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floydcountytimes.com



Flu

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Kentuck)
Public reaitn officials
and the seasonal
influenza vaccine manufactimost of the season has
already been given, due to
earlier, increased derhand
nationwide.
Individuals in recommended groups for seasonal flu vaccine — including
those over 65, pregnant
women and people with
chronic health conditions
— should check with health
care providers in their area
to see if seasonal flu vaccine is still available.
"In many cases seen as
ose of the seasonal flu vaccine is still available.
"In many cases seen as
arrived, in the months of
September and October,"
sald William Hacker, M.D.,
commissioner of DPH.
"While vaccine than last year,
we have learned that it will
ultimately not be enough to
meet the increased
demand, though some limited
quantities should still
become available. At this
point we are still not seeing
seasonal flu circulating, but
we do encourage those si seasonal flu circulating, but we do encourage those at highest risk for complications from seasonal flu to check for vaccine availability with health care providers."

(See VACCINE, page three)



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

Obituaries For the Record Opinion Lifestyles Faith & Family



Friday, Nov. 13, 2009 — Sunday, Nov. 15, 2009

WEEKEND

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EDITION

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EX ATIVE AMERICAN HIBIT



photo by Jarrid Deaton

This pewter medicine man statue belonging to Paula Thompson is currently on display as part of the

American Indian exhibit at Big Sandy Community and Technical College. For more photos and a full report

on the exhibit, see Lifestyles, page B1.

Court votes to extend oversight of trail money

by SHELDON COMPTON

PRESTONSBURG – As Floyd County officials took more steps recently to see work soon begin on a horse trail project proposed for the Dewey Lake area, some officials took the time to express the hope that oversight would be maintained concerning the money awarded for the project.

"That's a lot of money," said District 2 Magistrate Jackie Edford Owens during a special meeting of the Floyd County Fiscal Court this past week. "And we back this project 100 percent, but we just need to make sure they work within the budget."

The county received a windfall grant award totaling more than \$1 million for the project, PRESTONSBURG - As Floyd County

(See TRAIL, page eight)

Police say Allen was on the run

by SHELDON COMPTON

Police are now saying that J.R. Allen, the 34-year-old man arrested in Magoffm County earlier this week in connection with the shooting death of Sally Vance last year, had been actively hiding from the law since the incident took place.

Allen was taken into custody during a traffic stop in a school parking lot in the Middle Fork area of Magoffin County, and authorities have said they believe he could be the shooter who fred into the vehicle Vance was a passenger in that resulted in her fatal wounding.

(See ARREST, page eight)

Accident victim remembered

by SHELDON COMPTON STAFF WRITER



PAINTSVII.LE - The man killed in a two-car accident along U.S. 23 near Allen earlier this week was mourned in Johnson County and remembered as a devoted man of God.

John Pelphrey, 81, was killed Tuesday morning white was trying to pull across the southbound tanes 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.

Now Paintsville residents are remembering a man who preached for more than 65 years in and around the region.

Pelphrey had only recently retired as the minister of the United Baptist Church in (See PELPHREY, page eight)

(See PELPHREY, page eight)

VETERANS DAY



Allon Elementary students unveiled a flag during a "Salute to our Heroes" convocation, presented by the school's Performing Arts Department and Youth Service Center. The program featured approximately 20 veterans related to students of AES, the AES choir, the Betsy Layne ROTC, and Linda Bartrum (AES CRT) as Betsy Ross. The program concluded with the unveiling of a 30-foot by 50-foot America flag on loan from



Obituaries

Geraldine Burchett

Cesco
Geraldine Burchett Cesco,
age 84, of Prestonsburg,
widow of the late Otto Cesco,
passed away Tuesday,
November 10, 2009, at the
Riverview Health Care Center,

November 10: 2009, a tue. Riverview Health Care Center, in Prestonsburg. She was born November 11, 1925, in Floyd County, the daughter of the late Thomas Burchett. She was a homemaker, and a member of the Lancer Baptist Church. Survivors Cyde Burchett, Gayle Burchett, and Kenneth Kay Burchett, and Kenneth Kay Burchett, and Jack Burchett of Piketon Ohio, and two sisters: Virginia Wallace of Prestonsburg, and Tomnie Jeongla.

Georgia.

In addition to her husband and parents, she was preceded in death by a brother, Glen Burchett

Burchett.
Funeral services for
Geraldine Burchett Cesco will
be conducted Saturday,
November 14, at 1:00 p.m., at
the Hall Funeral Home
Chapel, in Martin, with
Clergyman Tom Biddle offici-

Burial will follow in the Davidson Memorial Gardens, in Ivel. Visitation is after 5:00 p.m., Friday, at Hall Funeral Home.

Patty Compton
Patty Compton, 54, of
Melvin, died Tuesday,
November 10, 2009, at the UK

Medical Center.
Born July 28, 1955, in Floyd Born July 28, 1955, in Floyd County, she was the daughter of Josie (Hall) Isaac and the late Ervine Isaac, She was a homemaker and member of the Freewill Baptist Church.

She is survived by her husband, Roger Compton.

Other survivors include a son: William Chad (Kayla) Perry of Wheelwright: three daughters. Regina (Jeremy)

Other survivors include a son: William Chad (Kayla) Perry of Wheelwright: three daughters: Regina (Jeremy) Bellamy and Candy Ann Compton, both of Lexington, and Shawn Dale Compton of Hazard; three brothers: James Isaac of Mesa, Arizona, Julius Isaac of Memer, Michigan, and Frank Isaac of Albion, Michigan; five sisters: June Isaac Stone of Albion, Michigan, Wirginia Mae Reess of Tyler, Texas, Frances Yonts of Deane. Carol Teubert of Plem. Carol Teubert of Allen, Michigan of Hillsdale, Michigan and Seven grand-United Teubert of Hillsdale, Midden, Katelin, Jacob, Cody, Cambre, Matthew, Jace, and Summer.

Summer.

In addition to her father, she as preceded in death by one on, Scotty Lee Perry; and one other, Julian Isaac.

Funeral services will be held Friday, November 13, at 1 p.m., at the Wheelwright

Date

UKAg

Freewill Church, with Louis Ferrari, and others, officiating. Burial will be in the Compton Family Cemetery, under the direction of Roberts Funeral Home, Robinson Creek.

'Visitation, at the church.

(Paid obin

Violet Leah Smith

Violet Leah Smith
Kolling
Violet Leah Smith Kolling,
age 77. of Martin, passed away
Wednesday, November 11,
2009, at King's Daughters
Medical Center, in Ashland.
She was born July 31, 1932,
in Martin, the daughter of the
late Sampa Smith and Minnie
Frazier Smith.
Survivors include one son.
Chuck Camp of Martin; three
daughters: Brenda S. Camp of
Martin, Patricia C. (Mike)
Osborne of Langley, and Amta
L. (Mike) Robinson of Martin; a brother, Dewey E. Smith of
Germantown, Ohio; seven
grandchildren, and 14 great
grandchildren, and 14 great
grandchildren, November 14, at
11:00 a.m., at the Hall Funeral
Home, in Martin, with Richard
Salisbury officiating.
Burial will follow in the
Burial will follow in the

Salisbury officiating. Burial will follow in Frazier Cemetery, in Martin, with the Hall Funeral Home,

caring for those arrangements.
Visitation is after 5:00 p.m.
Friday, at the funeral home.
Pallbearers: Brent Osborne,
Jason Osborne, Brad Dasner,
Justin Robinson, Danny Deitz,
Blake Patton, Robert Prater,
and Chris Bias.

William "Bill" Duke

McKenzie
William "Bill" Duke
McKenzie, 71 years of age.
passed away Saturday.
November 7, 2009, at Baptist
Health Medical Center in

Little Rock, Arkansas. He was born March 7, 1938. Little Rock, Arkansas.

He was born March 7, 1938, in Auxier, where he resided until he joined the Air Force in 1957. After his discharge in 1961, he resided in Little Rock, Arkansas until his death. Bill was the son of the late Irma — Mae M ar s h a 1 1 McKenzie and William Troy D u k e — Was also preceded in death william Troy "D whis brother, Robert Troy "Bo" McKenzie. He was also preceded in death by his brother, Robert Troy "Bo" McKenzie of Columbus, Ohio. He is survived by his wife, Murvella Harris McKenzie daughter, Chris marden and aughter, Chris marden and Thompson of Pikeville, He retired in 1990 from Parts Warehouse in Little Rock, Arkansas.

Visitation was Wednesday, November 11, 2009, from 2

COOPERATIVE EXTENSION SERVICE
UNIVERSITY OF KENTUCKY - COLLEGE OF AGRICULTURE

p.m., until 9 p.m., and again Thursday, November 12, from 10 a.m., until time of service at 2 p.m. Visitation and services were conducted at Carter were conducted at Carter Funeral Home in Prestons-burg, with Calvin Setser offici-Funeral

Burial was in the Gethsemane Gardens, Pres-

tonsburg.

Military graveside services
were conducted by the Big
Sandy Chapter No. 18, D.A.V.
(Paid obituary)



Mary Ellen Williams Morris

Mary Eilen Williams Morris, age 77, of Main Street away Monday, November 9, 2009, at her home. She was bord County, the daught of the late G.L. and Martin Williams. She was acritised teacher with the Williams

a retired teacher with the Pickaway County School sys-

she received the Bachelor of Arts degree from the University of Kentucky, and was a member of the Delta Kappa Gamma. She was preceded in death

the was preceded in death her husband, Winford M.

by her husband, Winford M.
Morris,
She is survived by her
daughter, Linda Kaye
Gorelova of Dublin, Ohio; her
son, Winford Thomas Morris
of Orange Park, Florida; and
six grandehildren; Thomas
Joshua Morris, Travis
McKinley Morris, Jacob
Benjamin Morris, Rebecca
Elizabeth Morris, Nicoli
Unovich Gorelova, and Anjali
Madeline Morris Madeline Morris.

Madeline Morris.
Funeral services were conducted Thursday, November 12, at 11 a.m., at the Warren F. Toler Funeral Home Chapel, in Irvine, by Rev, Warren Toler.
Burrial was at the Davidson Memorial Gardens, in Ivel.
Visitation was at the funeral home.

Dollie Sue Newsome

Dollie Sue Newsome, 50, of Prestonsburg, died Sunday, November 8, 2009, at Highlands Regional Medical

Center, in Prestonsburg.

Born December 13, 1958, in
McDowell, she was the daugh-

Door Prizes

ter of Edward Stanley Jr., of Clyde, Ohio, and the late Bonnie Mitchell Lafferty, She was a certified nurses aid. She is survived by her hus-band, Ronnie Newsome. Other survivors include her sons: Robert Lafferty of Knott County, James Lafferty of Dwale, Dennis Lafferty of

County, James Lafferty of Dwale, Dennis Lafferty of Paristyle, and Ronnie Jessie Newsome of Prestonsburg; a daughter, Heather Stephens of Prestonsburg; her brothers: Rex Stanley, James Stanley, and Jeff Stanley, all of Clyde, Chio, Ralph, William Guisinger, Charles Allen Guisinger, Charles Allen Guisinger, and Kenneth Eugene Guisinger, all of Ohio, her sisters: Cynthia Keller of Prestonsburg, Mary Hillman of Clyde, Ohio, and Anita Kay Guisinger of Ohio; her grand-children: Brandon, Harley, Gavin, Autumn, Cameron, Timothy, Cassie, Chloe, and Crayson.

Crayson. Funeral services will be held Thursday, November 12, at 1 p.m.; at the Nelson-Frazier Funeral Home, in Martin, with Stephens officiating.

Burial will be in the Newsome Family Cemetery, in Teaberry. Visitation is at the funeral

home Virble Jean Spears

Virble Jean Spears
Virble Jean Spears, 79, of
Bevinsville, died Tuesday,
November 10, 2009, at King's
Daughters Medical Center.
Born August 27, 1930, in
Hallo, she was the daughter of
the late Silas and Goldie
Johnson Burke. She was a
homemaker, and a member of
the Little Rock Old Regular
Baptist Church, in Bevinsville.
She was preceded in death
by her husband, Arvle Spears.
Survivors include two sons:

by her husband, Arvie Spears.
Survivors include two sons:
Glen (Lynden) Spears of
Bevinsville, and Ricky (Tonia)
Spears of Weeksbury; two
daughters: Virginia (Lester)
Gibson and Brenda (Darrell)

JARP

Jenny Wiley 3528, AARP Diabetes Screenings

As a part of a program to be presented by Bonnie Health Department, diabetes screenings will be given at the meeting of Jenny Wiley Chapter No. 3528, AARP, to be held Tuesday, November 17. at the First Presbyterian 17, at the First Presbyterian Church, Prestonsburg. The meeting begins at 5:30 p.m., and all members and friends are encouraged to attend and take advantage of this important health procedure. The Chapter is also collecting used eye glasses for distribution in Peru, and

unused Christmas cards (with or without envelopes) to be written to nursing home residents. Please bring yours.

Hall, both of Bevinsville; two brothers: Homer and Silas Burke Jr., both of Bevinsville: eight grandchildren, and six great-grandchildren. In addition to her husband and parents, she was preceded in death by a daughter, Wanda

ars; two brothers: Noble Hobert Burke; and one

and Hobert Burke; and one grandson.
Funeral services will be held Saturday, November 14, at 11 a.m., at the Little Rock Old Regular Baptist Church, in Bevinsville, with Old Regular Baptist ministers officiating.
Burial will be in the Silas Burke Cemetery, (Frozen) in Bevinsville, under the direction of Nelson-Frazier Funeral Home, in Martin.
Visitation is at the church.

(Pald oblumy)

Glover Walter

"Walkie" Spencer
Glover Walter "Walkie"
Spencer, age 76, of Martin,
husband of Ruby Lee Maggard
Spencer, died Friday,
November 6, 2009, at his residence

dence.

He was born March 16, 1933, in Drift, a son of the late Glover Walter and Anna Mae Crisp Spencer. He was a member of the Church of Jesus

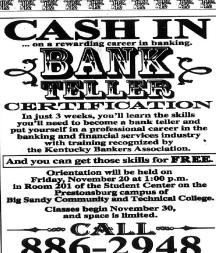
Christ of Latter Day Saints, and a retired Columbia Gas Company exployees. Company exployees the company exployees the company exployees the company exployees the company Mark, of Lexington, Cheryl Hansford, and her husband Mark, of Lexington, Cheryl Hansford, and her husband Don, of Eastern; one brother. Paul Spencer of Martin; three grandchildren: Joshua Hansford, Nathan Ratcliff, and Elizabeth Pelfrey; and two great-grandchildren: Logan Ratcliff and Layne and two great-grandchildren: Logan Ratcliff and Layne Pelfrey.

Logan Ratchiff and Layne Pelfrey,
Funeral services for Glover Walter "Walkie" Spenerr were conducted Tuesday, November 10, at 11 a.m., in the Hall Funeral Home Chapet, in Martin, with elders of the church officiating.

Burial was in the Davidson Memorial Gardens, in Ivel. with the Hall Funeral Home caring for those arrangements. Pallbearers: Don Hansford, Marka Bubenzer, Josh Hansford, Nathan Ratcliff, Tim Spencer, Brad Scalos and JD, Adams.

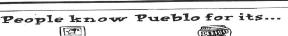
Hororary pallbearers: William R. Hughes, Arnold Hall, Glen Patrick, Steve Stout and Alan Whicker.











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Mountain Farm

Conference

November 14, 2009

Hal Rogers Drive, Prestonsburg, KY

Where: Mountain Arts Center

9 a.m.-12 noon

9-9-45 Shiitake Mushroom Production 10-10:45 Fruit and Berry Production

9-9:45 Basic Honeybee Hive Management

10-10:45 Ginseng Production in Kentucky 11-11:45 Hay and Pasture Field Management

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

11-11:45 Sweet Potato Production



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[In Pueblo, the free government information is also hot. Dip into the Consumer Information Center web site, www.pueblo.gasa.gov. Or call toll free 1 888-8 PUEBLO to order the Catalog. Sorry, saisa not available through our web site or Catalog.

For the Record

Marriage Licenses
Elizabeth Danielle Dingus,
19, of Martin, to Daniel K.
Osborne, 25, of Martin.
Heather Leann Music, 30,
of Prestonsburg, fo Gary
Slone, 57, of Prestonsburg.
Sheena Elise Boyd, 24, of
Prestonsburg, to Wesley Dale
Shepherd, 24, of Prestonsburg,
Eullean Little, 44, of
Harold, to Chester Dean
Marlowe, 41, of Harold.
Genna Rena Stumbo, 38, of
Minnie, to Brian Keith
Tackett, 39, of Beaver.

Civil Suits Filed Tri County Concrete v Clayton Holland; complaint.

Tax Ease Lien Investments 1 LLC vs. Larry Conley; com-

plaint.

Tax Ease Lien Investments
1 LLC vs. Countrywide Home
Loans; complaint.
Deutsche Bank National
Trust Company vs. Shawn G.
Goodman; complaint.
Sheilah Rattiff vs. Jessica

Frye; complaint.
Tax Ease Lien Investments
1 LLC vs. Green Kidd; com-

plaint.
Faye Shepherd and Phyllis Shepherd vs. Southern Water and Sewer District, Justin Kyle Shepherd, Garrett Volunteer Fire Department and Maytown Volunteer Fire Department; complaint.
Harold Salisbury vs. John

rold Salisbury vs. John

B. Little; complaint.
Tammy L. Norman vs.
Allstate Property and Casualty
Insurance Company; com-

plaint.
Michael Banks vs. CSX
Transportation Inc.; complaint.
BAC Home Loans
Servicing LP vs. James W.

The increased demand for seasonal flu shot is thought

Vaccine

Frasure; complaint.

Wells Fargo Bank, N.A. vs.

James R. McLung Jr.; complaint.

plaint.
Appalachian Regional Law School vs. Suzy Dyan Gibson; complaint.

Charges Filed
Libby Pack, age unlisted,
Hueysville: four counts of
theft by unlawful taking.
Martellia A. Wright, 35,
Prestonsburg: theft by unlawfol taking.

Prestonsburg; there by unlaw-ful taking. Steven Rogers, age unlist-ed, Garrett; first-degree wan-ton endangerment, first-degree

criminal mischief.

Robert L. Blanton, 36,
Prestonsburg; receiving stolen

property.
Brandon Hutchinson, 19,
Harold; first-degree criminal
mischief.
Ethan Spears, 19,

Bevinsville; first-degree crimi-

Bevinsville; tirst-degree criminal mischief.

Justin K. Blackburn, 21,
Prestonsburg; theft by deception, theft by unlawful taking.

Jessica Dawn Slone, 29,
Leburn; theft by unlawful tak-

ing.
Billy D. Rackey, 34, Hi
Hat; terroristic threatening,
criminal littering.
Thomas M. Brown, 31,

Langley: possession of a con-trolled substance, prescription not in original container, use or possession of drug parapher-nalia.

nalia.
Jonathan Michael Moore,
31, Prestonsburg: terroristic
threatening.
Stephen D. Johnson, 37,
Wheelwright: carrying a concealed deadly weapon, public
interioristic. intoxication.

Austin William Lumpkins,

Allen; theft by unlawful taking.
 Linda B. Blankenship, 39,

Thelma; public intoxication.

Michael Johnson, 24,

Allen; theft by deception.

Inspections
Velocity Market, Betsy
Layne, regular inspection.
Violations noted: lack of accurate thermometers in all refrig eration and freezing units stor-ing potentially hazardous eration and freezing units storing potentially hazardous
foods, food contact surfaces
not properly constructed, food
contact surfaces not properly
maintained, non-food contact
surfaces not properly
constructed, non-food contact surfaces not properly maintained,
handwashing facility no
accessible, sanitary towel or
hand drying device not provided at lavatory or handwashing hand drying device not provided at lavatory or handwashing sink, garbage and refuse containers not covered as required, floors not in good repair, walls, ceiling, attached equipment not constructed properly, walls, ceiling, attached equipment not in good repair, lighting not provided as required, light fix-

tures not shielded as required.

Score: 85.
Double Kwik, Harold, reg-Double Kwik, Harold, reg-ular inspection. Violations noted: food not protected dur-ing storage, food not protected during preparation, food con-tact surfaces not properly maintained, food contact surface of equipment and utensils not clean, toilet facility not in

not clean, tollet facility not in good repair, walls, ceiling, attached equipment not constructed properly, lighting not provided, as required. Score: Food: 90, Retail: 97.
Hometown IGA, Stanville, regular inspection, Violations noted: lack of numerically scaled thermometers in all perfinenting and fregring units. scaled thermometers in all refrigeration and freezing units storing potentially hazardous foods, food not protected during storage, cloths used for food and non-food contact surfaces not stored and rinsed frequently in water sanitizing solution, non-food contact surface of equipment and utensils not clean, handwashing facility not accessible, sanitary towel or hand drying device on provided at lavatory or

in good repair, floors not clean, light fixtures not shield-ed as required. Score: 87.

Property Transfers Claude

Justice, property not listed.
Kenneth R. Adkins to
James L. Hall, property locat-

dat Banner.
Tammy J. Adkins to James
L. Hall, property located at

ed at Banner.
Tammy J. Adkins to James
L. Hall, properly located at
Banner.
Thurman Allen Adkins to
James L. Hall, property located at Banner.
Elevease Akers to William
Calvin Akers Jr., property
located at Toler Creek.
Elevease Akers to Ricky
Lee Akers, property located at
Toler Creek.
Elevease Akers to Delores
Stevens and James Stevens,
property not listed.
Orbie Boyd to Archer D.
Boyd, property located at
Betsy Layne.
Tommy L. Cole to Lowell
Martin, property located at

Tommy L. Cole to Lowell Martin, property located at Salt Lick Creek.
Glen Hackworth to Kermit Conley, property not listed.
Rosemary Hackworth to

A Great Day!

Friday 13th

Mr. Born to and Winston Ford Jr., their Friday. first child on Friday, November 13, 1957, at 13 minutes before 3:00 n the afternoon, a daugh-er, Virginia Leslie Ford - 6 pounds, 10 ounces She is just as pretty 50

Mother



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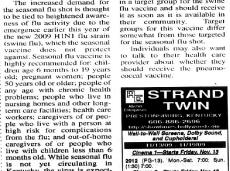
Electric Fireplace

- Real wood mantle made by Amish craftsmen in Ohio
- Save money on energy bills with zone heating.
- · Easily rolls from room to room. Great in bedrooms, kitchens, dens and basements.
- Customize comfort levels with 2 heat settings.



■ Continued from p1

in a target group for the swine. For a target group for the swine flu vaccine and should receive it as soon as it is available in their community. Target groups for this vaccine differs somewhat from those targeted for the seasonal flu shot. Individuals may also want to talk to their health care provider about whether they should receive the pneumococcal vaccine. coccal vaccine.



to-Well Screens, Dolby Sound, and Cupholders! 11/13/09 - 11/19/09 Cinema 1-Starte Friday, Nov. 13 2012 (PG-13). Mon.-Sat. 7:00; Sun

(1:30) 7:00.

<u>Cinema 2—Starta Friday. Nov. 13</u>

PARANORMAL ACTIVITY (R). Mon
Sat. 7:00-9:00; Sun. (1:30) 7:00-9:00.

RIVERFILL 10 PIKEVILLE

606-432-2957 ckets may be purchased in advance show on the date of purchase Bargain Matiness Until 6 p.m. FICKET PRICES:
Adult—\$8,00 - Kide/Seniore—\$5 Matinee—\$4.00

re-\$5.00 11/13/09 - 11/19/09

Cinema 1—Held Over THE BOX (PG-13), Mon.-Sun. 6:55-9:20, Fd. (4:20) 6:55-9:20; Sat.-Sun. (1:55-4:20) 6 55-9:20 <u>Cinema 2—Held Over</u> MICHAEL JACKSON: THIS IS IT (PG). Mon.-Sun. 6:55-9:20; Fn. (4:20) 6:55-9:20. Sat.-Sun. (1:55-4:20) 6:55-9:20.

Cinema 3—Held Over

AW ABIDING CITIZEN (R) Mo 7:05-9:25; Fn. (4:25) 7:05-9:25; S (2:05-4:25) 7:05-9:25. S (2:05-4:25) 7:05-9:25. *Cinema 4—Held Over* SAW 6 (R). Mon.-Sun. 7:00-9:15

Cinema 4 Held Over ASTRO BOY (PG). Fri. (4:15); Sat.-Sun

COUPLES RETREAT (PG-13). Sun. 7:00-9:20; Fri. (4:20) 7:00-9:20 Sun. (2:00-4:20) 7:00-9:20.

Cinema 6 Held Over
PARANORMAL ACTIVITY (R) PAHANORMAL ACTIVITY (16), 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-Starte Friday, Nev. 13 2012 (PG-13), Mon-Sun 8:00, Fri. (5:00) 8:00; Sat-Sun (2:00-5:00) 8:00,

o.o., Sat.-Sun. (2:00-5:00) 8:00.

Cinema 8—Held Over

A CHRISTMS CAROL (PG). Mon.-Sun
7:05-9:25; Fri. (4:25) 7:05-9:25; Sat.-Sun

(2:05-4:26) 7:05-9:25. <u>Cinema 9—Held Over</u> THE FOURTH KIND (PG-13). Mon.-Sun 7:15-9:30; Fri. (4:30) 7:15-9:30; Sat.-Sun Cinema 10—Held Over THE STEPRATHER (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.

Infra Red Heating System Factory Direct Sale! **Heaters Starting at**

> H SIS IH IRR HI S SH R R RI SHS

- · Single unit can effectively heat up to 1000 square feet.
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- Ambient air temperature passing through the unit is efficiently and safely increased by approximately 115 degrees.
- Stylish oak cabinet with high quality caster for easy movement.

30-Day Money Back Guarantee



Tuesday, November 17 11 a.m. -7 p.m. US Hwy. 321 S., KY 41240 in Paintsville Days Inn For questions, please call 859-492-4198

months old. While sensonal flu is not yet circulating in Kentucky, the virus is expected to make an appearance later this fall or winter. The vaccine against 2009 HIN1 (swine flu) is also in limited supply, but unlike sensonal flu vaccine, more is being produced and gradually increasing amounts are expected over the coming weeks and months. Individuals should check with their local health departments or other health care providers to see if they are ~ In Loving Memory

Michelle Lee



It's been a year now and your love will always be in our hearts. You were so young when you left us, we know God must have we know God must have had a place marked for you. We know you're in Heaven, looking down from above: smiling every minute, because you know your children are doing alright and will always be loved. We love you and miss you. you and miss you.

Tim, Jessica, Tyler

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 ...

A man is not idle because he is absorbed in thought. There is a visible labor and there is an invisible labor.

- Victor Hugo

G/uest View

Brave new world of prescriptions

It's becoming rare to sit through an entire television program without seeing at least one commercial advertisement that's trying to convince you to get a prescription for some new medicine. The Associated Press reports that drug companies last year spent more than \$4 billion on such advertising.

The Centers for Disease Control and Prevention has announced that some medicines prescribed for urinary tract infections can cause birth defects. According to the National Birth Defects Prevention Study, funded by the CDC, women who had taken sulfa drugs or nitrofurantoins reported more birth defects than those who took traditional antibiotics.

toins reported more birth defects than those who took traditional andiotics.

Those drigs have been on the market for decades, and thousands of women have taken them — usually with no ill effects. Sulfa drugs, such as Bactrim and Thiosulfil Forte, already have been linked to anencephaly, a generally fatal birth defect.

Because drugs are placed on the market with little or no experimentation on humans, some side effects don't come to light until years after they are introduced. The Food and Drug Administration approves or rejects new offerings based on animal research, or known information on similar compounds.

So while drug makers and inspectors take as many precautions as possible, some approved drugs later are found to cause problems — as in the famous cases of thaldomide and Vioxx. Fortunately, such cases are rare.

in the famous cases of thailondide and vloxx. Fortulatery, such cases are rare.

Despite the novelty of new drugs, many people choose the old tried-and-true options that can be just as effective at a much lower cost.

One of the factors driving the constant flow of new medications, as well as their cost, is the shortened patent life the government allows on drugs. Once the patents expire, or someone successfully sues to have the formula released in the name of public benefit, competing companies quickly start producing copies under both generic and name brands. In order to help pay for the research that produced the original drug, the manufacturer frequently makes slight alterations, gives it a new name and secures a new patent.

Sometimes the new version remedies any problems found in the original formula, but often the difference is negligible. So even people familiar with a certain drug are best advised to check for new cautions or recalls regarding any medication before using it.

At the same time, consumer groups note that many of the new drugs that are advertised aren't any safer or more effective than what's been on the market for years. Consumer Reports has published a magazine, "Best Drugs for Less," that compares drugs by price and function.

Doctors and pharmacists, as well as some good research on the

"Best Drugs for Less," that compares drugs by price and function. Doctors and pharmacists, as well as some good research on the Internet and other sources, can help people decide what medicines are best for what ails them at any given time. In these times of rising health care costs, patients should do at least some rudimentary research into the medicines commonly used to treat their conditions.

The growing cost of health care is spuring more and more people to self-diagnose and buy medicines off the Internet or across the southern border, where often they can be bought without a prescription, and at a fraction of the cost.

fraction of the cost.

Fraction of the cost.

People who do so should understand that while they might save some money, there often aren't any guarantees that you'll get what you think you're paying for. Folks with chronic conditions often take the same medications for years, but one of the costs factored into the price is the security of knowing exactly what you're putting into your body. The newest medicines are attractive, especially to folks who have struggled with older drugs that help, but sometimes not enough. Newer seems better, but the new medicines can come with unexpected side effects. Check out what your doctor wants you to take, and be sure to tell him or her if you have any trouble with the new drugs. The patient is the first to know if there are any problems.

Colorado Springs Gazette

NVESTOR'S BUSINESS DAILY

CONGRESS HAS DECIDED YOU MUST BUY HEALTH INSURANCE OR WE WILL FINE OR JAIL YOU.











column Guest

House week in review

by REP. HUBERT COLLINS

by REP. HUBERT COLLINS

Cancer is not a word that folks whisper much anymore. The disease is too widespread.

Just look around and you will see state-of-the-art cancer clinics like Highlands Cancer Center in Prestonsburg cropping up across the state to combat what has become the second-leading cause of death' in Kentucky. The most recent statistics from the U.S. Centers for Disease Control and Prevention on leading causes of death in Kentucky and the nation indicate that Kentucky's death rate from cancer in 2006 was 211.2 per 100,000 people, barely edging ahead of the state's number one killerheart disease-which claimed 235.5 lives per 100,000 people that year.

Yes, cancer can kill. That is why prevention and adequate care for those with cancer is so important to our state.

Kentucky lawmakers have always supported anti-cancer legislation, from bills that improve access to cancer screenings to improve access to cancer screenings to improve access to cancer screenings to improve access to cancer acceptance to the control of the cancer acceptance and the control of the cancer acceptance and the control of the cancer acceptance and the cancer acceptance acceptance and the cancer acceptance accepta grams coordinated by the American Cancer Society (ACS) that are available to patients and their families throughout Kentucky. The programs include a toll-free hothine to direct interested citizens to local services; ACS "Hope Lodges" that provide free housing for cancer patients receiving care in Lexington and Nashville; free medical, health and beauty aids for patients, and travel assistance provided by volunteers.

I have given more information

I have given more information about these programs below, along with details on other ACS programs that patients and their families need to

that patients and their families need to know.

Toll-free hotline. For 24-hour, a 56-day-a-year information about cancer, please call the American Cancer Society's National Cancer Information Cancer Information Cancer Information Seciety is Autional Cancer Information Secialists will be on hand to answer questions about cancer, local resources, and more. This information is also available at www.cancer.org.

ACS Hope Lodges. Hope Lodges are temporary homes for patients who might need to spend weeks or months away from home in Lexington or Nashville for treatment. The housing is free, allowing patients

Lexington or Nashville for treatment. The housing is free, allowing patients to focus on fighting their disease and avoid the worry of lodging expenses.

Free medical, health and beauty aids, Patients can receive gift items to help with their diagnosis, including

wigs, turbans, breast prostheses, prosthetic bras and limited durable medical equipment, among other items. Transportation needs can also be met in some areas by ACS volunteers who drive patients to and from their cancer treatments through the organization's Road to Recovery program.

Children's Camps. ACS provides camps for child cancer patients in Northern Kentucky and in Northern Kentucky and in Nashville. The camps are equipped to handle the special needs of patients in a fun, summer camp atmosphere.

It Can Cope. This program helps patients and their loved ones after a diagnosis has been made by offering a series of sessions on pain management, nutrition, money concerns and more. Sessions may be offered in a classroom. They are also found online at www.cancer.org/onlineclasses.

Support and self-help groups. Patients and their families find these groups helpful when trying to deal with the physical and emotional challenges of cancer diagnosis and treatment.

A complete list of programs in the Kentucky and Southern Indiana area

ment.

A complete list of programs in the Kentucky and Southern Indiana area can be found on the ACS website at cancer.org. To learn more about any of the services or about ways you can support ACS programs in our area, contact the local ACS office at 606-324-1819 or the Lexington-area office at 859-229-8880.

Have a great week.

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USPS 202-700
Entered as second class matter, June 18, 1927, at the post office at Prestonsburg, Kentucky, under the act of March 3, 1879.
Periodicals postage paid at Prestonsburg, Ky

SUBSCRIPTION RATES PER YEAR: In Floyd County: \$59.00 Outside Floyd County: \$76.00

Postmaster: Send change of address to: The Floyd County Times P.O. Box 390 Prestonsburg, Kentucky 41653

PUBLISHER
Joshua Byers
jbyers@heartlandpublications.com

MANAGING EDITOR web@flov

ADVERTISING MANAGER
Jamie VanHooose
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on Tuesday, No-vember 17, 2009, at 5:00P.M.in the Conference Room of the Central Officeat Warco Apartments.The agenda of the Special meeting is as fol-lows: Minutes of lows: Minutes of October 8, 2009 meeting. Obsolete Equipment write-off Write-off of old should be More thanks. checks. Monthly fi nancials of the Authority. 2008Audit, sented by Auditor Jacquie Slone, CPA Other Busi-CPA. Other Busi-ness Annual Meet-ing of Hope, Homes, & Friends, Inc. and Floyd County Housing County Housing Inc, will be held im-mediately following the Floyd County Housing Authority

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Courthouse. A
copy of the proposed ordinance
with the full text is
available for public
inspection at the office of Robert D.
Marshall county
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E-mail: telark@hrmc.org
Highlands is an equal opportunity employer

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HIGHLANDS HIGHUA STEM

Highlands, a growing premier healthcare facility in Prestonsburg, is currently recruiting for

Highlands, a growing premier heathcare racilly in Prestonsburg, is currently recruiting for Medical Office Assistant - Full-Time Highlands Staffing has an opening in the Radiology Center for a Medical Office Assistant. The Medical Office Assistant would be responsible for coordinating the daily office operations by performing and regarding office assistant staff and the staff of the medical office assistant proteins, hospital personnel and the public in general. Dutles will include checking patients in propring files, answer telephones, greeting patients and registering patients. Will verify periodic assistance with the establishment and maintenance of office relationship with hospital staff, patients and families, patients with psymenvibiling concerns and notification of the appropriate personnel to obtain resolution. They will be responsible for providing customer service/patient focus and adhere to all medical office and HiPAA guidelines.

Requirements: High school diploma or G.E.D.equivalent. Must have an Associate Degree in related field or will have minimum 5 years experience working in a Radiology Center or with a Physician practice. Knowledge of medical procedures and terminology is desired.

ge of medical procedures and terminology is ossired Interested applicants may apply to the Human Resources Department Highlands Regional Medical Center 5000 Kentucky Route 321, Prestonsburg KY (606) 886-7531 - Fax (606) 886-7534 E-mall: tclark@hrmc.org Highlands is an equal opportunity employer.

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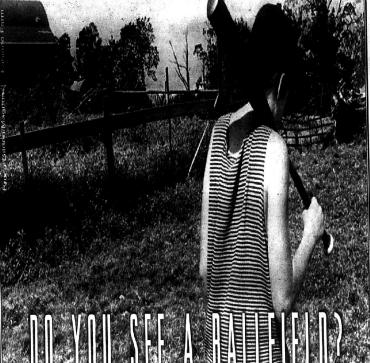
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Applications will be accepted at the Housing Choice Voucher Program office at: 36 Blaine Hall Street, Apt. 37, Prestonsburg, KY, between the hous of 8:30 a.m. to 3:30 p.m., Mondy, Tuesday, Thursday, and Friday Wednesday, 8:30 a.m. to 12:00 p.m.

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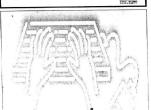
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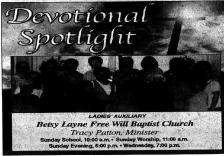
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Assembly of God, Martin; Sunday School, 10 a.m.;
ship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.;
vannucci, Minister.

Lorie Vannucci, Minister.

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

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

winnevet.

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

BAPTIST

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

Amold Turner, Minister.

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

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

tion.

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

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

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

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

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

Roger Music, Minister.

Calvary Southern Baptist, Betsy Layne; Sunday School, 9.45 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Doug Lewis, Minister.

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

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

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

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

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

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Pastor Mark Hunt, 606-478-2698 Faith Bible Church, an independent Baptist Church, located on 1428, between Allen & Martin; Sunday School, 10 a.m.; Sunday Morning, 11 a.m.; Sunday Evenling, 6 p.m.; Wednesday Bible Study & Prayer, 6 p.m.; Pastor, Rev. Bob Wireman.

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

Patrick, Minister.
First Baptist, Garrett; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Randy Osborne, Minister.
First Baptist, Martin: Sunday School, 10 a.m.; Worship Service, 11 a.m. Sunday Evening Service 7 p.m.; Wednesday, Minister.
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First Saptist Control of Particle 11 a.m. Sunday Evening Service 7 p.m.; Greydon.

First Baptist, Prestonsburg, 157 South Front Street; Sunday School, and 6:30 p.m.; Wed., 6:30 p.m.; Jerry C. Workman, minis-ter.

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

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

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

Garrett Regular Baptist, Route 550, Garrett; Worship
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m.; Pastor Roger Hussy, a aty Friend Freewill Baptist, 2 miles up Abbott; Sunday shool, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; ednesday, 7 p.m.; Chad Blair, Pastor.

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onnny J. Collins, millister. ancer Baptist Church; 71 Cooley St., Prestonsburg, sunday School, 10:00 a.m. Morning Worship, 11:00 a.m., vening Woship, 6:00 p.m., Wednesday Prayer Meeting and Bible Study, 7:00 p.m.; Pastor Bobby Carpenter

and Bible Study, 7:00 p.m.; Pastor Bobby Calpeniel Left Beaver Regular Baptist Church across from Garth School; 4th Saturday & Sunday 10:00 am, Odd Saturday 6:00 pm.; Gary Compton, Pastor.

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

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

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

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

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

Jonn L. Blair, Minister.

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

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

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

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

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

Prater Creek Baptist, Banner, Sunday School, 10 a.m. Worship Service, 11 a.m. and 6 p.m., Wednesday, 7 p.m. Rock Fork Freewill Baptist; Garrett Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; a.m.; Worship Service, Wendell Crager, Minister.

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

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

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

wednesday, 6:30 p.m. Stephens Branch Missionary Baptist, Stephens Branch; Sunday Service, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.

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

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

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

Spanoer, Minister.
Trimble Chapel Freewill Baptist; Intersection of U.S. 23 and Ky 80, Water Gap; Sunday School, 10 a.m.; Morning Worship Service, 11 a.m. and Evening Worship Service, 11 a.m. and Evening Worship Service 8 p.m.; Wadneaday Bible Study, 7 p.m., Youth Services 7 p.m.; Everyone Welcome.
United Community Baptist, Hwy. 7, Hueysville; Worship Service, 2 p.m.; Criday, 7 p.m.; Carlore Beverly, Minister.

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

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

First Christian, 560 Noth Arnold Avenue; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Jim Sherman, Minister. Victory Christian Ministries, 1428 E.; Sunday School, 11:30 a.m.; Worship Service, 11 a.m.; Wednesdey, 7 p.m.; Sherm Williams, Minister.

CHURCH OF CHRIST

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

Wednesday, 7 p.m., Tolliniy 3, Spears, Millister.
Prestonsburg Church of Christ, 88 Hwy. 1428; Worship Service, 10 a.m. and 6 p.m.; Wednesday, 7 p.m.; Richard Kelly and Nelson Kidder, Ministers.

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

Westign School, 10 a.m.; Wednesday, 7 p.m.; Wednesday, 7 p.m.; Chester Varney, Minister.

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

Creek Church of Christ, Stanville; Sunday School, n.; Worship Service, 11 a.m. and 6 p.m.; Wednesday,

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

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

Upper Toler Church of Christ, 3.5 miles up Toler Creek on right; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m. Weeksbury Church of Christ; Sunday School, 10 a.m.; Worship Service, 10.45 a.m. and 6 p.m. John Burke,

CHURCH OF GOD

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

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

First Church of God; Sunday School, 10 a.m.; Worship Service, 10:45 a.m. and 6 p.m.; Wednesday, 7 p.m.; Steven W Williams, Pestor V. Williams, Pastor.
Garrett; Sunday School, 10 a.m.;
Worship Service, 11 a.m.; Family Training Hour - Thursday
7 p.m., Bill B. Tussey, Jr, Pastor

7 p.m., BIII B. Tussey, Jr. Pastor Landmark Church of God, Gobie Roberts Addition, Sunday School, 10 e.m.: Worship Service, 11:10 e.m., and 7 p.m.; Wednesday, 7 p.m.; Kennenth E. Prater, Jr., Minister, Little Paint First Church of God, 671 Little Paint Road, East Point; Sunday School, 9:455 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p..; Charles Heater Jr., Minister.

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

EPISCOPAL St. James Episcopal; Coffee Hour 10:00 AM; Morning Service 11:00 a.m. Rector, 886-8046. LUTHERAN

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

METHODIST

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

Allen Christ United Methodiat, Allen; Sunday School, 945 a.m.; Worship Service, 11 a.m. & 6 p.m.; Wednesday, 7 p.m., Kenneth Lemaster, Minister.

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

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

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

Sunday Worship Service 11 a.m.; Pastor David Profit First United Methodist, 256 South Arnold Avenue, Sunday School, 9:45 a.m.; Worship Service, 10:55 a.m.; Youth Service 6 p.m.; Rev Jim Adams. Pastor, Horn Chapel Methodist, Auxier Road. Auxier; Sunday School, 10 a.m.; Sunday Morning Service, 11 a.m., Mid-week Service, 7 pm.; Sunday Evening Service held on the 1st and 3rd Sundays of each month at 6 pm. Judy Cam-

Back, Minister.

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

Roy Harlow, Minister Saliabury United Methodist, Printer, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m., Wednesday Bible Study, 6 p.m., Bobby G. Lawson, Minister Wayland United Methodist, Rt. 7, Wayland, Sunday School, 10 a.m.; Worship Service, 11 a.m., Wednesday, 6 p.m., Jack Howard, Pastor.

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

wednesday, 7 p.m., Bobby Isaac, Minister.
Vogle Day United Methodiat Church. Harold, Sunday
School, 10:00 a.m.; Sunday Worship Service, 11:00 a.m.;
Wed. Bible Study, 7:00 p.m.; Dennis C. Love, Pastor
Drift Pentecostal, Drift; Sunday School, 10 a.m.; Worship
Service, Saturday/Sunday, 7 p.m.; Wednesday, 7 p.m.; Ted
Shannon, Minister.

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

p.m.; Thurs., 6:30 p.m.; Buster nayrori, Minisser.
Free Pentecostal Church of God, Weeksbury; Sunday School, 10 a.m.; Worship Service, 7 p.m.; Un Wednesday/Saturday, 7 p.m.; John 1:34/ Patton, Minister.
Free Pentecostal Deliverance, Ext. 46 off Mt. Parkway at Campton; Worship Service, Saturday and Sunday, 7 p.m.; Particla Crider, Minister.

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

Goodice Pentecostal, Rt. 850, David; Worship Service, 6 p.m.; Malcom Sione, Minister.

p.m.; Malcom Sione, Minister.

Parkway First Calvary Pentecostal, Floyd and Magoffin
County Line; : Worship Service, 6:30 p.m.; Mike D.
Caldwell, Minister. 297-5262. Trinity Chapel Pentecostal Hollness, Main St., Martin; Sunday School, 10 a.m.; Worship Service, 7 p.m.; 2nd

Sat., 7 p.m.; Thurs., 7 p.m.; Elllis J. Stevens, Minister

Free Pentecostal Church, Dwale; Services Saturday, 6 b.m.: Sunday School, 10 a.m.; Services, 11 a.m.; No p.m.; Sunday Schoo Sunday Night Service

PRESBYTERIAN

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

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

SEVENTH DAY ADVENTIST

Seventh-Day Adventist, 5 miles West on Mountain Parkway; Church Service, 9:15; Sabbath School, 10.45, John Baker, Pastor, 358-9263; Church, 886-3459, leave message. Everyone welcome!

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

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

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

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

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

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

Snepnerd, Minister
Faith Revelation, Harkins Ave., West Prestonsburg;
Sunday School, 10 a.m.; Worship service, 11 am. and 6
pm.; Thurs. 7 pm. Randy Hagans, Minister, 886-9460.
Faith Fellowship, Allen, Ky Sun, School, 10 a.m.; Worship
Service, 11 am., Sun, Evening, 6 pm. Wed, 7 pm. Carl &
Missy Woods, Pastors,
Faith Worship Center, US, 460, Paintsville; Worship
Service, 11 a.m.; Thursday, 6 pm., Buddy and Maude
Frye, Minister.

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

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

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

Martin House of Worship, Old Post Office St.; Worship Service, 7 p.m., Saturday/Sunday. Old Time Holiness, 2 miles up Arkansas Creek, Martin Sunday School, 11 a.m.; Worship Service, 7 p.m.; Friday 7 p.m.; John W. Patton, Minister.

Spurlock Bible (Baptist), 6227 Spurlock Creek Rd. Prestonsburg, Sunday School, 10 a.m., Worship Service 11 a.m., Wednesday, 7 p.m., Jim Stephens, Minister 886 1003.

Town Branch Church: Sunday School 10 a m except for tirst Sunday in each month. Worship Service Sun morning 10:00 a m. Evening 6 p.m. Wenesday, 6 pm. Ne Sunday right services on first Sunday of each month. Tom Nelson, Minister.

The Father House, Big Branch, Abbott Creek, Sunday School, 10 a.m.; Worship Service, 6 p.m.; J.J. Wright

The Tabernacle, Rt. 321 (Old Plantation Motel). Christian Educator. 10:00; Sunday Morning. 11:00; Sunday Evening 7:00; Wednesday. 7:00; Pastors, Paul and Ramona Aiken Youth Fellowship Center, Wheelwright; Monday Tuesday, 6 p.m.; Thursday, 7 p.m.

Tuesday, 6 pm. Ihursday / pm.
Zion Deliverance, Wayland, Sunday School, 10 a.m.
Worship Service, 11 a.m. and 6 pm. Wednesday 6:30
pm. Prayer line 358-2864. 6 pm. Wednesday 6:30
pm. Prayer line 358-2864. 6 pm. Wednesday 6:30
pm. Food Service building, located 1 quarter mile above
Worldwide Equipment, Rt. 1428. Sun. Bible Study, 10
a.m.; Sun. Morning Service, 11 a.m.; Sun. Evening, 5:30
pm. Kenny Vanderpool, Paster.

itional Pentecostal Holiness Church, 10974 N. L. Martin; Rev. Ellis J. Stevens, Senior Pastor.

Rising Son Ministries, 114 Rising Son Lane Prestonsburg, Ky 41653, Sunday 11.00 a.m. Wednesday 6.30 p.m. Pastor, D.P. Curry Prestonsburg, Ky. 41653. Sunday 11.00 a.m. Wednesday 6:30 p.m. Pastor D.P. Curry. Church of God of Prophecy, Sunday School 10 a.m., Worship Service 11 a.m., Sunday Night - 6 p.m. Wednesday Night - 6 p.m. Pastor Glenn Hayes. West

Prestonsburg

House of Refuge. Rock Fork, Sunday Evening Worship 6

pm, Monday Bible Study 7:30 pm, Wednesday Prayer

Meeting 7:30 pm, Bill B. Tussey, Pastor

Seventh-Day Adventist 5 miles West on Mt. Parkway Sabbath School 9:30 am; Church Services 11AM. Pastor John Baker 358-9263. Church 606-886-3459. Leave mesage. Eyeryone Welcome.

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helping 16 schools **UNITE Service Corps**

Sixteen elementary schools in eight Eastern Kentucky counties are receiving additional assistance during the 2009-10 school year through Operation UNITE's Service Corps.

Provided in conjunction with the state AmeriCorps program, UNITE Service Corps members teach the "Too Good for Drugs" curriculum, tutor students in mathematics, and help set up and coordinate an

help set up and coordinate an anti-drug UNITE Club at their

school.
Currently Service Corps
members are serving in Floyd,
Harlan, Johnson, Knott,
Leslie, Magoffin, Pike and
Wolfe counties.

"We have had tremendous success with our AmeriCorps partnership," noted Gary

Perkins, UNITE Service Corps project director. "Most schools in our region have a need to improve mathematics skills, and we all know the problems that substance abuse causes within our families, schools and communities."

Through a three-year grant Through a three-year grant awarded by the Corporation for National and Community Service in 2008. UNITE employed 10 AmeriCorps members at schools in six counties during the 2008-09 school year. An additional 565,500 in grant funding from the American Recovery and Reinvestment Act of 2009 enabled UNITE to add an additional five positions for enabled UNITE to add an additional five positions for the current term

contribute \$5,500 per person for the year.

The UNITE Service Corps members are among more than 300 first- and second-year AmeriCorps members to embark on a year of service by helping address unmer needs in 115 of the state's 120 countribute of the service by t

"We are pleased to be able to join with school districts to add another dimension to UNITE's education initiative," said Karen Engle, director of UNITE. "We believe reaching out to youth at the earliest lev-

out to youth at the earliest levise provides an advantage as they grow older."
"In addition, this is a way for UNITE to help communities raise graduation rates, provide positive mentoring opportunities, and to tackle other national challenges such as substance abuse," Engle added, "It's a perfect fit with the goals of our UNITE Clubs."

The "Too Goods for Drugs" prevention education curricula, provided by the Mendez Foundation, teaches children that they are, indeed, too good for drugs and violence.

These programs specifically teach youth how to make good decisions in the context of goals, outcomes and consequences. The program lessons and activities give them concrete, how-to skills to counter social influences and refuse peer pressure. It teaches them the facts about drugs - alcohol, tobacco and other drugs - as they relate to their health and well-being.

Through role plays and age appropriate activities, it models healthy pro-social behaviors and attitudes, including identifying and managing emotions and communicating effectively.

iors and attitudes, including identifying and managing emotions and communicating effectively.

From 2007-2009 more than 7,100 students were enrolled in "Too Good for Drugs"

courses taught by UNITE's AmeriCorps members and substance abuse counselors. AmeriCorps is a program of the Kentucky Commission on Community Volunteerism and Service (KCCVS) in "the Cabinet for Health and Family Services (CHFS). AmeriCorps members may serve two years and must be at least 17 years old and legal U.S. residents. "AmeriCorps members me

old and legal U.S. residents.
"AmeriCorps members
truly make a difference, and I
am proud of the enthusiasm
and zeal these members bring
to their service in Kentucky,
noted CHFS Secretary Janie
Miller. "Our AmeriCorps programs have grown each year as
more Kentuckians choose to
contribute to their communities in these difficult economic
times when the need is even
greater."

In addition to performing mmunity service tasks, community service tasks, members also recruit local vol-unteers to help ensure pro-

grams and progress continue after members complete their terms of service.

Elleen Cackowski, execu-tive director of the KCCVS, said Kentucky AmeriCorps members continue to prove the value of community service in meeting eyen the most services. meeting even the most serious social, academic and prepared-

social, academic and prepared-ness challenges.

"Faced with challenges, they persevere and overcome, reaching out to their fellow Kentuckians with direct serv-ice, compassion and care," Cackowski said. "AmeriCorps pembers beln at risk stu-Cackowski said. "AmeriCorps members ... help at-risk students catch up and even stirpass their academic peers and perhaps most valuable of all, they offer an ear to listen and a strong desire to help that inspires and appeals to others seeking a way to serve."

For more information about Operation UNITE visit their website at www.operationunit.org.

Pelphrey

Paintsville, where he had held services since 1981. Friends and loved ones such as the church's current preacher, Chris Rowland, spoke to the media shortly after Pelphrey's death, saying in recent years though the 81-year-old's health had started to decline. he had been most year-old's health had starteu of decline, he had been most powerful in the pulpit in the last years before his retirement a few months ago.

For Rowland, the death is the loss of a mentor, a man who helped him to see his own realling.

who helped him to stalling.

"I feel like I've lost my mentor in the ministry," Rowland told WYMT this week. "I've been here since 1997 with Brother John, and

■ Continued fro

we've always worked well together." Others who knew Pelphrey Others who knew Pelphrey remembered him as a man who drew members to the congregation with his personality, one of unshakable faith and warmth who visited the sick, reaching out to his community through the work of God.

"He helped the church by going, and visiting. He visited the sick. He was very good about that till his health failed him and he couldn't do it."

about that till his health failed him and he couldn't do it," Church member Bill Johnson said in interviews shortly after Petphrey's death. "People respected him, and they want-ed to be where he was at. We got a lot of members because of John being John Pelphrey."

Becontinued from pt
Spokesman Mike Goble, who
said the most solid lead
authorities had during that
time was that Allen may have
been staying with family
members at Middle Fork.
Magoffin County Sheriff
Bob Jordan said he and his
local officers had been visiting
the home about once a week in In August of last year, Vance was a passenger in a vehicle driven by Jesse Dulaney that was involved in a shootout during which gunfire was exchanged between those with Dulaney and several people at a home Allen. Vance, who was 28 at the time of the shooting, was killed in the exchange and Dulaney was rerested shortly after the incident during another traffic stop.

Stop. Dulaney was indicted on a murder charge and has since pleaded not guilty during his arraignment.

Allen now also faces charges of murder and possession of a firearm by a convicted felon.

Kentucky State Police said they had been seeking Allen since he was indicted in March, according to KSP

Trail

■ Continued from p1

the home about once a week in hopes of finding Allen at home to make an arrest, but had had no luck, believing he had run into the nearby hills to elude

responding to a call about a suspicious vehicle parked there and found him when they arrived to investigate the com-

Allen

which will see 56 miles of horse trails developed in the Dewey Lake and campground The trail and improvements

The trail and improvements to surrounding recreational areas such as the campground are expected to draw large numbers of visitors and provide what local officials are considering economic development opportunities in the county.

Denzil Allen, a Big Sandy ail Riders member who has Trail Riders member who has been at the forefront of the been at the forefront of the proposal since the beginning, spoke to county leaders about the trail system's potential for economic improvement during the special session.

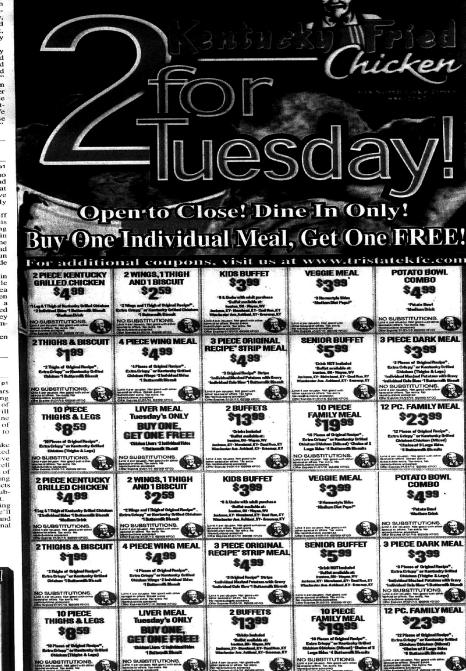
"This has become a dream for a lot of us," Allen said.

"We never thought two years ago that we'd be considering what to do with this kind of funding. I feel this will become an economic engine that will generate thousands of dollars for generations to come."

But Owens wants to make sure that the funding is looked over, and Judge-Executive R.D. "Doc" Marshall, as well as the other sitting members of

as the other sitting members of the fiscal court, agreed, voting in agreement that all contracts and bids for the project be sub-ject to approval by the court. "We want to do everything right because that's how we'll get further developments and be able to receive additional funding," said Marshall.







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MOVIES FROM THE BLACK LAGOON

'Trapped'

A quarter of squeaky-clean college kids run afoul of mountain an inhis southern exploitation from the southern exploitation friends in the 51st state.

This Canadian effort came late in the cycle of southern fried cinema (it peaked around 1977), but it ranks as one of the better entries in the field and offers a meaty story while while while he skimping on e v e r skimping on the state of the



n e v ... skimping on the exploita-

Tom Doty
Times Columnist

The Starts like one of those 1970s adult comedies, with a grizzle dies, with a grizzle d

(See LAGOON, page three)

This Town, That World

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

CHANGING TIMES

CHANGING TIMES

We old mossbacks who have been honing for the good, ol' days might just get a taste of what we've been mewling about so long. We may learn to walk again. But it has just occurred to me that I have never excelled at walking the water—and what will this do to my fishing?

As of instant date, this is a nation on wheels, Let's just hope we don't swap them for skids.

THE CLIMAX
I must admit, I am a fortunate individual. I am, for instance, one of those who wasn't all tied up with "Airport" Iast Sunday night, when a mellifluous voice intoned, "Now, stay tuned for the exciting climax of Airport"—and then the tube went blank.

SPARE THIS DEER, PLEASE

SPARE THIS DEER, PLEASE
Since the day, several years
back, when I made a rather
lengthy trip over some miserable
roads to shoot a picture, and
learned a bit belatedly, after arriving on the spot, that I seemed to
be fresh out of film, I have assiduously avoided the photography
bit. But last Sunday afternoon, I
would have been tempted, had the

bit. But last Sunday afternoon, I would have been tempted, had the trusty, old Brownie been on hand.

There was this deer and a black Angus calf, not 50 yards away, passing the time of day. First, they did the old butting

(See ALLEN, page two)



An Apache war drum belonging to Father Bob Damron is one of the Native American items on display in the art gallery of Big Sandy Community and Technical College.

NATIVE SPIRIT

Exhibit celebrates art, artifacts of Native American life

by JARRID DEATON FEATURES WRITER

PRESTONSBURG — The Magoffin Art Gallery on the Prestonsburg Campus of Big Sandy Community and Technical College currently features a museum-quality display of Native American artifacts and information, including a number of relies that are part of a collection Marty Hicks.

Hicks father, the Jate Newton

Marty Hicks.

Hicks' father, the late Newton May, was a licensed engineer and surveyor for the West Virginia Gas Company, and during his 47-year career. May collected an enormous number of arrowheads and other Native American tools while working in the field. May eventually purchased other authentic artifacts, including a rifle and Aztec statucy, both of which are on display, May's collection has been featured in numerous articles and documentaries over the years.

over the years.

"My father would be so proud to know I have taken up his interest in

Native American culture and history," Hicks said, "This was a thrill for me to be able to share his love with oth-

Hicks said. "This was a thrill for me to be able to share his love with others."

The exhibit, created to celebrate National American Indian and Alaska Native Heritage Month, also features dolls from the collection of Rebecca Estep, of Staffordsville, who also helped to identify the origin of many of the items on display, artifacts from Father Bob Damron, of St. Martha's Church, Native American crafts created by Tom and Nancy Bormes, of Printer, items from Paula Thompson, a professor at the Pikeville Campus of Big Sandy Community and Technical College, items from Theresa Milton, professor of psychology, and under the direction of Nancy Johnson, provost, Dr. John Shiber, professor of biology, Elaine Shiber and Tim Sizemore, art instructor.

The exhibit, which opened on Nov. 3, will run until Nov. 20. The doors open at 10 a.m. and close at 4 p.m. A reception will be held on Wednesday, Nov. 18, from 6 p.m. until 8 p.m.



photos by Jamic Deaton Father Bob Damron's collection of Kachina Dolls are currently on display as part of the Native American exhibit at Big Sandy Community and Technical College.

DINNER DIVA

C-word (Cooking)



Do you know "someone" who is deathly afraid of the kitchen because of the C-Word? Yes I'm talking about Cooking, capital C! You can easily identify these folks; they're the ones with an aversion to. Sometimes they'll abruptly change the subject and talk about photography or bird watching when the subject of feeding your family is brought up. And then there are those who have a vague notion of what cooking may or may not be. Those folks are a little more obscure and hard to nail down. In the spirit of David Letterman's Top Ten List, I've made my own:

The Top Ten Reasons Why You're Confused About Cooking:

1. You think you know how to cook because you know the difference between the microwave and DVD player.

2. You think a wok is something you take your dog on.

3. You think folding egg whites has something to do with laundry.

4. The words, "Just add water' makes you nervous that the "recipe" will be too hard.

5. You have two definitions for a happy meal; one involves the drive thru, the other is when your mom does the

cooking.
6. Your reservations about cooking translate to reservations made at restau-

rants.
7. The contents of your refrigerator's crisper became Junior's science fair proj-

ect.

8. When your smoke alarm goes off, the kids ask, "What's for dinner?"

9. The local drive-thru sends you a Christmas card every year.

10. The neighbors are beginning to think you have a "thing" for the pizza

(See DIVA, page two)

CAR TALK

This truck's not made for haulin'

page B3



inside lifestyles HoroscopeB2

Fun & Games





family OHIO Medicine

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

I had my spleen surgically removed after a car accident some years ago. My mom said I should be careful, but

alwars said I should be careful, but mow that she is not around to ask. I really need to know what she meant by "be careful." Are there certain medical things I need to know about because I don't have a spleen?

An armsorry that your mother is not a round for you to ask, but seeking to learn about this now. The spleen is a very important organ located in the upper-left abdomen. Its primary job is to help your body fight

infection, so asplenic people - those without a spleen - must be very

infection, so asplenic people — those without a spleen — must be very careful to avoid illness.

The spleen removes old red blood cells and antibody-coated bacteria from the blood. It also creates new antibodies. When the spleen is removed, chances for severe bacterial infection greatly increase, especially during the first two years after surgery. The asplenic person faces a much higher lifetime risk of developing sepsis, a severe infection in which bacteria overwhelms the system.

It is vitally important that you understand the signs of infection and

No spleen? Use caution to avoid infections

seek immediate medical intervention if you notice those symptoms. Fever, chills, sore throat and cough can all indicate infection, as well as headache, dizziness, fatigue and abdominal pain, Infections must be promptly diagnosed and treated with antibiotics to avoid complications.

Because asplenic people have compromised immune systems, they are more susceptible to many illnesses. This makes prevention by vaccination a must. Always get your amual influenza vaccination. Adults should get the pneumococcal vaccine for pneumonia as well as the meningitis vaccine. Asplenic children need booster shots and additional vaccines. Often, these vaccines are given before the original spleen surgery, or soon thereafter.

Although vaccinations are important and the surgery of the surgery of the surgery of the surgery of the surgery.

Although vaccinations are impor-

tant, be sure to inform the health care professional administering the vaccine if you're ill on the day of your immunization. Depending on the nature of the vaccine, you may want to wait to get your shot until symptoms have abated and you feel healthy.

toms have abated and you feel healthy.

Because international travel can put you at risk for illnesses not seen in the United States, you should consult a physician before taking a tripoverseas.

Many asplenic adults keep a supply of antibiotics on hand and starthem at the earliest sign of infection—often as they leave for the emergency room or doctor's office.

The good news is that you are becoming educated about your condition. Please continue to inform yourself about how this impacts your

health. Consult with your family physician to stay current with immu-nizations and seek advice about any other treatments you may need. If nizations and seek advice about any other treatments you may need. If you do not have a family physician, I suggest that you seek one to help you prevent serious infections and manage them if they occur. It's always better to be proactive than reactive—especially when it concerns your health

Family Medicine(r) is a weekly column. To submit questions, write to Martha A. Simpson, D.O., M.B.A., Ohio University College of Ohio University College of Osteopathic Medicine, P.O. Box 110, Athens, Ohio 45701, or via e-mail to readerquestions@familymedicine-news.org.

Performing artists sought for World Equestrian Games

FRANKFORT deadline is approaching for Kentucky performing artists to submit an application to per-form at The Kentucky Experience pavilion, which will be part of the 2010 Alltech FEI World Equestrian Games. Professional artists and community and school groups in all





Landon Grant and Laklen Ruth Stephens was born on Oct. 20 at King's Daughters Medical center to Donnie and Jamie Stephens, of Blue River. Landon weighed 6 pounds and seven ounces and was 20 inches long. Laklen weighed 5 bounds and 4-and-a-half ounces and was 18 inches long. Landon and Laklen are the grandchildren of Raymond and Barbara Carroll, of Blue River, Frank and Agatha Slone, of Martin, and Monroe and Sandra Stephens, of Bull Creek. They are great-grandchildren of Charlie and Ruth Nelson, of David, Ernest Ray Slone, of Prestoneburg, and the late Pauline Slone, Adam and Marie Arnett, of Roann, Ind., and the late Green and Delila Stephens, formerly of Bull Creek. Their big brother is Tyler Stephens.

performing arfs genres may be submit applications until December 15, 2009. A panel of professional performers and presenters who are knowledge-

presenters who are knowledge-table about contemporary and traditional performing arts will review the applications.

The Alltech FEI World Equestrian Games, September 25 - October 10, 2010, at the Kentucky Horse Park are being held outside of Europe for the first time. More than a half mil-lion ticket holders are expected to see eight equestrian events and visit more than 300 vento see eight equestrian events and visit more than 300 ven-dors and attractions on the

grounds of the park during the 16 days of the games. In addition to a performing venue, The Kentucky Experience Pavilion will be a marketplace and showcase for Kentucky's rich culture, including arts and crafts, Kentucky Proud products and statewide tourist destinations.

ations.

Two categories of artists may apply: Kentucky professional artists including individuals, companies or groups in dance, theatre, music, story-telling or other disciplines, and community/school groups. Selection will be based on

artistic excellence and performance experience. To review the guidelines and instructions for the application process. Ioo on to artscouncil.ky.gov/Resources/FEI.htm or contact Tamara Coffey, individual artist program director for the Kentucky Arts Council at 888-833-2787, ext 479 or tamara.coffey@ky.gov. There 833-2787, ext 479 or tamara.coffey@ky.gov. There is also a link to this information www.TheKentuckyExperience

.com.
The Kentucky Arts Council
will produce an online directo-

ry of the performers selected for the Kentucky Experience. The directory will include a biography, photo, performance description and booking information for each artist and the schedule of performances during the games. The directory will also help market Kentucky performing artists to presenters for other venues and events. For more information about The Kentucky Experience pavilion, log on to twww.TheKentuckyExperience com or contact Cheryl Hatcher at 502-564-4930 or cheryl.hatcher@ky.gov.

GOOD HEALTH

Putting out the fire of burning tongue

DEAR DR. DONOHUE: I have burning tongue syndrome. At times, it is almost unbearable. The only thing that helps somewhat is a saltwater mouth rinse. My dentist, my internist and a neurologist havent offered any relief.

Lalea get some in my mouth.

I also get sores in my mouth and on my tongue. Any insight?

ANSWER: Burning tongue syndrome is also known as burning mouth syndrome because the gums, roof of the mouth and lips also can feel like they are on fire. It happens mostly, but not exclusively, to women after menopause. Although painful and disturbing, it's not a health threat. No one knows the exact cause, but it might be that nerves serving the tongue and mouth are malfunctioning.

the tongue and mouth are mal-functioning.

Let me give you a few home remedies for it rinsing the mouth with cold apple juice; and com-bining equal parts Benadryl elixir and Kaopectate as a mouthwash. Don't swallow these rinses, and use them four times a day. Another remedy is six drops of hot pepper sauce (Tabasco sauce)

Weekly

in a teaspoon of water and swishing it around in the mouth four times daily. It might increase the burning at first, but after a day or so it should lessen it. If it doesn't,

abandon it.

Don't eat or drink spicy or acidic foods or beverages. Don't use mouthwashes with alcobol in them. Change your toothpaste brand. Chew sugarless gum. When burning mouth fails to respond to the above, the medicines Klonopin. Elavil or

when burning mouth fails to respond to the above, the medicines Klonopin, Elavli or
Neuronin might help to
Neuronin
Neuroni mouth syndrome

DEAR DR. DONOHUE: Will you please define claudication? Is there any treatment for it? – R.L. ANSWER: Claudication is leg pain that comes on with activity and is due to clogged leg arteries. Depending on where the clog is, the pain can be felt in the buttocks, hips, thighs or calves. The medical name of this condition is peripheral artery (or vascular) disease.

ease.

Quite often, pain arises in the calves. Affected people have an uncanny ability to predict how far they can walk before they have to stop because of pain. Resting relieves the pain, and walking can then resume.

then resume.

Plenty can be done for it.

Medicines can sometimes keep
the pain from developing.

Another way to attack claudication is to open the clogged artery
with a balloon-tipped, slender, pliable tube (catheter), just as they do

for clogged heart arteries. Or the for clogged fleat alerties. Of the same kind of heart artery opera-tion in which grafts replace the obstructed artery can be done for leg arteries.

The booklet on peripheral artery disease explains this illness and its treatment. Readers can obtain a copy, by writing: Dr.

and its treatment. Readers can obtain a copy, by writing: Dr. Donohue -- No. 109W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S/\$6 Can. with the recipient's printed name and address. Please allow four weeks for delivery.

Dr. Donohue regrets that he is unable to answer individual leters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsterrers at PO. Bas 56475. Orlando, FL 32853-6475. Health newsleteres also may be ordered from www.rbmamatl.com.

Salome's Stars Horoscope

ARIES (March 21 to April 19) A long-sought workplace change could be happening soon. Consider reworking your ideas and preparing a presentation just in case. A personal

soon. Consider reworking your ideas and preparing a presentation just in case. A personal relationship takes a new turn.

TAURUS (April 20 to May 20) Your persuasiveness doesn't really start to kick in until midweek. By then, you can count on having more supporters in your camp, including some you doubted would ever join you.

GEMINI (May 21 to June 20) Your workload is still high, but — good news! — you should start to see daylight by the week's end. Reserve the weekend for fun and games with friends and loved ones. You deserve it.

'CANCER (June 21 to July 22) Regardless of how frustrating things are, keep that Crabunder control. A cutting comment you might think is apt right now will leave others hurting for a long time to come.

LEO (July 23 to August 22) Be more sensitive to the emotions of loved ones who might feel left out while you're stalking that new opportunity. Be sure to make it up to them this weekend. A nice surprise could be waiting.

August 32. Consonder 2) The new friends. But reparing mayed relationships.

new friends. But repairing trayed relationships doesn't come easily, Still, if it's what you want to do, you'll find a way, Good luck. LIBRA (September 23 to October 22) A misunderstanding with a partner or spouse

needs to be worked out before it turns into something really masty. Forget about your pride for now and make that first healing move. SCORPIO (October 23 to November 21) Communication dominates the week, Work out

misunderstandings with co-workers. Also back in touch with old friends and those

any misunderstandings with co-workers. Also get back in touch with old friends and those family members you rarely see.

SAGITYARUS (November 22 to December 21) As busy as your week is, make time for someone who feels hint out of your life. Yoursart of kindness could later prove to be more significant than you might have realized.

CAPRICORN (December 22 to January 19) Congratulations. Your busy workweek leads to some very satisfying results. Sports and sporting events are high on your weekend activities aspect. Enjoy them with family and friends.

AQUARUS (January 20 to February 18) Your generoisty of spirit reaches out once again to someone who needs reassurance. There might be problems, but keeping that line of communication open eventually pays off.

PISCES (February 19 to March 20) You are among the truth-seekers in the universe, so don't be surprised to find yourself caught up in a new sin middous exercise in lying.

msidious exercise in lying.

BORN THIS WEEK: You believe in loyaland in keeping secrets. All things considered. ty and in keeping secrets. All things considered, you would probably make a perfect secret

Diva

guy!

The c-word, cooking, is very definitely a life skill that everyone needs to learn, like it or not. And my job is to help you to the place of liking it. It really is fun and satisfying to see ingredients magically transformed into something edible that the whole family praises you for! And the best part? It's really not that hard. Seriously.

Cooking is applying heat to raw ingredients and getting in its place a darn good meal that any cook would be happy to claim as his or her own. Cooking is what happens when just a little chopping, a

little boiling, simmering or sauteing take place. If you can operate a stovetop and safely wield a knife you can make cooking happen yourself. A couple of things to help

A couple of things to help you get there: 1) assemble your mis en place (in French this means literally "putting in place". In the kitchen it means getting everything out that you'll need—all ingredients and equipment to make what you're cooking happen) 2) clean up as you go (make a sink full of hot soapy water to dump everything except knives during prep time). 3) read and reread your recipe so you know what you're doing

Cooking is simple. The only requirements to getting started are the ones I just gave you. And not to be repetitive, but it must be said again, if you read the directions and follow them, you're just about guaranteed a foolproof meal. Remember, cooking isn't brain surgery and not even as complicated as removing a tricky splinter. Try your hand on a few easy recipes and watch how the craft of cooking will liberate your family

mach now the craft of cooking will liberate your family finances and help everyone eat a whole lot healthier. To your health!

Allen

game, gentle shoving like, then the calf would lick the deer. Real buddies.

The deer sleeps with the cattle, every night. When their guest from the wild is separat-ed from them, they show their displeasure with steady bawl-ing.

I wonder why anybody would want to kill this particular deer, that has a home and friends, and is offering

nobody offense.

SEE THE MUD

SEE THE MUD
Seen Dewey Lake since
the water level has been lowered? It's interesting to see
what was once an expanse of
water—fishing water, some of
us are naive enough to say. It us are naive enough to say. It is going to be interesting to see ourselves, the evidences of siltation over there, even though we have been told

Continued from p1 there "is no appreciable silta-

Another casualty of the fuel shortage is predicted. Time. They say daylight saving time is coming back, and soon. Don't ask me when. I refuse to commit myself on this matter after that experience I had, a few years back.

his truck's not made for haulin

by TOM and RAY MAGLIOZZI

Dear Tom and Ray:
My husband inherited a 1974 Ford
F-100 from his dad, and I would like
to use it to pick up a load of rocks for
landscaping. My husband says it
can't handle this, and so I ask the
question: Can the truck handle it? The
drive is about 19 miles from the
house, and I'm only talking about a
scoop of rocks from a cement company. They basically scoop the rocks
and dump them on the truck. I'm not
sure about the weight of the rocks.
Hope you can help... I have an acre and dump them on the fluck. In thos sure about the weight of the rocks. Hope you can help ... I have an acra and would like to landscape part of my yard to avoid mowing a large area. My husband could just be making an excuse. — Judy TOM: It can't handle it, Judy. First we'll give you the technical explanation, then we'll give you the marital explanation.

RAY: We haven't seen a "74 F-100 in ages. But the "100" designation meant that it was designed to carry up to half a ton, or 1,000 pounds.

TOM: Or two and a half mothersin-law.

RAY: So the question is, What does a pickup-truck-bed full of rocks weigh? According to our rock insid-

ers, dry gravel weighs around 100 pounds a cubic foot. That's heavy. TOM: I don't know if your F100 has a 6-foot bed or an 8-foot bed, but let's say it has an 8-foot bed. That means the bed is approximately 4 feet by 8 feet, or 32 square feet. And if you pile the gravel I foot high, you have 32 cubic feet. That's 3,200 pounds.

RAY: Or four broken springs and two broken axles.

two broken axles.
TOM: Even with a 6-foot bed, it's still more than twice as much as the

still more than twice as much as the truck was rated to carry.

RAY: And before you start wondering if you could load only 4 inches of gravel in there, and make three son for not doing this: If you do, every time the slightest squead or groan comes from the truck, your husband will forever blame, it on "that time you hauled the rocks in it." So it's just not worth it, Judy.

TOM: But there is good news, Almost every place that sells read bouts, they'll dump it, so you don't even have to unload it yourself. What could be better than that?

Hidden oil-change charges

explained
Dear Tom and Ray:
I notice that car businesses that lube and change oil for passenger cars are now charging for recycling oil filters. Is this a scam, since I never see "recycled" oil filters for sale? Personally, I think oil filters would be too expensive to recycle. Thank you for your answer. — Chuck
RAY: You're right, Chuck, that actually recycling oil oil filters and turning them back into new oil filters would be very expensive. But the materials still get recycled.
TOM: Just like when you recycle an empty box of Cheerios, it doesn't necessarily come back as a new box of Cheerios. But the material — the cardboard — gets recycled and reused for something else.
RAY: Based on my most recent visit to a public restroom, I think those Cheerios boxes are coming back — basically unaltered — as toilet paper.
TOM: When you have hazardous

back — basically unattered — as to-let paper.

TOM: When you have hazardous waste, like oil, it has to be disposed of properly. So the owner of the garage has to pay a licensed handler to come and take it away so the handler can be a few and the sour waters supply in the dump it in our water supply in the middle of the night when no one's

looking.

RAY: Now, I know your next question, Chuck: "Why are they charging me separately for that — why isn't it just part of the price of the oil change, like it used to be?"

TOM: Good question. The answer is advertising. If your local. Pokey Lube wants to advertise an oil change for \$19.95, but it can't really make money doing oil changes for \$19.95, then it adds on additional fees.

RAY: These could include a recycling fee, a waste-oil-disposal fee, a fee for use of shop rags and lubricants, or a fee for the Cinemax the owner is showing in the waiting room, You have to read the fine print. Chuck.

TOM: You've probably noticed that the airlines are doing this, too. The fare from here to East Armpit is only \$59, But the airport departure fee is \$47, the fuel surcharge is \$82, the landing fee is \$107, the Federal TOM: Good ques-

Aviation Administration's "Oh, You Want Us to Pay Attention While You Land" fee is \$68, the peanuts are \$5, the blanket is \$10, the aisle seat is \$35 and checking two bags costs \$50.

RAY: There's also can have a supplementary oxygen, but only in the unlikely event that the cabin loses pressure. But bring a bunch of quarters just in case.

TOM: Just like with your oil-filter

quariers just in case.
TOM Just like
with your oil-filter
recycling fee, all or
these additional
charges are based on
real expenses.
They're just being
separated out of the
base price so you think the price of
the service is lower than it actually is.

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

Rental **T** Central

by TOM DOTY -

A mixed bag included both kinds of romantic community

A mixed bag included both kinds of romantic comedies (okay and terrible) and the summer's best film, just in time for holiday shopping.

"Up" — If you see only one movie this year then you'd best make it this one. Pixardespite a great track record, outdoes itself with this one this year to enjoying life. A senior citizen stews in the home that's become a shrine to his wife until a reluctant Boy Scout helps inspire him to take a step outside the box. No synopsis does this movie justice. If you aren't weeping after the opening section, then you'd besget your pulse checked. Like all of their films, this one blends action and drama beau-

tifully. Most surprising is that

tifully. Most surprising is that it deviates from previous Pixar formulas by eschewing a large cast of hip actors and entrusting its success to noted character actor Ed Asner.

"The Ugly, Truth"
—This romantic comedy avoids PG-13 bucks and gets pretty vulgar as Katherine Heigel and Gerard Butler battle it out the services show repulsers. (as a morning show producer and her obnoxious anchor person) until they realize they were made for each other. Unfortunately, it's not very

good.

"The Accidental
Husband" — This lower profile Rom-Com gets much
more mileage out of its premise. A guy sets out to ruin the
talk radio "self-help" guru
whose advice lead his fiancé
to cancel their wedding date.

Along the way, he finds out that they are perfect for each other. Just as hard to believe as the previous film, but easier to swallow thanks, to better writing and an engaging cast that includes Uma Thurman, Colin Firth, and Jeffrey Dean Mörgan.

"The Watchmen: The Ultimate Cut"—This remixing of the superhero action/drama incorporates footage from the director's cut and the animated film "Fales of the Black Freighter." If you loved the director's cut then you might enjoy it, but it ups the film to over three hours long and makes it move like a pregnant yak.

long and makes it move like a pregnant yak.

Next week look for the latest version of "Star Trek" and check out the controversial comedy "Bruno."

Strange ... but true

CLICK & CLACK Talk Cars

by SAMANTHA WEAVER

■ It was Harry S. Truman, the 33rd president of the United States, who made the following sage observation: 'It's a recession when your neighbor loses his job; it's a depression when you lose yours.'
■ In all likelihood, you've never heard of an ailment known as aquagenic urticaria. It's extremely rare, affecting only 1 our of every 23 million people on the planet. Those who suffer from this disease are hypersensitive to the ions found in non-distilled water. They can drink distilled water, but if they come into contact with any come into contact with any other kind of water, they break

out in a painful allergic rash.

The country of Finland has more islands than any other nation on Earth.

Next time you're heading to sunny Florida for a vacation, try to make it to Key Largo to stay at the Jules Undersea.

Lodge, True to its name, the hotel is located 21 feet under water, and quests have to scuba hotel is located 21 feet under water, and guests have to scuba dive to the entrance. And if you don't already, know how to scuba dive, don't worry — the management offers a two-hour to your room.

Someone with way too much time on his hands discovered that a quarter has 119 grooves along its edge.

From the Yes, There Is a Word for It files comes today's entry: acnestis. This word denotes that part of the body that you cannot reach to scratch (and it's an excellent reason to get married). This handy noun recovers from the word. comes from the word "aknestis," which, perhaps unsurprisingly, means "spine"

Thought for the Day:
"Women speak because they
wish to speak, whereas a man
speaks only when driven to
speech by something outside
himself -- like, for instance, he
can't find any clean socks," -Jean Kerr

Lagoon

promptly lays a beating on the two of them, with the welfare geek getting the worst of it.

The (overly) social worker is then imprisoned beneath the general store while Henry pleads his case to the village.

They agree that a common law has been violated and give Henry carte blanche to settle the score.

Henry carte blanche to settle the score.

Meanwhile, we meet the four college students who are about to wander into the above scenario and they have "confirmed kill" written all over them. Their leader is the handsome Roger, who is first seen earnestly defending his position on murder. He states that it is never justified, so you just know he'll live long enough to make a hash of that statement and be glimpsed gleefully shredding a guy to pieces.

By the time they arrive near the town for a weekend of camping, the welfare worker is regretting his actions as he is

the town for a weekend of camping, the welfare worker is regretting his actions as he is marched into the middle of town. He is then smacked around a bit before Henry the welfare and the process out the tar and teap powers as react for under the desired of the welfare and the process of the welfare and the process of the welfare and the process of the welfare and the welfare the welfare

ing is that the kids are innocent of any wrongdoing and should be freed. While everyone is sleeping, a few townies arrange for the group to

arrange for the group to escape.

Only Roger gets away, but he isn't going anywhere while his friends are imprisoned. Will he swallow his values and take on Henry in a no-holdsbarred grudge match that features gratuitous ax swinging, a creative impalement via television antenna and more hot tar? You don't have to answer that one if you've read this column before.

You don't have to answer that one if you've read this column before.

What makes this pork rind crackle is the sure hand of director William Fruet. This "Master of Horror" was never featured on that program, but should have been after efforts like this one, "Blue Monkey" and "Spasms." Fruet also gets a great looking picture with the help of cinematographer Mark "Csanners." "Videodrome" | Trwin.

The script, by John ("My Bloody Valentine") Beaird is refreshingly devoid of the southern stereotypes that permeated the genre. Eterypee here has been teeth and body speaks with an elongated drawl or is married to their coustin.

gated drawl their cousin.

The only problem with the search is that it pains Henry as a Romeo, but he's played by Henry Silva. Now Mr. Silva is a fine actor ("The Manchurian Candidate") and an Administration of the search of

phone." 1981, rated R.



Overseas?

At school?

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Cats carry momentum into matchup with Middlesboro

by STEVE LeMASTER SPORTS EDITOR

PRESTONSBURG —
Undefeated Prestonsburg (110) will host Middlesboro
tonight in the second round of
the Class 2A State Playoffs. the Class 2A State Playoffs.
The Blackeats reached the second round following a 56-8 opening round victory over Knott County Central. Senior quarterback Michael Burchett passed for 275 yards and four touchdowns last Friday night as the Blackeats coasted past visiting Knott County Central in the opening round. The number two seed behind

Corbin in District 8. Middlesboro will carry a 4-7 record into tonight's second round matchup.

Prestonsburg has made the most of a versatile offensive attack throughout the season, scoring 21 or more points in each outing. Defensively. Prestonsburg has limited seven of 11 opponents thus far to 14 points or less. Prestonsburg has outscored its 11 opponents 462-141. Burchett has now completed 129-0f-198 passes for 2,231 yards and 26 touchdowns opposed to only four interceptions.

Sophomore Joseph Jamerson has been a go-to-receiver for Prestonsburg, hauling in 39 catches for 689 yards and eight touchdowns.

yards and eight touchdowns.
Rushing-wise. Josh
Craynon has picked up 600
yards and scored six touchdowns on 91 carries for the
Blackcats. Burchett and
Austin McKinney have both
rushed for over 400 yards.
McKinney leads the Blackcats
with 10 rushing touchdowns.
Craynon has reeled in a
team-high 10 touchdown
receptions for the Blackcats,
McKinney and Josh
Blackburn have three scoring

receptions apiece.

Defensively, Prestonsburg has picked off 11 passes, averaging one interception per

aging one interception per game.

Middlesboro defeated Bath County 49-14 last Friday night in the first round of the Class 2A State Playoffs.

The winner of tonight's Prestonsburg-Middlesboro game will meet the winner of the Corbin-Shelby Valley matchup next week in the Region Finals.

Kickoff for the Prestonsburg-Middlesboro game is set for 7:30 p.m.



photo by Jamie Howell ZAK KEY (52) stopped a Morgan County ballcarrier for the Prestonsburg defense during a regular-season game.

Introducing

J.R. Robinson by RICK BENTLEY TIMES COLUMNIST

Every now and then, we come to a crossroads. Every now and then, we get a rare chance. Every now and then, we get a rare chance. Every now and then, we get a rare chance. Every now and then, we over it to you, dear reader, to share someone's story with you.

Today, I will take that opportunities and the story of the law at young man whose life hasn't always gone as he planned it, as he wanted it, but has come out the other side in pretty fair shape.

The problem with doing this is we tiptoe the line between sharing the story of a sympathetic figure and exploiting them. We hope we can walk that delicate tightrope and make it through unscathed.

We shall see.

But before I make that effort today, you should know one last thing: The young man I'm about to tell you of? I've never personally met him. I hope to someday, and when I do, I hope he doesn't ask me blundy. "Why did you write that about me?"

I hope he sees. I hope he knows.

Today, I'd like to introduce you to J.R. Robinson.

Today, I'd like to introduce you of JR. Robinson.

I knew his father. There was a guy I knew well. Big Ted Robinson, as we called him in our house, was a name we discussed pretty often. We called him "Big Ted" just as you call your son "son," and for two reasons: First—and as a large man, I can say this—because it fit. Big Ted was a big man. Secondly, we did it to differentiate him from another guy who invariably came up in these conversations, Teddy Honaker.

Big Ted was an Old Regular Baptist minister and a friend of my farmly. Ted was one of the best preachers I've ever heard. His big. booming baratone could rock any church house, and came in handy in those Regular Baptist churches because most don't have sound systems.

because most don't have sound systems.

It was at my brother Jeff's funeral, the night the Regular Baptists held services, when Big Ted hit the microphone in our Freewill Baptist church, knocking it away from his face. He himself said, "Don't have nothin" against it. Just don't need it."

And he didn't.

Ted was a friend of our family because back in the day, he and my dad worked together. Ted was a mechanic, I believe, and not only did he and my dad work at the same place, they often shared a ride.

Since I was little. I've heard

(See ROBINSON, page two)

Kinzer competes in Southern doubleheader

ALLEN - Brandon Kinzer and the No. 18 Dirt Late Model team ventured to the Duck River Speedway in Wheel. Faun. Over the though the Speedway in Wheel. Faun. Over the though the Speedway of the Speedway of the Speedway of the Speedway of the Weekend at the Tennessee track paid \$3,000 to the winner. Kinzer, a veteram driver, finished 13th Friday night. The Floyd County racer crossed the finish line 21st in the final rundown Saturday evening.

The Kinzer raceteam is now turning its focus to the 2010 season.



Hunter Crowder (34) and his Allen Central teammates were too much for the Pineville Mountain Lions last Friday night. Tonight, Allen Central will visit Hazard in the second round of the Class A State Playoffs.

Hazard awaits Runnin' Rebs

by STEVE LeMASTER SPORTS EDITOR

EASTERN — Allen Central is averaging over 460 yards rushing per game. The Runnin' Rebels will visit Hazard tonight in hopes of knocking off the host Bulldogs and reaching the first regional championship game in the history of the Allen Central football program. Allen Central made some history last week as it hosted its first postseason game. For the first time in school history, Allen Central won a playoff game, Allen Central erupted offensively last week in the opening round of the Class A State Playoffs, defeating Pineville 50-34.

The talented trio of the contral contral contral critical contral contract contract

matched Phelps 61-6 in the first round of the Class A State Playoffs. The Bulldogs (7-4) posted regular-season wins over Leslie County. first round of the Sata Playoffs. The Bulldogs (7-4) posted regular-season wins over Leslie County, Paris, Williamsburg, Harlan, Jenkins and Pineville. Hazard has outscored its 11 opponents 362-138. The Bulldogs defeated Jenkins 1 o via forfeit. Hazard won another District 7 title after finishing out in front of Harlan. Pineville and Jenkins.

Allen Central and Hazard did not meet during the reg-

did not meet during the regular-season.

Hazard is the reigning state runner-up from the 2008 season after finishing second behind Beechwood in the Class A State Finals.

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

CLASS A STATE PLAYOFFS
TONIGHT'S GAMES
Eminence at Beechwood
Raceland at Campbellsville
Bellevue at Frankfort.
Allen Central at Hazard
Crittenden County at Holy
Cross (Louisville)
Fairylew at Lavington Christian
Ballard Membridi at Mayfeld
Harian al Pikoville.



Above: Justin Jackson (7) picked up rushing yardage for the Rebels. Below: Allen Central defender Shang Hamilton (24) closed in on the Pineville quarterback.



REBEL VOLLEYBALL IN THE REARVIEW

REARVIEW
The Allen Central High
School volleyball program has entered us
the most single-season
wins in 15th Region
history. A frontrunner
in Eastern Kentucky.
Allen Central continues
to emerge as a
statewide power. The
Rebels won central continue
Volleyball Tournament
before opponent
Southwestern claimed
the match 2-1.

Lady Bears fall to UVA-Wise

TIMES STAFF REPORT

WISE, Va. – Poor shooting and foul difficulties were the dif-ference on Wednesday night as U.Va.-Wise defeated Pikeville College 87-74 at Greear

U.Va.-Wise defeated Pirkevine College 87-74 at Greear Gymnasium. Pikeville hit only 34.2 percent from the floor on Wednesday. That, combined with being whistled for 26 personal fouls, led to the loss for the Lady Bears. Pikeville (2-1) led briefly early. UVA-Wise, however, quickly took the lead and never lost it Pikeville willed by 12 (57-45) with 14:09 remaining, but cut it in half by the 10:29 mark.

but cut it in half by the 10:29 mark.

But the Lady Cavs scored eight of the next nine points and when Adrienne Womack sank a layup with 8:10 remaining, the lead was 67-54. The edge got as big as 16 late and never fell under double digits.

Junior Natiera Hinton had another huge night for the Lady Bears, pouring in 30 points despite spending much of the first half on the bench with two fools. She was one of four players in double figures; sophomore Megan Mostley followed with 11 to go with six assists, while juniors Meagan Johnson and Lauren Potts tossed in 10 points each.

each.
Hinton had her first double-double, thanks to to 10 rebounds place 14-41
Kristin Mullins led the Lady Cavs (2-0) with 20 points and eight rebounds. Amber Carter tossed in 17 points and handed out seven assists. Meghan Rutherford followed with 12 points while Womack tossed in 10.
Pikeville will have a server of the carter of the ca

10. Pikeville will have nine days off before returning to action on Nov. 20. playing in the WVU Tech Classic at Montgomery. The Lady Bears will play Alderson Broaddus College in a 6 p.m. tip-off.

Hartline returns to practice for UK

TIMES STAFF REPORT

LEXINGTON – Despite some swelling in his knee, University of Kentucky quarterback Mike Hartline practiced on Wednesday and did well. Coach Rich Brooks

Hartline practiced on Wednesday and did well. Coach Rich Brooks reported after practice.

"Although he had some swelling in his knee from yesterday, he moved around and practiced pretty good today so we'll judge it as we move forward." Brooks said. "He's getting back in the swing of it pretty good." Hartline started the first five games of the season before sustaining a torn medial collateral knee ligament early in the third quarter at South Carolina on Oct. 10. True freshman Morgan Newton has opened the last four games in Hartline's place.

Kentucky will play at Vanderbilt on Saturday at 12:21 p.m. EST (11:21 a.m. CST).

CLASS 2A STATE PLAYOFFS
TONIGHT'S GAMES
Monroe County at Bardstown
Shelby Valley at Corbin
Trigg County at Fort Campbell
Danville at Green County
Hancock County at Murray
Christian Academy-Louisville
Newport Certard Catholic

Mid-South Conference volleyball banquet held

Mosley among Pikeville College players honored

TIMES STAFF REPORT

FRANKFORT — In a prelude to the Mid-South
Conference . Volleyball
Tournament the conference
handed out its regular season
assaulted the Capital Plaza
Ball Room.
Georgetown College - who
was perfect in conference play
in 2009 - placed five Tigers on
the all-conference team, including the MSC Player of the Year
Erica Janszen.

Janszen finished the season
leading the conference in kills
(446) and kills per game (3.9)
and sixth in hitting percentage
(2.50). She was named MSC
Hitter of the Week twice.
Joining Janszen on the allconference team were teammates Amanda Philpot,
Ambellsville University's
Shannon Cahill, Renee
Netherton and Caroline Martin;
Lindsey Wilson College's
Sarah Kline, Ashlie Haworth
and Racheal Achieng; and
University of Rio Grande's

Erin Sherman.

The 12-woman team was voted on by the MSC coaches. Coaches were not allowed to vote for their own players.

Sherman grabbed MSC Freshman of the Year honors after leading the conference with a .355 hitting percentage. She was second in the conference with 3.1 kills per game.

Georgetown's Nick Griffin was voted on by his peers as the MSC Coach of the Year after leading his team to a regular season title.

Georgetown's Cathy Frank and University of the Cumberlands' Courtney Fout were named the MSC Volleyball Champions of Character recipients. The pair camed the award - as voted on by the component of the component

director - for their civic and ser-vant leadership within the cam-pus and community. Forty-four volleyball stu-dent-athletes were recognized as Academic All Mid-South Conference. The distinction is reserved for student-athletes

Conterence. The distinction is reserved for student-athletes with a sophomore or higher class ranking and a 3.25 and above grade point average. A breakdown of those honored for their work in the classroom follows.

Campbellsville University: Shannon Cahill, Whitney Haynes, Samantha James, Jovana Koprivica, Danielle Waldrop, Tiarra Wilham, Deborah Dean and Christiana Sindelar.

University of the Cumberlands: Angie

Davenport, Amanda Hensley, Alex Lawrence, Tessic Rice, Kendra Sammons and Tommie Thompson. Georgetown College: Cassie Moore, Alexandra Bertke, Kelsey Luckett, Kyla Welch, Whitney Wulf, Kristen Meister, Elizabeth Goodin and Catherine Frank.

Whitney Wulf, Kristen Meister, Elizabeth Goodin and Catherine Frank. Lindsey Wilson College: Kelley Burke, Samantha Canp, Sarah Kline, Kayla Koerber and Sumyr Knight. Pikeville College: Leah Harris, Kayla Hatton, Shelbi White, Whitney Whitson and Elizabeth Mosley University of Rio Grande: Kristen Cassady, Ashley Bloom, Kati Mooreand Rachel Walker. West Virginia University Tech: Erica Schoolcraft and Brianna Saunders. St. Catherine College: Sam Gehler, Adair Woford, Taylor Childress, Mandy Gray, Jordan Boyle and Brittini Schmidt.



Flizabeth Mosley





ABOVE: ALLEN CENTRAL COACH LARRY MAYNARD congratulated players following the 15th Region championship win over District/Conference rival made the strongest showing of any 15th Region team in the State Volleyball Tournament.



UVA-Wise edges Lady Eagles

TIMES STAFF REPORT

WISE. Va. – Host UVA-Wise fended off Alice Lloyd Thursday (Nov. 5) in a women's basket-ball game, defeating the Lady Eagles 83-80.

ALC got out of the gates strong, benefitting from the play of junior Nicole Lutes and sopho-more Genman Grey along with shooting 64-percent from the field. The Lady Eagles led 26-11 at the 11:10 mark following a bucket from Gray. Alice Lloyd, however, couldn't remain out in front of UVA-Wise.

The Lady Cavaliers cut the lead to three, but a late flurry by Alice Lloyd set the score at 58-48

The Lady Cavaliers cut the lead to three, but a late flurry by Alice Lloyd set the score at 58-48 when the game entered its intermission.

UVA-Wise opened the first 2:30 on a 12-3 run in the second half, cutting the deficit to one at 61-60. From that point, the game went back and forth as neither team had more than a five point lead the remainder of the contest.

Bailey Gabbard drained a jumper for Alice Lloyd and tied the game at 80 with 1:36 to play. A free throw at the 1:07 mark gave the Lady Cavaliers an 81-80 lead. After a Lady Eagle tumover, UVA-Wise got the ball back and hit two more free throws to make the score 83-80. At the buzzer, Grey got off a shot with captact, but no foul was called.

Pive Alice Lloyd players reached double figures in the scoring column. Lutes led Alice Lloyd with 16 points and 10 rebounds, registering a double-double. Gray followed with 14 points for the Lady Eagles. Junior Bree Frazier added 11 points while the junior Bailey Gabbard and sophomore Allison Feltner contributed 10 apiece.

Charlotte Reasor paced UVA-Wise (1-0) with 15 points.

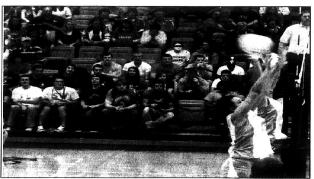
ATHLETES OF THE WEEK Michael Burchett, Prestonsburg Football Kes Moore, Piarist Volleyball



SPORTS FAN

OF THE WEEK

of Prestonsburg



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

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

PC women's bowlers finish strong in SI Elite

TIMES STAFF REPORT

PIKEVILLE - The Pikeville College women's bowling team turned in a second-place finish in the Southern Illinois Elite Invitational last weekend in Fairview Heights, Ill.

The men, however, weren't as fortunate, with the top team coming in 12th in the strong 34-team field at the same event.

On the women's side, Pikeyille Black edged out Wichita State A to finish second by only six total pens. They finished more than 500 behind Wichita C, the tournament champion.

ment champion.

Pikeville Orange finished sixth in the 24-team field,

while Pikeville White was

while Pikeville White was 15th.

Pikeville had nine players finish in the Top 40. A run began at No. 8 where sophomore Kim Yioulos finished with an average of 198,333. Senior Becky Sulligan followed at 196,222, while senior Jennifer Wright was 10th at 195,667 and senior Nicole Burke was 11th at 193,556.

Sophomore Megan Kyle finished teed for 16th with a score of 185,555. Sophomore Chelsea Gilliam was 26th with an average of 182. Senior Sarah Germano was tied for 30th, averaging 180,556; sophomore Natasha Martin was tied for 32nd at 178,556; and senior Ashley Stahurski was 40th at 147,111.

Pikeville Grizzly finished 12th in the event, which was won by Wichita State D. All four Wichita entries finished in the Top 11. Pikeville Kodiak came in 16th while Pikeville Panda was 25th.
Only three Pikeville bowlers finished in the Top 100 individually. Junior Jeremy King was Pikeville's top finisher, coming in 37th with an average of 191, Freshman Chad Carden was 46th at 187,222 while junior Nick Atkinson was 54th with a total pinfall of 1641.
The Pikeville College bowling teams will be back in action this weekend as travel to Kettering, Ohio, to participate in the Räider Classic.

UK-UNC men's basketball game sold out

TIMES STAFF REPORT

LEXINGTON – Tickets for the Kentucky-North Carolina men's basketball game have sold out, but a limited number of tickets could remain for UK games against Miami

University, Sam Houston State and Rider

and Rider.
Any unclaimed student tickets for the Miami University
(Nov. 16), San Houston State
(Nov. 19) and Rider (Nov. 21)
games will be available at 6:00
p.m. Thursday at www.ukath-

letics.com or www.ticketmas-

letics.com or which the tercom.

All tickets are for upper level seats and cost \$28.

Kentucky will open the 2010 season tonight at home against Morehead State.

Robinson

about Big Ted Robinson, He came to be a friend of mine too. He always had a handshake, always a warm hug.

Goes without saying, I miss

Goes without saying, I miss Big Ted.
But I'd never pretend to say I miss him as much as J.R.
Here's a young man who has had to spend the most influental years of his life without his father, and nobody should go through that without one.
In addition, J.R.'s mother has been ill much of that time, giving him even more reason and opportunity to hold a grudge, to be bitter, to walk away from life.
Thank God he hasn't, J.R.'s older brother Heath is

Thank God he hasn't. J.R.'s older brother Heath is another friend of mine. Heath has been known to call up The Sports Guys and chime in from time to time, and the bond we share is due to our love of sports, but also to our common fondness of his father. Heath told me how proud he was of his brother, of the decisions he's made and how he's making it without his father. "Most teenage kids would have just given up and quit in the face of this adversity."

Heath said, "but JR hasn't and

has flourished by staying positive and taking his pain and
anger out on opposing ball carriers instead of crawing into a
bottle (pill or alcohol)."

In this day and age, it's hard
to argue how easy it would have
been for JR, to walk away,

His coach has noticed too.

'JR,'s a tough kid,' said Ben
Howard. "He hasn't had it easy,
but he's stuck it out. He's the
kind of kid you like to have
around. He's tough, hardnosed."

Ben doesn't say that because

around. He's tough, hardnosed."

Ben doesn't say that because
J.R.'s the best player on his
tearn as they prepare for the second round of the playoffs
tonight. This season, he has
are graph, but he's only carried
25 times. He's the team's leading tackler with 67 heading into
tonight, and he's recovered a
pair of fumbles.

"He works hard, and he's a
good leader for us too," Ben
said.

Tonight when the Panthers

said.
Tonight when the Panthers host Harlam, J.R. Robinson will be one of the few dozen wearing maroon proudly, trying to advance to the round of eight in Single-A. He'll be out there playing with all he has to extend

bis career one more week, for the opportunity to put on the practice gear a few more times. I'm glad he'll be out there, It would have been easy for him to quit, to walk away, to leave it for someone else. He hasn't. He's kept working, kept his nose to the grindstone, kept doing all his coaches ask of him.

I'm proud of J.R. Robinson. His brother is proud too, as is his mother, his coxech, and all who know his story.

But somewhere in his Heavenly Home, a busky man with a booming voice will be watching the events on Hillard Howard Field. He'll be pulling for the home team, the one for which his son plays, and he'll be proud.

Bis Ted Robinson has plenty.

which his son plays, be proud.

Big Ted Robinson has plenty
of reasons to be proud of J.R.
Hardly any of them have been
because of what he's done on
the football field. But many of
them have been because he's the football field. But many of them have been because he's been on the field, not walking away, not throwing his hands in the air.

That's plenty of reason right



2009 NASCAR SPRINT CUP SCHEDULE/RESULTS Feb. 7 — x-Budweiser Shootout, Daytona Beach, Fla. (Kevin Harvick) Feb. 15 — Daytona 500, Daytona Beach, Fla. (Kevin Harvick) Feb. 22 — Auto Club 500, Fontana, Callf. (Matt Kenseth) March 1 — Shelby 427, Las Vegas. (Kyle Busch) March 8 — Kobalt Tools 500, Hampton, Ga. (Kurt Busch) March 29 — Good City 500, Bristol, Tenn. (Kyle Busch) March 29 — Goody Fast Relief 500, Martinsville, Va. (Jimmle Johnson) April 5 — Samsung 500, Fort Worth, Texas (Jeff Gordon) April 18 — Subway Fresh Fit 500, Avondale, Ariz. (Mark Martin) April 18 — Subway Fresh Fit 500, Avondale, Ariz. (Mark Martin) April 18 — Subway Fresh Fit 500, Avondale, Ariz. (Mark Martin) April 18 — Subway Fresh Fit 500, Avondale, Ariz. (Mark Martin) April 26 — Aaronis 499, Taliadaga, Ala. (Brad Keselowski) May 2 — Crown Royal Presents the Russell Friedman 400, Richmond, Va. (Kyle Busch) May 9 — Southern 800, Butter Challenge, Concord, N.C. (Tony Stewart) May 16 — N.N. 2004 Busch Challenge, Concord, N.C. (Tony Stewart) May 17 — Dover 400, Dover, Del. (Jimmle Johnson) May 18 — Poore 500, Long Pond, Pa. (Tony Stewart) June 21 — Toyota/Savemant 350, Sonoma, Callf. (Kasey Kahne) June 28 — LENOX Industrial Tools 301, Loudon, N.H. (Joey Logano) July 4 — Coke Zero 400, Daytona Beach, Fia. (Tony Stewart) July 11 — LifeLock.com 400, Jollet, Ill. (Mark Martin) July 26 — Allstate 400, Indianapolis. (Jimmle Johnson) Aug, 2 — Pennsylvarila 500, Long Pond, Pa. (Denny Hamilin) Aug, 2 — Pennsylvarila 500, Long Pond, Pa. (Denny Hamilin) Aug, 2 — Shaple 500, Bristol, Tenn. (Kyle Busch) Sept. 6 — Fep Boys Auto 500, Hampton, Ga. (Kasey Kahne) Sept. 12 — Chevy Rock & Roll 400, Richmond, Va. (Denny Hamilin) Sept. 27 — AAA 400, Brooklyn, Mich. (Brian Vickers) Aug, 3 — Shaple 500, Bristol, Tenn. (Kyle Busch) Sept. 5 — Pep Boys Auto 500, Hampton, Ga. (Kasey Kahne) Sept. 12 — Chevy Rock & Roll 400, Richmond, Va. (Denny Hamilin) Sept. 2 — Chevy Rock & Roll 400, Riesh Groon, N.H. (Mark Martin) Sept. 2 — Chevy Rock & Roll 400, Riesh Groon, S. (Gorn 2009 NASCAR SPRINT CUP SCHEDULE/RESULTS

Pikeville College to honor lamerson, seven teammates

TIMES STAFF REPORT

PIKEVILLE - On Saturday aftermoon, eight young men will wear the orange and black for the final time as their senior season at Pikeville College comes to an end. They will be recognized in a pregame - ceremony on Saturday at 1:15 before the Bears play Campbellsville University, thanking them for their hard work, dedication and contributions to Pikeville College football of the Pikeville College football seniors, including Prestonsburg High School product Nick Jamerson, follows. PIKEVILLE - On Saturday

John Brown: A defensive back who has 121 tackles in his career, 81 of them being solos. The solo tackles total is 10th on the all-time list a the school. He has eight career interceptions, which is tied for second most in school history. As a sophomore, he had five interceptions, which is tied for the third most in a single season. He also has a fumble recovery and a blocked kick in his career.

recovery and a blocked kick in his career.

Kyle Chilton: You name the special teams record. All-American Kyle Chilton probably owns it. The eight-time Mid-South Conference Player of the Week and threa-time national player of the week is the school's all-time leader in field goals made (36) and attempted (59), and his totals of 76 PXIS in 83 attempts are second. The two-time All-Conference kicker holds the five longest made field goals

in school history. And, as an all-conference punter, he is second in total punts (138), first in punting yards (5351), second in average yards per punt (38.8) and first in punts inside the 20 (400, And, if he scores one point Saturday, he will stand alone as the top scorer in Pikeville College football history.

Erik Coleman: The Pike Central product is a four-year letterman at Pikeville College. He is a starter on the on the kickoff return team. A true utility player, he has seen time at various positions on the offensive side of the football.

Kenny Harris: Simply put, Kenny Harris

Howard was the first-team all-conference center as a junior, his second time on the All-Mid South Conference teams. The starting long snapper and cen-ter, Nate was the signal-caller for the offensive line. He is a three-year letterman and two-year team captain who had his career cut short earlier this search due to knee surgery. season due to knee surgery.

Nick Jamerson: In a terrific four-year career. Nick Jamerson will enter Saturday's game with 101 career receptions and 1,189 receiving yards, one of only two players to reach those totals. He has caught eight touchdown passes, which is good for fourth all-time, including five as a freshman, which is tied for fifth most in a single game. One of his two career 100-yard receiving games was a 144 yards and three touchdown performance against Kentucky Wesleyan as a freshman are both school records. Jamerson is a Prestonsburg High School graduate. Nick Jamerson: In a terrific

both school records, Jamerson is a Prestonsburg High School graduate.

Martrey Littlejohn: A solid dontribuor who has been a valuable member of the cambon something of the cambon something. Martrey Littlejohn is the team's leading rusher this season with 390 yards on the ground. In his career, Martrey has carried 145 times for 594 yards. In addition, he has caught a dozen passes for 53 yards and compiled 381 yards on kickoff returns.

DeVaughm Whitley has quietly put together a solid career at Pikeville College. He has 161 tackles and 103 solos, both of which are seventh all-time. His 58 assisted tackles are 9th most in school history. In addition, he has five tackles for loss, four sacks, three interceptions, one forced fumble, one fumble, one fumble and blocked kick. In addition, he is third on the team with 66 tackles his season, and his 39 solo tackles are tied for the team lead.



GIVING BACK: Letcher County Clerk Winston Meeds presented a \$5,500 check to Neil Napler, program supervisor of the Eastern Kentucky Veterans Center in Hazard on Oct. 20. Funds used to provide a new hardwood floor in the auditorium of the veterans center, were releed by selling recycled license plate birdhouses in area clerk's offices. You can get your own birdhouse at Johnson County, Magoffin County, Martin County, Floyd County, Knott County or Lawrence County clerk's offices. They make a nice gift for family or provided the County of the Cou



JUSTICE STILL HAS IT

James Justice, owner of the Justice Sledgehammer Competition and an ex-body-builder (1993 Mr. Louisville), recently competed again in mixed martial arts for the first time since the 1990s, representing Eastern Kentucky once again. Justice entered an MMA flight on Oct. 3 in Lexington at Four Seasons Martial Arts Gym.

Gym.
Justice competed for the first time in 18 years He won the MMA bout against a 22-year-old fighter from



DAVID BANGHAM

FRANK STUMBO





GREG NICHOLS

FOR MORE INFORMATION ON THE JUSTICE SLEDGEHAMMER COMPETITION, Call 606-226-8806 or 606-478-1388.

Mail inquiries to: Justice Sledgehammer Competition, c/o James P. Justice, Owner P.O. Box 987 Harold, Ky. 41635

JAMES JUSTICE

Prestonsburg hosts Justice Sledgehammer Competition

TIMES STAFF REPORT

PRESTONSBURG - The

PRESTONSBURG — The Justice Sledgehammer Competition held the 2009 Mr. Kentucky contest Sept. 18-19 at the Mountain Arts Center in Prestonsburg. The latest edition of the Justice Sledgehammer Competition was held in memory of James A. Justice, who passed away in August. Results from the contest were as follows:

Mr. Kentucky 2009 — 16 Pounds (Under 200 pounds): First-Place-David Bangham (77 times in 1:30); Second-Place-Greg Dever (60 times in 1:30). 16 Pounds (Over 200 Pounds): First-Place-Frage Stumbo (50 times in 1:30-200 Champion).

Division: First Place Overall and Division Winner: Frank Stumbio 070 times.

20 Pounds Nedgehammer (Conder 200 Pounds): First-Place-Greg Nicholas (45 times in 1:00).

20 Pounds (Over 200 Pounds): Cera 200 Pounds): First-Place-Greg Nicholas (45 times in 1:00).

30 Pounds (Over 200 Pounds): Cera 200 Pounds): First-Place-Greg Nicholas (46 times in 1:00).

31 Pounds (Under 200 Pounds): Pirst-Place and Overall Winner-Greg Nicholas (46 times in 1:00).

32 Pounds (Under 200 Pounds): First-Place-David Bangham (24 times in 1:00).

33 Pounds (Under 200 Pounds): First-Place-Frank Stumbo (21 times in 1:00).

34 Pounds (Over 200 Pounds): First-Place-Frank Stumbo (21 times in 1:00).

35 Pounds (Over 200 Pounds): First-Place-Frank Stumbo (21 times in 1:00).

36 Pounds (Over 200 Pounds): First-Place-Frank Stumbo (21 times in 1:00).

36 Pounds (Over 200 Pounds): First-Place-Frank Stumbo (21 times in 1:00).

36 Pounds (First-Place-Frank Stumbo (21 times in 1:00).

37 Pounds (Ver 200 Pounds): First-Place-Frank Stumbo (21 times in 1:00).

38 Pounds (Ver 200 Pounds): First-Place-Frank Stumbo (21 times in 1:00).

39 Pounds (Ver 200 Pounds): First-Place-Frank Stumbo (21 times in 1:00).

30 Pounds (Ver 200 Pounds): First-Place-Frank Stumbo (21 times in 1:00).

30 Pounds (Ver 200 Pounds): First-Place-Frank Stumbo (21 times in 1:00).

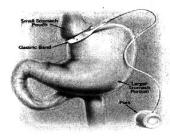
30 Pounds (Ver 200 Pounds): First-Place-Frank Stumbo (21 times in 1:00).

30 Pounds (Ver 200 Pounds): First-Place-Frank Stumbo (20 times II) Pounds (Ver 200 Pounds): First-Place-Frank Stumbo (20 times II) Pounds (Ver 200 Pounds): First-Place-Frank Stumbo (20 times II) Pounds (Ver 200 Pounds): First-Place-Frank Stumbo (20 times II) Pounds (Ver 200 Pounds): First-Place-Frank Stumbo (20 times II) Pounds (Ver 200 Pounds): First-Place-Frank Stumbo (20 times II) Pounds (Ver 200 Pounds): First-Place-Frank Stumbo (20 times II) Pounds (Ver 200 Pounds): First-Place-Frank Stumbo (20 times II) Pounds (Ver 200 Pounds): First-Place-Frank Stumbo (20 times II) Pounds (Ver 20 times II) Pounds (Ver 20 times II) Pounds (Ver

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Adjustable Gastric Banding



Procedure Time :

30-60 min.

Recovery:

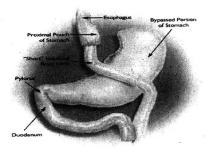
2 days-2 weeks

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.

Dr. Salvador Ramos' experience and expertise allows Pikeville Medical Center to offer one of the most comprehensive weight loss centers in the region.

Weight Loss Surgery

What do you do when you have tried everything else? EIGHT LOSS SURGERY AT HOME "I find the most enjoyment seeing my patients rediscover their quality of life, while improving their health. Dr. Salvado Ramos S. Ramos, D.O. Weight Loss PIKEVILLE MEDICAL CENTER THE REGION'S MEDICAL LEADER"