. Also, no cap exists on the amount of credit available except in the case of fuel cell property.

Not all energy-efficient improvements qualify for these tax credits. For that reason, homeowners should check the manufacturer's tax credit certification statement before purchasing or installing any of these improvements. The certification statement can usually be found on the manufacturer's website or with the product packaging. Normally, a homeowner can rely on this certification. The IRS cau-

tions that the manufacturer's certification is different from the Department of Energy's Energy Star label, and not all Energy Star labeled products qualify for the tax credits.

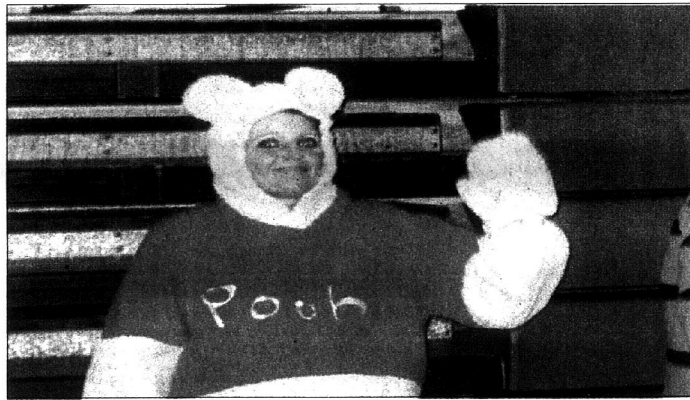
Eligible homeowners can claim both of these credits when they file their 2009 federal income tax return. Because these are credits, not

deductions, they increase a taxpayer's refund or reduce the tax he or she owes. An eligible taxpayer can claim these credits, regardless of whether he or she itemizes deductions on Schedule A. Use Form 5695, Residential Energy Credits, to figure and claim these credits. A draft version of this form is available now on IRS.gov.



Fall Festival

The Betsy Layne Elementary PTO recently celebrated autumn with a "Season of Change" fall festival at the Dome gym. Students and community members attended the event, giving everyone a safe place to have fun and participate in traditional festival games and activities. Those attending the event were treated to inflatables, costume contest, pumpkin and cake walks, a haunted house, darts, bowling, a haunted hay ride and much more. "Events like this give the school and community a chance to work together to give kids a safe place to have fun and create memories," explained John A. Kidd, BLES principal. "We have a great PTO, and they have a kids-first attitude, and I appreciate their support." The BLES PTO meets monthly and invites all interested teachers, parents and community members to participate. Simply call the school for more information.



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The Floyd County Animal Shelter PET OF THE WEEK



This week's celebrity is Clayton Little. Clayton served 21 years in the Kentucky House of Representatives, and is credited with being one of the heroes in the effort to curb broad farm abuses, as well as procuring funding for a much needed vocational school to be built in the mountains. Clayton is holding Virgie, an eight-week-old female feline, who has the reputation of being the smartest and cleverest feline at the shelter.

The Floyd County Animal Shelter is located at Sally Stephens Branch in West Prestonsburg
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ROLL WITH THE CHANGES. TOO MUCH TIME ON MY HANDS. KEEP PUSHIN

Sports safety implementation right on schedule, officials told

FRANKFORT — More than 8,000 coaches and staff have completed a school safety course required by the General Assembly earlier this year, high school athletic officials reported to state lawmakers Monday.

House Bill 383, passed during the 2009 Regular Session, mandated that at least one person at every high school sports practice and contest have completed the course by the beginning of this school year. Julian Tackett, the Kentucky High School Athletic Association's Assistant Commissioner, reported that by next school year, course completion will be a pre-hiring requirement for all coaches.

KHSAA officials moved swiftly to put the online course in place, Tackett said. The legislation required the course to be taught by a medical professional licensed in Kentucky, but "there was no program out there that fit all the criteria," he said. The KHSAA worked

with the Kentucky Medical Association to put together its own course.

The online program will allow changes to be implemented quickly, said KHSAA Commissioner Brigid Devries. "We tried to build it for the future" despite the rush to bring it online quickly, Tackett added. Most coaches have completed the online course's seven modules in 5-7 hours, he said.

Dr. Peter Bowles, who helped design the curriculum, said the program is unique. "Kentucky is viewed as a leader in this area," he noted. "This is the only course that's online in the entire country."

Bowles also noted to lawmakers that the work was done efficiently. "We're doing a very good job at a very good price," he said. Tackett noted that the course was free for everyone who took the course.

Members of the Interim Joint Committee on Education took the opportunity to make

other suggestions to improve student-athlete safety. Rep. Derrick Graham, D-Frankfort, remarked that "automated external defibrillators would be a wise investment for schools. A thousand dollars for a small school sounds like a lot, but compared to a child's life, that's nothing," he said while pointing that an AED requirement was considered but left out of the final version of HB 383.

Rep. Charlie Miller, D-Louisville, agreed with a particular suggestion included in the report of the Sports Safety Work Group. "We need to have athletic trainers in all our schools," he said.

Among the other findings of the work group was that the current curriculum for high school coaches would be sufficient if required for middle school coaches as well. Jefferson County Schools required all middle school coaches to take the course, Tackett said.



Each year respiratory care professionals across the United States celebrate National Respiratory Care week. The Mayo Campus Advanced-Practice Respiratory Therapist Students at Big Sandy Community and Technical College joined the celebration last week with a pollack luncheon. Amidst the damp and chilly weather, students, staff and faculty dressed in diverse Halloween costumes, ranging from coal miners and cheerleaders to pirates and princesses. Sophomore students participating in the celebratory luncheon included, Tira Adams, Chris Crider, Tiffany Damron, Jessica Davis, Darcey Hall, Helen Harmon, Kristi Hensley, Chaeta Howes, Jennifer Jarrell, Scottie Jarvis, Billy Light, Rebecca Moore, Patrick Porter, Jarrett Robinson, Wada Robinson, Melissa Salisbury, Stephanie Todd Salisbury, Luka Smiley, Christina Stewart, Zac Sergeant, and Mary Wireman. Sophomore students unable to participate included Lora Horn and Shasia Selvaige. BSCTC Program faculty included Gina Goodman, Mike Lazar, Terri Stacey, and Missy Skeens. Kelly Howard, staff respiratory therapist at Paul B. Hall Regional Medical Center and one of the program's clinical preceptors, joined the students and faculty at Big Sandy.

An easy way to practice moderation in your day's intake — eat from smaller plates

You know the feeling: Thanksgiving Day, and the aromas of various foods waft tantalizingly throughout the house. Everything's going to taste so good, and you want to sample everything!

But you don't want to gain weight.

What a quandary. Is this the impossible dream?

Not necessarily, says Maria G. Boosalis, director of the division of clinical nutrition in

the University of Kentucky College of Health Sciences.

"Have you noticed the size of the plates in your cabinet lately? They're a lot bigger than they used to be, and thus they hold more food," Boosalis says.

"Eat off a smaller plate. Even if you fill it up, it's not holding as much food as a larger plate," she says.

In fact, Boosalis suggests going to flea markets or second-hand shops to buy sets of old plates, the ones that were commonly used before "super-sized" plates became the norm.

And while you're at it, consider buying some smaller glasses as well.

"It's hard to find an eight-ounce glass these days. Most dinner glasses now hold 16 to 24 ounces, and, depending on what is in it, it's likely more than most people need to drink at meals," Boosalis says.

Smaller plates and glasses provide a way to eat healthier sized meals without thinking about it, she says.

But she also offers a holiday meal strategy that will satisfy the appetite while avoiding the frequent weight-gain that follows.

"The secret is to eat a variety of different foods in moderation, and that can be accomplished with how you fill your plate," Boosalis says.

"About half of your plate should be filled with vegetables and fruit, with veggies being the majority of that. Then a quarter of your plate should have grains or starch, including things like whole wheat pasta, brown rice or even potatoes. Then the last quarter of the plate should hold a portion of lean protein including chicken, fish, or beans — to make it complete," she says.

"It's probably best if the

lean-protein portion is about the size of a deck of cards," Boosalis says.

For a beverage, Boosalis suggests avoiding sweetened drinks, the empty calories that add to the risk of a post-holiday bulging belly.

"Sweetened drinks, like soft drinks, sweet tea, fruit

drinks, add extra calories but they don't fill you up. They are also, both nutritionally and financially, not worth it in the long run.

"Overall, it is better to drink water and/or a source of calcium like nonfat or 1% milk with your meals," Boosalis says.

Card of Thanks

The family of Lawrence Dean Ousley would like to express our appreciation to all who sent flowers, or perhaps said a kind word, and for the prayers that were spoken on our behalf. A special thanks to Clergyman Charles Gearheart for his comforting words; the sheriff's department for their assistance in traffic control; and the Hall Funeral Home for their kind and professional care. All the acts of kindness will never be forgotten. Thank you, and God bless.

THE FAMILY OF LAWRENCE DEAN OUSLEY

Card of Thanks

The family of Earl Warrens would like to humbly thank each and everyone who helped in any way during our recent loss; those who sent beautiful floral arrangements, food, and words of their kindness to our family. We especially want to thank Clergyman James Swiger, Clinton Moore and Jimmy Hall for their comforting words; the sheriff's department for their assistance in traffic control; and the Hall Funeral Home staff for making our loss a little easier to bear. For anyone who may have helped in any other way, we lovingly say, "Thank you, and God bless."

THE FAMILY OF EARL WARRENS

Card of Thanks

The family of Larry D. Hall would like to express their sincere appreciation to all who sent food, flowers, or prayers, to our family during this difficult time. A special thanks to Rev. Everett Leon Claxton and Freewill Baptist ministers for their comforting words; the sheriff's department for their assistance in traffic control; and the Hall Funeral Home for their kind and professional care. All the love and support that was shown to our family will never be forgotten.

THE FAMILY OF LARRY D. HALL

Card of Thanks

The family of William Todd Browning would like to sincerely say, "Thank you," to those wonderful friends and neighbors who helped to comfort our family during this difficult time; those who sent flowers, or came by to share our loss. A special thanks to Clergyman Brent Tackett for his comforting words. Dr. Rivera and staff for all their love and support; the sheriff's department for their assistance in traffic control; and the staff at Hall Funeral Home for their kind and professional service. To all we say, "Thank you, and God bless."

THE FAMILY OF WILLIAM TODD BROWNING

Card of Thanks

The family of Leonard Akers Sr. wishes to express our sincere appreciation to all those family members, friends, and neighbors for all the help during our time of loss. Thanks to those who sent flowers, food or prayers during this difficult time. A special thanks to Clergyman Hershell Kidd for his comforting words; the sheriff's department for their assistance in traffic control; and the Hall Funeral Home for the kindness that was shown to our family. For those who helped in any way we say, "Thank you, and God bless."

THE FAMILY OF LEONARD AKERS SR.

Kidd receives high honors from Southern Police Institute

FRANKFORT — Kentucky State Police Lt. Todd Kidd was among 38 graduates who completed the 12-week Administrative Officers Course at the University of Louisville's Southern Police Institute (SPI).

The course curriculum is designed to develop informed, effective, ethically and technically competent law enforcement managers who are capable of assuming positions of leadership in their respective agencies.

Kidd was selected as class valedictorian, which is the highest academic honor achievable in a SPI graduating class. Additionally, he was selected as Sergeant-in-Arms by his classmates.

Kidd is an eleven year veteran of KSP where his past Post assignments include Pikeville, Elizabethtown, Morehead and Richmond. He recently served as the Commander for the KSP Recruitment Branch and is currently assigned to the Hazard Post as Operations Lieutenant.

Kidd is the son of Erma Kidd of Pikeville.

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KOHC urges veterans, others to tell, preserve their stories

FRANKFORT — If you are an active duty member of the military, a veteran, a National Guardsman, a reservist or a civilian who has a story about the homefront, the Kentucky Oral History Commission (KOHC) wants to hear your story.

The KOHC, administered by the Kentucky Historical Society (KHS), invites veterans and others with military-related stories to preserve their

piece of history. Participants can visit the Thomas D. Clark Center for Kentucky History in Frankfort to interview with trained KHS volunteers. Interviews will be recorded and take about one hour. Participants will be sent a CD of their interview and will receive free admission for that day for the entire KHS history campus, which includes the Center for Kentucky History, the Old State Capitol and the

Kentucky Military History Museum at the Old State Arsenal. KOHC is soliciting these personal accounts as part of a new KHS exhibition, "Kentucky Military Treasures: Selections from the Kentucky Historical Society Collections." The exhibition tells the stories of Kentuckians who fought in battles spanning nearly 200 years and includes significant artifacts from con-

licts ranging from the War of 1812 to more recent engagements in Afghanistan and Iraq. The exhibition is on display in the Keeneland Changing Exhibits Gallery at the Center for Kentucky History. It was made possible by generous support from the Kentucky Historical Society Foundation, Martin F. Schmidt, Tawani Foundation and the Kentucky Department of Military Affairs.

"By documenting the oral history of our state's military story, we can more intentionally add all levels of experience to the record of official history," said Sarah Milligan, program administrator for the KOHC. "The 'Kentucky Military Treasures' exhibition is so interesting because it tells

the story of the people behind the artifacts and lends a voice, literally with the use of oral history, to the historical record. By sharing the audio of these interviews we can hear the emotion and better understand the reality of what it means to be in or associated with the United States Military."

The KOHC invites anyone with a military-related story to participate, especially individuals with experience in recent or current conflicts. "We want the military collection to truly represent all Kentuckians' experiences in the military," said Milligan. "We welcome all stories, but especially need to hear the stories of veterans from the Korean War, Vietnam, the

Persian Gulf and current wars and engagements, and the stories of women and minorities."

The KOHC, established in 1976, is a nationally recognized program that has provided for the collection of more than 25,000 oral history interviews, including the stories of tenant farmers, political leaders and nationally acclaimed authors. The commission also offers grant opportunities, workshops, sponsors state conferences and participates in collaborative projects with other agencies and institutions.

To make an appointment to share your story with the KOHC, contact Milligan at 502-564-1792, ext.4434 or email her at Sarah.Milligan@ky.gov.

Nine deaths on Kentucky roadways last week

FRANKFORT — Preliminary statistics indicate that nine people died in eight separate crashes on Kentucky roadways from Monday, Nov. 2, through Sunday, Nov. 8.

Seven of the crashes involved motor vehicles and six of those victims were not wearing seat belts. Single-fatality crashes occurred in Bath, Floyd, Hardin, Jefferson, Letcher and Woodford counties. The crash in Hardin County involved the suspected use of alcohol.

One double-fatality crash occurred in Ohio County and involved the suspected use of alcohol.

One motorcycle fatality occurred in Bath County and the victim was not wearing a helmet.

Through Nov. 8, preliminary statistics indicate that 657 people have lost their lives on Kentucky roadways during 2009. This is 30 fewer fatalities than reported for the same time period in 2008.

There were 530 motor vehicle fatalities and 288 of those victims were not wearing seat belts. Thirty-two pedestrians and 5 bicyclists have been killed. Seventy-five fatalities involved a motorcycle and fifteen fatalities involved an ATV. Sixty-five crashes involved a

commercial motor vehicle. A total of 141 fatalities have resulted from crashes involving the suspected use of alcohol.

Citizens can contribute to highway safety by reporting erratic drivers to the Kentucky State Police toll-free at 1-800-222-5555. Callers will remain anonymous and should give a description of the vehicle, location, direction of travel and license number if possible.

These statistics are still preliminary as KSP waits for all local law enforcement agencies throughout the state to report any crashes and fatalities that may have occurred in their areas.



Highlands Health System has announced that a donation to the Highlands Foundation had been made by Wesley Christian School. The funds were raised in a basketball game by students and faculty wishing to help cancer patients at HRMC. The cash gift "will help make a difference in the lives of cancer victims," said Highlands Foundation Director Kathy Rubado. "And, it's a reflection on the character of students, faculty, parents and friends from Wesley Christian to think of others in need." Located in Allen, Wesley Christian School serves children from pre-kindergarten through eighth grade. Officials with the School presented the gift during a chapel service on Wednesday, Nov. 4 and was accepted by President and CEO of Highlands Health System, Bud Warman and Highlands Foundation Director Kathy Rubado.

Checks

McCrary, Billy A. and Karen L. Webb and Billy D. Reed

■ Knott County — Danny M. Collins.

■ Magoffin County — Ollie T. Alsept.

■ Martin County — Matthew L. Traxler.

"Kentucky taxpayers should not miss out on getting their money back," said IRS Spokesperson Jodie Reynolds. "The IRS makes it as easy as

possible for taxpayers to update their addresses and claim their refunds."

Statewide, the IRS is seeking 921 taxpayers due to receive a combined \$838,000 in refund checks, with those averaging \$910, compared to \$898 last year. Some taxpayers are due more than one check.

If a refund check is returned to the IRS as undeliverable, taxpayers can generally update

their addresses with the "where's My Refund" tool on IRS.gov. The tool enables taxpayers to check the status of their refunds.

Those checking on the status of a refund by phone will be given instructions on how to update their addresses. Taxpayers can access a telephone version of "Where's My Refund" by calling 1-800-829-1954.



Prestonsburg Elementary honored Veteran's Day on Tuesday with a drill presentation by the Betsy Layne High School ROTC. Student Dalton Gobie led the student body with the Pledge of Allegiance, and student Allison Campbell sang the National Anthem. Rebial Reynolds, Family Resource Center coordinator, read an excerpt of the proclamation from President Obama. Sen. Johnny Ray Turner, Rep. Hubert Collins, and Floyd County Board of Education District 5 Member Dougle Hopkins were also in attendance.

Unhappy

do, if they get to use their strengths on the job, if their supervisor treats them more like a boss or partner and if the environment is trusting and open.

The 5th District made an appearance on national television as part of the "Doctor Oz Show" hosted by Dr. Mehmet Oz. On the show, Oz cited Hazard as the unhappiest city in the country. However, it is the district as a whole that was named in the survey, not a specific city.

As a state, Kentucky was listed as 49th out of 50, with West Virginia coming in last in terms of well-being.

The survey was conducted by Gallup, Healthways and America's Health Insurance Plans. The Well-Being Index is an ongoing daily survey that

■ Continued from p1 began in January 2008. The survey includes the responses of 1,000 Americans 350 days per year.

According to information provided by America's Health Insurance Plans, the Well-Being Index will "increase an understanding of how those factors impact the financial health of our nation and its communities. The Well-Being Index is a powerful behavioral economics tool. It will assist national, state and community leaders, as well as policy makers and employers to make smart resource allocation decisions for the health and well-being of millions of people and the financial health of the nation."

To view the results of the survey, visit <http://www.ahiphwire.org>.

Arrest

■ Continued from p1 area shortly after the shooting took place last summer after being questioned by state police officers during a traffic stop.

Allen is currently being held at the Big Sandy Detention Center in Johnson County.

Election

■ Continued from p1
Magistrate District 2
Marie Martin Holbrook.

Constable District 1
Ben Ferguson.

Constable District 2
Terry Triplett.

Constable District 4
Jordan Case.



Important: Guns are limited, orders for the holidays must be made six weeks in advance. Call Blaine's Guns & Bows at 606-874-9997 to place your order today!

These Henry Rifles, 100 in total, were designed by the Historical Armory as a commemorative project for the entire commonwealth. Blaine Depoy, owner of Blaine's Guns & Bows in Allen, has been authorized to sell 100 of the guns that have the Floyd County designs.

"It's great that the company thought enough about Floyd County to do these guns," Blaine said.

Along with the Floyd County landmarks that are depicted on the rifles, those who purchase them have the option of adding personalization for an extra \$60 added to the \$549.99 price.


The Floyd County rifles are only allowed to be sold in the county, and Blaine, who took over operation of Mert's Guns & Ammo in 2004, has already sold approximately 40 of the guns with 60 remaining. Limited edition numbers are

assigned out of the 100.

In addition to the Floyd County Rifle, 1,000 Kentucky Rifles were manufactured that depict historical landmarks throughout the state of Kentucky. Only half of these guns remain and also can be personalized.

For more information on the rifles and how to purchase them, contact Blaine's Guns & Bows at (606) 874-9997.

This is a paid for advertisement.



S.F.H.S

Raider Rumble

Friday, Nov. 13th, 2009, at 6:30 p.m.
South Floyd High School Raider Arena

A Preview of South Floyd High School Basketball
S.F.M.S. & feeder schools of McDowell & Osborne

Door Prizes • 3-Point Contest • Concessions
T-shirts • Cash Ticket Raffle • Surprise Guest

Admission \$4.00 per person (Adults & Students)
Admission Free to Participants

Sponsored by Boys Basketball Boosters Club Annual Fundraiser

19 Sports Editor: Steve LeMaster Phone Number: Floyd County Times: Phone: (606) 886-8200 Fax: (606) 886-3603 www.floydcountytimes.com

FLOYD COUNTY Sports

PC FOOTBALL • A10

Blackcats scratch Knott County Central

by STEVE LeMASTER SPORTS EDITOR

PRESTONSBURG — Eleven and counting. Make that 11-0 and counting. Prestonsburg reeled off its 11th win of the season opposed to no losses Friday night thanks to an impressive 56-8 victory over Knott County Central in the first round of the Class 2A State Playoffs.

Knott County Central couldn't keep up with a Prestonsburg offense that totaled 449 yards en route to the win. Prestonsburg led 21-0 at the end of the first quarter. The Blackcats packed a 48-0 into halftime. Veteran quarterback Michael Burchett was the catalyst for the Prestonsburg offense, making good on 10-of-12 passing attempts for 275 yards and four touchdowns. Backup quarterback Adam Crisp completed 2-of-5 passes for 24 yards after entering the game in a reserve role for the Blackcats.

Joseph Jamerson averaged 33.8 yards per catch for the Blackcats. Jamerson had four receptions for 135 yards and two touchdowns, including a 68-yard effort. Austin McKinney and Josh Craynon added one touchdown catch each on a pair of receptions apiece. Crisp, McKinney, Craynon and Kain Collins each scored on a rushing attempt for the versatile Blackcats. Prestonsburg led 56-0 before Knott County Central scored in the third quarter with the clock out of time. Braxton Ratliff scored on a 54-yard touchdown

run to allow visiting Knott County Central to avoid the shutout. Knott County Central fumbled seven times, losing four of the dropped balls. Trevor Stovall and Alex Garner paced the Prestonsburg defense with eight tackles apiece. Josh Blackburn recorded seven tackles for the Blackcats. Craynon picked off one Knott County Central pass. Prestonsburg will host Middleboro — the number two seed out of District 8 — on Friday, Nov. 13 in the second round of the Class 2A State Playoffs.

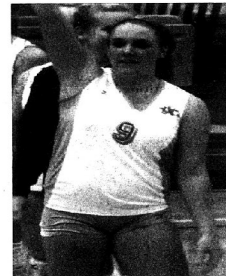


Photo by Jamie Howell. Prestonsburg running back Austin McKinney (36) took a handoff from Blackcat quarterback Michael Burchett during Friday night's game against Knott County Central.

Jones selected for All-Star Showcase

by STEVE LeMASTER SPORTS EDITOR

EASTERN — Allen Central High School senior Kelsey Jones has been selected to play in the Southeast All-Star Volleyball Showcase at M.C. Napier Gym in Perry County Nov. 22 at noon. Jones and her teammates will compete against opposing All-Stars from the 13th and 14th regions. One of the most decorated players in Allen Central High School history, Jones is the reigning 15th Region Player of the Year and a Second Team All-State honoree. She helped lead Allen Central to the 2009 15th Region championship.



KELSEY JONES

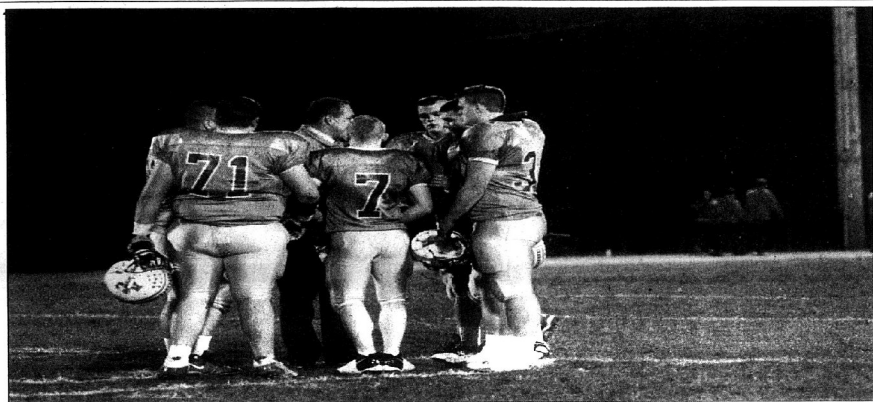
Eagles fall to UVA-Wise

TIMES STAFF REPORT

WISE, Va. — Host UVA-Wise defeated Alice Lloyd College 104-75 Thursday evening in a men's basketball game. The Cavaliers opened the game strong and led by as many as 12 points (25-13) at the 10:04 mark. Alice Lloyd cut the lead to six (38-32), and trailed by only seven (41-34) at the intermission before falling short.

Adam Hood led UVA-Wise with 26 points. Pance Kecev added 21 points for the Cavaliers (1-0).

Three ALC players reached double figures scoring-wise. Jones and sophomore forward Nick Brumback led the Eagles with 11 points each. Junior guard Daniel Combs chipped in 10 points for the Eagles.



Allen Central seniors accepted the district runner-up trophy from Floyd County Schools Superintendent Henry Webb Friday night.

Rebels run past Pineville, advance to second round

Logan Crowder rushes for 201 yards, 3 TDs

by STEVE LeMASTER SPORTS EDITOR

EASTERN — Allen Central won its 10th game of the season Friday, defeating Pineville 60-34 in the first round of the Class A State Playoffs. The Rumm'n' Rebels moved to 10-1 after recording the postseason win. Pineville ended the season 4-7 following the loss.

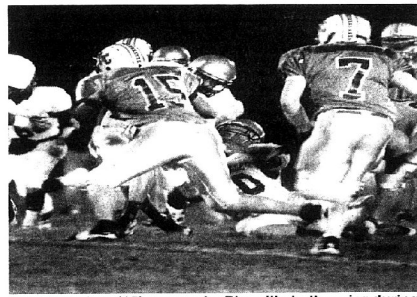
Allen Central and Pineville swapped scores during the first half before the Rumm'n' Rebels took a 30-20 lead into halftime. Pineville pulled to within three points of Allen Central (30-27) with 9:56 remaining in the third quarter but couldn't get any closer. Allen Central owned the second half, outscoring Pineville 30-7 en route to the victory. The Rebels rushed for 552

yards. Allen Central kept the Pineville defense guessing throughout the game. Four different Allen Central rushers scored at least once. Logan Crowder led Allen Central on the ground as he rushed 23 times for 201 yards and three touchdowns. Justin Jackson rushed 26 times for 178 yards and one touchdown in the postseason triumph. Hunter Crowder netted 165 yards and scored once on 14 rushing attempts for the Rebels.

Allen Central senior quarterback Chris Stumbo hooked up with Jackson on a touchdown pass. Stumbo was 2-of-6 through the air, completing a pair of passes for 21 yards.

Defensively, Allen Central allowed Pineville 288 yards. The Mountain Lions did most of their damage through the air, picking up 198 yards on passing attempts.

Allen Central defenders Mickey Parsons and Micah Harlow both recorded an interception. Parsons also recovered a fumble in a game



Micah Harlow (15) stopped a Pineville ballcarrier during a defensive play.

HIGH SCHOOL FOOTBALL SCOREBOARD

- CLASS A STATE PLAYOFFS: Allen Central 60, Pineville 34; Pikeville 71, Jenkins 22; Hazard 61, Phelps 6
- CLASS 2A STATE PLAYOFFS: Prestonsburg 56, Knott Co. Central 8; Shelby Valley 41, Leslie Co. 0
- CLASS 3A STATE PLAYOFFS: Mason County 62, East Ridge 6; Pike County Central 74, Fleming County 50; Sheldon Clark 36, Russell 14; Somerset 48, Magoffin County 16
- CLASS 4A STATE PLAYOFFS: Lawrence County 42, McCreary Central 19
- CLASS 5A STATE PLAYOFFS: Johnson Central 62, Scott 41

(See REBELS, page ten)

Hinton leads Lady Bears over Alice Lloyd

TIMES STAFF REPORT

PIKEVILLE — Junior Natiera Hinton poured in a career high 41 points and grabbed nine rebounds to lead Pikeville College to an 81-77 win over Alice Lloyd College Monday night.

It wasn't as easy as may have been expected. In the second half the Lady Eagles led by 12 points three different times, as late as 67-55 after a layup by junior Bree Frazier with 7:34 left. The edge was still in double digits as late as the 5:09 mark when junior Ashley Mynster hit a three-point shot.

But then the Lady Bears took over. They scored the game's next 13 points, with eight coming from Hinton, who assisted on one of Sally Roberts' consecutive baskets as she scored the remaining five in the stretch.

When Hinton hit a free throw with 1:49 left, the lead was 77-74 and the Lady Bears held on for the win.

Hinton hit 15-of-29 shots from the floor and was 11-of-15 from the line. Six of her rebounds were off the offensive glass, and she was credited with six steals.

Hinton was joined in double figures by junior Lauren Potts, who came off the bench to hit for 12 to go with four rebounds and three assists. Junior Whitney Compton had eight points, 10 rebounds, five assists, five blocked shots and three steals.

Alice Lloyd (1-3) had five players reach double figures scoring, paced by junior Bailey Galbarth's 22. Former Lady Bear Kelli Jo Moore came off the bench to fire in 18 points for the Lady Eagles while Mynster added 12. Pikeville will visit UVA-Wise today at 5:30 p.m.

Raider Rumble set for Friday

HAT — The South Floyd High School boys' basketball program will host its annual Raider Rumble Friday at Raider Arena beginning at 6:30 p.m. Raider Rumble annually serves as a preview event for the South Floyd High School, South Floyd Middle School, McDowell Elementary School and Osborne Elementary School basketball teams.

This year's event will include door prizes, concessions, T-shirts, a cash prize raffle, a three-point contest and an appearance from a special guest.

Admission is \$4 for students and adults. The SFHS boys' basketball boosters club sponsors the annual Raider Rumble.



TIFFANY BURDILAUSKAS AND KELSEY JONES stopped a Southwestern offering for Allen Central during this year's State Volleyball Tournament.

Bears defeat Shawnee State in opener

Hicks nets 17 points, hits 3-of-8 3-pointers

TIMES STAFF REPORT

PIKEVILLE — Three players reached double figures as the Pikeville College Bears survived opening-night jitters, and knocked off Shawnee State University 66-57 Monday night.

Pikeville (1-0) shot only 38.5 percent overall and 23.5 percent from the field but did enough to get the win. The Bears forced 18 turnovers from their guests thanks to 10

steals en route to the win. Pikeville led by double figures in the first half, but Shawnee State cut the advantage to five (28-23) before the intermission. In the second half, the largest lead came at the horn.

Junior Justin Hicks led the way with 17 points, hitting 3-of-8 from the arc and all four of his free throws. He also led the Bears with four assists.

Senior guard Jonathan Clark followed with 16 points. He hit 8-of-9 from the line and grabbed seven rebounds as well. Senior Maurice Thomas followed with 11 points and six rebounds in his Pikeville College debut.

The Bears were led on the glass by senior Anthony Smith, who had eight to go with three blocked shots and three steals. He had six points.

Shawnee State (0-2) shot a respectable 46 percent from the field, but hit only 8-of-15 (53.3 percent) from the free throw line.

SSU was led by freshman Tyler Broyles, who hit 3-of-4 from the arc for 15 points off the bench. He was followed by sophomore Ian Nixon's 14 to go with three steals. Freshman Tyler Morgan had 12 points and a team-high eight rebounds for the visiting team.

Pikeville will be back in action tonight when it faces U.Va.-Wise at 7:30.

Tree stands improve hunting success, but demand safety

TIMES STAFF REPORT

FRANKFORT — Tree stands can give deer hunters an edge. Fifteen feet off the ground, it's easier to see a deer and more difficult for them to see or smell you. But hunters need to take precautions whenever they use a tree stand.

"Tree stand falls are a substantial percentage of our hunting incidents every year," said Will Connelly, a hunter training officer with the Kentucky Department of Fish and Wildlife Resources.

Eight hunting incidents have been reported to Kentucky Fish and Wildlife this year. Two involved falls from tree stands. Neither of the injured hunters was using a safety harness. Most falls can be avoided if hunters attach themselves to the stand with a harness, especially while they are climbing up and down.

"The number one thing hunters need to do is use that full-body harness — bury it to the top and top back down again," Connelly said. "For ladder and lock-on stands, there are meth-

ods to do that, but that's where a lot of people take chances." Hunters should also observe the three-point rule: Keep three points of your body in contact with the ladder at all times. This means while climbing, move one hand or one foot at a time, but never two at once.

"Don't carry anything up, make sure your hands are free," Connelly said. "That means no heavy backpacks that could knock you off-balance. Use a haul line going up and down."

Haul lines are attached to the tree stand or a sturdy nearby limb. Hunters secure their bow, rifle or unloaded gun to the line, climb the stand and then pull up their equipment. Using a haul line can help prevent falls and ensure that, if a fall does occur, the hunter doesn't fall on his or her gun or bow.

Tree stands that are put up at the beginning of the season and taken down at the end are far safer than permanent stands. Nails loosen, wood rots and time takes its toll on

stands left up permanently.

"My recommendation is don't use permanent stands at all," said Connelly. "But if somebody's going to get in one, they need to be very careful. Take a ladder and double-check the steps without having to actually get on them." Finally, tree stands aren't the only way to hunt successfully. Hunters, especially those who are afraid of heights or have trouble physically climbing into a stand, can use a ground blind instead.

Kentucky's modern gun deer season opens Nov. 14 statewide and closes Nov. 23 in deer zones 3 and 4, and Nov. 29 in deer zones 1 and 2. For complete hunting regulations, pick up a copy of the 2009-10 Kentucky Hunting and Trapping Guide available online at fwky.gov and wherever hunting licenses are sold. Hunters who plan to hunt wildlife management areas should be sure to review public land tree stand use regulations on page 17 of the guide.

Waterfowl hunters should keep water safety in mind

TIMES STAFF REPORT

FRANKFORT — In addition to decoys, shotguns, dogs, hot coffee and calls, waterfowl hunters need to pack the one thing that could save their lives: an opening day later this month: their lifejackets.

"The lack of flotation devices is still one of the most common law violations among waterfowl hunters and the most common cause of duck hunter deaths," said Sgt. John Anderson, boating education coordinator for the Kentucky Department of Fish and Wildlife Resources.

Statistics compiled by the U.S. Coast Guard show that duck hunters die every year from cold water shock, hypothermia and drowning from accidents involving firearms.

A waterfowl hunting accident on Kentucky Lake last January illustrates these statistics. Three young duck hunters died after their 14-foot johnboat swamped. A fourth hunter managed to survive. The victims were not wearing life jackets. They loaded the boat with shotguns, decoys and a dog, in addition to the weight of four hunters.

"Kentucky law requires a readily accessible U.S. Coast Guard approved life jacket for every person in the boat. There must be one U.S. Coast Guard approved throwable device (like a throw cushion) onboard

for boats 16 feet or longer. Everyone onboard must possess a life jacket of proper size and type.

Manufacturers produce camouflage life jackets made with the waterfowl hunter in mind. "They have mesh in the upper body that allows you to shoulder a gun," Anderson said. "That way, you don't have to take off the vest when you shoot and it will also help to keep you warm when those cold winter winds come blowing across the water."

A life jacket doesn't do much good stuffed into a decoy sack if an accident occurs.

"You just don't have time," Anderson said. "Trying to put on a life jacket during a boating accident would be like trying to buckle a seat belt during a car crash."

Kentucky Fish and Wildlife discourages hunters from wearing hip boots or waders in the boat. Hunters drowned while trying to take their waders off after falling into the water or their boat sunk or capsized.

"Falling into deep water releases any air trapped in the boots and can have the effect of binding the victim's feet together — they can't kick or stay afloat," Anderson said. "However, if you do suddenly enter the water, by pulling your legs up and out, air trapped in the hip boots or waders can act as a flotation device in an emergency."

Kentucky Fish and Wildlife recommends the following safety tips for waterfowl hunters:

Wear a life jacket to and from the blind.

Don't overload the boat; make two trips if necessary.

Don't wear hip boots and waders in the boat.

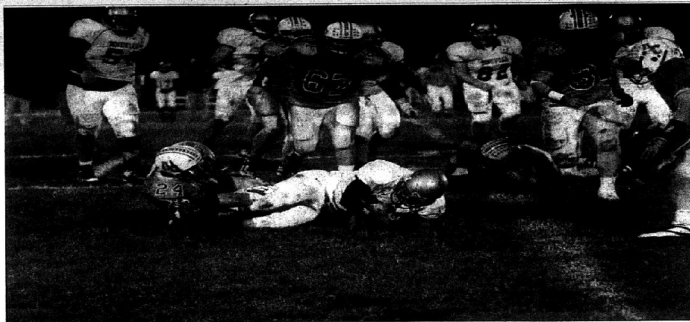
Stay near shore and avoid crossing large open water areas, especially during bad weather.

Let someone know where you are going and when to expect you back; let someone to call authorities if you don't return on schedule.

If the boat capsizes, or swamps, stay with your boat — even when filled with water, it will provide flotation and is more likely to be seen by potential rescuers.

It is a good idea to bring your cell phone along in a waterproof, resealable bag to call for help if you get into trouble. You can use the phone without removing it from the bag.

Most waterfowl seasons open this month. For season dates and more information on waterfowl hunting in Kentucky, consult the 2009-2010 Kentucky Hunting Guide for Waterfowl, available wherever hunting licenses are sold. You may request one by calling 1-800-531-1569 or by visiting the Kentucky Fish and Wildlife homepage at fwky.gov.



POSTSEASON FOOTBALL

Both Allen Central and Prestonsburg remain alive in the postseason following first round wins.

Above: Allen Central defender Shane Hamilton (24) tackled a Pineville ballcarrier.

Left: Logan Crowder broke free from a Pineville player en route to one of his three touchdowns Friday night.

Below: Prestonsburg senior Josh Craynon (25) found the endzone for the Blackcats during the victory over Knott County Central.



Rebels

in which he also compiled seven tackles.

Hunter Crowder led Allen Central defensively with nine tackles. Cory Conn and Sheldon Rice corralled

Pineville ballcarriers/receivers on eight tackles apiece.

Blake Salisbury added six tackles for the Rebels. Allen Central will face Hazard on Friday, Nov. 13 in

Continued from p9 the second round of the Class A State Playoffs. Kickoff for the Allen Central-Hazard matchup is set for 7:30 p.m.

Bears topple West Virginia Tech

Pikeville posts impressive Mid-South Conference win

TIMES STAFF REPORT

PIKEVILLE — The foot of Kyle Chilton and the legs of Dan Wideman were enough to give Pikeville College a 20-3 win over WVU Tech on Saturday afternoon.

Chilton, the first-team All-American kicker from a year ago, nailed two first-half field goals to give the Bears a lead at recess, and Wideman, the quarterback under fire since last week's loss at Georgetown,

hit scored on a 29-yard run less than two minutes into the second half and followed it with a one-yard run with 11:14 left in the quarter.

Chilton made both PATs, and his eight points on the day moved him into a tie for the most points in Pikeville College history. He and former tailback Leonard Moore share the record for now with 184 points. Chilton has one game remaining to break the record, as the Bears close out the second next week when they host Campbellsville at 1:30.

Pikeville had three backs combine for 156 yards on 33 carries. Led by freshman Jeremy Mobley's 64 yards on only nine carries, Wideman,

who followed with 56 yards on the ground, was 5-of-9 in the air for 21 yards. Senior Nick Jamerson, a Prestonsburg High School graduate, caught three passes for 10 yards.

WVU Tech (3-7, 0-5 in the MSC East) finished with 147 yards on 51 carries. Junior Jamal Shelton led the way with 85 yards on 18 tries. Five players lined up at quarterback for Tech, with four of them combining to go 9-of-27 with two interceptions for 106 yards.

Freshman David Callison, the second quarterback, was 4-of-13 with one pick for 58 yards. Junior Rashard Gould led four Tech receivers with five catches for 52 yards.

Defensively, senior Kenny Harris had 10 tackles to lead Bears on the day he became the all-time leader in solo tackles. Harris already had the marks for total tackles and assisted tackles. Junior Anson Cunningham followed with nine, including three for loss. Whitley had eight to go with an interception, while Jarvis Griffin had eight as well.

Junior Tramayel had an interception along with two tackles; he also blocked two field goal tries on the day.

For WVU Tech, junior Jon Culbertson had 11 tackles to lead all defenders.

Lady Bears open season with road win

TIMES STAFF REPORT

BRISTOL, Va. — The Pikeville College Lady Bears got the 2009-10 season off to a flying start thanks to a 71-54 win over Virginia-Intermont College Wednesday night.

The Lady Bears built a first-half lead to 40-24 and were up by 24 late before cruising to the win. Pikeville (1-0) got the win despite shooting a pedestrian 37.9 percent from the floor. They sank 4-of-11 from the arc and hit 71.4 percent (15-of-21) from the line.

The Appalachian Athletics Conference member did obvious, holding the Cobras to 32.4 percent shooting. Their efforts on the defensive end were devoid, hitting 6-of-15 (40 percent) from the arc and 12-of-16 (75 percent) from the line.

Three Lady Bears reached double figures in the scoring column, with junior Whitney Compton recording a double-double with 15 points and 10 rebounds. Of her boards, six came off the offensive glass. The Lady Bears had an astounding 26 offensive rebounds and a 44-35 rebounding advantage.

Senior Alexis Johnson had 10 rebounds for the Lady Bears, grabbing five boards on each end. The Imperial, Calif., native netted eight points.

Compton was followed by junior Lauren Potts with 12 points. All four of her rebounds were on the offensive end. Sophomore point guard Megan Mosley tossed in 10 and handed out a team-high four assists.

Virginia Intermont was led by Heather Odle's 16 points. Alicia Cook came off the bench to score 13. Ashley Grimm paced the Cobras with right rebounds, while Priscilla Moseh handed out six assists while scoring nine points off the bench.

Pikeville women drop exhibition to MSU

TIMES STAFF REPORT

MOREHEAD — Junior Chynna Bozeman scored 20 points, senior Tiffanie Stephens added 19, freshman Ashar Harris grabbed 15 rebounds, and the Morehead State women's basketball team hit 14 three-pointers en route to an 89-52 win over the visiting Pikeville College Lady Bears in an exhibition game Sunday at Johnson Arena.

Stephens scored 15 of her 19 points in the second half as the Eagles outscored the Lady Bears 49-30 after taking a 40-22 halftime lead. She also pulled down seven rebounds. Harris had eight boards by the break and collected seven more in the final 20 minute period. She had seven offensive rebounds today as well. Bozeman went 5-for-9 from three-point range for her team high 20 points. Tiffany Hamilton also reached double figures with 13 points.

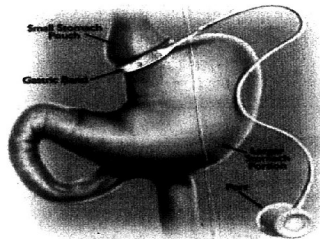
The Eagles were 14-of-36 from three-point territory. MSU led the nation in most treys made and attempted last season. Overall, the Eagles shot 44 percent (33-for-75) from the field, including 9-for-12 from the free throw line, and out-rebounded Pikeville 48-32. The Eagles also tallied 22 assists and had 18 steals off 26 Pikeville mistakes. That turned into 34 points off turnovers for MSU as they also held a 25-5 advantage in second-chance points. Twenty offensive rebounds helped that stat line.

Whitney Compton led Pikeville with 15 points and five rebounds. The Eagles darted out to a 20-9 lead in the first nine minutes and led by as much as 23 (37-14) with 1:58 remaining in the opening half. The Eagles held the Lady Bears to 30 percent shooting in the first half.

The second half was much of the same as the Eagles built as much as a 38-point lead (85-47). MSU hit seven three-pointers in the first half and equaled that in the final half.

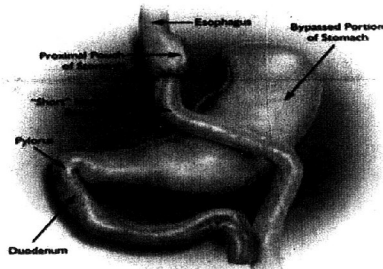
A11

Adjustable Gastric Banding



Procedure Time : 30-60 min.
Recovery: 2 days-2 weeks
Weight Loss: 1-2 lbs. weekly over a 2 to 5-year period

Gastric Bypass



Procedure: 1.5-3 hr.
Recovery: 2-4 weeks
Weight Loss: 3-5 lbs. weekly over a 2-year period

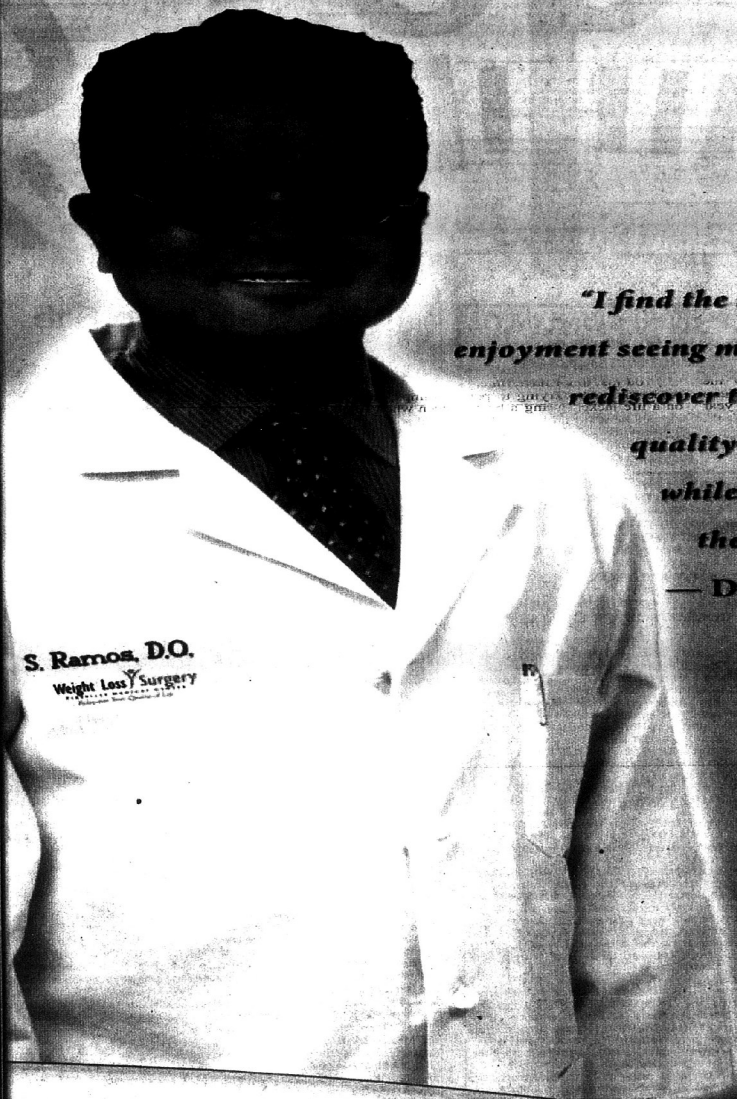
Obesity can damage muscles, bones and internal organs. The chance of heart disease, diabetes, sleep apnea, infertility, osteoarthritis, gallbladder disease, and certain cancers are increased by obesity. As your weight increases, the risks of medical problems increase.

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 PIKEVILLE MEDICAL CENTER
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S. Ramos, D.O.
 Weight Loss Surgery

"I find the most enjoyment seeing my patients

rediscover their

quality of life,

while improving

their health.

— Dr. Salvador Ramos

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- 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

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:

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Table with 2 columns: Category (e.g., 200 Announcements, 300 Services) and Description.

Need a DJ for Christmas, New Years private parties...
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IMPORTANT: Looking for women to move in for free rent...

Autos
For sale: 1999 Mitsubishi Mirage 2 dr. white, 120,000 miles with new tires and new tune up...
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Autos
1999 Ford Taurus, 70,000 miles \$5,495
2003 Olds Alero - 80,000 miles \$3,995
2006 Mits Galant. \$7,495
1996 Chevy Suburban \$2,495
2000 Jeep Cherokee. \$2,895
2000 Ford Windstar. \$2,895
2000 Geo Tracker. \$3,495
1995 Chevy Malibu. Hightop customized van \$2,700

Land (Acreage)
Land for sale. 8 acres of land total 2 acres of flat land. City water, natural gas. Located on Caney Fork. Call 866-886-1473 or 606-886-9366.
Apartments/Townhouses
3 br. 2 bath house for rent. Located at 395 Riverway lane (lancon). No pets. Call 888-8991.

ALLEN FURNITURE ALLEN, KY Furniture, appliances, living, dining, bedroom, suits, bank beds, and lots more! Call 606-874-9790.

Miscellaneous
For sale: 52 inch RCA hd tv, 3 years old. \$400 firm. Call 285-5033.
Fire wood for sale. Will deliver. Call 874-9956.

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HIGHLANDS HEALTH SYSTEM Come Grow With Us!! Highlands, a growing premier healthcare facility in Prestonsburg, is currently recruiting for Medical Office Assistant - Full-Time Highlands Staffing

Richard Albert, M.D. Formerly of Pain Management Announces The Opening of His Clinic 498 Ky. Rt. 321N, 1/4-mile past Premier Motors and beside Peterbilt Trucking 606-297-1600

COMMONWEALTH OF KENTUCKY FLOYD CIRCUIT COURT DIVISION II C.A. NO. 09-CI-578 SABB MORTGAGE LOAN 2008-1 REO SUBSIDIARY-1, LLC PLAINTIFF VS. STEVEN PORTER MISTY PORTER COUNTY OF FLOYD CITY OF PRESTONSBURG CHASE BANK USA. DEFENDANTS NOTICE OF COMMISSIONER'S SALE

COMMONWEALTH OF KENTUCKY FLOYD CIRCUIT COURT DIVISION I C.A. NO. 08-CI-59 COMMONWEALTH OF KENTUCKY PLAINTIFFS COUNTY OF FLOYD BY AND ON BEHALF OF SARAH JANE SCHAAF, SECRETARY OF REVENUE CABINET FLOYD COUNTY HEALTH DEPARTMENT FLOYD COUNTY LIBRARY KENTUCKY FORESTRY SERVICE FLOYD COUNTY BOARD OF EDUCATION AGRICULTURE CONSERVATION VS. ESTATE OF EUGENE WEBB ROBERT MOORE DEFENDANTS NOTICE OF COMMISSIONERS SALE

A13

COMMONWEALTH OF KENTUCKY FLOYD CIRCUIT COURT DIVISION C.A. NO. 08-CI-1250 KENTUCKY NATIONAL BANK OF PIKEVILLE now known as CITIZENS NATIONAL BANK PLAINTIFF

JERRY MARVIN KIDD, LEATHA KIDD; BRANCH BANKING & TRUST COMPANY; CAPITAL ONE BANK; K.E.C. LAND ASSETS, INC.; COMMONWEALTH OF KENTUCKY, DIVISION OF REVENUE; UNITED STATES OF AMERICA, SMALL BUSINESS ADMINISTRATION; and FLOYD COUNTY, KENTUCKY DEFENDANTS NOTICE OF COMMISSIONER'S SALE

BY VIRTUE OF Amended In Rem Summary Judgment and Order of Sale referring to Master Commissioner of the Floyd Circuit Court entered on the 21st day of October, 2009, in the above styled action, in the above styled case, the combined principal sum of \$36,135.99, together with interest, costs and fees, I shall proceed to offer for sale at the Old Floyd County Courthouse Door, South Central Avenue, Prestonsburg, Kentucky, (behind the new Floyd County Justice Center) to the highest bidder, at public auction on Thursday, the 9th day of November, 2009 at the hour of 9:30 a.m., the following described real estate lying in Floyd County, Kentucky, and more particularly described as follows:

Tract No. 1 This parcel of land will begin (95) ninety five feet south of Ethel Branham's line and following the road south (150) one hundred and fifty feet, thence running east (150) one hundred and fifty feet to a stake, thence running north (150) one hundred and fifty feet to a stake (95) ninety five feet from Ethel Branham's line, thence (150) one hundred and fifty feet west to the highway to the beginning point.

Tract No. 2 This parcel of land will begin (95) ninety five feet south of Ethel Branham's line and following the road south (150) one hundred and fifty feet, thence running east (150) one hundred and fifty feet to a stake, thence running north (150) one hundred and fifty feet to a stake (95) ninety five feet from Ethel Branham's line, thence (150) one hundred and fifty feet west to the highway to the beginning point.

Beginning at a marker at Highway 979 with Brennan Newsome's line; thence running 150 feet East, thence running 150' feet South to a marker; thence running East to Big Mud Creek Waters; thence running North with Mud Creek waters 245' feet to Ethel Hamilton's line; thence running West with Ethel Hamilton's line to Highway 979; thence running South 95' feet to the beginning at Brennan Newsome's line.

Being the same property conveyed to Jerry Marvin Kidd and Leatha Kidd, his wife, by deed from Brennan Newsome, et ux, dated September 17, 1996, lodged for record in Deed Book 399, Page 225, Floyd County Clerk's Office.

TERMS OF SALE (a) At the time of sale, the successful bidder, if the other than the Plaintiff, shall either pay cash or 10% of purchase price, with the balance on credit for thirty (30) days, and required to execute a bond with good surety thereon for the unpaid purchase price of said property, if any, bearing interest at the rate of twelve percent (12%) per annum from the date of sale until paid, having the force and effect of a judgment.

(b) The property shall be sold subject to any easements and restrictions of record in the Floyd County Clerk's Office and such right of redemption as may exist in favor of the United States of America and/or the record owners thereof.

(c) The purchaser shall be required to assume and pay all Floyd County, Kentucky, real property taxes for the year 2008, and all subsequent years which are not yet due and payable. Any and all delinquent Floyd County, Kentucky, real estate taxes will be paid from the sale proceeds.

(d) In the event the Plaintiff is the purchaser of the above described property for an amount equal to, or less than, its first lien, it shall take a credit against said lien for the amount of the bid and no bond shall be required of the Plaintiff, and it shall only be obligated to pay court costs, the fees and costs of the Master Commissioner and any real estate taxes assessed against the real estate.

Any announcements made on date of sale takes precedence over printed matter contained herein. Hon. William S. Kendrick, Master Commissioner

COMMONWEALTH OF KENTUCKY FLOYD CIRCUIT COURT DIVISION C.A. NO. 08-CI-1502 CECIL R. HATTON, TRUSTEE OF THE CECIL R. HATTON REVOKABLE TRUST PLAINTIFF

ROBYN Y. WARRIX and DANNIE W. WARRIX, Her Husband, OHIO VALLEY DISTRIBUTORS, INC.; HOMETOWN CONVENIENCE, LLC; FLOYD COUNTY, KENTUCKY and CITY OF PRESTONSBURG DEFENDANTS NOTICE OF COMMISSIONER'S SALE

BY VIRTUE OF Default Judgment, Judgment on Pleadings and Order of Sale referring to Master Commissioner of the Floyd Circuit Court entered on the 16th day of September, 2009, in the above styled action, in the above styled case, the principal sum of \$144,706.00, together with interest, costs and fees, I shall proceed to offer for sale at the Old Floyd County Courthouse Door, South Central Avenue, Prestonsburg, Kentucky, (behind the new Floyd County Justice Center) to the highest bidder, at public auction on Thursday, the 12th day of November, 2009 at the hour of 9:30 a.m., the following described real estate lying in Floyd County, Kentucky, and more particularly described as follows:

A certain tract or parcel of land located in the City of Prestonsburg, Floyd County, Kentucky, on South Lake Drive, which is more particularly described as follows: Being Lots 6, 7 and 8 of Block 6 of the Richmond Subdivision No. 2 as shown by the map of said Subdivision of record in the Floyd County Clerk's Office, reference to which is made for a more particular description of the property conveyed.

Being the same property conveyed to Cecil R. Hatton and Billie Kay Hatton, his wife, and Cecil R. Hatton, Trustee of the Cecil R. Hatton Revokable Trust, to Robyn Y. Warrix and Dannie W. Warrix, her husband, by deed dated March 26, 1997, recorded in Deed Book 532, Page 584, Floyd County Clerk's Office. All mineral and mineral rights have been reserved by first parties predecessors in title and are not conveyed herein.

TERMS OF SALE (a) At the time of sale, the successful bidder, if the other than the Plaintiff, shall either pay cash or 10% of purchase price, with the balance on credit for thirty (30) days, and required to execute a bond with good surety thereon for the unpaid purchase price of said property, if any, bearing interest at the rate of twelve percent (12%) per annum from the date of sale until paid, having the force and effect of a judgment.

(b) The property shall be sold subject to any easements and restrictions of record in the Floyd County Clerk's Office and such right of redemption as may exist in favor of the United States of America and/or the record owners thereof.

(c) The purchaser shall be required to assume and pay all Floyd County, Kentucky, real property taxes for the year 2009, and all subsequent years which are not yet due and payable. Any and all delinquent Floyd County, Kentucky, real estate taxes will be paid from the sale proceeds.

(d) In the event the Plaintiff is the purchaser of the above described property for an amount equal to, or less than, its first lien, it shall take a credit against said lien for the amount of the bid and no bond shall be required of the Plaintiff, and it shall only be obligated to pay court costs, the fees and costs of the Master Commissioner and any real estate taxes assessed against the real estate. Any announcements made on date of sale takes precedence over printed matter contained herein. Hon. William S. Kendrick, Master Commissioner

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Apartment for rent. Located above Unisyn on US 25. 2 bedrooms, bath, \$400 month plus \$400 deposit. No pets. Call 606-478-8109.

NOTICE OF INTENTION TO MINE

Pursuant to Application Number 836-0362

In accordance with the provisions of KRS 350.055, notice is hereby given that Miller Bros. Coal, LLC, 1801 Watergap Road, Prestonsburg, Kentucky 41653 has applied for a permit for a surface coal mining and reclamation operation affecting 296.6 acres and will underlie an additional 304.9 acres located 0.8 miles southeast of Grethel in Floyd County.

The proposed operation is approximately 0.15 miles from Frost Frasure Branch Road junction with KY Route 979, and located in Frasure Branch of Mud Creek.

The proposed operation is located on the McDowell U.S.G.S. 7-1/2 minute quadrangle map. The operation will use the contour strip and haul method of mining.

The surface area is owned by The Elk Horn Coal Company, LLC, Miller Bros. Coal, LLC, Charles and Teresa G. Conn, Christopher Mitchell and Janet Hall, Anna Spradlin, Vernon Hall, and Randall Dean Hall, Delmer and Oma Frasure, Ray and Dollie Williams, Willis and Joyce Newman, Jason & Marlene Brenda Bryant, Vernonia Moore, William J. Hall, Heirs, Iva Howell, Johnny and Annetta Hamilton.

The operation will underlie surface area owned by The Elk Horn Coal Company, LLC, Miller Bros. Coal, LLC, Shelby & Gwen Jones, Forrest Dean Hall, Denzil and Donna Hall, Charles and Teresa G. Conn, Christopher Mitchell and Janet Hall, Anna Spradlin, Vernon Hall, Delmer and Oma Frasure, Ray and Dollie Williams, Willis and Joyce Newman, Jason & Marlene Brenda Bryant, Vernonia Moore, William J. Hall, Heirs, Iva Howell, Johnny and Annetta Hamilton.

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U.S. BANK, NATIONAL ASSOCIATION N.D. PLAINTIFF VS. DEBORAH STUMBO WOODS aka DEBBIE S. WOODS FLOYD COUNTY, KENTUCKY DEFENDANT NOTICE OF COMMISSIONER'S SALE

BY VIRTUE OF Final Judgment and Order of Sale referring to Master Commissioner of the Floyd Circuit Court entered on the 14th day of October, 2009, in the above styled action, in the above styled case, the principal sum of \$39,977.13, together with interest, costs and fees, I shall proceed to offer for sale at the Old Floyd County Courthouse Door, South Central Avenue, Prestonsburg, Kentucky, (behind the new Floyd County Justice Center) to the highest bidder, at public auction on Thursday, the 19th day of November, 2009 at the hour of 10:00 a.m., the following described real estate lying in Floyd County, Kentucky, and more particularly described as follows:

A certain tract or parcel of land located on Big Sandy River in the Mayo Subdivision in Floyd County, Kentucky, and being more particularly bounded and described as follows: Being Lots No. 138, 139, 170, 171, 137, 169 as shown by the plat of said subdivision filed in the office of the Clerk of the Floyd County Court, Prestonsburg, Kentucky.

Being the same property conveyed to Deborah Stumbo Woods, unmarried, by deed dated October 1, 1998, and recorded in Deed Book 427, Page 482, in the Floyd County Court Clerk's Office.

TERMS OF SALE (a) At the time of sale, the successful bidder, if the other than the Plaintiff, shall either pay cash or 10% of purchase price, with the balance on credit for thirty (30) days, and required to execute a bond with good surety thereon for the unpaid purchase price of said property, if any, bearing interest at the rate of twelve percent (12%) per annum from the date of sale until paid, having the force and effect of a judgment.

(b) The property shall be sold subject to any easements and restrictions of record in the Floyd County Clerk's Office and such right of redemption as may exist in favor of the United States of America and/or the record owners thereof.

(c) The purchaser shall be required to assume and pay all Floyd County, Kentucky, real property taxes for the year 2009, and all subsequent years which are not yet due and payable. Any and all delinquent Floyd County, Kentucky, real estate taxes will be paid from the sale proceeds. (d) In the event the Plaintiff is the purchaser of the above described property for an amount equal to, or less than, its first lien, it shall take a credit against said lien for the amount of the bid and no bond shall be required of the Plaintiff, and it shall only be obligated to pay court costs, the fees and costs of the Master Commissioner and any real estate taxes assessed against the real estate. Any announcements made on date of sale takes precedence over printed matter contained herein. Hon. William S. Kendrick, Master Commissioner

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pool, equipment, chemicals, accessories. 15' ROUND 1495.00, 18' ROUND 1590.00, 24' ROUND 2090.00, 27' ROUND 2050.00, 12x24 OVAL 2249.00, 12x36 OVAL 2299.00, 8x33 OVAL 2825.00. HOODS & BOATS.

HIGHLANDS HEALTH SYSTEM

Highlands, a growing premier healthcare facility in Prestonsburg, is currently recruiting for Radiology Technologist - Full-Time. Highlands Staffing

Highlands Staffing has an opening in the Radiology Center for a Radiology Technologist. This position coordinates the daily office operations of the Radiology Center and will be responsible for Radiologic Technologists, as well as site coordinator activities. They also perform radiographic and fluoroscopic duties that require the employee to work independently within established department standards. They will be responsible for conducting CT scans and X-rays within equivalent Radiology Center.

Preferred candidates will have an high school diploma or G.E.D. equivalent, and be a graduate of a Committee of Allied Health Education and Accreditation (AMHA) Accredited Radiology Program. They will possess a Certificate by the American Society of Radiologic Technologists, and a "General Certificate" as a certified radiation operator from the Kentucky Department of Human Resources. Three to five years of general radiography and CT experience is preferred. As is the ability to effectively work in a multi-task environment.

Interested applicants may apply to the Human Resources Department Highlands Regional Medical Center, 5000 Kentucky Route 321, Prestonsburg, KY 41653 (606) 886-7347 or E-mail: tclark@hrmc.org

Highlands is an equal opportunity employer.

COMMONWEALTH OF KENTUCKY FLOYD CIRCUIT COURT DIVISION C.A. NO. 08-CI-604 U.S. BANK, NATIONAL ASSOCIATION N.D. PLAINTIFF

VS. DEBORAH STUMBO WOODS aka DEBBIE S. WOODS FLOYD COUNTY, KENTUCKY DEFENDANT NOTICE OF COMMISSIONER'S SALE

BY VIRTUE OF Final Judgment and Order of Sale referring to Master Commissioner of the Floyd Circuit Court entered on the 14th day of October, 2009, in the above styled action, in the above styled case, the principal sum of \$39,977.13, together with interest, costs and fees, I shall proceed to offer for sale at the Old Floyd County Courthouse Door, South Central Avenue, Prestonsburg, Kentucky, (behind the new Floyd County Justice Center) to the highest bidder, at public auction on Thursday, the 19th day of November, 2009 at the hour of 10:00 a.m., the following described real estate lying in Floyd County, Kentucky, and more particularly described as follows:

A certain tract or parcel of land located on Big Sandy River in the Mayo Subdivision in Floyd County, Kentucky, and being more particularly bounded and described as follows: Being Lots No. 138, 139, 170, 171, 137, 169 as shown by the plat of said subdivision filed in the office of the Clerk of the Floyd County Court, Prestonsburg, Kentucky.

Being the same property conveyed to Deborah Stumbo Woods, unmarried, by deed dated October 1, 1998, and recorded in Deed Book 427, Page 482, in the Floyd County Court Clerk's Office.

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COMMONWEALTH OF KENTUCKY FLOYD CIRCUIT COURT DIVISION C.A. NO. 08-CI-604 U.S. BANK, NATIONAL ASSOCIATION N.D. PLAINTIFF

VS. DEBORAH STUMBO WOODS aka DEBBIE S. WOODS FLOYD COUNTY, KENTUCKY DEFENDANT NOTICE OF COMMISSIONER'S SALE

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A certain tract or parcel of land located on Big Sandy River in the Mayo Subdivision in Floyd County, Kentucky, and being more particularly bounded and described as follows: Being Lots No. 138, 139, 170, 171, 137, 169 as shown by the plat of said subdivision filed in the office of the Clerk of the Floyd County Court, Prestonsburg, Kentucky.

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Nationwide Is On Your Side. Kimber McGuire, 303 University Drive, Prestonsburg, Ky. (606) 886-9008. Nationwide Mutual Insurance Company and Affiliated Companies. Home Office: One Nationwide Plaza, Columbus, OH 43215-2220. Nationwide is a registered service mark of Nationwide Mutual Insurance Company.

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HIGHLANDS HEALTH SYSTEM

Highlands, a growing premier healthcare facility in Prestonsburg, is currently recruiting for Radiology Technologist - Full-Time. Highlands Staffing

Highlands Staffing has an opening in the Radiology Center for a Radiology Technologist. This position coordinates the daily office operations of the Radiology Center and will be responsible for Radiologic Technologists, as well as site coordinator activities. They also perform radiographic and fluoroscopic duties that require the employee to work independently within established department standards. They will be responsible for conducting CT scans and X-rays within equivalent Radiology Center.

Preferred candidates will have an high school diploma or G.E.D. equivalent, and be a graduate of a Committee of Allied Health Education and Accreditation (AMHA) Accredited Radiology Program. They will possess a Certificate by the American Society of Radiologic Technologists, and a "General Certificate" as a certified radiation operator from the Kentucky Department of Human Resources. Three to five years of general radiography and CT experience is preferred. As is the ability to effectively work in a multi-task environment.

Interested applicants may apply to the Human Resources Department Highlands Regional Medical Center, 5000 Kentucky Route 321, Prestonsburg, KY 41653 (606) 886-7347 or E-mail: tclark@hrmc.org

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COMMONWEALTH OF KENTUCKY FLOYD CIRCUIT COURT DIVISION C.A. NO. 08-CI-604 U.S. BANK, NATIONAL ASSOCIATION N.D. PLAINTIFF

VS. DEBORAH STUMBO WOODS aka DEBBIE S. WOODS FLOYD COUNTY, KENTUCKY DEFENDANT NOTICE OF COMMISSIONER'S SALE

BY VIRTUE OF Final Judgment and Order of Sale referring to Master Commissioner of the Floyd Circuit Court entered on the 14th day of October, 2009, in the above styled action, in the above styled case, the principal sum of \$39,977.13, together with interest, costs and fees, I shall proceed to offer for sale at the Old Floyd County Courthouse Door, South Central Avenue, Prestonsburg, Kentucky, (behind the new Floyd County Justice Center) to the highest bidder, at public auction on Thursday, the 19th day of November, 2009 at the hour of 10:00 a.m., the following described real estate lying in Floyd County, Kentucky, and more particularly described as follows:

A certain tract or parcel of land located on Big Sandy River in the Mayo Subdivision in Floyd County, Kentucky, and being more particularly bounded and described as follows: Being Lots No. 138, 139, 170, 171, 137, 169 as shown by the plat of said subdivision filed in the office of the Clerk of the Floyd County Court, Prestonsburg, Kentucky.

Being the same property conveyed to Deborah Stumbo Woods, unmarried, by deed dated October 1, 1998, and recorded in Deed Book 427, Page 482, in the Floyd County Court Clerk's Office.

TERMS OF SALE (a) At the time of sale, the successful bidder, if the other than the Plaintiff, shall either pay cash or 10% of purchase price, with the balance on credit for thirty (30) days, and required to execute a bond with good surety thereon for the unpaid purchase price of said property, if any, bearing interest at the rate of twelve percent (12%) per annum from the date of sale until paid, having the force and effect of a judgment.

(b) The property shall be sold subject to any easements and restrictions of record in the Floyd County Clerk's Office and such right of redemption as may exist in favor of the United States of America and/or the record owners thereof.

(c) The purchaser shall be required to assume and pay all Floyd County, Kentucky, real property taxes for the year 2009, and all subsequent years which are not yet due and payable. Any and all delinquent Floyd County, Kentucky, real estate taxes will be paid from the sale proceeds. (d) In the event the Plaintiff is the purchaser of the above described property for an amount equal to, or less than, its first lien, it shall take a credit against said lien for the amount of the bid and no bond shall be required of the Plaintiff, and it shall only be obligated to pay court costs, the fees and costs of the Master Commissioner and any real estate taxes assessed against the real estate. Any announcements made on date of sale takes precedence over printed matter contained herein. Hon. William S. Kendrick, Master Commissioner

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HIGHLANDS HEALTH SYSTEM

Highlands, a growing premier healthcare facility in Prestonsburg, is currently recruiting for Radiology Technologist - Full-Time. Highlands Staffing

Highlands Staffing has an opening in the Radiology Center for a Radiology Technologist. This position coordinates the daily office operations of the Radiology Center and will be responsible for Radiologic Technologists, as well as site coordinator activities. They also perform radiographic and fluoroscopic duties that require the employee to work independently within established department standards. They will be responsible for conducting CT scans and X-rays within equivalent Radiology Center.

Preferred candidates will have an high school diploma or G.E.D. equivalent, and be a graduate of a Committee of Allied Health Education and Accreditation (AMHA) Accredited Radiology Program. They will possess a Certificate by the American Society of Radiologic Technologists, and a "General Certificate" as a certified radiation operator from the Kentucky Department of Human Resources. Three to five years of general radiography and CT experience is preferred. As is the ability to effectively work in a multi-task environment.

Interested applicants may apply to the Human Resources Department Highlands Regional Medical Center, 5000 Kentucky Route 321, Prestonsburg, KY 41653 (606) 886-7347 or E-mail: tclark@hrmc.org

Highlands is an equal opportunity employer.

COMMONWEALTH OF KENTUCKY FLOYD CIRCUIT COURT DIVISION C.A. NO. 08-CI-604 U.S. BANK, NATIONAL ASSOCIATION N.D. PLAINTIFF

VS. DEBORAH STUMBO WOODS aka DEBBIE S. WOODS FLOYD COUNTY, KENTUCKY DEFENDANT NOTICE OF COMMISSIONER'S SALE

BY VIRTUE OF Final Judgment and Order of Sale referring to Master Commissioner of the Floyd Circuit Court entered on the 14th day of October, 2009, in the above styled action, in the above styled case, the principal sum of \$39,977.13, together with interest, costs and fees, I shall proceed to offer for sale at the Old Floyd County Courthouse Door, South Central Avenue, Prestonsburg, Kentucky, (behind the new Floyd County Justice Center) to the highest bidder, at public auction on Thursday, the 19th day of November, 2009 at the hour of 10:00 a.m., the following described real estate lying in Floyd County, Kentucky, and more particularly described as follows:

A certain tract or parcel of land located on Big Sandy River in the Mayo Subdivision in Floyd County, Kentucky, and being more particularly bounded and described as follows: Being Lots No. 138, 139, 170, 171, 137, 169 as shown by the plat of said subdivision filed in the office of the Clerk of the Floyd County Court, Prestonsburg, Kentucky.

Being the same property conveyed to Deborah Stumbo Woods, unmarried, by deed dated October 1, 1998, and recorded in Deed Book 427, Page 482, in the Floyd County Court Clerk's Office.

TERMS OF SALE (a) At the time of sale, the successful bidder, if the other than the Plaintiff, shall either pay cash or 10% of purchase price, with the balance on credit for thirty (30) days, and required to execute a bond with good surety thereon for the unpaid purchase price of said property, if any, bearing interest at the rate of twelve percent (12%) per annum from the date of sale until paid, having the force and effect of a judgment.

(b) The property shall be sold subject to any easements and restrictions of record in the Floyd County Clerk's Office and such right of redemption as may exist

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LEGAL NOTICE
C.V. Reynolds, Attorney at Law, 112 West Court Street, Suite 100, Prestonsburg, Kentucky, has been appointed Warning Order Attorney by the Floyd Circuit Court to notify the Unknown Heirs of Tamara King of the nature and pendency of a certain lawsuit, filed on or about October 23, 2009, in which the Unknown Heirs of Tamara King were named as a Respondent. Said suit has been filed in Division Number II of the Floyd Circuit Court, and is represented by Civil Action No. 09-CI-01124. The basis of the suit is a Petition for Partition of Real Property.
The Unknown Heirs of Tamara King shall have fifty (50) days from the date of the Warning Order to file an Answer with the Floyd Circuit Court Clerk, if he/she desires to do so. If he/she does not appear in the suit and defend it, a Judgment will be entered at the discretion of the court.
Anyone having information concerning the Unknown Heirs of Tamara King, please contact Hon. C.V. Reynolds at (606) 886-1020.
C.V. Reynolds
Miranda D. Click
Attorneys at Law
C.V. Reynolds Law Offices, P.S.C.
112 West Court Street
Suite 100
Prestonsburg, Kentucky 41653

LEGAL NOTICE
Geoffrey D. Marsh, Attorney at Law, 112 West Court Street, Suite 100, Prestonsburg, Kentucky, has been appointed Warning Order Attorney by the Floyd Circuit Court to notify Unknown Defendant, Spouse of William A. Collins, of the nature and pendency of a certain lawsuit, filed on or about October 27, 2009, in which the Spouse of William A. Collins was named as a Defendant. Said suit has been filed in Division Number I of the Floyd Circuit Court, and is represented by Civil Action Number 09-CI-01133. The basis of the suit is a Complaint against the Defendant for a debt collection.
Unknown Defendant, Spouse of William A. Collins, shall have fifty (50) days from the date of the Warning Order, which was filed on October 27, 2009, to file an Answer with the Floyd Circuit Court Clerk, if he/she desires to do so. If he/she does not appear in the suit and defend it, a Judgment will be entered at the discretion of the Court.
Anyone having information concerning Unknown Defendant, Spouse of William A. Collins, please contact Hon. Geoffrey D. Marsh, at (606) 886-1020.
Geoffrey D. Marsh
Attorney at Law
112 West Court Street
Suite 100
Prestonsburg, Kentucky 41653

LEGAL NOTICE
C.V. Reynolds, Attorney at Law, 112 West Court Street, Suite 100, Prestonsburg, Kentucky, has been appointed Warning Order Attorney by the Floyd Circuit Court to notify the Unknown Spouse of Valerie King of the nature and pendency of a certain lawsuit, filed on or about October 23, 2009, in which the Unknown Spouse of Valerie King was named as a Respondent. Said suit has been filed in Division Number II of the Floyd Circuit Court and is represented by Civil Action No. 09-CI-01124. The basis of the suit is a Petition for Partition of Real Property.
The Unknown Spouse of Valerie King shall have fifty (50) days from the date of the Warning Order to file an Answer with the Floyd Circuit Court Clerk, if he desires to do so. If he does not appear in the suit and defend it, a Judgment will be entered at the discretion of the court.
Anyone having information concerning the Unknown Spouse of Valerie King, please contact Hon. C.V. Reynolds at (606) 886-1020.
C.V. Reynolds
Miranda D. Click
Attorneys at Law
C.V. Reynolds Law Offices, P.S.C.
112 West Court Street
Suite 100
Prestonsburg, Kentucky 41653

COMMONWEALTH OF KENTUCKY FLOYD CIRCUIT COURT DIVISION I
C.A. NO. 08-CI-1050
BRANCH BANKING & TRUST COMPANY PLAINTIFF VS. PAMELA JOYCE SEXTON and RICHARD SEXTON, ET AL DEFENDANTS
NOTICE OF COMMISSIONER'S SALE

BY VIRTUE OF Final In Rem Judgment and Order of Sale referring to Master Commissioner of the Floyd Circuit Court entered on the 28th day of August, 2009, in the Floyd Circuit Court, in the above styled action, in the principal sum of \$2,337.37, together with interest, costs and fees, I shall proceed to offer for sale at the Old Floyd County Courthouse Door, South Central Avenue, Prestonsburg, Kentucky, (behind the new Floyd County Justice Center) to the highest bidder, at public auction on Thursday, the 12th day of November, 2009 at the hour of 9:30 a.m., the following described real estate lying in Floyd County, Kentucky, and more particularly described as follows:
A certain tract or parcel of land lying and situated on Abbott Creek in Floyd County, Kentucky. Beginning at a stake in the center of Conley Fork Creek where a permanent drain empties into creek; thence running up hill in a westerly direction a distance of 210 feet to a steel marker; thence in a southerly direction a distance of 210 feet to a steel marker; thence a easterly direction of 210 feet to Conley Fork Creek to a steel marker; thence running a northerly direction with said creek a distance of 210 feet to the point of beginning so as to include all property contained therein. The minerals, oils and gases in, on and under said land have been excepted herefrom and the same is not hereby conveyed.
Being the same property conveyed to Pamela Joyce Sexton and Richard Sexton by Deed dated June 19, 1996 and recorded in Deed Book 359, Page 618, in the Office of the Clerk of County Court of Floyd County, Kentucky.
TERMS OF SALE
(a) At the time of sale, the successful bidder, if the other than the Defendant/Cross-Claimant, shall either pay cash or 10% of purchase price, with the balance on credit for thirty (30) days, and required to execute a bond with good surety thereon for the unpaid purchase price of said property, if any, bearing interest at the rate of twelve percent (12%) per annum from the date of sale until paid, having the force and effect of a Judgment.
(b) The property shall be sold subject to any easements and restrictions of record in the Floyd County Clerk's Office and such right of redemption as may exist in favor of the United States of America and/or the record owners thereof.
(c) The purchaser shall be required to assume and pay all Floyd County, Kentucky, real property taxes for the year 2008, and all subsequent years which are not yet due and payable. Any and all delinquent Floyd County, Kentucky, real estate taxes will be paid from the sale proceeds.
(d) In the event the Defendant/Cross-Claimant is the purchaser of the above described property for an amount equal to, or less than, its first lien, it shall take a credit against said lien for the amount of the bid and no bond shall be required of the Defendant/Cross-Claimant, and it shall only be obligated to pay court costs, the fees and costs of the Master Commissioner and any real estate taxes assessed against the real estate.
Any announcements made on date of sale takes precedence over printed matter contained herein.
Hon. William S. Kendrick, Master Commissioner

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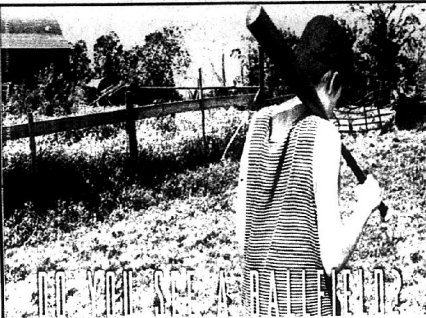
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General requirements for this position are a High School diploma or equivalent, at least three years office experience, including basic computer skills, ability to work with confidential information, and work well with the public. Applicants must have a valid Kentucky Driver's License. Pay commensurate with experience. Applications will be accepted at the Housing Choice Voucher Program office at: 36 Blaine Hall Street, Apt. 37, Prestonsburg, KY, between the hours of 8:30 a.m. to 3:30 p.m., Monday, Tuesday, Thursday, and Friday, Wednesday, 8:30 a.m. to 12:00 p.m.
The Floyd County and Prestonsburg Housing Authorities are an equal opportunity employer.



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COMMONWEALTH OF KENTUCKY FLOYD CIRCUIT COURT DIVISION II C.A. NO. 09-CI-627 FIRST COMMONWEALTH BANK OF PRESTONSBURG, INC. PLAINTIFF VS. DAVID M. STUMBO, ET DEFENDANTS NOTICE OF COMMISSIONER'S SALE

BY VIRTUE OF Default Judgment and Order of Sale referring to Master Commissioner of the Floyd Circuit Court entered on the 1st day of October, 2009, in the Floyd Circuit Court, in the above styled action, in the principal sum of \$64,250.81, together with interest, costs and fees, I shall proceed to offer for sale at the Old Floyd County Courthouse Door, South Central Avenue, Prestonsburg, Kentucky, (behind the new Floyd County Justice Center) to the highest bidder, at public auction on Thursday, the 19th day of November, 2009 at the hour of 9:15 a.m., the following described real estate lying in Floyd County, Kentucky, and more particularly described as follows:

A certain tract or parcel of land located and lying on Route 777 in Floyd County, Kentucky and more particularly described as follows:

Beginning at the corner of Route 777 and the property belonging to Willie Duff running along the property line of Willie Duff to the top of the hill; thence along the ridge line to the property belonging to Sharon Moore; thence along property line of Sharon Moore to Route 777; thence along Route 777 back to the point of beginning.

Being the same property originally conveyed to David Stumbo and Michelle Stumbo from Kelly D. Chaffin and Angela Chaffin by deed dated September 23, 1997, and of record in Deed Book 411, Page 423 and being the same property conveyed to mortgagee from Michelle L. Stumbo Sammons, single, by deed dated February 11, 2008, and of record in Deed Book 544, Page 371, in the office of the Floyd County Clerk.

TERMS OF SALE

(a) At the time of sale, the successful bidder, if the other than the Plaintiff, shall either pay cash or 10% of purchase price, with the balance on credit for thirty (30) days, and required to execute a bond with good surety thereon for the unpaid purchase price of said property, if any, bearing interest at the rate of twelve percent (12%) per annum from the date of sale until paid, having the force and effect of a Judgment.

(b) The property shall be sold subject to any easements and restrictions of record in the Floyd County Clerk's Office and such right of redemption as may exist in favor of the United States of America and/or the record owners thereof.

(c) The purchaser shall be required to assume and pay all Floyd County, Kentucky, real property taxes for the year 2010, and all subsequent years which are not yet due and payable. Any and all delinquent Floyd County, Kentucky, real estate taxes will be paid from the sale proceeds.

(d) In the event the Plaintiff is the purchaser of the above described property for an amount equal to, or less than, its first lien, it shall take a credit against said lien for the amount of the bid and no bond shall be required of the Plaintiff, and it shall only be obligated to pay court costs, the fees and costs of the Master Commissioner and any real estate taxes assessed against the real estate.

Any announcements made on date of sale takes precedence over printed matter contained herein.
Hon. William S. Kendrick, Master Commissioner

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COMMONWEALTH OF KENTUCKY FLOYD CIRCUIT COURT DIVISION II C.A. NO. 09-CI-760 SUNTRUST MORTGAGE INC. PLAINTIFF VS. DOUGLAS HOFFMASTER SUSAN HOFFMASTER DEFENDANTS NOTICE OF COMMISSIONER'S SALE

BY VIRTUE OF Final Judgment and Order of Sale referring to Master Commissioner of the Floyd Circuit Court entered on the 12th day of October, 2009, in the Floyd Circuit Court, in the above styled action, in the principal sum of \$166,825, together with interest, costs and fees, I shall proceed to offer for sale at the Old Floyd County Courthouse Door, South Central Avenue, Prestonsburg, Kentucky, (behind the new Floyd County Justice Center) to the highest bidder, at public auction on Thursday, the 19th day of November, 2009 at the hour of 9:45 a.m., the following described real estate lying in Floyd County, Kentucky, and more particularly described as follows:

Property Address: 1054 Shop Branch, Printer, KY 41655
Beginning at a stake running 240' feet across meadow with the Frank Martin property line then making a 90° turn running East 236' feet to a stake, then making another 90° turn 240' feet to a stake. Then making another 90° turn 236' feet to the beginning of said lot of Frank Martin property.

This lot also takes in the old county road which is about 12 feet wide and 240 feet long. Facing the Frank Martin Property.

Being the same property conveyed to Douglas Hoffmaster and Susan Hoffmaster, husband and wife, from Charles E. Meade and Jackie M. Meade, husband and wife, by deed dated October 6, 2006, recorded October 23, 2006, in Deed Book 529, Page 288, Floyd County Clerk's Records, and being known as 1054 Shop Branch, Printer, Kentucky 41655.

TERMS OF SALE

(a) At the time of sale, the successful bidder, if the other than the Plaintiff, shall either pay cash or 10% of purchase price, with the balance on credit for thirty (30) days, and required to execute a bond with good surety thereon for the unpaid purchase price of said property, if any, bearing interest at the rate of twelve percent (12%) per annum from the date of sale until paid, having the force and effect of a Judgment.

(b) The property shall be sold subject to any easements and restrictions of record in the Floyd County Clerk's Office and such right of redemption as may exist in favor of the United States of America and/or the record owners thereof.

(c) The purchaser shall be required to assume and pay all Floyd County, Kentucky, real property taxes for the year 2009, and all subsequent years which are not yet due and payable. Any and all delinquent Floyd County, Kentucky, real estate taxes will be paid from the sale proceeds.

(d) In the event the Plaintiff is the purchaser of the above described property for an amount equal to, or less than, its first lien, it shall take a credit against said lien for the amount of the bid and no bond shall be required of the Plaintiff, and it shall only be obligated to pay court costs, the fees and costs of the Master Commissioner and any real estate taxes assessed against the real estate.

Any announcements made on date of sale takes precedence over printed matter contained herein.
Hon. William S. Kendrick, Master Commissioner



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| R6486 | \$115.99 | \$89.98 |
| R6114 | \$116.99 | \$89.98 |
| R5685 | \$141.99 | \$109.98 |
| R6331 | \$149.99 | \$119.98 |
| R6223 | \$151.99 | \$119.98 |
| R6468 | \$154.98 | \$129.98 |
| R6151 | \$161.99 | \$129.98 |
| R6160 | \$179.96 | \$139.98 |
| R6366 | \$229.98 | \$189.98 |



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| 2x6 | \$2.77 | \$3.47 | \$4.37 | \$4.87 | \$5.47 |
| 2x8 | \$4.96 | \$6.36 | \$6.76 | \$8.36 | |
| 2x10 | \$8.15 | \$10.55 | \$10.95 | \$12.65 | |

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- Clay D-5 Dutchlap.....Per Sq. \$44.98
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- 3-Gallon Gott Cooler.....\$19.99

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- 6 Foot Fiberglass 300 Pd.....\$64.98
- 8 Foot Fiberglass 250 Pd.....\$89.98
- 8 Foot Fiberglass 300 Pd.....\$99.98
- 10 Foot Fiberglass 300 Pd.....\$169.98

YESTERDAYS

Items taken from The Floyd County Times,
 20, 30, 40, 50, 60, 70 years ago. page B3

INSIDESTUFF

■ Community Calendar • page B2
 ■ Wedding • page B4

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EVERYBODY'S SCIENCE

Saving time — at the expense of children's health

by SANDY MILLER HAYS
 AGRICULTURAL RESEARCH SERVICE

I'll be the first to admit it: When it comes to eating, it's impossible to be good all the time.

My husband and I eat less fast food than probably anyone in America, but whenever I have to run to the bank during a workday lunch break, I do let myself swing through the drive-through at the fast-food joint across the street and grab a treat: small hamburger, small fries, small soda.

It's so tasty that yes, I could happily eat it every day -- but I limit myself to no more than once a month. But then, I don't have a 5-year-old in a car seat, shrieking like a banshee at the mere sight of the fast-food emporium.

For those of you who do have that 5-year-old, be it a child, grandchild, niece or nephew, what do you need to know about the fast food your youngster is about to gobble? Are those "combo meals" for kids -- often baited with a toy -- ever really healthy for your children?

In some cases, yes. And that's not just my opinion, that's the word from a pediatrician at the Children's Nutrition Research Center at Baylor College of Medicine in Houston, Texas. The Agricultural Research Service (ARS) funds the center in cooperation with the college and Texas Children's Hospital.

The pediatrician and three other researchers teamed up to scrutinize the nutritional quality of fast-food kids' meals, focusing on food served at 10 regional or national fast-food chains in Houston.

We might as well start with the bad news: The team found that just 3 percent of the kids' meals offered at those eateries met seven key standards set by the National School Lunch Program for meals intended for children in kindergarten through third grade.

The "best-choice" meals were the ones that offered a deli-style sandwich -- perhaps turkey, ham, roast beef or tuna -- plus a fruit or vegetable slice and raisins, and low-fat milk as the beverage. Another good choice was a plain hamburger, fruit and low-fat milk.

The team says those meals met or exceeded the School Lunch Program minimums for protein, vitamins A and C, and iron and calcium, and didn't exceed the maximum recommended levels for total fat or saturated fat.

But "deli-style" was no guarantee of nutritional goodness. One deli-sandwich combo flunked because of its mayonnaise plus oil splashed on to add flavor (which pushed the meal over the limit on fat), and its beverage of juice, tea or soda instead of milk (which left the meal too low in calcium).

More than 65 percent of the meals that "flunked" had too much fat. And 75 percent had too little calcium, 82 percent had too little iron, and 85 percent had too little vitamin A.

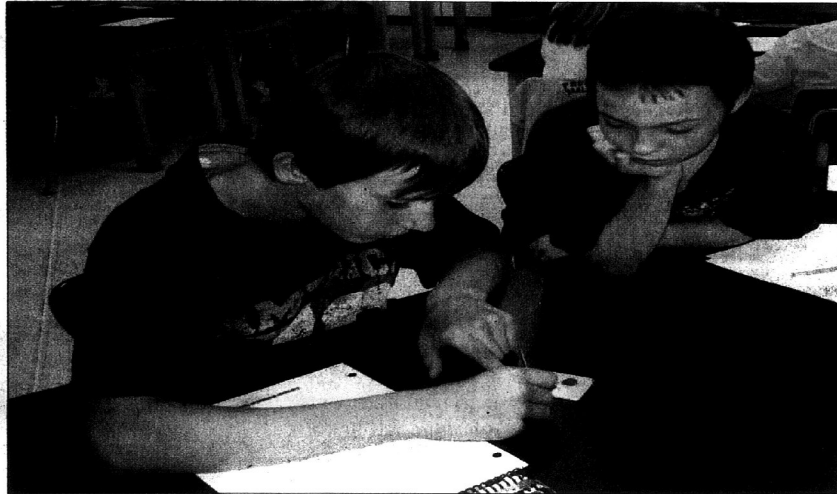
Another way to grade the combo meals is by "dietary energy density" -- the number of calories divided by the serving's weight in grams. Several leading entities, such as the World Health Organization and an Expert Committee convened by the American Medical Association, recommend restricting children's consumption of energy-dense foods as a way to prevent and treat childhood obesity.

Here's the bad news on that front: The average energy density of the fast-food meals that did not meet the School Lunch standards was 2.3 calories per gram, compared to only 1.5 calories per gram for those that did meet the standards.

Did you know that more than 16 percent of children and adolescents in the U.S. are overweight? This means that over the past two decades, the estimated incidence of overweight among children has doubled, and it's tripled among adolescents.

One factor that could be contributing significantly to this problem: the

(See SCIENCE, page four)



Braxton Howell, left, and Keagan Clark, right, examine "blood samples" as part of a crime scene investigation at Betsy Layne Elementary.

CSI: BETSY LAYNE

Students learn the science behind investigations

by JARRID DEATON
 FEATURES WRITER

Students at Betsy Layne Elementary recently got the chance to participate in activities related to crime scene investigations, including many of the techniques made popular by various television shows like "C.S.I." and other police procedure programs.

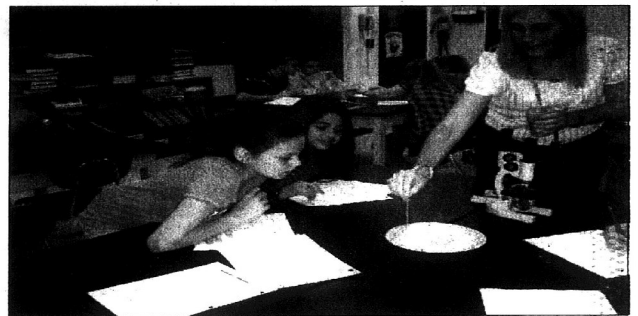
Shannon Arts, from the East Kentucky Science Center, visited seventh-grade students at the school last month to demonstrate some of the things that crime scene investigators focus on and the tools they utilize, and the students were then able to perform the tasks on their own as part of a special "crime scene" designed to allow the students to use their newly acquired investigative skills.

The students were shown how to examine and interpret blood typing, how to read fingerprints, how to perform chromatography, which separates various components from a mixture, and how to analyze powders, hairs, and fibers found at a crime scene.

After practicing these skills, the students then used the techniques to analyze the "crime scene" and figure out the culprit who was responsible for the incident.

The crime scene investigation lasted for two days and was part of the science class's study of genetics and DNA.

"It was lots of fun for the kids," said Tammy Meade, teacher at Betsy Layne Elementary.



Betsy Layne Elementary students Ashley Blevins and Veronica McNeil participated in a crime scene investigation at the school last month.

Inhaled steroids most effective asthma treatment

LEXINGTON — Children who have been prescribed steroidal inhalers to control asthma symptoms should continue to use them, despite questions raised by a medical study concerning their long-term benefits.

The study, published in the New England Journal of Medicine in 2006, found strong evidence that steroidal inhalers effectively control symptoms in toddlers at high risk for chronic asthma. However, the study found, the treatment did not ultimately prevent children from developing the disease.

"Most experts agree inhaled steroids are the most effective treatment for chronic asthma," said Dr. Jamshed F. Kanga, a pediatric pulmonologist at Kentucky Children's Hospital and professor of pediatrics and chief of pediatric pulmonology in the University of Kentucky College of Medicine. "The question we don't yet know the answer to is whether treatment for a long period of time will result in the disease being cured."

Kanga says diagnosing asthma in young children can be difficult because symptoms are often very similar to those of viral infection. However, if the symptoms become more chronic and persistent, then a diagnosis of asthma should be considered.

Once a diagnosis of asthma is made, Kanga says, the symptoms need to be controlled and treated to prevent damage to the airway. Asthma medication falls into two groups: rescue or reliever medication and controller medication.

Rescue medication is a temporary treatment and does not address

inflammation in the airways. These medications are taken at the first sign of asthma symptoms, such as wheezing. Rescue medications work quickly to relax muscles surrounding the airways, making it easier to breathe almost immediately. If needed, rescue medications are sometimes taken before exercise to help prevent asthma symptoms. The most common rescue medication is albuterol, which is sold under many brand names.

The second type of medication, controller medication, addresses inflammation in the airways. These medications are used every day in an

Diagnosing asthma

(See ASTHMA, page four)

Community Calendar

Calendar items will be printed as space permits

Editor's note: To announce your community event, you may hand-deliver your item to The Floyd County Times office, located at 263 S. Central Avenue, Prestonsburg; or mail to: The Floyd County Times, P.O. Box 390, Prestonsburg, KY 41653; or fax to 606-886-3603; or email to: features@floydcountytimes.com. Information will not be taken over the telephone. All items will be placed on a first-come, first-serve basis as space permits.

Riverview Health Care Fall Festival, Nov. 13
Riverview Health Care Fall Festival has been rescheduled to November 13, from 6-8 p.m. Costume Contests for Kids, Cake Walk, Duck Pond, and other Games and Concessions.

Jenny Wiley 3528, AARP to meet Tuesday evening
Jenny Wiley Chapter No. 3528, AARP, will meet this coming Tuesday, November 17, at the First Presbyterian Church at 5:30 p.m.

Bonnie Hale, of the Floyd County Health Department, will present a program on Diabetes Prevention and Treatment.
The Chapter is also collecting used eye glasses for distribution overseas, and unused Christmas cards (with or without envelopes) to be written to nursing home residents. Please bring yours.

Christmas Bazaar
Prestonsburg Woman's Club will sponsor a Christmas Bazaar, Saturday, November 21, starting at 10 a.m. thru 2 p.m., at the Archer Park Clubhouse.

There will be crafts, baked goods and chili luncheon. Eat in or take out. For more information, please call: 606-886-9364 or 886-0983. Look forward to seeing you there.

Invitation to a Christmas Open House, November 24
You're invited to a Christmas Open House, on Tuesday, November 24, from noon-6 p.m., at the Prestonsburg Convention & Visitors Bureau, (Old Post Office Building). Presented by Prestonsburg Tourism, Floyd County Chamber, Prestonsburg City Landscaping. There will be Sweets, Door Prizes, Unique Shopping, and Wreath Give-A-Way.

Middle Creek Fire Department and Ladies Auxiliary Annual Christmas Project is set
The Middle Creek Volunteer Fire Department and Ladies Auxiliary Annual Christmas Project will be held December 2nd, 4th, 5th, 9th, 10th and 11th, from 9 a.m. until 6 p.m. We will be giving out clothes for all ages, household items, toys, etc. Santa will be joining us all the way from the North Pole on Saturday, December 2, from 12 noon until 2 p.m. We will have lots of gifts and

goodies, so be sure and join us for another opportunity to tell Santa your Christmas wishes! All activities will be at Middle Creek Volunteer Fire Department, Station No. 1, on Chestnut Grove, off of Rt. 114. For more information, call (606) 886-9097 or Deani Faye Holbrook at: 886-8481 or cell phone: 226-3525.

Prestonsburg High School Classes of 1931-1949 Reunion

When: Saturday, November 14
Where: Jenny Wiley State Park Lodge
Gathering time: Beginning at 9 a.m. Sit a spell, reminisce, story telling, visit, enjoy a game of Rook, share family photos and/or photos of yesterday or interesting travel experiences, etc. At noon, enjoy May Lodge's fabulous lunch buffet in our own dining area. After lunch, stay awhile longer. We have until 3 p.m. to enjoy each other's company. This is a casual event and everyone is welcome to attend. For more information, contact John & Ruth Arnett, 2220 Turkey Foot Road, Wheelersburg, Ohio 45694, Phone: 740-574-1134 or email: ruffandjohn1993@yahoo.com

Become a Volunteer with Victim Services Program
You are more likely to be hurt by someone whom you know rather than be assaulted on Kentucky's streets by a total stranger. Learn to assist victims of sexual assault, child abuse and domestic violence by becoming a Volunteer with Victim Services Program. Call today to receive an application for our free training program.
Call the Volunteer Coordinator at (606) 886-4323 for further information or to request an application. (The Victim Services Program is a program of Mountain Comprehensive Care Center.)

The Auxiler Center Fall Class Schedule
Classes begin week of September 14, 2009.

Basic Computer Class
Mondays, 9 a.m.-noon—5 to 6 weeks
Instructor: Gordon Scott
Thursdays, 9 a.m.-11 a.m.—5 to 6 weeks
Instructor: Dan Bell
Thursdays, 5 p.m.-8 p.m.—5 to 6 weeks
Instructor: Jerry Hatfield

The Hidden Secrets of Windows
Computer class, Mondays, 6 p.m.-8 p.m.—5 to 6 weeks
Instructor: Frank Richter
(Windows class requires students bring a IGB jump/thumb drive)
All Computer Classes Cost \$30 non-refundable.
*One computer per family—students must meet income guidelines and not have a computer of their own.
Quilting Class
Mondays, 5:30 p.m.-8:30 p.m.—8 weeks
Instructor: Nancy Froschauer
Cost: \$20
Sewing Class
Mondays, 10 a.m.-1 p.m.—8 weeks
Thursdays, 5:30-8:30

p.m.—8 weeks
Instructor: Donna Woods
Cost: \$20

OutPatient Drug Treatment Program and Education
Narcomon warns parents that abuse of addictive pharmaceutical drugs with youth is on the rise with deadly consequences. Learn the signs of drug abuse. Call Narcomon for a free brochure on the signs of addiction for all drugs. 877-379-0208.
www.drugsno.com

Duff Kindergarten Registration
Kindergarten registration will be every Wednesday, from 9:00-12:00 at James A. Duff Elementary. Call the school at 358-9420 or 358-9878 for the required items necessary for kindergarten registration.

Higher education begins here
The Kentucky Adult Education Learning for Life program offers GED, Adult Learning, Tutoring and College Preparation classes. These classes are managed by

Big Sandy Community & Technical College. All classes are free to anyone 16 years old or older.

Along with GED preparation, we offer adult learning, tutoring and college preparation for people who have high school diplomas or GED equivalent who want to continue their education. The (GED) classes are offered at various locations throughout Floyd County five days a week, from 8 a.m.-4:30 p.m. Evening classes are also available from 5-8 p.m. at some locations. There are no registration fees; all classes and materials are free.

For more information about the times and locations of these classes, call 606-886-7397, between 8 a.m. and 4:30 p.m., Monday through Friday. Information about home study for your GED is also available. Please call today, our instructors are waiting to assist you!

Reunion/Memorial to be held in 2010
Old House Hollow, "Bristle Buck", East McDowell, to be held in 2010. For information, send a post card to 47 Frasure

Creek Road, McDowell, KY 41647.
or e-mail: patricia 466@hotmail.com; also Post Card, P.O. Box 431, McDowell, KY 41647.

Auxiler Community Center
Free GED classes, Monday, Tuesday and Wednesday, from 10 a.m.-12.

Autistic Children Support Group plans monthly meeting
Support group for Guardians of Autistic Children will meet the first Thursday of every month at the Haven of Rest, 1601 Airport Road, Inez. Call 606-298-0520 for information.

Free Bible Lessons
Write to: Bible Way Outreach Ministry, P.O. Box 3371, Kingsport, TN 37664. Lessons completely free of charge to all interested.

Have an 'Out of this World' birthday party!
The East Kentucky Science Center is now offering a fun and distinctive party venue for

kids of all ages. The Birthday Party package includes rental of a classroom and admission to exhibits and planetarium programs. Must be booked two weeks in advance; limit 40 guests. Call 889-8260 for more information.

Home Help With Home Repairs?
The Auxiler Lifetime Learning Center can help! We are now taking applications for home repairs. If you, or someone you know, are low income and need help with repairs on your home, please call 606-886-0709 for your application, or stop by our office at 21 South River Street, Auxiler. Office Hours: Monday-Friday, 8-4.

Democratic Woman's Club meets at May Lodge
The Floyd County Democratic Woman's Club meets the second Monday of each month at 6:00 p.m., at the May Lodge, Jenny Wiley State Park.

(See CALENDAR, page four)

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| '08 GMC Ext. Cab: was \$20,995 now \$17,775 | '08 Ford Edge: was \$19,995 now \$17,850 | '08 VW Jetta: was \$14,550 was \$245 |
| '08 Ford Focus: was \$15,995 now \$12,550 | '06 Chevy Silverado: was \$17,995 now \$15,450 | '08 Dodge Charger: was \$18,995 now \$15,880 |
| '07 Scion TC: was \$12,750 \$219 | '03 Acura TL: was \$13,995 now \$10,950 | '08 Nissan Maxima: was \$21,995 now \$18,950 |
| '07 Cadillac CTS: was \$21,995 now \$18,850 | '08 Pont. Gr. Prix: was \$14,995 now \$11,650 | '07 Chevy Colorado: was \$13,995 now \$10,975 |

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|---|---|--|---|---|
| '06 Kawasaki Mule: was \$8,995 now \$7,995 | '03 Yamaha R6: was \$6,995 now \$3,995 | '01 Big Dog Wolf: was \$1,995 now \$9,950 | '06 Bombardier Outlander: was \$6,995 now \$4,995 | '05 Yamaha Grizzly 4x4: was \$5,995 now \$4,995 |
| '03 Mits. Eclipse: was \$9,995 now \$7,995 | '99 Ford Mustang: was \$5,995 now \$3,995 | '02 Pont. Grand Prix: was \$5,995 now \$3,995 | '99 Mercury Villager: was \$6,995 now \$4,995 | '01 Chevy Impala: was \$5,995 now \$3,995 |
| '00 Ford Ranger: was \$5,995 now \$3,995 | '98 Niss. Frontier: was \$5,995 now \$3,995 | '04 Toyota Tacoma: was \$11,995 now \$9,995 | '95 Toyota Corolla: was \$5,995 now \$3,995 | '00 Ford Mustang: was \$6,995 now \$4,950 |
| '03 Hyundai Sonata: was \$8,995 now \$6,995 | '04 Ford Ranger: was \$10,995 now \$8,995 | '03 Chevy S10 Ext. Cab: was \$10,995 now \$6,995 | '02 Ford Ranger: was \$6,995 now \$4,995 | '05 Mits. Galant: was \$9,995 now \$7,995 |

2007 Chevy Avalanche: Nav., Leather, Loaded, 4x4!
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YESTERDAYS

(Items taken from The Floyd County Times, 10, 20, 30, 40, 50, 60, 70 years ago.)

Ten Years Ago (Nov. 5, 7 and 10, 1999)

Officers from four separate agencies were involved in a vehicle pursuit and foot chase, Tuesday night, that ended in the arrest of Koree Thompson, 24, of Volga, in Johnson County. Thompson was pulled over at the University BP by Kentucky State Police Trooper John Hunt for a possible DUI.

The U.S. Army Corps of Engineers at Dewey Lake has begun lowering the lake level to winter pool. Every fall Dewey Lake is lowered to the winter pool level of 645 m.s.l. (mean sea level).

A Kentucky Department of Education (KDE) representative at the State Board Public Facilities Hearing, Tuesday night, at Allen Central High School, asked for public comment, and teachers, coaches and citizens from three areas were there to talk about the proposed amendment to the local school system's facility plans.

Allen Central Middle School, Prestonsburg High School, May Valley Elementary, and Prestonsburg Elementary, have won grants for environmental projects from the PRIDE program, according to an announcement from US Rep. Hal Rogers' office. The grants total \$17,465.

Brandi Blocker, Weeksby teenager, who had been missing since July 24, was reunited with her parents earlier this week. The teenager and her boyfriend, Gregory Russell of Roane, Tennessee, had been in Baltimore, Maryland, staying with some friends.

In a special called meeting of the Floyd County Fiscal Court, Friday, county commissioners approved an agreement for \$67,441 to be used in repaving a couple of local county roads. Approved for resurfacing were Bays Branch and Spradlin Branch roads.

Service Employees International Union (SEIU) workers rallied yesterday afternoon at Prestonsburg's municipal parking lot. They have been on strike from Highlands Regional Medical Center since September 2.

Residents of Simpson Branch in Drift will finally get some relief from their rough thoroughfare. Judge Paul Hunt Thompson said that the crews will begin work on the road Monday morning to grade the road, and spread new gravel.

Janice Shepherd, managing editor at the Floyd County Times is retiring after almost two decades as a member of the newspaper staff. When Floyd County Deputy Matt Johnson and Sgt. Shawn Roop stopped by the Frontier Lounge in Harol, Friday night, they noticed Danny Newsome, 39, of Boldman, apparently attempting to hide something while he sat in his car and drank beer. The officers approached the car and found he had been using marijuana and confiscated a \$25 bag of marijuana.

Final sentencing for Dr. Gregory Wells, a Martin County doctor was held, Thursday, by Circuit Judge Stephen "Nick" Frazier by way of telephone, according to the Martin County Sun. He is serving a 78-month sentence on a conviction of federal prescription drug violations.

Richard E. Martin, 18, of Left Fork of Abbott Creek, has been charged with the alleged first degree attempted rape of a Prestonsburg High School student.

The Division of Forestry in Betsy Layne has been busy controlling a rash of fires that have gotten out of control in Pike, Floyd and Magoffin counties.

John C. Schmoltdt has been appointed by Gov. Paul Patton, to the state Commercial Radio Service Emergency Telecommunications Board.

The Otter Creek Correctional Center at Wheelwright will be holding its third annual toy drive this year. The center will be taking donations of new and used toys, wrapping paper,

Scotch tape and batteries from the Left Beaver area. Inmates will make repairs to the toys.

A corrosive polycarbon-based chemical spill caused a major traffic jam along US 23, and all the roads accessing Prestonsburg Tuesday evening. A five-gallon bucket of the chemical, used as part of reflector adhesives, was spread across both northbound lanes at the top of Katy Friend Mountain, near the Holiday Inn.

Four quarter-pushing machines have been confiscated by the Prestonsburg City Police for violation of the state's gambling laws, and that could mean a little spare change for the department. After investigating the possibility that the machines may be illegal, the city and county attorney and local police agencies decided to confiscate the machines.

Virgil C. and Louberta Tackett of Beaver, have filed suit against County Judge-Executive Paul Hunt Thompson, because the county did work on a road outside their home, allegedly causing water runoff to flood their house.

Firefighters have not only been battling blazes in the forest this week, but also several structure fires across the county, as well.

There died: Mary Daniels, 85, of Garrett, Thursday, October 28, at McDowell Appalachian Regional Hospital; Hazel Goodman, 75, of Pierceton, Indiana, Monday, November 1, at Kosciusko Community Hospital, Warsaw, Indiana; Paris B. "Buster" Music, 83, of Prestonsburg, Monday, November 1, at Our Lady of the Way Hospital, in Martin; Billie Joe Hall, 72, of Wayland, November 2, at Putnam General Hospital, Hurricane, West Virginia; Zachary Tyler Howell, infant son of Angela Howell and Robbie Hall, Sunday, November 7, at the University of Kentucky Medical Center; Isaac Spears Jr., 75, of McDowell, Friday, October 29, at his residence; Ed Parsons, 73, of Stanville, Saturday, Nov. 6, at his residence; Claude Boling, 86, of Garrett, Friday, November 5, at his residence; Richard "Bebay" Roberts, 68, of Virgie, Sunday, November 7; Sidney (Sonny) Marshall Jr., 51, of Martin, Sunday, November 7, at his residence; Willard Stapleton, 89, of Harold, Tuesday, November 9, at the Pikeville Methodist Hospital.

Twenty Years Ago (November 8 & 10, 1989)

Voters returned magistrates Gerald DeRossett, Jackie Edford Owens, Betty J. Caudill, and Ernal Tackett to office, along with Judge-Executive John M. Stumbo, PVA Lovel Hall, County Attorney Jim Hammond, County Clerk Carl Bottom, Sheriff Paul Hunt Thompson, Jailer Lawrence Hale, Coroner Roger Nelson, among others. Ann Latta was re-elected mayor of Prestonsburg and Janet Stumbo won a seat on the state Court of Appeals. Ground was broken for the new, 500-seat convention center at Jenny Wiley State Park.

A rubber band on a furnace valve at Allen Elementary School was used to keep the pilot light lit, bypassing virtually all safety mechanisms on the unit, the state fire marshal's office confirmed. Parents of Allen and McDowell students attended Wednesday night's school board meeting in droves, voicing concerns about the safety of their children.

The East Kentucky Power Cooperative (EKPC) has announced that work will begin shortly on a \$5.5 million project to increase the supply of electrical power to the region.

Following a two-month Kentucky State Police undercover operation, this summer, Tom Hagan, 28, of Martin, pleaded guilty to one charge of trafficking in cocaine, and was sentenced in circuit court to five years in prison.

The worries of residents in Meadows Branch should be coming to an end as the construction

of a new road begins in the near future.

There died: Dewey Adams, 80, of Bardstown, formerly of Wheelwright, November 7, at Flager Hospital in Bardstown; Henry Clayton Deskins, 66, of Lexington, formerly of Betsy Layne, October 30, at the Veterans Administration Hospital in Lexington; Gordon Gibson, 53, of David, November 2, at the VA Hospital in Lexington; Elizabeth McKinney, 68, of Wayland, November 4, at Central Baptist Hospital in Lexington; Melvina Owsley, 89, of Silver Lake, Indiana, formerly of Floyd County, October 22, in the Mason Health Care Center; Lloyd Elbert Parks, 72, of Melvin, November 1, at his residence; Misty Dawn Simons, 13, of Banner, November 6, at the University of Kentucky Medical Center; Richard Douglas (Doug) Sanders, 55, of Ypsilanti, Michigan, formerly of Floyd County, October 26, at his residence; Josie Gibson Stone, 93, of Dema, November 6, at McDowell Appalachian Regional Hospital; Roland Smith Jr., 24, of Stanville, November 5; Christine Spradlin, 72, of Prestonsburg, November 3, at her home; Tennessee Thompson Bevins, 73, of Prestonsburg, November 8, at her residence; Avenelle Francis, 71, of Erie, Pennsylvania, formerly of Lackey, November 7, in St. Petersburg, Florida.

Thirty Years Ago (November 21, 1979)

When the current work for the Floyd County schools is complete, the next scheduled job will be the construction of a high school for Betsy Layne, and then the construction of a building to house the upper three grades of the Prestonsburg Elementary School.

A one-candidate constituency appears to be finding its voice, as parents of learning-disabled children, backed by a new federal statute, describe the obstacles they say need to be overcome, if the law is to be made to work.

After eight months of hearings, Highlands Regional Medical Center finally was approved, last week, for its proposed expansion.

Curt Hall was jailed here last Thursday by State Trooper Don Weidman on two arson

counts, after as many dwellings had burned at Weeksby.

A 15-month effort is underway to identify primary needs in the Big Sandy Area Development District, and come up with strategies to deal with those needs.

There died: Ollie Jane Sammons, 62, of Martin, Wednesday, at Central Baptist Hospital; Dillard Stone, 61, of Ligon, from injuries sustained in a traffic accident; Chelsey Gordon Wright, 53, a Paintsville jeweler, and twin brother of Clifford Wright of Prestonsburg, last Tuesday, at St. Joseph Hospital in Lexington; Vina Mayo Harris Reese, 60, of Lexington, formerly of this county, last Wednesday, at Highlands Regional Medical Center; Jessie Yates, 71, formerly of this county, Tuesday, November 13, at her home in Mt. Vernon, Ill.; Georgia Mable Hall, 72, of Weeksby, Sunday, at McDowell Appalachian Regional Hospital; Helen Kalos, 72, of Lexington, mother of Gus Kalos of Prestonsburg, Tuesday, at Highlands Regional Medical Center; Mary Jane Lyons, 76, of Betsy Layne, Saturday, November 10, at St. Joseph Hospital, in Lexington; America Hall, 43, of Galveston, November 10, as a result of an accidental gunshot wound.

Forty Years Ago (November 20, 1969)

The VISTA program in Floyd County faces a quick death, if action taken, Monday, by the board of directors of the Big Sandy Community Action Program stands unchanged.

Presentation of a check for \$129,000 from EDA to the Mud Creek Water District was made here Tuesday.

James Raymond Crisp, former Prestonsburg radio announcer, a bystander during an altercation at an Allen restaurant, was seriously wounded, early Sunday, by a .38 caliber revolver bullet, which reportedly was accidentally fired.

The \$150,000 earlier approved by the House Committee on Rivers and Harbors for beginning of construction on the \$3.2 million Martin

(See YESTERDAYS, page four)

UK COOPERATIVE EXTENSION SERVICE
UNIVERSITY OF KENTUCKY - COLLEGE OF AGRICULTURE

Mountain Farm Conference
Door Prizes given at each presentation

Where: Mountain Arts Center
Hal Rogers Drive, Prestonsburg, KY

Date: November 14, 2009
Time: 9 a.m.-12 noon

For more information, please contact:
Anthony Ray Tackett
Floyd County Agriculture and
Natural Resources Agent

9-9:45 Shiitake Mushroom Production
10-10:45 Fruit and Berry Production
11-11:45 Sweet Potato Production
9-9:45 Basic Honeybee Hive Management
10-10:45 Ginseng Production in Kentucky
11-11:45 Hay and Pasture Field Management

Co-Sponsored by:
Floyd County Conservation District
Phone: (606) 889-9699

UK UNIVERSITY OF KENTUCKY
Floyd County Extension Service
Phone: (606) 886-2668

Floyd County Farm Bureau Federation
Phone: (606) 886-8597

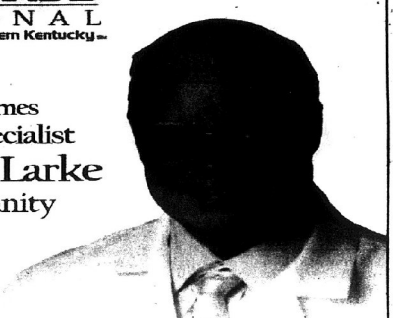
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HIGHLANDS REGIONAL MEDICAL CENTER

HIGHLANDS REGIONAL
The Medical Center of Eastern Kentucky

Highlands Welcomes
Orthopaedic Specialist
Dr. Daryl S. Larke
to Our Community



Daryl S. Larke, M.D.

Highlands Regional Medical Center would like to welcome Orthopaedic Specialist, Daryl S. Larke, M.D. In 1976, Dr. Larke graduated from Northwestern University in Chicago, Illinois, and completed a residency in orthopaedics at the Cleveland Clinic. He received his Board Certification from the American Board of Orthopaedic Surgery and is a member of the American Medical Association and the American Academy of Orthopaedic Surgeons. Highlands Regional Medical Center is pleased to welcome, Orthopaedic Specialist, Dr. Daryl S. Larke to our community.

Dr. Larke provides the following services:
Surgical / non-surgical treatment of:
• Fractures
• Arthritis
• Sprains
• Strains
• Tendonitis

Orthopaedic Procedures Include:
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• Knee and hip replacement
• Carpal tunnel release
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Keisla Rae Lind Jackson was crowned Heritage Queen on Oct. 9 at May Valley Elementary. She is the daughter of Aaron Jackson and Lisa Hagans. She is the granddaughter of Arlie and Sarah Jackson, of Garrett. Billy Hayes was selected as Heritage King for May Valley.

Pikeville College presents 'Hitch Your Wagon to a Star'

PIKEVILLE — The fundamentals of theatre class at Pikeville College will be presenting the play "Hitch Your Wagon to a Star" based on the book "Pikeville College Looks to the Hills" by author and alumna the late Alice Kinder. The play covers the history of the college from 1889 to 1989. Performances will be held Nov. 18 and 19 at 5:30 p.m. in Chrisman Auditorium, located in Farmington Learning Center.

level two. The play is also presented on behalf of the Division of Humanities and the college's special events committee. The community is cordially invited. There is no charge for admission. "Historically, the play follows the book closely with some dialogue verbatim," said Basil Clark, associate professor of speech and theater at the college. "I think with any group or organization it is

important to be aware of the past as that should have some impact on the future. Pikeville College has a rich foundation history laid by many dedicated 'obstacle over-comers.' I think people should be made aware of, and reminded of, this significant part of our organization."

For more information, contact the office of Public Affairs at 218-5270.

Asthma

effort to keep asthma under control. When taken daily, controller medications reduce inflammation in the lungs, helping to reduce and even prevent symptoms of asthma. Inhaled corticosteroids, the most common controller medication. Leukotriene modifiers, mast cell stabilizers and long-acting beta2-agonists are also examples of controller medications.

Inhaled corticosteroids: risks, benefits, alternatives

"The best medications we have to treat chronic asthma are inhaled steroids," said Kanga. "Although there is a lot of concern that in children long-term steroid use leads to a decrease in growth, most experts agree the benefits outweigh any potential short-term growth decrease. Most three- to five-year studies show only a slight growth difference. That difference often disappears as the child ages."

Minimizing side effects

Nonsteroidal controller medications such as Singulair (montelukast) are the latest drug treatment option to become available. There is not yet enough data to determine if they are better than corticosteroids, Kanga says, but they do provide an alternative for children with mild asthma. If growth is a concern, it is also possible to give a lower-dose steroid.

"In our clinic, all patient heights are monitored closely," Kanga said. "If a child is in good control, we always try to cut back the dose of their inhaled steroid. We attempt to optimize treatment by monitoring the inflammation of the airways with a regular lung function test, every three to six months."

Spirometry is a simple lung function test that can be performed on children 5 and older. A nitric oxide monitor is another way to measure inflammation in the airway to

help ensure the patient is receiving the correct dose of steroids and thus the optimal treatment.

Future of asthma treatment

Doctors once thought children would outgrow their asthma; however, long-term follow-up has shown that many childhood asthma patients continue to have asthma as adults. Longer studies are needed, Kanga says, to address the important question of whether treatment helps with long-term obstruction.

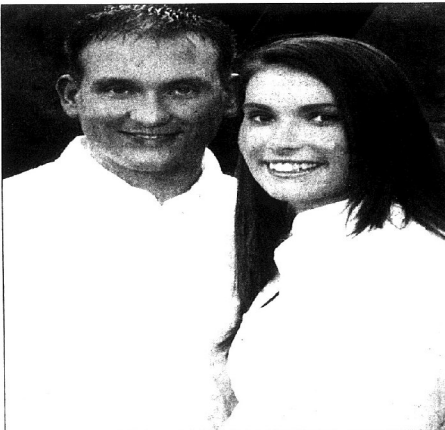
"It is important to remember asthma is still underdiagnosed and often inappropriately treated," Kanga said. "To optimize your treatment, talk with your doctor about appropriate medications. We want every child to be able to live a normal life and participate in sports. We have very good medications today and most children with asthma can lead a very normal life."

Science

number of meals eaten away from home. As obesity has continued to rise, so have the number of meals eaten away from home. In the late 1970s, it was 20 percent of meals; today, it's more than 30 percent. Even more alarming, 25 percent of 4- to 8-year-olds will eat fast food on any typical day.

Given what I've already described about the level of healthfulness of most kids' "gumbo meals" -- that's certainly food for thought!

The Agricultural Research Service is the chief in-house scientific research agency of the U.S. Department of Agriculture. You can read more about ARS discoveries at <http://www.ars.usda.gov/news>.



Jimmy and Melinda Justice of Pikeville would like to announce the forthcoming marriage of their daughter, Jessica Ann Justice, to Daniel Albert Knausz, son of John and Deloris Knausz, of Harold. Jessica is a graduate of Alice Lloyd College and is employed at Community Trust Bank. Daniel is a graduate of Alice Lloyd College and received a master's degree from the University of Kentucky College of Health Science. Daniel is a physician's assistant at Pikeville Medical Center. The wedding will take place November 21, 2009 at the Jenny Wiley State Park Stumbo Convention Center.

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U.S. General Services Administration

Yesterdays

stream improvement project was voted, last week, by the Senate Appropriations Committee, and because both branches of the Congress have agreed on the appropriation, it cannot be changed in later conference between the two houses.

There died: Margaret Johnson, 63, at her home in Garrett; Benny F. Collins, 71, of Martin, last Tuesday, at McDowell Appalachian Regional Hospital; Kenner Nelson, 51, formerly of Prestonsburg, last Tuesday, at Covington; Lizzie Branham Latham Felts, 73, Saturday, at her home at Melvin; Frank (Dugan) Burdett, 74, of Auxier, Sunday, in a Paintsville hospital; Mae Oma Dempsey Williams, 39, of Prestonsburg, Monday, at Prestonsburg General Hospital.

Fifty Years Ago (November 19, 1959)

Governor-elect Bert Combs came back back to Prestonsburg, last Saturday, to be greeted at the high school gymnasium here by a cheering crowd, estimated at 1,500.

A general retail sales tax to support education and providing job opportunities, was endorsed Tuesday by the Eastern Kentucky Regional Planning Commission at its meeting in Prestonsburg.

Ground work for a regional agency to promote tourist travel development, was done at a meeting of area leaders held here Monday.

Bert T. Combs will be the first World War II veteran to take the oath of office as Kentucky's governor.

There died: William Keathley, 71, of Galveston, Saturday, at Pikeville; William Ray Campbell, 59, Tuesday, at the Beaver Valley Hospital, Martin; Julie Langley Spurlock, 90, Thursday, at her home at West Prestonsburg; Ellen Combs, 77, of Handshoe, Friday, at Our Lady of the Way Hospital, Martin; Andy Kiser, 62, of Beaver, Sunday, at Pikeville; Phyllis Brown Handshoe, 29, of Garrett, last Thursday, at McDowell-Miners Memorial Hospital.

Sixty Years Ago (November 24, 1949)

Two fires within the week, brought to six the total of Floyd County residences razed within the last two weeks.

Sam Frasure, his wife and three sons survive, after a brush with death when their auto was

Calendar

Need help with addiction?

Lifetime of Floyd County "Conquer Chemical Dependency" is a Christ-centered 12-step program offering support to those who are coping with addiction and learning to live drug-free lives. The support group meets on the following schedule:

- Mondays, at Marnie (beside pharmacy), from 7-8 p.m.
- Mondays, at Little Mud, Spruce Pine School, from 7-8 p.m.
- Tuesdays, in Prestonsburg, in the Van Ark Building, from 2-3 p.m.
- Tuesdays, at David, The David School, from 3:30-4:30 p.m.
- Wednesdays, at Allen Baptist Church, from 7-8 p.m.
- Thursdays, at Allen Baptist Church, from 7-8 p.m.

For more information, call Shirley Coats at (606) 434-8400, or Tom Nelson at (606) 478-2836.

Hope in the Mountains

Hope in the Mountains will host public meetings on Mondays, at 9 a.m., at the junction of U.S. 23 and Rt. 80, on Water Gap Rd., behind the Trimble Chapel Church.

Meetings focus will be to offer information in regard to community resources available to women seeking freedom from drug abuse. Family members are also welcome to attend. The Hope initiative proposes to help women break free from addictive lifestyles to become self-respecting contributing members of society.

Call 874-2008 or 788-1006 for more information.

Prestonsburg Rotary Club

Prestonsburg Rotary Club meets, 12 noon to 1 p.m., at Made From Country at Heart. For additional information, contact Chris Daniel, 886-7354.

UNITE

The UNITE coalition of Floyd County will meet on the fourth Thursday of each month, at 5:30 p.m., at the New Allen Baptist Church. All interested persons welcome to join UNITE's fight against drugs.

"Living Free" - A support group sponsored by the Floyd

struck early Tuesday evening by a railway engine at the Dinwoodie crossing.

Deputy Sheriff Harold Conn left Sunday to return from Detroit, two Prestonsburg youths who are accused of looting the safe in the office of Chalmers H. Frazier, superintendent of City Schools of \$200 in grade school and cafeteria funds, on the night of Nov. 4.

Out of every dollar spent by Floyd County residents in their retail stores, 34 cents goes to buy food for the family table, according to a recent survey.

Orbie Mitchell of the State Liquor Control Board, started a "spirited" controversy in this section by his statement recently, that bootlegging and moonshining have increased sharply in eastern Kentucky, since the coal strike began.

There died: John Wesley Music, 67, well-known Abbott Creek farmer and minister, Friday, at his home at Bonanza; Lou Web Hinton, 52, of Dwale, Tuesday, at the Beaver Valley Hospital, Martin; Pochantas Layne Dings, 89, wife of the Rev. William Dings, dean of Prestonsburg's attorneys and former state senator and county official, Friday, at Prestonsburg General Hospital; Albert James Green, 69, Friday, at his home at East; Alta Scott Hancock, 27, of Garrett, Saturday; Jessie Jo Hicks, 23, Tuesday, on Stone Coal, Garrett.

Seventy Years Ago (November 16, 1939)

Litigation in the suit to determine who holds the rights of property to the Church of Christ building, at Martin, was halted temporarily, Friday afternoon, as Circuit Judge John W. Caudill ordered that the building be opened for services by one faction, Friday night, and by the other Sunday, and then pad-locked indefinitely.

As the result of injuries sustained when his pickup was struck by a left Beaver passenger train, on a crossing at Clear Creek, Tuesday afternoon, Cuddie Holbrook, 21, of Bevinville, was killed almost instantly, and his wife, Cora, is in the Martin General Hospital.

After inspecting the new Maytown Consolidated School building, which replaces the one destroyed by fire last March, the Floyd County Board of Education, at its last meeting, accepted the structure, and classes are now being held in it.

"Rio," with Victor McLaughlin, Basil Rathbone and Leo Carillo is playing at the Abigail Theatre this week. Another flick that may have escaped the memories of some, set for Thursday night, is "Lives of a Bengal Lancer."

Community Weight Loss

Thursday's at 6:30 p.m., at the Martin Community Center. For more info., call 377-6658. Those who have had gastric bypass surgery most especially welcome to attend. Meetings being offered as support to anyone needing extra support in dealing with weight loss.

Domestic Violence Hotline

24-hour Crisis Line manned by Certified Domestic Violence counselors. Call 886-6025, or 1-800-649-6605. Remember, "Love Doesn't Have to Hurt."

Disabled? - You may be eligible for grant money to assist in your daily living. For an application or more information, call 886-4326.

A.S.K. (Adoptive Support for Kentucky) - Support group for all adoptive parents (public, private, international, and kinship care), foster parents and all others interested in adoption. To be held the first Monday of each month, at the Department for Community Based Services office, 1009 North Lake Drive, Prestonsburg, from 6-8 p.m. Childcare will not be provided. For more information, contact Dedra Stone, adoption parent liaison, at 432-4110 or 422-7927, or email to: dsolone@eastky.net.

PARENTS! - Contact the Big Sandy Area Community Action Program, Inc. to find out about child care services in your area, the STARS for KIDS NOW licensing standards program, and how you can earn an income by staying home with your own children while caring for the children of others. Find out more by calling Cheryl Endicott at 886-2380, or 888-872-7227 (toll free).

East Kentucky S.T.A.R.S. Homeschoolers - Will hold monthly meetings at the Paintsville Recreation Center. For more information, call Trudy at 889-9333, or 297-5147. Everyone welcome.

Anonymous Anonymous (N.A.A.A.) - Wednesday, from 7-8 p.m., in the Atrium Conference Room, 2nd floor, May Tower, Pikeville Methodist Hospital. For more info., contact Chris at 606-433-1119 or christopher-cook@hotmail.com.

B5

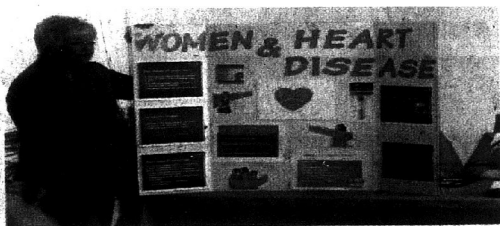


Paul and Judi Patton

When former Kentucky First Lady Judi Patton had pain in her neck and shoulders, she thought she'd injured herself at the Y.

But then she remembered the heart attack signs Brigetta Collins, RN, from PMC told her woman's club about.

That information potentially saved Mrs. Patton's life.



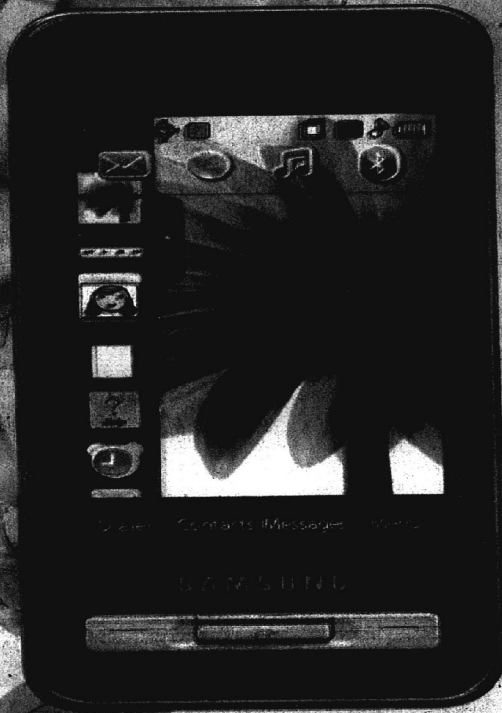
If you have any of these symptoms, go
Pikeville Medical Center's ER immediately.

- Pressure, fullness, squeezing pain in the center of the chest, spreading to the neck, shoulder or jaw pain
- Chest discomfort with light-headedness, fainting, sweating, nausea, or shortness of breath
- Upper abdominal pressure or discomfort
- Lower chest discomfort
- Back pain
- Unusual fatigue
- Unusual shortness of breath
- Dizziness
- Nausea

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