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brie Keep ti see a see

LOUISVILLE — To boost sales, retailers are already starting their holiday sales and specials. But sometimes the best deal may not be the safest. As shoppers begin to purchase toys and gifts for children, they need to mindful of what gift is the safest, especially for younger children. According to the Consumer Product Safety

younger children in younger children in the Consumer Product Safety Commission (CPSC), there were an estimated 235,300 toy-related injuries treated in emergency rooms across the country. Most of the injuries were to the head and face and consisted of lacerations, contusions or abrasions. And, 73 percent of the toy-related injuries reported were to children ages 14 and younger.

Although to children ages 14 and younger. Although toy safety regulations and enforcement have been improved, the CPSC has had 38 toy recalls in 2009 alone. That is why Prevent Blindness Kentucky has declared December as Safe Toys and Gifts Month. The group is offering toy-buying and gift-giving tips to all those planning to purchase a gift foca child this year. "We know that families are being more budget

(See SAFETY, page five)

2 DAY FORECAST





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Events on tap to kick off Christmas season

by JARRID DEATON FEATURES WRITER

PRESTONSBURG – The holiday celebration plans are underway in Prestonsburg, and Brent Graden, director of economic development, hopes that the events will bring in people who are ready to spend money while enjoying the sights and sounds of Christmas. "The first part will be a downtown open house," Graden said.

"Participating stores will be open on Dec. 4 and 5 until 7 p.m., and from 1 p.m. until 5 p.m. on Sunday, Dec. 6. There will be special pricing, holiday decor and refreshments. Hopefully, people will come early and do some shopping in town."

ple will come early and do some snop-ing in town."

The popular Christmas parade is scheduled to begin at 7 p.m. on Saturday, Dec. 5.

"There will be nativity scenes and plenty of Christmas lights," Graden

said. "In lieu of trophies, we are going to have a special open house for everybody in the parade. The parade will go to the downtown water fountain for the lighting of the tree, and Santa, along with Jack Frost, will be there for pictures." Graden will also be hosting his own Christmas open house at his home in Prestonsburg on Dec. 4, with personal invitations to many friends, employees and residents of the city and the surrounding area. Graden said that this

year's event should be "twice as big" as last year's festivities.

For those looking for even more entertainment in Prestonsburg for the holidays, the Mountain Arts Center will host three performances of The Nuteracker, starting on Dec. 1 at 7 p.m. Also at the Mountain Arts Center, the Kentucky Opry will be performing Christmas shows on Dec. 5 and 6, and the Prestonsburg High School Honor Choir will be performing on Dec. 7.



photo by Jamie Howel Prestonsburg, fresh off a regional championship victory against Corbin, is one game away from playing for the Class 2A state championship. The Blackcats will face DeSales in the state semifinals tonight in Louisville at Southern High School.

Fugitive arrested at job corps

by SHELDON COMPTON

PRESTONSBURG – A man was arrested this week at Carl D. Perkins Job Corps Center on outstanding warrants against him from Texas.

Marc Anthony Herrara, 18, was taken into custody by the Prestonsburg Police Department and has since been

extradited to El Paso. Texas, in connec-tion with a series of robberies in that

tion with a series or removement.

The El Paso County Sheriff's Department sent a notice to law enforcement urging extreme caution, saying they believed he was staying with different friends in the East Montana area.

Instead, police located Herrara Monday at the center.

According to records from Texas, Herrara and two others – 19-year-old Luis Rises and IS-year-old Manuel Vargas – allegedly used handguns and all-terrain vehicles during a series of robbery attempts this past September. Herrara had been living at Meadows Branch in Prestonsburg, according to records filed with the Floyd County Circuit Clerk's Office.

Senate candidate to make local stops

by SHELDON COMPTON STAFF WRITER

PRESTONSBURG -

PRESTONSBURG – U.S.
Senate hopeful Rand Paul will
visit Prestonsburg and
pikeville Tuesday, but will not
talking about health care
reform, the issue his camp has
been discussing lately.
Paul said earlier this week
the will discuss proposed energy legislation before Congress
— known to opponents as a
"cap-and-trade" bill — at both
a small gathering at Reno's in
Prestonsburg and a larger
event in at the Landmark Inn
in Pikeville.

Though Paul will be focusing on the energy bill, he says
he will also talk about the
slowdown in approving mining permits, a concern that has
taken hold in this region.

"The slowing down of the
bedone with congressional oversight, and it's a mistake for
any president, even a good
one, to have too much power."
Paul said.

This idea leads Paul to
what he says is another probylem, one he reference
"Ego over a century or so,
Congress has given up its duty
to restrain the president," "For over a century or so,
Congress has given up its duty
to restrain the presidency," he
said, "Congress is closer to
the people than the president,"
An eye surgeon by trade

(See PAUL, page five)

Former UK player appears in court

by SHELDON COMPTON STAFF WRITER

PRESTONSBURG – Former University of Kentucky basketball star Derrick Miller appeared in Floyd County court Tuesday and answered to charges that he sold UK basketball season tickets he never had to begin with to a woman last fall.

woman last fall.

Miller pleaded not guilty to a charge of theft by deception Tuesday for allegedly selling

Floyd resident Sandy Roberts two season tickets for \$1,800 when he allegedly never had the tickets, an alleged scheme for which he faces charges in nearly a dozen counties across the state.

Floyd County Commonwealth's Attorney Brent Turmer said Miller's job could have enabled him to enact the alleged scheme.

alleged scheme.
Miller worked for Kentucky

(See MILLER, page five)



wary Sparks will oversee a food booth located at Archer Park until Dec. 24. Sparks part the control of the cont ing the p summer son.



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Obituaries

Anna Lee Garrett

Alley
Anna Lee Garrett Alley, 96,
Prestonsburg, died Tuesday, Prestonsburg, died Tuesday ovember 24, 2009, at her res

Born May 1, 1913, in Emma, she was the daughter of the late John L.
Garrett and Gladis late John L.
Garrett and Gladis
Marshall Garrett.
She was a former
secretary for the

She was a tornier secretary for the Floyd County Co-operative Extension Service, University of Kentucky, for 26 years. She was a member of the First United Methodist Church, in Personnehurg Prestonsburg.

Prestonsburg.
She was preceded in death
by her husband, Marvin Alley,
who died August 8, 1993.
She is survived by a greatnephew, Glenn Hopson

(Bobbie) of Paintsville

In addition to her husband In addition to her husband and parents, she was preceded in death by a nephew, John A. Branham; and a niece, Ruby A. Hopson; and several brothers and sisters. Funeral services will be held Saturday, November 28, at 11:00 a.m., at the Carter Funeral Home Chapel, with Rev. Im Adams officiation.

Rev. Jim Adams officiating Interment will be at Mayo

emetery, in Prestonsburg.
Visitation is 6 p.m. until 8
.m., Friday, at the funeral

Contributions are suggested to the First United Methodist Church, 256 S. Arnold Ave., Prestonsburg, KY 41653.

The family has entrusted arrangements to the Carter Funeral Home. (Paid obituary)

Edmund Lewis "Scrooge" Blackburn

Edmund Lewis "Scrooge" Blackburn, 62, of Banner, died Friday, November 20, 2009, at the UK Medical Center.

the UK Medical Center.

Born May 23, 1947, in East
Point, he was the son of the
late Edgar and Laura Griffith
Blackburn. He was a disabled
coal miner, and attended
Abbott Harvest Time Church.

He is considered by his wife.

He is survived by his wife, Maggie Akers Blackburn

survivors include Other survivors include three sons: Eugene Arms of East Point, William Edmond Blackburn of Allen, and Paul Edward Akers of Corunna, Indiana; two daughters: Billie Jo Amburgey of Paintsville, and Amanda Blackburn of Garrett; three brothers: Alvir Garrett; three brothers: Alvini Blackburn and Paul Blackburn, both of Mt. Sterling, and Tony Blackburn of East Point, three ststers: Claudine Blair of Shiloh. Ohio, Linda Blackburn and Thelma Billiter, both of East Point: 13 grandchildren, and two great-grandchildren. In addition to bix parents, be

In addition to his parents, he was preceded in death by two sisters: Martha Ann Blackburn and Betty Jean Jackson.

Funeral services were held Funeral services were held Tuesday, November 24, at 1 p.m., at the Nelson-Frazier Funeral Home, in Martin, with Bobby Joe Spencer officiating, Burial was in the Blackburn

Family Cemetery, Hollow), in East Point. Visitation was at the funeral

Betty (Harvey) Hall Betty (Harvey) Hall, age

Betty (Harvey) Hall, age 77, of Sandusky, Ohio, passed

77. of Sandusky. Ohio. passed away Saturday November 21, 2009, at the Stein Hospice Unit, following a brief illness. She was born February 23, 1932, in Honaker, the daughter of Joe and Josephine (Parsons) Harvey. She was a homemaker and had also worked as a nurses' aide at Fitchville Nursing Home and in Cleveland. She was also previously employed by the Ashland City Schools. She enioyed knitting and gar-

by the Ashland City Schools. She enjoyed knitting and gar-dening. She was also known by her friends as Onedis. Survivors include her three sons and daughters-in-law: Gary and Judy Adkins of Ashland, Ronnie and Ruthie

Adkins of Sandusky, Ray and Robin Hall of Sandusky; and her three daughters and son-in-law: Bernice and David Taylor of Ashland, Marlene Beal and of Ashland, Marlene Beal and fance Tony Fry of Greenwich, and Melinda Hall and fiance Low James Tr., of Sandusky; and a stepson Douglas E. Hall. Also surviving are her 16 grandchildren, four stepgrandchildren, four stepgrandchildren, seven stepgreat-grandchildren; a brother, Joe and Linda Harvey Jr., of Jacksonsville, Florida; along with her sister Barbara and with her sister Barbara and Luther Kidd Jr., of Harold

She was preceded in death by her parents; her two broth-ers, Lenord Harvey and Henry Harvey; and a sister, Bessie Kidd.

Services were held at Heyl Funeral Home on Wednesday November 25, at 1:00 p.m., with Pastor Charles Meade officiating.
Burial was in Nankin

Cemetery.
Visitation was Tuesday
November 24, from 6 to 8
p.m., at the funeral home, and
also one hour prior to the
funeral service on Wednesday.
Online condolences may be
left for the family by visiting
www.heylfuneralhome.com

Margaret Mature

Hall
Margaret Mature Hall, 83,
of Dana, died Friday,
November 20, 2009, at her res-

Born March 14, 1926, Floyd County, she was the daughter of the late John and Hattie Yates Mature. She was a Hattie Yates Mature. She was a homemaker and a member of the Little Salem Old Regular Baptist Church.
She was preceded in death by her husband, Joe Hall.
Survivors include two daughters: Anna D. McAllister of Denna and Poer A. Poer of

of Dana, and Rose A. Rose of Allen: two brothers: Amon and Mature. both George Mature, both of Grethel; three sisters: Lucy Mature, Sarah Blevins, and Rhoda Hamilton, all of Grethel; five grandchildren: Robert, April, Shenna, Charles and Candice, and 17 great-

grandchildren. In addition to her parents and husband, she was preceded in death by a son, James Edward; a brother, Nick Mature; and a sister, Mary Webb.

Funeral services were neu Tuesday, November 24, at 1 p.m., at the Little Salem Old Regular Baptist Church, in Dana, with Old Regular Baptist ministers officiating.

Burial was in the Burial was in the Wilburn Parson Cemetery, (Parson Branch), Grethel, under the direction of Nelson-Frazier Funeral Home, in Martin, Visitation was at the church.

Richard Alan Hull

Richard Alan Hull, 49, of Langley, died Monday, November 16, 2009, at St. Joseph Hospital, in Lexington. Born March 22, 1960, Osceola Kissimmee, Flor vas the son of Sandy Hull he was the son of Sandy Hull of Huntington, Indiana, and the late Charles Leroy Hull. He was disabled; served in the United States Army in 1977, stationed in Germany and Korea; received an honorable discharge in 1989. His hobbies were drawing; working on old and volunteering

cars, and volunteering for churches and the Red Cross. He was a member of the American Legion. In addition to his mother, survivors include one daugher, Sandra Hull of Germany; one brother, Randy Hull, of Fort Wayne, Indiana; three sisters; Debra Clabaugh (Mike), and Diana Hull (Kent), both of Huntington, Indiana; and Huntington, Indiana; and Donna Deaton (Jeff) of Andrews, Indiana; two uncles Ellis Little of Martin; and Ruben Owens of Wolcottville, Indiana; one grandchld, three

nephews, four nieces, and two

nephews, rous interest, and great-nieces.

In addition to his father, he was preceded in death by an uncle, Joey McFarland; his grandparents; two aunts: Karen Graham and Betty Reiff.

Funeral services were held Saturday, November 21, at 1 p.m., at Nelson-Frazier n., at Nelson-Frazier neral Home, in Martin, with I Shannon and John Ted ed Shannon and John ochnowski officiating. Burial was in the Drift

metery. Visitation was at the funeral

Roger Dean Hall Röger Dean Hall, 53, of Allen, died Monday, November 23, 2009, at St. Joseph Martin.

Born April 29, 1956, in Martin, he was the son of the late George Jr., and Faye Woods Hall. He was a disabled mechanic. include

auto mechanic.

Survivors include one
daughter, Krissy Lynn Hall
Marcum of Prestonsburg; one
brother, David Hall of
Langley; three sisters: Brenda
Thompson and Carolyn
DeBates, both of
Prestonsburg; and Tammy Prestonsburg; and Tammy Slone of Garner; two grand-children: Seth and Noah Marcum; and a companion, Vickie Sizemore of Allen. In addition to his parents, he was preceded in death by a brother, Tommy Spriggs; and a sister, Elizabeth Hall.
Funeral services were held Wednesday, November 25, at 1 p.m., at the Nelson-Frazier

the Nelson-Frazier Funeral Home, in Martin, with

Ken Lemaster officiating.
Burial was in the Hall
Family Cemtery, in Banner.
Visitaiton was at the funeral

Ricky E. Hamilton Ricky E. Hamilton, 52, of Pikeville, died Monday, November 23, 2009, at the Pikeville Medical Center.

Born February 5, 1957, in Pikeville, he was the son of the late John Jr., and Elizabeth Hamilton. He was a retired coal miner. He is survived by

Coal miner.

He is survived by his wife,
Kathy Lynn Syck Hamilton.

Other survivors include
three brothers: Emitt Hamilton and Bobby Hamilton, both of Teaberry, and Charlie Dotson of Dayton, Ohio; three sisters Castillo of Teaberry

Margie Castillo of Teaberry, Norma Perdue of South Gate, Michigan, and Aileen Tripodi of Livonia, Michigan. In addition to his parents, he was preceded in death by one son, Edmund Craig Hamilton; fine hearborn, Eddin Cana brothers: Eddic Gene, vie, Donald Ray, Jimmy, and Estill Hamilton; and one sister. Christine Comb

sister, Christine Combs.
Funeral services will be held
Friday, November 27, at 1
p.m., at the Nelson-Frazier
Funeral Home, in Martin, with
Tracy Patton officiating.
Burial will be in the John
Hamilton, Competers, in

Hamilton Cemetery, Teaberry

Visitation, after 6 p.m. Tuesday, November 24, at the funeral home; church services, Wednesday, November 25, at the funeral home.

Molly Catherine Howell

Molly Catherine Howell, 71, Galveston, died Sunday,

of Galveston, died Sunday, November 22, 2009, at her res-idence.

Born February 14, 1938, in Pikeville, she was the daughter of the late Ambrose and Irene Dye Howell. She was a home-maker, and a member of the maker, and a member of the Zion Old Regular Baptist Church

Survivors include two sons: Ricky Gillespie of Morehead. Ricky Gillespie of Morehead, and Jimmy (Rosa) Gillespie of Galveston: three daughters: Irene (Thomas Ray) Hamilton of East Point, Mary Hall, and Loveina Lou (Phillip Gene) Hall, both of Galveston: two brothers: Merlin Howell of Pikeville, and Edward Howell of Michigan; two sisters: Alice

Adams of Galveston, and Nan Lentz of Wisconsin; two half-Lentz of Wisconsin; two half-brothers: David and Clifford Howell; three halfsisters: Lona Parson, Linda Lou Salisbury, and Susie Howell; 15 grand-children, 13 great-grandchil-dren, and three steggreat grandchildren. In addition to her parents, she was preceded in death by

was preceded in death by one daughter, Sadie Newsome: one brother, Green Howell; sisters: Mary

two sisters: Mary Bell Shihadeh and Sally Smith; one stepbrother, Anthony Howell; and one grandchild. Funeral services will be held Friday, November 27, at 1 p.m., at the Zion Old Regular Baptist Church, in Grethel, with Old Regular Baptist min-isters officiating.

Burial will be in the Ambrose Howell Cemetery, (Coon Branch), Pikeville, under the direction of Nelson-Frazier Funeral Home, in Martin.
Visitation is at the church.

Susie Knott
Susie Knott, 78, of
McDowell, died Thursday,
November 19, 2009, at the
Pikeville Medical Center.

Born November 27, 1930, in Floyd County, she was the daughter of the late Columbus Myra Gayheart. She was a home-

She was preceded in death by her husband, Lewis Knott Jr.

Survivors include five Larry Knott, Ray Knott (Carol), and Gary Knott (Nita), all of McDowell; Lewis Knott (Lucy) of Prestonsburg; and Timothy Knott (Nan) of Clarksville, Tennessee; eight daughters: Linda Sue Speer (Stephen) of New Philadelphia, Ohio; Carolyn Wallen (Butch) of McDowell; Elizabeth Music of Pikeville; Sheila Salyer (Ron), and Marlene Elliott (Buster), both and Timothy Knott (Nan) of Prestonsburg; Betty Ann Chasser (Dennis) of Hilliard, Ohio: Phyllis Jean Akin of Jamestown Akin (Dennis) (Dennis) of Jamestown, California; and Lea Branham of Tomahawk; one brother, Chip Gayheart of Chillicothe, Ohio; one sister, Ruby Osborne of Waverly, Ohio; 25 grandchildren, and 13 greatgrandchldren.

addition to her parents and husband, she was precedand husband, she was preced-ed in death by six brothers: Frank, Henry, Roy, Fred, Leonard, and Taylor Gayheart; and one sister, Joy Huff.

Funeral services were held Sunday, November 22, at 2:30 p.m., at the Nelson Frazier Funeral Home, in Martin, with Arnold Turner Jr., officiating

Burial was in the Knott Cemetery,

McDowell.
Visitation was at the funeral home

Loretta Manuel Meadows

Loretta Manuel Meadows, 81, of Langley, died Saturday, November 21, 2009, at Highlands Regional Medical

Center. Born June 13, 1928, Blackey, she was the daughter of the late James and Martha arge Manuel. She was a cook or Adkins Steak House, a for Adkins Steak House, a salesperson for Messer's Dept. Store; and a member of the Martin Freewill Baptist Church.

She was preceded in death

was preceded in death ner husband, Ora by her Meadows

Survivors include four sons Bobby Meadows of Wayland Danny Meadows and Ted Meadows, both of Langley; Meadows, both of Langley; and Earl Meadows of Cambridge. Ohio; three daughters: Marena Runyon of Pikeville; Kathy Prater of Hueysville; and Linda Meadows of Langley; 14 grandchildren, 19 great-grand-children, one great-great-grandchild; and several nicces

and nephews.

In addition to her parents and husband, she was preceded in death by one son, James Meadows; one brother, Arnold Manuel; five sisters: Carmia Sturgill, Margie Rudder, Cordia Childers, Virginia Stith, and Ruby Shepherd; and one grandson.

Funeral services were held Tuesday, November 24, at 11 a.m., at Nelson-Frazler Funeral Home, in Martin, with Ted Shannon officiating. addition to her parents

Ted Shannon officiating

Burial was in Davidson Memorial Gardens, in Ivel. Visitation was at the funeral

Dallbearers Daniel Palibearers: Daniel, wayne, Ken, Jeremy, Randy, (att, James, and Dennis. Honorary pallbearer: Mike.

G.B. "Jabo"

Newman Jr.
G.B. "Jabo" Newman Jr.,
72, of Hi Hat, died Monday,
November 23, 2009, at the
East Ky. Veterans Center, Hazard

Born September 13, 1937, in Hi Hat, he was the son of the late Green Berry Newman and Anabel Hayes Smith. He was a disabled coal miner, a United States veteran; and he attended tes veteran; and he attend First Baptist Church Dowell.

Surviuvors include a son, Christopher Carl Newman of Flemingsburg; two daughters: Melissa Newman of West Liberty, and Valerie Dawn Smith of Lexington; Dawn Smith Dawn Smith of Lexington; seven grandchildren: Marty, Blake, Chase, Gage, Logan, Hattie and Haylie; a sister-in-law, Anita Newman (Randall's wife) of Kingsport, Tennessee; and several nieces, nephews and cousins.

In addition to his parents, he In addition to his parents, he was preceded in death by six brothers: Randall, Wayne: Gomer, Fred, Cut, and James Newsman; five sisters: Lucy Vanderpool, Lula Brown, Dove Hall, Melvina (Pet) Hall, and Pearl Newman.

Funeral services will be held Sunday, November 29, at 1 p.m., at the Church of God Prophecy in Hi Hat, with Glen

Prophecy, in Hi Hat, with Glen Hayes officiating. Burial will be in the Boyd

Burial will be in the Boyd Cemetery, in Price, under the direction of Nelson-Frazier Funeral Home, in Martin. Visitation is after 6 p.m., Friday, at the funeral home, and after 11 a.m., Sunday, at

the Church of God Prophecy, in Hi Hat. In lieu of flowers, the family

requests donations be made toward funeral bill. (Paid obituary)

Edgil Stevens

Edgil Stevens, 59, of Catlettsburg, died Sunday November 22, 2009, at his res-

Born September 4, 1954, in Floyd County, he was the son of Arthur and Virginia Gibson Stevens. He was an evangelist for the Smokey Valley Enterprise Baptist Church.

survived by his wife,

Surah Bell King Stevens.
Survivors, in addition to his parents and wife, include one son, Arthur Lee (Amanda)

Stevens of Louisa; one daugh-ter, Elizabeth (Jerry) Moore of Catlettsburg; five brothers: Hurshell Stevens, Douglas Stevens, Melvin Stevens, and Elden Stevens, all of Pike County, and Howard Stevens of Plain City, Ohio; four sis-ters: Juanita Baker of Minford, Ohio, Violet Mullins of Ohio, Violet Mullins of Belcher, and Mary Kent and Ossie Slone, both of Pike County; and five grandchil-dren: J.J., Noah, Christian, Nicolas, and Trysten. He was preceded in death by three brothers: Balland Lynn

three brothers: Ballard Lynn Stevens, Aronald Stevens Jr., and Milford; and three sisters:

and Milford; and three sisters: Lillian Kendrick, Lillia Marie, and Annie Sue Stevens. Funeral services will be held Wednesday, November 25, at noon, at the Nelson-Frazier Funeral Home, in Martin, with Doug Kelly, Howard Stevens, Kenneth Mullins, and Ronnie Wheeler officiating. Wheeler officiating.

Burial will be in the Stevens Cemetery, (Hurricane Creek),

Pike County.

Visitation after 5 p.m.,

Visitation 23, at Visitation after 5 p.m., Monday, Novbember 23, at Smokey Mtn. Baptist Church, in Louisa, and after 1 p.m., Tuesday, November 24, at Nelson-Frazier Funeral Home, in Martin.







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For the Record

Marriage Licenses
Jennifer Michelle Collins
32, of Prestonsburg, to Alber
Samuel Hays, Jr., 21, of

Samuel Hays, Jr., 21, of Prestonsburg, Pluma J. Gilliam, 57, of Wheelwright, to Roger Henderson, 60, of Hi Hat. Kristin S. Hosea, 21, of Paintsville, to Sean Michael Welch, 23, of Paintsville, Tira Joe Adams, 22, of Prestonsburg, to Kyle Cody Calhoun, 25, of Prestonsburg, Thelma Marie Gilliam, 67, of Wheelwright, to Billy Lynn Cantrell, 52, of Wheelwright, Janie Joeann Scllards, 18, Janie Joeann Scllards, 18,

Janie Joeann Sellards, 18, Prestonsburg, to Gary latthew Lewis Burchett, 21, Prestonsburg.

Civil Suite Filed
Sherria Bryant vs. Terissa
Lawson; petition for child sup-port and healthcare insurance.
Brandon Hatfield vs.
Brandy Hatfield; petition for child support and healthcare

insurance.

John Short vs. Allison L.

Short; divorce.

Community Trust Bank Inc.

vs. David B. Hackworth; com-plaint.
Palisades Collection LLC vs. Brian D. Wallen; com-

plaint. Tax Ease Investments I LLC vs. Carl Hall; complaint. Fortis Capital LLC vs. Karl Brown; complaint. K&H Trucking Inc. vs. Scott Walls; complaint. Community Trust Bank Inc. vs. Katte Jo Gray; complaint. Patricia Frasure vs. Walter Moore; complaint. Richard Ray vs. John West; complaint.

Small Claims Fill—gs
Speedy Cash Check
Advance vs. Chris Collection.
Speedy Cash Check
Advance vs. William Patton;
debt collection.
Speedy Cash Check
Advance vs. Todd Davis; debt
collection.

collection. Adkins Puritan Water vs. Ronnie Brown; debt collec-

tion.
Adkins Puritan Water vs.
Micky Conn; debt collection.

Charges Filed

Israel Cornette, 25,

Hueysville; first-degree burglary.

Chelesie Elizabeth Conn. Minnie; second-degree burglary, theft by unlawful

Bradley Hoshour, 33, Paintsville: driving under the influence while on suspended license, failure of nonowner operator to maintain required

urance.
Marc Anthony Herrara, 18,
Paso, Texas: fugitive from

Joshua Henry Fitzpatrick, , Staffordsville; harassing

communications.

Tyler Lemaster, 24, Versailles; alcohol intoxication, failure to surrender revoked operator's license.

Beverly Lucio, 45, Pikeville; alcohol intoxication, Heather L. Music, 30,

Prestonsburg; fourth-degree

assault.

Elder G. Slone, 57,
Lexington; fourth-degree
assault, controlled substance

prescription not in original container. Heith Wayne Issacs, 29, Kite; theft by unlawful taking.

Inspections
Country At Heart,
Prestonsburg, regular inspection. Violations noted: lack of
numerically scaled thermometers for checking cooking and
holding temperatures of potentially hazardous food, cloths
used for food and non food
contact surfaces not stored and
rinsed frequently in water santitizing solution, food contact
surface of equipment and uten-Inspections itizing solution, food contact surface of equipment and uten-sils not clean, non food contact surface of equipment and uten-sils not clean, floors not con-

sils not clean, floors not constructed properly. Score: Food: 94, Retail: 98.

Bob's Catering, Prestonsburg, regular inspection. Violations noted: food not protected during storage, food contact surfaces not properly maintained, cloths used for food and non food contact surfaces not stored and rinsed frequently in water sanitizing solution. Score: 95.

Fat Boys Pizza and Grill, Fat Boys Pizza and Grill, Martin, regular inspection. Violations noted: lack of effec-tive hair restraints, sanitary towel or hand drying device not provided at lavatory or handwashing sink, light fix-tures not shielded as required. Score: 96.

Property Transfers
Eileen Brown to Charlene
Brown, property not listed,
Terry Brown to Charlene
Brown, property not listed,
Jee D. Clark to Steve
Bailey, property not listed,
Pam Clark to Steve Bailey,
property not listed,
Community Trust Bank to
LINKS, property located at
Shaun Howell Subdivision.
Darbin R, Flannery to
Darbin R, Flannery to

Shaun Howell Subdivision.

Darbin R. Flannery to
Samuel Hughes and Tha
Hughes, property located at
Bucks Branch.
Gail Hall to Tommy Hall,
property not listed.
Gail Hall to Melissa Hall
and Tommy Hall, property not
listed.

Terry Hall to Tommy Hall, property not listed.

County native, died Thursday, November 12, in West Union, Ohio. He is survived by his wife, Bonnie Cantrell. He is survived by his wife, Bonnie Cantrell. Funeral services were held Monday, November 16, under the direction of Magoffin County Funeral Home.

■ James Clyde "JC" Craft, 84, of Salyersville, died Thursday, November 12, at the VA Medical Center in Huntington. West Virginia. Funeral services were held Sunday, November 15, under the direction of Salyersville Funeral

direction of Salyersville Funeral Scotty W. Holbrook, 45, of

Scotty W. Holbrook, 45, of Owingsville, formerly of Magoffin County native, died Sunday, November 8. He is survived by his wife, Sandra Wages Holbrook, Funeral services were held Wednesday, November 11, under the direction of Richie Hunt Funeral Home.

me.

Herbert "Herbie" Charles

■ Herbert "Herble" Charles Combs Lemaster, 28, of Salyersville, a Floyd County native, died November 11, at the Paul B. Hall Medical Cinter, Funeral services were held Thursday, November 17, under the direction of Magoffin County Funeral Horne.

- Terry Hall to Melissa Hall and Tommy Hall, property not

listed.
Homer Hamilton to Cilcuda

Homer Hamilton to Cikinda Newsonic and Patris Newsonic property not bised. Wanda Hamilton to Cikinda, Newsonic and Patris Newsonic property not listed. Travis Newman to Newman Family Cemetery property not listed.



NEW MOON

ay Matinee-Open 1:00; start 1:30

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FANTASTIC MR FOY

Cinema 4—Starts Wed Nov. 28 NINJA ASSASSIN

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Regional Obituaries Prestonsburg. He is survived by his wife, Edna Anms Blanton. Funeral services were held Friday, November 20, under the direction of Phelps & Son Funeral Home. Mana Marie Slone Castle, of Paintsville, died Saturday, November 14, at Three Rivers Medical Center, Louisa, Funeral services were held November 16, under the direction of Paintsville Funeral Home. Mannett Sue Curtis, 63, of Staffordsville, died Saturday, November 14, at Riverview Health Care Nursing Home. Funeral services were held Wednesday, November 18, under the direction of Paintsville Funeral Home. Donna Gail VanHoose, 57, of Paintsville, died Sunday, November 15, at the Morgan County Appalachian Regional Hospital, West Liberty, Funeral services were held Thursday, November 19, under the direction of Herald & Stewart & Halsey Funeral Home, West Liberty.

FLOYD COUNTY FLOYD COUNTY

Raymond C. Boyd, 72, of
Milan, Ohio, a native of Dana,
dian Tuesday, November 17, at
Fisher-Titus Medical Center. He
is survived by his wife, Sharon
Klinger Boyd. Funeral services
were held Thursday, November
19, under the direction of Riddle
Funeral Home of Vermilion,
Ohio.

Ohio.

■ Dickie Ray Clark Sr., 67, 67 Wabash, Indiana, a Lackey native, died Wednesday, November 18, at the Wabash County Hospital, Funeral services were held Sunday, November 22, under the direction of Grandstaff-Hentgen Funeral Service.

■ Harold "Lee" Clements

■ Harold "Lee" Clements, 55, of Wheelwright, died Friday, November 20, at the McDowell emergency room. He is survived by his wife, Brenda Johnson Clements. Funeral services were conducted Monday, November 23, under the direction of Nelson-Frazier Funeral Home.

■ Bobby Joe Flanery, 67, of Melvin, died Saturday, November 21, at his residence. He is survived by his wife, Edith Faye Johnson Flanery, Funeral services were held Tuesday, November 24, under the direction of, Nelson-Frazier Funeral Home.

■ Odis Lee Hicks, 72, of ■ Odis Lee Hicks, 72, of McDowell, died Sunday, November 22, in the McDowell Appalachian Regional Hospital. He is survived by his wife. Brenda L. Hicks. Funeral services were held Wednesday, November 25, under the direction of Hall Funeral Horne.
■ Roland Howell, 78, of McDowell, and Gied Sunday. November 15, in McDowell ARH. He is survived by his wife. Beattrice Dye Howell. Funeral

Beatrice Dye Howell, Funeral services were held Wednesday,



of girls lose interest in math. science & technology. Which means they won't qualify for most future jobs. That's why parents have to Keep their interest alive,

It's her future. Do the math." www.girlsgotechorg

Ch GH Sc

November 18, under the direction of Nelson-Frazier Funeral Home.

June A. Kopp, 91, of

tion of Nelson-Frazier Funeral Home.

June A. Kopp, 91, of Malinta, Ohio, a Floyd County native, died Friday, November 20, at the University of Toledo Medical Center. Funeral services were held Wednesday, November 25, under the direction of Heitmeyer Funeral Home. Continental, Ohio.

Donald Fugene Lafeny, 65, of Grethel, died Sunday, November 22, at his residence. He is survived by his wife, Ruth Laferty. Funeral services were held Wednesday, November 25, under the direction of Nelson-Frazier Funeral Home.

Alan McCilone, 46, of Frestonsburg, died Friday, November 20, in Cabell Huntington, West Virgima. Funeral services were held Sunday, November 22, under the direction of Nelson-Frazier Funeral Home.

Sunday, November 22, under the direction of Nelson-Frazier Funeral Home.

Nova Moore, 86, of Hi Hat, died Saturday, November 21, at her residence. Funeral services were held Tuesday, November 24, under the direction of Nelson-Frazier Funeral Home.

Roger Reynolds Jr., 58, of mner, died Thursday, Banner, died Inursaay November 19, at his residence He is survived by his wife Lorraine Syck Reynolds Lorraine Syck Reynolds.
Funeral services were held
Sunday, November 22, under the
direction of Nelson-Frazier
Funeral Home.

PIKE COUNTY

■ William "Billy" Baker Jr. 54, of Lenore, W.Va., formerly of Freeburn, died Tuesday, Nov of Freeburn died Tuesday, New. 17, in the emergency room of Logan Regional Medical Center. Logan, Wat Funcus ervices, were held Friday, November 20, under the direction of Hatfield Funcus Chapet.

Flora Bevins, 83, of Phyllis, died Tuesday, November 17, at Pikeville Medical Center Funcus ervices were held Saturday, November 21, under the direction of Community Funcus Home.

Community Funeral Home.

■ Irene Mae Gallimore, 101.

of Hillsboro, Ohio, formerly of Stone, died Tuesday, November

Greetings from Ada, Ohio

Happy 94th Birthday

JOHN P. SIZEMORE

17. Funeral services were held Friday, November 20, under the direction of R.E. Rogers Funeral

direction of R.E. Rogers Funeral Home.

Werlin Gannon, 55, of Pikeville, died Wednesday, November 18, at Pikeville Medical Center, Memorial services were held Friday, November 20, under the direction of J.W. Call Funeral Home.

Richard Chad Gooslin, 42, of Bigss Branch, died Tuesday, November 10, at Pikeville Medical Center, He is survived by his wife. Betty Sue Williamson Gooslin, Funeral services were held Thursday, November 12, under the direction of Community Funeral Home.

Susan Faye Michael Hunt. 45, of Phelps, died Tuesday, November 17, at Cabell-Huntington, W.Va. Funeral services were held Saturday, November 21, under the direction of R.S. Jones & Son Funeral Home.

Home.

Katherine Johnson, 81, of Katherine Johnson, 81, of Virgie, died Monday, November 26, at Pikeville Medical Center. Funeral services were held Friday, November 20, under the direction of Hall & Jones Funeral Home.

Joyce Ann Justice, 69, of Upper Chloe, died Wednesday, November 82, will results.

Bertha Mac Smith, 87, of Frinch Tomerly of Smith Fork, Phelps, died Monday, November 16, in Richmond, She is sur-vived by her husband, Harrison Smith, Funeral services were held Friday, November, 20, under the direction of R.S. Jones & Son Funeral Home.

JOHNSON COUNTY

■ Von Blanton, 68 Staffordsville, died Wedne November 18, at Highlands Regional Medical Center, in MAGOFFIN COUNTY

Ella Jean May Adams, 79,
of Salyersville, died Sunday,
November 8, at the Paul B. Hall
Medical Center, Funeral services
were held Thursday, November
12, under the direction of
Magoffin County Funeral
Home.

Magottin County
Home.

Wonda Gay Poe Bailey, 67,
of Salyersville, died Friday,
November 13, at the Salyersville
Health Care Center, Funeral
services were held Monday,
November 16, under the direction of Magoffin County Funeral
Home.

Berdie Holland Cole, 66, of Jan Arnett Branch in Salyersvile., died November 14,

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Worth Repeating ...

He who asks is a fool for five minutes, but he who does not ask remains a fool forever.

- Chinese proverb

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof: abric press; or the right of the people to peaceably assemble, and to petition the government for a redress of grievances.

Guest View

New survey shows weaknesses in U.S. primary care

If you're planning to get sick outside of regular business hours, you'd be well advised to do it in the Netherlands.

Almost every Dutch primary care doctor — 97 percent, to be precise — has a nurse or physician backup who will see patients who get sick after hours, a new international survey has found.

The Netherlands also is where to go if you want a doctor who uses electronic medical records. Those computerized files contain information on laboratory test results, treatment guidelines and warnings about potential drug interactions. They also allow doctors to write and submit prescriptions without worrying about errors caused by bad handwriting. More than 90 percent of Dutch physicians, as well as those in England, New Zealand, Norway, Sweden, Australia and Italy, use electronic medical records.

Fewer than half of U.S. primary care doctors use them. And just 29 percent of American family doctors have special arrangements for patients who get sick after hours. Here, ill patients often are sent to wait in overcrowded emergency rooms, where they're seen by a doctor with no access to their records and no familiarity with their medical histories.

ries.

Access to high-quality primary care always has been a big issue, but health care reform is pushing it to the forefront again.

Americans spend about twice as much per person on health care as the average of other industrialized countries. Yet the care we receive — from routine doctor visits to lifesaving interventions — often is no better than in other industrialized countries. Sometimes it is demonstrably worse.

from routine doctor visits to lifesaving interventions — often is no better than in other industrialized countries. Sometimes it is demonstrably worse.

The new international study of primary care, from the nonpartisan Commonwealth Foundation, is further proof of uneven quality. The report showed strengths and weaknesses in care provided by doctors in each of 11 countries studied. American doctors were more likely to use guidelines outlining the best treatments for diabetes, asthma and high blood pressure than doctors in France or Germany. American doctors were less likely to say patients faced a long wait for diagnostic tests or to see a specialist than doctors in those countries. But doctors in Epigland, Sweden, Norway and the Netherlands were even more likely to use treatment guidelines. English doctors reported even shorter waits.

American doctors were far more likely than those in other countries to report problems with patients paying for medications or treatment. And they're more likely report spending significant amounts of time getting insurance approval for their patients' treatments.

As Congress considers adding heatth coverage for about 36 million people who now are uninsured, the United States still has no national primary care policy.

Most family doctors work alone or in small practices. Most deal with multiple insurance companies, each offering different plans with different coverage restrictions.

That makes it more difficult to implement basic steps shown to improve quality, like paying doctors more to achieve better outcomes. Even something simple such as electronic medical records is fraught with pitfalls in the U.S. system. It represents a major expense to individual medical practices. And when it's done, there is no guarantee that the computers in doctors' offices can exchange information with those in nearby hospitals.

Expanding access to doctors is an important goal. The next big challenge for reformers is to improve quality. That probably will prove even

Expanding access to doctors is an important goal. The next big challenge for reformers is to improve quality. That probably will prove even more difficult.

- St. Louis Post-Dispatch

GOVERNMENT FOR SALE

VIEW, A TUG OF WAR BETWEEN COMPETING INTEREST GROUPS IS TAKING PLACE WITH OUR CONGRESS SERVING AS THE ROPE THAT HEALTH CARE LOBBYISTS ARE WRITING SPEECHES FOR LAWMAKERS TO DELIVER ON THE FLOOR OF CONGRESS IS PROOF OF JUST HOW SEVERE THE PROBLEM OF

SYSTEMIC CORRUPTION HAS BECOME WHILE AMERICANS MAY DISAGREE ON HEALTH CARE REFORM, THERE'S ONE THING WE SHOULD ALL AGREE ON OUR POLITICAL SYSTEMIS ROTTEN TO THE CORE OUR NEXT GREAT DEBATE NEEDS TO BE ON REFORMING CAMPAIGN FINANCE LAWS



Beltway the Beyond

Don't count Sarah out

MIKETHOMBONS PETROT FREE PE

by DONALD KAUL MINUTEMAN MEDIA

Watch out! Sarah Barracuda is back and she's on the move.

Stath Palin Corner point guard, governos, and vice-presidential candidate—has written a book ("Going Rogue: An American Life") and is on he road plugging it.

Oprah, Barbwa, Bill O'Reilly, Sean Hannity, Greta Van What's-hername, No interviewer is safe (with the possible exception of Katte Courte). It's just a book tour, she says, She's not running for anything. running for anything.

not running for anything.

Ha!

She's running for something.
President, that's what she's running for. The smart money says she hasn't got a chance to win even the Republican nomination, but the last time we heard from the smart money it was predicting a landslide — for Hillary Clinton

1, for one, would never count her out. She may not be the brightest porch light on the block, but when did that ever stop the Republicans from nominating someone?

More importantly, she combines an acute political sense with a bold disregard for the conventional wisdom of the elders of her party. She reminds one not of another politican but of Marshal Poch, the World War I French

general, who at the first battle of Marne said:
"My center is giving way, my right is pushed back; situation excellent. I am attackine."

"My center is giving way, my right is pushed back; situation excellent. I am attacking."
That's our Sarah. Criticism bounces off her like bullets off Superman. Besides, who else in the Republican Party can draw thousands to a rally or sell millions of books?
She's a star, the only one in the good tooks. She radiates an electric miensity that makes her one of the two most interesting politicians on the scene. The other, Barack Obama, is beginning to look as though he's suffering from a bad case of presidential fatigue. It happens to all of them.
Will the Republicans be able to resist plugging into that kind of energy source? Will she let them resist? The more I think about it, the more I know, there to me me to the case and the cybodican be seen a extend her appead beyond the

like her chances.

I know, there's not much evidence she can extend her appeal beyond the hardcore right wing of the Republican Party. Even now she's limiting her book tour to smaller cities where she and John McCain did well in 2008. (She kicked it off in Grand Rapids, Michigan, of all places.)

But some analysts are saying that 2012 just might be a Republican year, Didn't the party's candidates cream the Democratis in the recent mid-mid-term electrons, taking the governorships in New Jersey and Virginia from Democrats? Might not Sarah at the top of the ticket be enough to push the Party to victory in 2012?

Yes and no.

Political analysts get paid to find trends so they find them, even if they have to make them up. Mid-term elections are notoriously a function of local issues. A Republican won in Virginia because it is a Republican state. A Republican won in New Jersey because the Democratic incumbent had worn out his welcome and the economy was in a funk.

So who really knows what the trend is now, and even less what it will be in three years? If the economy picks up it could be a Democratic year; if not, perhaps any Republican could win an election.

Tim rooting for Sarah to get the most fun you can have in a Republican candidate. I am rooting for a Democratic victory because I'm a patriotic American and she would be a disaster as president.

American and she would be a disaster as president.

She has, at the very best, a tangential relationship to truth or facts or ideas. For example, she's still blaming Obama for taking "In God We Trust" off the face of the \$I\$ coin and putting it on the edge.

Actually, a Republican Congress did that and Bush signed it into law, And when she's told that is the case she will still blame Obama, because it sounds good.

sounds good.
It's not so much that she's dumb, it's that she has no interest in being smart. We've just seen that movie.

Minuteman Media columnist Donald Kaul lives in Ann Arbor, Michigan.

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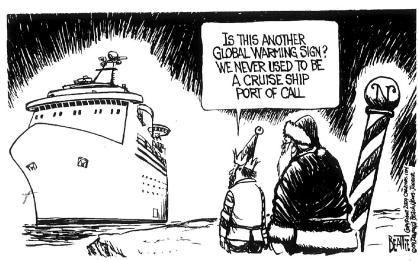
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Health care officials warn of and depression during holidays

PRESTONSBURG
While many see the holidays as a time of family gathering, parties and festive activities, for others the season is one of loneanxiety and uncertainty arout the future. For these people, the depression experienced is reflected in stress responses including headaches, heavy drinking, over-eating and sleep disorders.

According to documents released by Mental Health Amerien (MHA), the depression often lasts into the New Year, as there is a general holiday letdown after Jan. 1. In fact, officials say depression and anxiety are found in greater numbers after the first of the year while many begin to plan their new year and set objectives for the coming year.

At Highlands Regional Medical Center, Behavioral Health Director Steve Triplett warned that mental health issues which affect many during this time of year are issues to be taken seriously. "Coping with stress is never an easy thing to do," he explained. "For many, the feelings of fatigue, stress and depression can become overwhelming. Suicide

rates are significantly higher during and immediately fol-lowing the holiday season." The MHA also noted that some people suffer from sea-sonal affective disorder (SAD), resulting from being exposed to few hours of sunlight during the winter months. It also points out a number of tips regarding coping with stress and depression during the holi-

days, including:

Keep expectations manageable during the holiday season. Try to set realistic goals and be reasonable about expectations you place on yourself.

Be realistic about what you can and can not do. Remember that activities can be spread out over the entire holiday season.

Leave "yesteryear" in the past and look toward the future. Every season is different and life does, in fact, change.

Do something for someone else. Volunteering your time release personal anxiety.

Enjoy free activities in the community.

community.

Be aware that excessive

drinking will only increase feelings of depression.

Try new ways to celebrate the holiday season.

Spend time with caring and supportive people, including reaching out to make contact with someone you haven't heard from in a while.

Save time for yourself. Recharging your batteries is important, so let others share in the planning and implementation of activities.

If you wish to speak with a mental health professional, please contact the Behavioral Health Department at Highlands Regional Medical Health Department at Highlands Regional Medical Center at (606) 886-7631.

Highlands Foundation kicks off fundraising project for Highlands Center for Autism

PRESTONSBURG—Highlighted by the unveiling of the new Funding Project video, a fundraising "Kick Off" event was held on Tuesday, Nov. 17, by the Highlands Foundation in support of the Highlands Center for Autism.

The event was held at the Mountain Arts Center in Prestonsburg from 5:30 to 7

Prestonsburg from 5:30 to 7 p.m.

More than 100 guests and officials attended the celebration, fueling high expectations that significant funds will be donated to support the Highlands Center for Autism, which is located on the first floor of a facility adjacent to Highlands Regional Medical Center. It treats children with autism as a private day school, with participants ranging in age from earliest diagnosis through school age.

Those interested in viewing the project video may do so online at highlandsautism.org or highlandsfoundation.com

or highlandsfoundation.com



Pictured from left to right are Debbie Salyer, Response to Intervention Coordinator at Herald Whittaker Middle School; Misty Johnson, Center for Autism; Patsy Nichol, Howard Response to Intervention Coordinator at Salyers

Paul

from Bowling Green and the father of three, Paul says at the end of the day there is one main reason he decided to enter the race to become the newest U.S. senator from Kompaly. newest U Kentucky.

I tell people the main rea-"I tell people the main rea-son I'm running is a concern for the deficit." he said, "We're spending ourselves into an oblivion." Talking from the road earli-er this week, and just finishing

several stops around the state including Hazard. Hindman and Harlan, Paul said he wants to put health care reform on the back burner for his trip to Floyd and Pike countres, focusing on energy, but also

■ Continued from p1

discussing hot button topics for the region such as mountaintop removal.

"Another thing I push a lot and is part of my philosophy is local control," said Paul. "I believe that if something like mountaintop mining is contro-versial, the local communities should be deciding this. Ultimately, it should be up to

onmanety, it should be up to the property owner."
Paul will be at Reno's at about 4:30 p.m. Tuesday and at the Landmark in Pikeville at 6 p.m.

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Miller

Sports History, a company operated by former UK stand-outs like Kenny Walker and others.
"He would travel around the state selling advertisements for a book compiled by this company," Turner said. "The books were donated to libraries and schools around the state, and the advertising was how the company made money."

Turner said this would have given Miller the chance to pitch the alleged season ticket

cam. While in court in Floyd

County Tuesday, Miller was served with papers on two more of the same charges by Johnson County law enforce-ment, "They came in while he was being arraigned and served him the papers," Turner said.

said.

That brings the number of counties in which Miller is facing charges of selling bogus tickets to 11 statewide. Turner

. The real challenge is going e trying them all," continto be trying them all," contin-ued Turner, "We have to coor-

Miller was transported to

■ Continued from p Floyd County from Laurel County, where he was jailed at the time. His attorney is now in the process of getting Miller to the several courtrooms across the state where he must

across the state where he must enter pleas.

Miller played from the 1986-87 season through the 1989-90 season with the Wildeats and is a holder of the individual game scoring record for Rupp Arena for a game in which he scored 40 points in 1990, Miller's senior reason during which he was season during which he was the leading scorer for the Cats with 19 points a game.



CRIT LUALLEN AUDITOR OF PUBLIC ACCOUNTS

nathan Miller, Secretar

Assistantian immer, Secretary
Finance and Administration Cabinet
Honorable Robert D. Marshall, Floyd County Judge/Executive
Honorable John K Blackburn, Floyd County Sheriff
Members of the Floyd County Escal Court

Homorable John K Blacksom. Hoyd County Sheriff
Members of the Floyd County Fiscal Court
Members of the Floyd County Fiscal Court
We have audited the Floyd County Sheriff's Settlement - 2008 Jaxes for the period August 21, 2008, through April 15, 2009. This has settlement is the responsibility of the Floyd County Sheriff. Settlement - 2008 Jaxes for the period August 21, 2008, through April 15, 2009. This has settlement is the responsibility of the Floyd County Sheriff. Our respon sibility is to express an opinion on this financial statement based on our audit.
We conducted our audit in accordance with auditing standards generally accepted in the United States of America, the standards applicable to financial audits contained in Government Auditing Standards pseudo by the Comprehense of the United States, and the Audit Guide for Sheriff's Tax Settlements issued by the Auditor of Public Accounts, Commonwealth of Kentucky. Hose standards require that we plan and perform the audit to obtain feasonable assurance about whether the financial statement is free of material misstatement. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement and disclosures in the financial statement. An audit also includes assessing the accounting increples used and significant estimates made by management, as well as evaluating the overall financial statement.

As described in Note 1, the Sheriff's office prepares the financial statement on a recommon framework to the standard statement of the formation of the Sheriff's accounting principles generally accepted in the United States of America.

As described in Note 1, the Sheriff's office prepares the financial statement on a Retucky, which is a comprehensive basis of accounting other than accounting principles generally accepted in the United States of America.

As described in Mote 1, the Sheriff's internal control over financial statement on a proposed principle and our tests

for Crit Luallen Auditor of Public Accounts

September 23, 2009

7 Auditor of Public Accounts
State law requires the Auditor of Public Accounts to annually audit fiscal courts, county clerks, and sherffis; and print the results in a newspaper having general circulation in the county. The complete audit and any other audit of state agencies, fiscal courts, county clerks, sheriffs, and property valuation administrators may be viewed in the reports section of the Auditor of Public Accounts' website at www.auditor.ky.gov or upon request by calling 1-800-247-9126.

Safety

conscious this holiday season and we want to make sure the money we do spend is spent wisely," said LuAnn wively." said Lu/Ann Epparson, President & Cl2O Prevent Blindness Kentucky, "We hope that everyone takes just a moment to really think about the gifts they are buying and make sure they are appropriate for a child's age and development level."

Prevent Blindness Kentucky suggests the following:

ig: ■ Make recommendations

ing:

Make recommendations to family members and friends about gifts that you feel are appropriate for your child.

Inspect all toys as much as possible before taking them out of the box. Once opened, go through each part of the toy to make sure there are no small parts that could be choking hazards or sharp edges.

Avoid toys that shoot or include parts that fly off. BB guns and air guns should not even be considered toys. Flying toys caused 9,600 injuried in 2008, or some protective gear (such as a

basketball along with eye goggles, a baseball with a batting helmet with a face shield). In fact, 90 percent of all sponselated eye injuries can be prevented by using the appropriate eye protection.

Educate yourself on what products have been recalled. Contact the CPSC at (800) 638-2772 or go to to www.epsc.gov.

Ekcep toys meant for older children away from younger ones. Closely monitor all activities to make sure smaller children do not have access to toys that are not at their age-appropriate level.

Inspect toys for sturdiness, Your child's toys should be durable, with no sharp edges or points. The toys should also withstand impact. Dispose of plastic wrapping material immediately, on toys as they may have sharp edges.

Never give toys with small parts to young children. If a part of a toy can fit inside a toilet paper roll, the toy is considered a choking hazard and is not appropriate for children under the consideration of the consid

safe toys and gifts, please con-tact Prevent Blindness Kentucky at (502) 254-4973 or visit www.preventblind-

Kentucky ...
visit www.prevence...
nessky.org.
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Blindness Kentucky is the
state's leading volunteer eye
health and safety organization
dedicated to fighting blindness
and saving sight. Focused on dedicated to fighting blindness and saving sight. Focused on promoting a continuum of vision care, Prevent Blindness Kentucky touches the lives of thousands of people each year through public and professional education, advocacy, certified vision screening and training, community and patient service programs and research. These services are made possible through the senerous sun-These services are made possible through the generous support of the Commonwealth. Together with a network of eye care professionals, educators, healthcare professionals and volunteers, Prevent Blindness Kentucky is committed to eliminating preventable blindness in Kentucky. For more information, or to make a compension of the subtleasing the support of the subtleasing the subtle fund, call 1-800-828-1179 or visit us on the Web at www.preventblindnessky.org.

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Kennicky Circuit Court Clerks Associatio

PUBLIC NOTICE Notice is hereby given that Dencil Dotson, 49 North Bridge Street. Pikeville KY 41501, has filed an ap-plication with the Natural Resources and Environmental Protection Cabinet and Environmental Protection Cabinot to install a mobile home in the flood-plain. The site is ocated approximately 0.50 mile south of KY US 23's intersection with Ky Rt. 1428, Floyd County. Comments or objections concerning this application should be directed to: Kentucky Division of Water, Water Resources Branch, 14 Reilly Road, Frankfort Office Park, Frankfort KY 40601. Phone: (502) 564-3410.

NOTICE TO UNKNOWN DEFENDANT, SPOUSE OF RICHARD BEVINS WARNING ORDER

WARNING ORDER
Notice is hereby given that the undersigned attorney has been appointed to notify the Defendant LUKNOWN DEFENDANT. SPOUSE OF RICHARD BEVINS, that a civil action has been filed against her in Floyd Circuit Court, Division II, as CA No. 09-CI-00136. Said Defendant must immediately file an Answer in this matter, otherwise, judgment may be entered against her. Said Defendant should contact the undersigned attorney immediately. Anthony Craig Davis Davis Law Office
104 Hays Complex
P.O. Box 220
Betsy Layne, Kentucky 41605

Betsy Layne, Kentucky 41605 Office: (606) 478-1002



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ment.

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Public Notice
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given that Emma
United Methodist
Church, of Emma,
KY 41653 has filed
an application with
the Natural Resources and Envir o n me n t a l
Protection Cabinet
to relocate a build-

to relocate a build-ing and construct an addition onto the relocated build-ing, at latitude 37d 38' 07.42" N and longitude 82d 42' 02.09" W. Any comments or ob-jections concerning this application

jections concerning this application shall be directed to Kentucky Division of Water, Water Resources Branch, 200 Fair Oaks Lane, Fourth Floor, Frankfort Office Part, Frankfort, KY 40601. Phone:

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Pursuant to Application Number 836-0362

In accordance with the accordance ac ditional 304.9 acres located 0.8 miles

Grethel in Floyd County.
The proposed operation is approximately 0.15 miles southeast from Frasure Branch Road junction with KY Route 979 and to retain the proposed operation is located on the McDowell U.S.Q.S. 7-1/2 minute quadrangle map. The operation of the proposed operation will be on the McDowell U.S.Q.S. 7-1/2 minute quadrangle map. The operation will use the control of the proposed operation of the proposed operation of the proposed operation is controlled to the proposed operation of the proposed operation of the proposed operation in the proposed operation of the proposed operation in the proposed operation is controlled to the proposed operation of the proposed operation is controlled to the proposed operation of the proposed operation of the proposed operation is controlled to the proposed operation of the proposed operation operation of the proposed operation o In Igh wa II/a u ger methods of mining. The surface area is owned by The Elik Horn Coal Company, LLC. Miller Bros. Coal, LLC. Miller Bros. Coal, LLC. Miller Bros. Coal, LLC. Miller Bros. Coal, LLC. Miller Bros. Morral and Donna Hall. Charles and Teresa G. Conn. Christopher Mitchell and Janet Hall. Anna Spradlin. Vernon Hall and Randall Dean Hall, Delmer and Oma Frasure, Rwillians, Willis and Joyce, Newman, Jason & Marlene Brenda Bryant, Vernonia Moore. Jason & Marlene
Brenda Bryant,
Vernonia Moore,
William J. Hall
Heirs, Iva Howell,
Johnny and Annetta Hamilton,
The operation will
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incurrence auritroo area owned by The Elk Horn Coal Company LLC, Miller Bros. Coal, LLC, Shelby & Gwen Jones et al., Forrest Dean Hall, Denzil and Donna Hall, Charles and Cha

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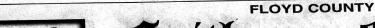
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Faith and Family



Kim's Korner: To finally surrender is to finally win

by KIM LITTLE FRASURE

Have you had one of those days or weeks where you have felt totally powerless? Portions of "A Word for Today," a daily devotional email, are shared below. May you enjoy be enlightened and most of all receive all that God has in store.

Maybe there's a situation that's taking place in your life—with your spouse, your child, your job, your finances or maybe it's just you—that you just can't seem to get over the hurdle, heartache, illness or grasp hold of enough faith to keep your head held high with a smile on your face.

Maybe you feel like the

Face.

Maybe you feel like the world is at arm's reach, but just as you get ready to stick your hand out there and grab hold, BAM!— another wall trupts out of nowhere and there's fiery darts shooting at you and sticking so sharp in your body your mind is in a whirlwind of what to do, where to turn or how is it going to end, or will it ever end?

going to end, or will it ever end?

In the Book of Joshua in the Bible. In fact, there's a wonderful blueprint for winning life's unwinnable battles in the account of Joshua's most powerless moment. It's recorded in Joshua 5, beginning with verse 13, Joshua is leading the Jews into the Promised Land that God has said He would give to them. But immediately, they come upon this massive, seemingly. (negapable of conquer-

ing) city: the walls are looming toward the sky. It's the world's oldest city. Jericho. There's no way Joshua's going to break those walls with anything he knows how to do.

You may be facing one of those "Jerichos" in your life right now, where the size of the challenge is far greater than any resources you have. So this one's for you and for me. Joshua 5 says. "When Joshua was near Jericho, he looked up and he saw a man standing in front of him with a drawn, sword. Joshua went up to him and asked, "Are you for us or for our enemies?"

"Neither." he replied, "but as commander of the army of the Lord I have now come."

Then Joshua fell face down to the ground in reverence, and asked him, "What message

to the ground in reverence, and asked him, "What message does my Lord have for His ser-

does my Lord have for His servant?"

Here's Joshua, a man who has never lost a battle, going face down on the ground in the most powerless position a man, can be in. Joshua had never surrendered to anyone. But standing before the Commander of the Army of the Lord, he falls down in total surrender. Some Bible scholars believe this "Commander" is the Son of God making one of His pre-Bethlehem appearances in the Old Testament. Face down before Jesus.

Could that be where He wants you and me right now? Maybe that's the only way we're ever going to conquerour Jericho; the only way

we're ever going to have peace. When Joshua surren-dered, God gave him the mira-cle plan that pulverized the walls of Jericho.

walls of Jericho.

The issue never was the conquest of Jericho; it was the conquest of Joshua. The issue in your life really isn't the conquest of your impossible challenge; it's the conquest of you. It sometimes takes a Jericho to

quest of your impossible challenge; it's the conquest of you. It sometimes takes a Jericho to level some of us Joshuas. It could be that you've given Jesus everything; your talent, or have you? Your time, or have you? Your money, or have you? Your service; or have you? Maybe you have given everything but one thing, and that is, control. Is it still, "My way, my will, my agenda, my plans, my timing."

God has you here for a reason. You are not where you are by coincidence, no matter what you think. And He has gifted you with a position you are supposed to play with — no exceptions.

Just like a good coach positive your property of the position you are like a good coach positive.

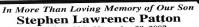
are supposed to play with — no exceptions.

Just like a good coach positions each player on a football team. If you can kick like nobody's business but can't run worth a plug nickel, then the coach isn't going to have you running umpteen yards for a touchdown. These young boys surrender to the knowledge of their coaches to put them in the best possible position on the team to take them places they've only dreamed. places they've only dreamed, to make them most valuable

to make them most valuable players.
God is our Head Coach, and He has placed each player just exactly where He wants them on His team, playing the positions He created for each.

God produces spiritual champions today just like He produced Joshua and placed him in a position to conquer if

der. At that point, He will commit all His forces to the battles in front of us. To finally surrender is to finally win. Won't you surrender today? 'Til next week, God bless!





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irst Assembly of God, Martin; Sunday School, 10 a.m.; Vorship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.;

Lorie Vannucci, Minister.

In Victory Assembly of God, West Prestonsburg: Sunday School, 0:00; Worship Service, 11:00 & 6:30; Wednesday Evening, 6:30; Gany Starley, Pastor.

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

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

BAPTIST

First Baptist, Allen; Sunday School, 10 a.m.; ip Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; 1 Turner, Minister.

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

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

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.

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.

Joiner, 886-3863, 8Xt. 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 Freewill 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.

Fleide, 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 Hum, 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 Bible Study & Prayer, 6 p.m.; Pastor, Rev. Bob Wireman.

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

Patrick, Minister.
First Baptist, Garrett; Sunday
School, 9.45 a.m.; Worship Service,
1 a.m. and 7 p.m.; Wednesday, 7
p.m.; Randy Osborne, Minister.
First Baptist, Martin; Sunday
School, 10 a.m.; Worship Service, 11
a.m. Sunday Evening Service 7 p.m.;
Wednesday, 7 p.m.; Greydon
Howard, Minister.

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

Fitzpatrick First Baptiet, 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.

inited Baptist, West Prestonsburg; Sunday School, m.; Worship Service, 11 a.m. & 6:30 p.m.;

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

Wednesday, 6:30 p.m.

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

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

4275.

Highland Avenue Freewill Baptist; Sunday School, 9:50 a.m.; Worship Servico, 11 a.m., and 6 p.m.; Wednesday, 7 p.m.; David Garrett, Minister, Jacka Creek Baptist, Bevinsville; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Pastior Hoger Trusty.

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

Wednesday, 7 p.m.; Chao Blair, Pastor.

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

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

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

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.

ood Sunday 9:30 a.m.
Martin Branch Freewill Baptist, Estill; Sunday Service, 10 a.m.; Worship Service, 11:15 a.m. and 7 p.m.; Wednesday, 7 p.m.; James (Red) Morris, Minister, Martin Freewill Baptist, Martin; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; John L. Blair, Minister.

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

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

e 280-3983 sant Home Baptist, Water Gap Road, Lancer; lay School, 10 a.m.; Worship Service, 11 a.m. and 6 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. Ann.: Worship Service, 11 a.m.: Wednesday, 7 p.m.: Wednesday, 7 p.m.:

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

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.

Stephens Branch Missionary Baptist, Stephens Branch; Surday Service, 10 a.m.; Worship Service, 11 a.m.; Wordneydov, 6.5.*

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

Tom Moore Memorial Freewill Baptist; Cliff Road; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Youth Service, 500 p.m.; Evening Service, 6:00 p.m.; No Service the 1st Sunday of each month; Wednesday, 7 p.m.; Jody Spencer, Minister.

Spencer, Minister.
Trimble Chaple 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 Sarvice, 13 a.m. and Evening Worship Sarvice 6 p.m.; Wednesday Bible Study, 7 p.m.; Vouth Services 7 p.m.; Everyone Wolcome
United Community Baptist, Hwy. 7, Hueysville; Worship Service, 2 p.m.; Friday, 7 p.m.; Carlos Beverty, 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.

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

CHRISTIAN

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

CHURCH OF CHRIST

CHURCH OF CHHIST

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, / p.m.; Iommy J. Spears, Minister. Prestonaburg Church of Christ, 88 Hwy, 1428; Worship Service, 10 a.m. and 6 p.m.; Wednesday, 7 p.m.; Richard Kelly and Nejson Kidder, Ministers. Harold Church of Christ, Harold; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Willie E. Meade, Minister.

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

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

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

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

any mindren, minister.

Jaytown Church of Christ, 66 Turkey Creek Rd., Langley, unday Bible Study 10:00 a.m., Sunday morning worship 1:00 a.m., Evening Worship 6:00 p.m., Wednesday Bible tudy 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.mm. Worship Service, 10:45 a.m. and 6 p.m. John Burke

Minister.

CHURCH OF GOD

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

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

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

V. Williams, Pastor.

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

Landmark Church of God, Goble Roberts Addition; Sunday School, 10 a.m.; Worship Service, 11:10 a.m. and 7 p.m.; Wednesday, 7 p.m.; Kenneth E. Prater, Jr., Minister. Little Paint First Church of God, 671 Little Paint Road, East Point; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p..; 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.

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

Minister.

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

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

Community United Methodiat, 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

Clein Carray Douglass, MeV.

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 Politic. First United Methodist, 256 South Amold 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.; Midwebk Service, 7 p.m.; Sunday Evening Service held on the 1st and 3rd Sundays of each month at 6 p.m.; Judy Carr-Back, Minister.

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

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, Ministriar, old; Sunday School, 10:00 a.m.; Sunday Worship Service, 11:00 a.m.; Wed, Bible Study, 7:00 p.m., Denfils C. Love, Pastor.

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

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

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

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

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

Parkway First Calvery Pentecostal, Floyd and Magoffin County Line; ; Worship Service, 6:30 p.m.; Mike D. Caldwell, Minister. 297-6262.

Trinity Chapel Pentecostal Holiness, Main St., Martin; Sunday School, 10 a.m.; Worship Service, 7 p.m.; 2nd

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

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

PRESBYTERIAN

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

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

SEVENTH DAY ADVENTIST

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

THE CHURCH OF JESUS CHRIST
OF LATTER DAY SAINTS
The Church of Jesus Christ of Latter-Day Saints;
Sacrament Mtg. 10:00 a.m.; Sunday School. 11:20 a.m.;
Relief Society/Polethood/Primary 12:00 p.m.;
Wednesday, 6.p.m. Church Meeling House address, Hwy,
80, Marlin, KY 41649; Meeling 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

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

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

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

Snepnero, Minister, Faith Revelation, Harkins Ave., West Prestonsburg; Sunday School, 10 a.m.; Worship service, 11 a.m. and 6 p.m.; Thurs. 7 p.m. Randy Hagans, Minister. 886-9460. Faith Fellowship, Allen, Ky. Sun. School, 10 a.m.; Worship Service, 11 a.m.; Sun. Evening, 6 p.m.; Wed, 7 p.m..Carl & Missy Woods, Pastors.

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 p.m.; Lavonne Lafferty, Minister.

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

noy costy, 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: Curl Howard. Martin House of Worship, Old Post Office St.; Worship Service, 7 p.m., Saturday/Sunday.

Service, 7 p.m., Saturday/Sunday.

Old Time Hollness, 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 Bd,
Prestonsburg; Sunday School, 10 a.m.; Worship Service,
11 a.m.; Wednesday, 7 p.m.; Jim Stephens, Minister, 8861003.

Town Branch Church; Sunday School 10 a.m except for first Sunday in each month; Worship Service, Sun. morning 10:00 a.m.; Evening 6 p.m.; Wednesday, 6 p.m.; No Sunday night 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,

mmister
The Tabernacie, Rt. 321 (Old Plantation Motel), Christian Educator, 10:00; Sunday Morning, 11:00; Sunday Evening, 7:00; Wodnesday, 7:00; Pastore, Paul and Ramona Alikon. Youth Fellowship Center, Wheelwright; Monday-Tuesday, 6 pm.; Thursday, 7 p.m.

nesuay, o p.m.; mursuay, r p.m. on Deliverance, Wayland; Sunday School, 10 a.m.; orship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 m. Prayer Line: 358-2464; Darlene W. Arnette, Pastor p.m. Prayer Line: 358-2464; Darlene W. Arnette, Pastor Taylor Chapel Community Church, formerly the old Price Food Service building, located 1 quarter mile above Worldwide Equipment, Rt. 1428. Sun. Bible Study, 10 am. Sun. Morning Service, 11 am.; Sun. Evening, 6:30 p.m. Kenny Vanderpool, Pastor.

p.m. Kenny Vanderpool, Pastor. International Pentecostal Holiness Church, 10974 N. Main St., Martin; Rev. Ellis J. Stevens, Senior Pastor.

Main St., Martin, Nev. Ellis J. Severis, Sellion Pastol.

Prestonsburg, Ky 41653; Sunday, 11:00 a.m.;

Wednesday, 6:30 p.m. Pastor: D.P. Curry.

Westiesday, 6.30 p.m. Pastor; D.F. cutry.

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 Monday Bible Study 7:30 pm, Wednesday Prayer Meeting 7:30 pm, Bill B. Tussey, Pastor Seventh-Day Adventiet 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, Everyone Welcome.

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MOVIES FROM THE BLACK LAGOON

'Big Guns'

by TOM DOTY

"The Godfather" meets "Death Wish" in this well crafted "Spaghetti Gangster" effort that benefits from excellent location photography and several high benefits from execution.

photography and several high octane car chases.

The film begins, oddly enough.

at a birthday party for a young boy, Carlo. The celebration



appears to be a small one, but the boy's father, Tony, has spared no expense and hired a bartender for the occasion

Tony is a

Tom Doty
Times Columnist
to what he does for a living, though he does sport enough hair oil to float OPEC during an energy crisis.

officials of the control of the cont

(See LAGOON, page three)

This Town, That World

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

Ever been over a barrel? Take it from an old, experienced bender-over, it isn't pleasant. As we all shall presently learn, now that we're all over an oil, barrel.

777

If preachers made book, I suppose they would be at it right now, taking odds on which of their flock would be the first to turn in the excuse that he (or she) got caught by this Sunday gaseline sale ban and forgot to gas up on Saturday night, (That's probably the only excuse I never used.)

777

I can't imagine anybody more thankful—than—I—was—on Thanksgiving, but I shall not use this space to discuss the matter.

AN OLD ENERGY CRISIS

AN OLD ENERGY CRISIS
This energy crisis thing takes
us back to the days when the only
energy known was what most of
us lacked, especially when the
sun bore down, or what could be
coaxed out of a balky mule.
Those were good, 'of days, about
which we just might be learning
more about, first-hand, before
long.

Comes to mind the experience comes for influence experience, one fellow of unprepossessing mien had with his energy produc-er—46 wit, a mule named Jim. This critter had what you might call a habit of running away with

(See ALLEN, page two)

Pikeville Medical Center to host annual lighting ceremony

PIKEVILLE - Pikeville Medical Center (PMC) will host its annual Lighting Ceremony Monday. November 30. The ceremony will begin immediately following the Pikeville City Christmas Parade which begins at 6 p.m. An event for the entire family, Santa and Mrs. Claus will make a special appearance in the Christmas sleigh, and all high school bands from the Pike County and Pikeville Independent school districts will parade around the hospital's main campus prior to the ceremony. The

event will also feature the reading of the true Christmas story from Luke 2 by PMC President and Chief Executive Officer Walter E. May and special singing by an 85-member choir, which commemorates Pikeville

choir, which commemorates Pikeville Medical Cemer's 85th anniversary. The hospital will glow with more than 350,000 exterior lights including the trademark Peace on Earth which adoms the May Tower each year. "This is such a wonderful event that has evolved over the years into the official kickoff of the holiday season across the region," said Juanita

Deskins, vice president of human resources at Pikeville Medical Center. "We want to invite everyone to come out and celebrate the holidays with Pikeville Medical Center."

Children attending the event will Children attending the event will have the opportunity to take advantage of free face painting and refreshments. Santa and Mrs. Claus will also be handing out a free gift to children. Parents are encouraged to bring their own camera for photos.

The hospital's lighting ceremony is the official start of the hospital's busy holiday schedule. A tradition for

many families across the region, Pikeville Medical Center will present its Live Nativity from December 14-18. The Live Nativity opening ceremony will be held from 5 p.m. to 7 p.m. on Dec. 14 in the front parking lot and will be open for public viewing from 11 a.m. to 1 p.m. and 5 p.m. to 7 p.m. on Dec. 15-17. It will also be open from 4 p.m. to 6 p.m. on Dec. 18.

be open from 4 p.m. to 6 p.m. on Dec. 18.
For more information on holiday events, please call PMC's Public Relations department at (606) 218-4942.



Serenade will be headlining the Christmas concert on the Prestonsburg campus of Big Sandy Community and Technical College on Dec. 4. Pictured from left to right are Rhonda Alley, of Inez, Kara Mills, of Inez, Rachael Hayes, of Martin, Mona Dingus, of Hardy, Denise Boyd, of Allen, Kendra Hall, of Allen, Robin Varney, of Martin, Nicole Pennington, of Pikeville, Paige Newsom of, Pikeville, Ashley Fleming, of Elkhorn City, Rebecca Tackett, of Prestonsburg, and Director Laura Ford Hall, of Pikeville

SOUNDS OF THE SEASON

BSCTC to present Christmas concert Dec. 4

by JARRID DEATON

The music department at Big Sandy Community and Technical Cotlege hopes to spread holiday cheer for the whole family with "An Evening of Christmas: A Concert for the Season" on Dec. 4 in the Combourt Auditornum. cheer for the whole fa Evening of Christmas the Season" on D Gearheart Auditorium

"Bringing together some of the

most beautiful voices of the area, the directors of the show present an entertaining experience with comedy, classic Christmas songs, and the true reason for the season. 'said Beverly Sanders, a fan of the Christmas con-certs put on by the college, 'It is something your family won't want to miss." mis

Serenade, a female vocal ensem-ble comprised of BSCTC students,

high school students and community members will headline the concert. "Serenade performs for college, community and church events," said Laura Ford Hall, director, "The group is becoming more well-known

Laura Ford Hall, director, "The group is becoming more well-known around the eastern Kentucky area." In Harmony, the college's all female community chorus with 40 members, will also be performing at the event.

Appearances will also be made by members of The Big Sandy Singers and Frosty the Snowman. The performance is produced and directed by Linum Ford Hall, with technical direction Timothy Cooley, accompanist Alicia Hughes and Clayton Case, assistant director.

The concert is scheduled to begin at 7 p.m.

DINNER DIVA

You gotta cook



I grew up in the 70's where wide bell bottoms. Richard Nixon and Charlie's Angels reigned supreme. And even though Helen Reddy was singing. "I am Woman, Hear Me Roar", most homemakers of that time weren' exactly burning their bras...they were figuring out the art of juggling a home and a career and were more interested in not burning dinner.

You could say I was one of the original tatchkey kids from that era. My mom worked fulltime most of my childhood, except when we were really young. She was organized and disciplined. In her

words, she ran a "tight ship". Dinner was never a question mark. My dad, brother, sister and I were never left to our own devices to figure out what to root around in the kitchen for dinner; there was a plan and we stuck to it. As I got older. I was expected to start dinner before my mon got home.

My sister and I took dance lessons, piano and my brother played baseball. Later on, I had cheerleading practice to add to the busyness. But the question of what was for dinner never went unanswered. The answer was posted on the refrigerator in the form of menu. Why?

My mother planned our meals.

Hectic and busy is here to stay in today's economy. The standard is a two working outside of the home parents. The norm is lessons, sports and crazy schedules for everyone. Having dinner be the dreaded question each day doesn't make a lick of sense. The answer of course) is a plan; a menu like my mother posted on our refrigerator week after week.

I need to go back to Memory Lane here for just a minute. Even though my mother worked fulltime, I still learned to

(See DIVA, page two)

CAR TALK

Locking lug nuts are trouble



inside lifestyles Worship Directory..... Horoscope Rental CentralB5 ClassifiedsA6

Fun & Games

page C5





amily OHIO Medicine

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

In the shower I found a limp in my air pit. It didn't hurt, but I went to the doctor to have it looked at. He said it was a swollen lymph node and gave me an antibioric. After ten days on the antibiotic, the lymph node didn't change. Now my doctor wants me to have a biopsy. He said it might be a lymphoma. Could you tell me about lymphoma? I am an otherwise healthy 31-year-old gay.

Lymphoma is a cancer of white blood cells called lymphocytes that fight infection in the body. Lymphoma begins with

the uncontrolled overproduction of lymphocytes. Abnormal lymphocytes accumulate in lymph nodescausing them to swell. Paintess, enlarged pipel need to swell. Paintess, enlarged production are, in fact, potentially a lymphoma (Hill) and non-Hodgkin's lymphoma (HII) and non-Hodgkin's lymphoma (NHII). NHI, is far more common than HII, by about seven to one, In the US, NHI, is the most common blood cancer.

During your biopsy, your doctor will first determine whether lym-

uring your biopsy, your doctor first determine whether lym-

Lymphoma a serious, but treatable, cancer

phoma is the problem. If you do have lymphoma, the biopsy will also reveal whether it is HL or NHL. There are subtypes of both of these lymphomas as well, and knowing the precise kind of lymphoma is important in determining the right treatment plan.

The exact cause of lymphoma is not known, but there seems to be a genetic predisposition to the disease. Exposure to carcinogens can increase

genetic predisposition to the disease.
Exposure to carcinogens can increase your risk of developing lymphoma. In addition, infections such as HIV or Epstein-Barr have been associated with the disease. Aside from swollen lymph nodes, the symptoms of lymphoma can be very vague, such as fatigue, fever and night sweats.
Once lymphoma has been diagnosed and the type determined, it is

nosed and the type determined, it is staged. Staging is the term used to

determine the extent of the disease at diagnosis. The stage of the disease determines the type of treatment. Staging can often be done based on the results of a CT scan or MRI, but sometimes additional biopsies are

necessary.

Treatment for lymphoma usually includes chemotherapy and radiation, either alone or in combination, with the goal being remission of the dis-

ense:

If your swollen lymph node turns out to be lymphoma, at 31, you can be sure that age is on your side. Typically, the younger a patient is, the better the outcome. Other factors influencing treatment and recovery include the type the lymphoma, the stage of the disease at diagnosis and the overall health of the person. Some forms of lymphoma, such as small

lymphocytic lymphoma, are very mild, allowing long life with no treat-ment. Others, such as Burkiti's lym-phoma, are very aggressive, causing rapid deterioration of health.

rapid deterioration of health.
Even the most aggressive lymphomas tend to respond well to treatment and can be cured, especially if found early. In your case, you did exactly the right thing in contacting your family physician as soon as you noticed a problem.

033

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

Salome's Stars Horoscope

ARIES (March 21 to April 19) That change in holiday travel plans might be more vexing than you'd expected. But try to take it in stride. Also, it couldn't hurt to use that Aries charm to coax out some helpful cooperation.

TAURUS (April. 20 to May 20) Your Bovine determination helps you deal with an unforeseen complication. And, as usual, you prove that when it comes to a challenge, you have what it takes to take it on.

GEMINI (May 21 to June 20) Although a romantic theme dominates much of the week, all those warm and fuzzy feelings don't interfere with the more pragmatic matters you need to

the more pragmatic matters you need to

take care of take care of June 21 to July 22) Best not to ignove those doubts about an upcoming decision. Instead, recheck the facts you were given to make sure nothing important was left out. A weekend surprise awaits you.

LEO (July 23 to August 22) No time for a cattapp—yet. You might still have to straighten out one or two factors so that you can finally assure yourself of the truth about a troubling workplace situation. Stay with it.

VIRGO (August 23 September 22) News from an old friend could lead to an unexpected

(but nonetheless welcome) reunion with someone who had once been very special in your life. Be open to the possibilities. **LIBRA** (September 23 to October 22) It might be time for a family council. The sooner

Weekly

including that personal situation.

BORN THIS WEEK: You have a way of bringing your own strong sense of reass to others and encouraging them to hope.

GOOD HEALTH

Basketball season is here; so is jumper's knee

DEAR DR. DONOHUE: I play basketball — a lot, My right knee has started to hurt. It hurts the most when I start to play, and then it eases off. My coach and dad say it is jumper's knee. My coach anys to play through it. My dad says I should rest it. What do you say' - B.J.

ANSWER: Give me a break. What do you think I'm going to say? I side with your dad.

At the start of every basketball season, I get many lettersaking about jumper's knee. It's a common malady of that sport, but it affects players in many other sports. like volleyball. The forces on the knees and the knee tendons when a jumper lands on the ground can be greater than mine times body weight. That's a great deal of force.

Jumper's knee is an inflammation of the tendon that runs from the bottom of the kneecap to the top of the lower leg bone. The inflammation comes from too much use with too little rest. It gradually builds up let erest. It gradually builds up let the rest. It gradually builds up let the season and the rest. It gradually builds up let the play the let the season and the let the rest. It gradually builds up let the rest. It gradually builds up let the rest. It gradually builds up let the play the season and the let the rest. It gradually builds up let the play the play the let the season and the let the le

bone. The inflammation comes from too much use with too lit-tle rest. It gradually builds up over two to three weeks before a player starts to complain. Early on, the knee hurts the most when a player starts to move around and gradually

lessens as he or she continues to play. If you don't let the inflammation quiet down, the pain will worsen and last longer At its wors, it is present

longer. At its worst, it is present even when you're sitting.

If you press on the area beneath the kneecap, you'll find it is tender if you have jumper's knee. A week or two of rest is all that's needed in the early phase. Combining rest with Aleve, Advil or Motrin can speed the healing.

When you get back to playme wordy beat to the knee for

When you get back to play-ing, apply heat to the knee for 10 or 15 minutes before you start, After you play, ice it for the same amount of time. I respect both your dad's and your coach's diagnostic abilities, but, if things don't turn around shortly, I'd have a doctor examine your knee, Too many other things cause simi-ler with

DEAR DR. DONOHUE; When you are obese and then too's weight, how does fat leave your body? Does it go through the digestive system? Does it pass through your gallbladder, liver or kidneys? I recently lost quite a bit of weight through hard work. I have had two attacks of digestive distress

since I began to lose the weight and wonder if they were gall-bladder attacks. My husband says the fat fairy puts weight on and takes it off. I was looking for a more scientific explanation. — M.B.

ANSWER: Fat is a fuel, justlike the gasoline in your car's gas tank. When we need energy to power physical movement, much of the energy for it comes from fat. Carbon dioxide is one byproduct of fat energy burning, and we exhale that. Other byproducts leave in the urine. We also burn stored fat when we reduce our caloride intake.

intake.

Rapid weight loss can lead to gallstones and gallbladder attacks. How quickly did you lose the weight?

I like your husband's explanation. It's poetic and mystical.

Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request at order form of available health newsletters at 22853-6475. Orlando, FL 32853-6475. Health newsleters also may be ordered from www.rbmannall.com.

American Heart Choose Healthful Foods

man working health lower care global warming prevent nation's and reduce our dependence on foreign oil WEIN WOULD YOU WANT TO KILL HIM?

Cycling is one the best ways to improve your health, protect the environment and reduce consumption of foreign oil. But even if you don't ride a bike, you can help do your part by watching for cyclists on the road and driving with care. In Kentucky, bicycles have the same rights to use roads and highways as cars and trucks. But keep in mind that cyclists are at greater risk of injury or death in the event of a wreck. That is why it is important to use caution and courtesy when you encounter a bicycle. Pass them only when it is clear, give them a few extra feet when passing, and never do anything to startle a cyclist, such as blowing your horn, passing too close or yelline at them.

Save a life. Share the road.

Diva

cook. My mother didn't think she got a pass at not teaching me because she held a fulltime job outside of the home. To her, cooking was as integral as brushing your teeth: It is some-thing you do to care for your-self and esentially, others in your home. Cooking was mandatory. mandatory

That is my message today, Cooking is essential to healthy living. Planning is ertical for making in happen, And yes, it's mandatory. There is no reason not to cook; it's just a matter of making frends with a plan, getting to know your major appliances and jumping in.

Don't be intimidated!

Continued from p1

Besides the necessity factor, cooking can be fun (scout's honer!). This is why I do what I do; to help turn a chore into a joy and make your cooking an adventure! Yes, it can happen!
Come join me and see what I mean...you know where to

Allen

his owner, and whatever night be hitched to him.

The main of a district of the main in the main of the well are a connected to the well are a district of neighbors, but noth-ing helped. He curried and connect the brute, kept the flies off him, fed him well. But almost every day, Old Jim took out another panel of fenenge as he sky larked across the fields.

His owner finally docated

the fields.

His owner finally decided to try a "blind-bridle" on him. But Jim remained skittish, frisky and inclined to run. The man equidor't understand the eritter. Again he asked advice.

His neighbor came up with the answer. "It am't a blind bridle that you need, son," he said, "You need to blindfold that mile. Man, he sees you, and runs for his life."

ANOTHER
ENVIRONMENTALIST
The Great Chief in
Washington sends word that
he wishes to hay our land.
How can you buy or sell the
sky—the warmth of the land.?

The idea is strange to us. Yet we do not own the freshness of the air or the sparkle of the water. How can you buy them from us? Every part of this earth is sacred to my people. Every shiny pine needle, every saids shore, every mist, in the dark woods, every clearing and humming insect, is holy in the memory and experience of my people. "We know that white mandoes not understand our ways. One portion of the land is the same to him as the next, for he is a stranger who comes in the might and takes from the land whatever he needs. The earth is not his brother, but his enemy, and when he has conquered it, he moves on. He leaves his father's graves, and his children's birthright is forgotten. "There is no quiet place in

often. "There is no quiet place in the white man's cities. No place to hear the leaves of spring or the rustle of insect-wings. But perhaps because I am savage and do not understand—the clatter only seems

Continued from pt to insult the ears. And what is there to life if a man cannot hear the lovely ery of the whipporwill or the arguments of the frog around the pond at eight.

whipporwill or the arguments of the frog around the pond at night.

"The whites too, shall pass—perhaps sooner than other tribes. Continue to contaminate your bed and you will one ngiht suffocate in your own waste. When the buffalo are all slaughtered, the wild horses all tamed, the wild horses all tamed, the seret corners of the forest heavy with the scent of many men, and the view of the ripe hills blotted by talking wires; Where is the thicket? Gone. And what is it to say goodbye to the swift and the hunt, the end of living, and beginning of survival."

Would you say that was written by another long haired, wild-eyed environmentalist? Could be. That is said to have been a letter written in 1855, to Presiden!

said to have been a letter

Locking lug nuts are more trouble than they're worth

THE FLOYD COUNTY TIMES

by TOM and RAY MAGLIOZZI

by TOM and RAY MAGLIOZZÍ

Dear Tom and Ray:
Recently, we had our 2005 Toyota
RAV4 taken in for its regularly scheduled maintenance, which included
rotating the tires. Each tire has a locking lug nut, and when I picked up the
ear, my mechanic told me that one of
the locking lug nuts "broke" when he
tried to remove it, and that he had to
then drill through the wheel stud and
replace it. I was then charged more
than \$150 for the labor and parts.
Should I have to pay for damage done
to my car during routine maintenance?
I trust my mechanic, and he showed
methe broken lug nut — but this doesn't seem right. Is it? — Bob

RAY. Well, I don't think your
mechanic is lying. Bob. The mistake
made was not calling you first and
telling you about it.

TOM: Right. He could have
explained the situation and given you
the option of NOT rotating the tires or
taking the car somewhere else and letting them charge you \$150 to get the
wheel off.

RAY. A locking wheel nut is a lug

wheel off.

RAY: A locking wheel nut is a lug
nut that's smooth on the outside, so it
can't be removed by a standard

wrench. In order to remove it, you need the key — which is a unique socket that fits inside that nut and

socket that fits inside that nut and allows the wrench to turn it.

TOM: The inside of your locking nut is stripped. We see this all the time. Once the inside of a locking wheel nut is stripped, you have to resort to extraordinary measures to remove it.

RAY: These may include jumping up and down on the car, cursing at it and, in rare instances, setting it on fire and shrugging when the customer comes to pick up the charred wreckage.

age.

TOM: We usually start by chiseling at the nut. Then we drive the car around the shor with only that one locking nut holding the wheel on, hoping the weight of the car will break it loose enough so that we can remove it.

RAY: We also have a special tool that allows us to grab the smooth outside of these locking wheel nuts and try to twist them off. But sometimes, nothing works.

try to twist them off. But sometimes, nothing works.

TOM: In that case, we have to pull out the torch. When you burn through a lug nut with a torch, it's very easy to damage the wheel stud, too.

RAY: When that happens, we

replace the stud, buy the guy four new regular lug nuts and throw those lock-ing nuts, along with the key, into the

ing nuts, along with the key, into the garbage.

TOM: And that's what you should do, Bob. These locking nuts first became popular when alloy wheels were new and expensive.

RAY: But nowadays, almost every car has alloy wheels. And they come in all different qualities, designs and prices. If you had faney wheels that cost you \$800 apiece, then, sure, you should have locking wheel nuts to protect them. But for the standard \$150 wheels on the RAV4? Throw the locking nuts away, and don't worry about it.

TOM: And tell your mechanic that

it.

TOM: And tell your mechanic that you believe him, but it'd be nice, next time, if he calls you as soon as any unpredicted work becomes necessary. That way, you'll know what to expect, and your jaw will already be dropped by the time you come to pick up your car.

Reader needs help breaking into

Dear Tom and Ray:
My wife's 90-year-old aunt recently allowed us to take her 1995 Dodge

Caravan with 55,000 miles. She said it needed to be driven, as she hadn't driven it in more than 17 months. Since we have received this vehicle, interior parts have been falling off of it at a rapid clip. I'll spare you the many details, but the one I really need to fix quickly involves the power rear side-vent windows. They both opened fine, but then the right side one quit working with the window in the open position. I believe the switch is bad or a wire has come loose on it. I need to get into the overhead corosoic. Doese it just snapin and out. Albert But it only comes out with a whole work. "Ask Click and Clack:

Get more Click ond Clack in their and the source of the sourc

RAY: It just snaps in and out. Albert. But it only comes out with a

Aftern. But it only comes did with a fair use of force.

TOM: So, add "overhead console bezel" to the list of interior parts you need to pick up at the junkyard so you'll have a replacement ready when

cars

cenove it when the left side window to the first side window the first side window the first side window to the fir

Get more Click and Clack in their the Check that Cack the teath of Clack: Answers from Car Talk." Got a ques-tion about cars? Write to Click and Clack in care of this newspaper, or e-mait them by visiting the Car Talk Web site at www.cartalk.com.



Gloria Newsome, a Spanish teacher at Prestonsburg High School, was the featured speak-er at the November meeting of the Big Sandy Spanish Teachers Association. She shared information regarding teaching and assessment in the foreign language classroom, which she had learned as a participant in the (KY World Language Association) KWLA Teacher

Strange ... but true

by SAMANTHA WEAVER

It was American actress and dancer Charlotte Greenwood who made the following sage observation: "Temperament is temper that is too old to spank."

If you happen to own a Rolls Royce and want to swank it up a little bit, a mink jacket to fit the hood ornament is available for nurchase.

San Francisco's iconic cable cars are the only mobile national monument in the United States.

United States.

You might be surprised to learn that, according to the Guinness Book of Records, the largest swimming pool in the world isn't found in one of the large industrialized nations as

you might expect, but in the relatively small South American country of Chile. Built by a mega-resort on the ocean, the pool covers 20 acres, is more than 1,000 yards long and holds a whopping 66 million gallons of water. Construction took five years and cost more than \$1.5 billion, and the estimated annual maintenance cost is more than \$1.5 billion, and the estimated annual maintenance cost is more than maintenance cost is more than

maintenance cost is more than \$3 million.

Those who study such things say that lightning travels at one-third the speed of light.

American comedian and actor Jack Benny originally entered the family business of haberdashery. However, he was so bad at it that his own father fired him

According to legend, it

was shepherds in Ethiopia who first noticed the effects of caffeine. It seems that the goats they herded would become exceedingly frisky after eating the berries of the coffee plant.

In order to come up with the cash to start Apple Computers, Stephen Wozniak sold his programmable calculator and Sieve Jobs sold his Volkswagen microbus.

An experienced florist will never put daffedils in a bouquet the flower is toxic to other blooms.

Thought for the Day

Thought for the Day
"Surrender is essentially an
operation by means of which
we set about explaining
instead of acting." -- Charles
Peguy

Rental **a** Central

Renters were two for two this week as four summer films joined the DVD ranks.

"Angels and Demons"

— Your best bet for the week was this sequel to "The

— Your best bet for the week was this sequel to "The DaVinci Code." Tom Hanks returns as symbologist/adventurer Robert Langdon. This time around the stakes are upped as he is given only eight hours to solve a riddle and prevent an act of violence at the Vatican. Director Ron Howard keeps this one humming along and he also streamlines it so keeps this one humming along and he also streamlines it so that its much smoother than the first film. Considering how well the latest Langdon novel Is doing ("The Lost Symbol" is topping all bestseller lists after the biggest opening day of a novel), we can look for-ward to one more film in this

series.

"Funny People" — Judd Apatow ("Knocked Up") mixes a little more drama with his comedy in his latest film, with good results. Adam Sandler stars as a terminally ill comedian who gives a job it on up-and-comer and helps him develop his gifts. Sandler tones it down here and is quite good, as is Seth Rogen as the young comic.

"Four Christmases"

Everyone wants to make the next film that will become an annual favorite for the holdays, but this half-baked comedy isn't it. The story, however, had promise as it focused on a couple, played by Reese ries.

"Funny People" — Judd
patow ("Knocked Up")

Witherspoon and Vince Vaughn, that must visit all four of their divorced parents on the same holiday. A great cast — Robert Duvall, Jon Voight, — Robert Duvan, John Vogam,
Kristen Chenowith, Sissy
Spacek and Dwight Yoakam
— are assembled and totally
wasted.

— "Shorts" — Robert

"Shorts" — Robert Rodriguez directed this children's action movie/comedy with his usual hyper-kinetic style. Unfortunately, it goes the way of "Shark Boy and Lava Girl," which proved that his string of children's films were past him. However, we can still look forward to his return to the adult oriented action thriller (this is the guy who gave us "Desperado") when he releases "Machete" next year. Robert



Overseas?

At school?

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The Times

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1 Year

6 months

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rest any ripe res: one: one. lbye the

unaware of what daddy does for his daily bread. Nick is on his way to a meeting of the local bosses and says he will do his best to sell the other guys on the idea. Turns out that they have a problem with it and refuse to accept Tony's pink slip. Unfortunately, they further decide that anyone who wans to quit isn't trustworthy, so they plan to retire him anyway-permanently.

The group of the plant a both in Tony carr but they do not not be the plant and son using the vehicle, and the resulting explosion wipes out Tony's family, as well as any plans for a reconciliation with the syndicate.

Nick offers to mediate a peace but the group feels that it would be better if they just left town while their goons took care of Tony. They head to Copenhagen, where they argue over how to divide the territory that Tony's final assignment netted them. Meanwhile, Tony decides that he wants to see the land that brought us.

The next hour sees lots of thugs and bosses die as Tony wages war against his former employers. Along the way he gains some allies — a hooker with a heart of gold and the bosses of the

Continued from p1

Continued from pt casts its chief villam Richard Conte (who played the treach-crous Don Barsini) as Nick. The role of Tony goes to Alam Delon. Though he's actually French, it's still an homage as Delon helped usher in a wave of French gangster films during the 1960s, when he teamed with Parisian director Jean Melville. The French gangster dramas, in turn, inspired John Woo to reinwent the gangster genre in the late 1980s by casting Chow Yun-Fat in "The Killer" and "Hard Boiled." The beat goes on.

ing Chow Yun-Fat in "The Killer" and "Hard Boiled." The beat goes on. This film is also a steal as it is priced at \$5.99 and comes with four other Italian gangster films, such as "Long Arm of the Godfather," "Violent Professionals" and "Magnum Cop." For once a cheaply priced gift set that doesn't include third generation copies of mediocre films. These are a true bargain and will merit repeated viewings.

Best line: "Where's he going?" "To the men's room. He's always going to the men's room.

1973, rated R.



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AC. P'burg players, coaches honored

The Allen Central and Prestonsburg football programs continue to rack up postseason honors. Both of the Floyd County high school football programs now boast the player and coach of the year awardwinners in their respective districts as honored by the Kentucky Football Coaches Association.

Allen Central Coach Jeremy Hall has been named the KFCA Class A, District 8 Coach of the Year after guiding the Rebels to a 9-1 regular-season record.

Under Hall's guidance, Allen Central concluded the cam-paign 10-2, falling to Hazard in the regional semifinals. The Rebels finished the regular-sea-son runner-up to Pikeville in District 8.

District 8.
As a team, Allen Central rushed for 4,910 yards. The Rebels scored 498 points in a dozen games.
Allen Central senior running back Logan Crowder has been named KFCA Class A, District 8 Player of the Year. In 12 games, Crowder rushed 155 times for 1,608 yards and 20 touchdowns. On the defensive side, Crowder turned in 66 tack-

les (36 solo), one interception and two fumble recoveries.

Veteran Prestonsburg Coach John DeRossett has heen named KFCA C! 2A, District 7 Coach of ac Year. The all-time winningest football coach in Prestonsburg history, DeRossett has his team 13-0 headed into a state semifinal game versus DeSales. The Blackcats have dominated Class 2A. District 7. Prestonsburg was one of three Class 2A teams to finish the regular-season undefeated. For Campbell and Murray also made it through the regular-season perfect. The Blackcats have

outscored opponents 546-168.

Prestonsburg senior quarterback Michael Burchett has been named the KFCA Class 2A.

District 7 Player of the Year.

One of the state's top quarterbacks. Burchett has completed 160 of 246 passes for 2.772 yards and 35 touchdowns. He also only been intercepted four times in nearly 250 passing attempts. The Prestonsburg quarterback has also rushed 91 times for 453 yards and nine touchdowns. In addition to his heroics on the offensive side. Burchett has aided the Prestonsburg defense, recording a pair of interceptions.



photo by Jamie Hov Prestonsburg quarterback Michael Burchett and Coach Joi DeRossett have claimed KFCA Class 2A, District 7 honors

Eagles defeat Valpo in season finale

TIMES STAFF REPORT

VALPARAISO, Ind. – The Morehead State University football program's finale couldn't have gone any better.

The Eagles defeated Valparaiso 29-6 and won their first Pioneer League football game of the season in the process, snapping a seven-game losing streak to finish the season with a 3-8 overall record. The Eagles scored three fourth-quarter touchdowns to help extend a three-point third quarter lead and turn it into a dominating 29-6 victory.

tourth-quarter touchdowns to nelpextend a three-point third quarter
lead and turn it into a dominating
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lead touchdown of the game on its second
possession when quarterback Nate
Goergen threw a fade pass to the
back right corner of the endzone
and wide out Sean McCarty made
the 11-yard touchdown grab. The
extra point was blocked by MSU
defensive tackle Andrew Wilhoite
and Valpo took the lead 6-0 with
7:54 to go in the first quarter.
Morehead State answered on
their next possession with a nine
play, 46-yard drive that was
rapped by a 43-yard field goal by
Rainer Duran made a 29-yard field
goal with 12:08 remaining in the
second quarter. The scoring drive
was set up when MSU took over at
the Valpo punter Mitch Secrest.
The drive was then kept alive
when the Eagles faced a fourth
down and MSU quarterback Zach
Lewis avoided a Sure sack by three
different Crusader defenders,
when he pulled a Brett Favre-like
play and flipped the ball into the
flat as he was being pulled down.
Fullback Mike Kearms, who
caught the ball, was able to pick up
the first down and help set up the
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caught the ball, was able to pick up the first down and help set up the field goal.

Morehead State took over with 5:05 remaining in the second quarter at it's own 10 yard line. The Eagles then drove to the Valpo 35 yard line to attempt a 42-yard field goal with three seconds remaining in the half to take the lead, however Rainer Duzan's kick sailed wide left and the Eagles and Crusaders went into the half tied at six.

Morehead State had the first scoring chance in the third quarter after comerback DJ Smith intercepted a Nate Goergen pass at the MSU 20-yard line and returned it 42 yards to the Valpo 38. MSU kicker Rainer Duzan made his third field goal of the day, which was a 28-yard field goal with 4:00 minutes remaining in the third quarter to give the Eagles the lead 9-6.

The Eagles scored again, their

quarter to give the Eagles the lead 9-6. The Eagles scored again, their first touchdown of the day, with 13:59 remaining in the fourth quarter when Valpo quarterback Nate Goergen went back to pass in his own end zone and threw an interception to MSU safety JD Cecil at the Valpo 23 yard line. Cecil took the Eagle lead 15-6, where it stayed after the Crusaders blocked the point after.

Valpo had its first scoring chance of the second half in the fourth quarter with 9:44 remaining



photos by Jamie Ho

Cats one win away from state title game

by STEVE LeMASTER SPORTS EDITOR

PRESTONSBURG

After dismantling Knott
County Central and
Middlesboro, Prestonsburg
took care of business last
Friday night in the Class 2A.
Region 4 championship
game. The Blackcats
regrouped after giving up the
game's first touchdown,
defeating Corbin 23-7 for the
region title. Now,
Prestonsburg is headed to
Louisville. Not for the state
championship game. That has
been moved to Bowling
Green and will be contested
one week from now.
Prestonsburg will face
DeSales tonight in one of two
Prestonsburg him one of two
Covington and Newport
Central Catholic during the
postseason. The Colts
knocked off Newport Central
Catholic 23-10 for the Region
3 championship. DeSales
dropped close games to
Central Hardin, Seneca and
Fern Creek during the regular-season, compiling a 7record.

In 13 games, DeSales has
look and the proposters has PRESTONSBURG

record.
In 13 games, DeSales has outscored opponents 463-193. Andrew Beeler leads

DeSales on the ground. Beeler has rushed 20 times for 1,502 yards and 14 touchdowns. DeSales quarterback Ryan Johnson has completed 67-of-141 passes for 904 yards and 13 touchdowns. The Cotts signal-caller has been intercepted 10 times. Johnson, a dual-threat to pass or run, has rushed for 633 yards, and six touchdowns. In the control of 100 strempts. The strength 105 attempts. The strength 105 attempts. The strength 105 attempts in perfect record on the winner. Senior quarterback Michael Burchett has connected on 160-of-240 passing attempts for 2,772 yards and 35 touchdowns. Sophomore Joseph Jamerson has hauled in 48 receptions for 826 yards and 10 touchdowns. Johnson 104 carries for 695 yards, 8 TDs) continues to lead Prestonsburg on the ground.

Austin McKinney has over 800 yards combined rushing and receiving. McKinney has rushed for a team-high 10 touchdowns.

DeSales and Prestonsburg on the ground.

Kickoff for the

nent. Kickoff Kickoff for the Prestonsburg-DeSales game is set for 7:30 p.m. at Southern High School.



HIGH SCHOOL FOOTBALL

TONIGHT'S GAMES CLASS A STATE PLAYOFFS Hazard at Lexington Christian, 7:30 p.m. Beechwood at Mayfield, 6 p.m.

CLASS 2A STATE PLAYOFFS Fort Campbell at Monroe County, 7:30 p.m. Prestonsburg at DeSales, 7 p.m.

CLASS 3A STATE PLAYOFFS Central at Paducah Tilghman, 7 p.m. Sheldon Clark at Somerset, 7:30 p.m.

CLASS.4A Bell County at Boyle County, 7:30 p.m. Marion County at Lone Oak, 7:30 p.m.

CLASS 5A John Hardin at Bowling Green, 7 p.m. Pulaski County at Highlands, 7:30 p.m.

CLASS 6A St. Xavier at Greenwood, 7 p.m. Scott County at Trinity (Louisville), 7:30 p.m. Double-doubles lead Lady Bears past Brescia

Hinton scores 38 points, pulls down 13 rebounds

TIMES STAFF REPORT

PIKEVILLE – Starting forwards Natiera Hinton and Whitney Compton turned in double-doubles to – power Pikeville College past Brescia University 84-67 Monday night. Hinton, a 6-0 junior from Rock Hill, S.C., tossed in 38 points and grabbed 13 rebounds. Compton, a 6-1 junior from Haysi, Va., finished with a double-double of 11 points and 11 rebounds in the win.

Each had numbers beyond the double-doubles. Hinton added nine steals, three assists and three blocked shots, while Compton had three assists and grabbed six of her rebounds off the offensive glass.

For Hinton, it was the third time in six games she's scored 30 or more points and was her second double-double of the season.

Pikeville (4-2) shot the ball

season.

Pikeville (4-2) shot the ball well, hitting 53.4 percent of its field goals, and won the rebounding battle 42-34 to aid with the win. The Lady Bears had 16 steals on 19 Brescia turnovers.

had 16 steals on 19 Brescia turnovers. The home team got out to a big first-half lead, an advantage that grew to 22 (47-25) after a pair of Compton free throws with 2:27 left.

Pikeville carried a 50-33 lead

with 2:27 left.
Pikeville carried a 50-33 lead into halfflime.
Brescia (4-3) got within 12 (75-63) with 3:59 remaining after a pair of free throws by junior Brittany Bird, but the Lady Bears pulled back out to lead by as many as 21 before settling for the 17-point win.
Hinton and Compton were joined in double figures by sophomore Megan Mosley, who had 11 points and handed out a team-best five assists.
Bird led Brescia with 20 points and four assists. Freshman Kendra Melntyre followed with 12 points and four rebounds. The Bearcats were led on the glass by junior Amelia Keller, who pulled down eight rebounds.
Pikeville will return to action on Saturday afternoon, playing host to Union College in a 2 p.m. contest at the Pikeville College Gym.

Logan Crowder namea District 8 MVP

by STEVE LeMASTER SPORTS EDITOR

Allen Central senior running back Logan Crowder has been named the Class A, District 8 Most Valuable Player. Coaches from each school (Allen Central, Betsy Layne, Paintsville, Phelps, Pikeville and South Floyd) voted for the end-of-season honors.

Paintsville running back Nehemiah Doderer was

named the District 8
Offensive Player of the Year.
After enjoying a breakout
season, Pikeville linebacker
J.R. Robinson was named
the District 8 Defensive
Player of the Year.
A breakdown of the AllDistrict honors follows.
Most Valuable Player:
Logan Crowder, HB/LB,
Allen Central.
Offensive Player of the
Year: Nehemiah Doderer,
RB/OLB, Paintsville.

Defensive Player of the Year: J.R. Robinson, RB/LB, Pikeville. First Team All-District: Taylor Ratliff, WR/DB,

First Team All-District:
Taylor Radliff, WR/DB,
Pikeville; Justin Mullins,
OL/DL, Pikeville; J.R.
Robinson, RB/LB,
Pikeville; Blake Branham,
OB, Pikeville; Ross McCoy,
RB/LB, Pikeville; Randy
Maynard, RB/WR/LB,
Pikeville; Logan Crowder,

(See DISTRICT, page two)



LOGAN CROWDER

Big second half keeps Bears unbeaten

TIMES STAFF REPORT

Times staff report

PIKEVILLE – Five players
reached double figures in the
scoring column and the home
team enjoyed a huge rebounding margin and overcame a lot
of turnovers as Pikeville
College defeated Kentucky
Christian University 88-64
Thursday night at the East
Kentucky Expo Center.

The Bears shot 51.7 percent
from the floor and dominated
the glass to the tune of 44-26,
including 14 off the offensive
glass, in the win. However,
they turned it over 28 times in
the win.

Pikeville (5-0) didn't make it look easy the whole night. The Bears led 45-39 at the half, and Kentucky Christian trimmed it to three on a layup by junior Cedomir Ilic with 18:12 left. The Bears, however, then

18:12 left.
The Bears, however, then blew it open, Over the next 13-plus minutes, the Bears enjoyed a 37-10 outburst, and when senior Adam Simmons scored on a layup with 4:58 remaining, the lead was 84-54.
Senior Maurice Thomas led the way with a double-double, scoring 18 points and 10 rebounds. Junior Justin Hicks hit four three-point shots, even-

tually finishing with 16 points and five assists in the win.

Sophomore Kane Belcher to sophomore Kane Belcher to sophomore Kane Belcher to some the sound of the



Six MSU football players named All-PFL

McDermott claims top defensive award

TIMES STAFF REPORT

MOREHEAD — The Morehead State University football program had six players honored by the Pioneer Football League Tuesday. MSU senior linebacker Wes McDermott was selected as the PFL Defensive Player of the Year.

MSU had two players named to the All-PFL First Team defense, McDermott and senior defensive tackle Derik Steiner. Senior offensive lineman Jake Nail was named to the All-PFL Second Team offense. Senior defensive income and junior safety J.D. Cecil both carned All-PFL Second Team defense honors, Cecil's secondary partner, senior Derek Harkness, earned All-PFL Honorable Mention.

McDermott won the league's Defensive Player of the Year honor after finishing the regular-sees on ranked second in tackles (9-9 pg) and third in tackles-for-loss (1.50 pg). He led all linebackers in tackles (109), posting 14 more than the next closest follower. McDermott led a Morehead State defense that finished the season ranked second in total defense, allowing just 266.3 yards per game, and led the league in rushing defense, permitting a paltry 72.5 yards per game on the ground. Steiner had 38 total tackles and 12.5 tackles for loss. Nail was a team leader and an anchor for an anjury-depleted offensive line this season. Doen had nine sacks and was second only to McDermott in tackles for loss with 14.5. Cecil bad two interceptions, including one touchdown and another return for a touchdown to set up a win for MSU, and Harkness had three picks versus Bullet.

The Eagles closed out the season 3-8, defeating Valparaiso 29-6 in a season finale.

Georgia standout signs to bowl at Pikeville College

Pikeville to compete in MSC Men's Basketball Challenge

FIRANKFORT — The MidSouth Conference and the
Commonwealth's capital will
be the Mecca of NAIA men's
basketball on Friday and
Saturday as the conference
hosts the MSC Challenge at
the Frankfort Convention
Center. Pikeville College is
among the teams in the MSC
challenge field.
All eight full-member MidSouth Conference institutions
will host eight non-conference
opponents in a national tournament-like two-day event.
Games will begin at 9 a.m. and
continue throughout the day at
the Convention Center.
"We're confident the eyes
of the NAIA will be looking at
Frankfort over these two
days," MSC Commissioner
Mike Pollio said. "We are
excited to provide our institutions with the opportunity to
play quality opponents under
conditions that they could pos-

sibly face in March.
"It's going to be a basketball fan's dream."
Half of the MSC
Challenge's teams are ranked
or receiving votes in the NAIA
Coaches' Top-25 Preseason
Polls, including top-ranked
Division I Robert Morris (III.)
College. No. 7-ranked
Georgetiown (Ky.) College.
No. 14-ranked University of
the Cumberlands (Ky.) and
Division I No. 23-ranked
University of St. Francis
(Ind.).

(Ind.): (Ind.)

vs. Mid-Continent University

- 5:45 p.m.; Campbellsville
University vs. Robert Morris
College - 7:30 p.m.;
Georgetown College - 9:15 p.m.
Talladega College - 9:15 p.m.
Saturddy's matchups
inclusive the second of p.m.; Campbensyme University vs. Indiana University Northwest – 9:15 p.m.

District

RB/LB. Allen Central; Hunter Crowder, FB/LB, Allen Central; Justin Jackson, TB/DB, Allen Central; Chris Stumbo, QB/DB, Allen Central; Cory Conn. C/DL, Allen Central; Nebemiah Doderer, RB/OLB, Proposition Brown, Allen Central; Nehemiah Doderer, RB/OLB, Paintsville; Dyllon Brown, RB, Paintsville; Seth Rice, OL, Paintsville; Seth Rice, OL, Paintsville; Dustin Caldwell, LB, Paintsville; Brenan Smith, WR/S, Phelps; Steve Dotson, RB/LB, Phelps; David Slone, RB/DB, South Floyd, Dakota Newsome, QB/DB, South Floyd; Casey Adkins, RB Newsome, QB/DB, South Floyd; Casey Adkins, RB, Floyd; Case; Betsy Layne;

Dairy Queen

Second Team All-District:
Jarod Anderson, OL/DL,
Pikeville; Ben Staggs,
OL/DL, Pikeville; Jarod
Tackett, WR/DB, Pikeville;
Josh Tackett, WR/DB,
Pikeville; Dusty Khosheza,
OL/DL, Pikeville; Blake
Salisbury, OL/DL, Allen
Central; Bradley Fields,
OL/DL, Allen Central;
Mickey Parsons, SVR, Allen
Central; Micah Harlow, TE/S,
Allen Central; Cory
Sexton, OL/DL, Paintsville;
Rickey Bradle, Victorial;
Paintsville; Jimm Jude,
OL/LB, Paintsville;
Paintsville; Jimm Jude,
OL/LB, Paintsville;

Josh Green, LB/OL.
Paintsville: Mac Page.
QB/LB. Phelps: Chase
Rayburn, OL/DL. Phelps:
Aaron Biliter, OL/DL.
Phelps: Austin Mayhorn,
DB/WR. Phelps: Tyler
Moore, QB/DB, South Floyd;
Justin Patton, OL/DL, South
Floyd; Bobby Meade,
RB/LB, South Floyd; Dougie
Mathews, OL/DL, South
Floyd; Weston Little, RB/DE,
South Floyd; Nathan Martin,
QB/S, Betsy Layne; Korey
Jairell, HB/WR/S, Betsy
Layne; Jared Robinson,
OL/DL, Betsy Layne; Dylan
Maldonado, HB/DB, Betsy
Layne.

signee of Ron Damron's Pikeville College bowling program is a star from Georgia. Christina Halen, a senior at Alltoona High School in Kennesaw, Ga., has signed a scholarship agreement with the school. "Christina is going to be a welcome addition to Pikeville College, both as a student and Ky. Golf Hall of Fame ceremony conducted

PIKEVILLE - The latest

as a bowler," said Damron, the school's vice-president for Student Services. "We think she will fit in just fine here and are excited to add her to our roster and the college family." Halen is the 2008 Georgia state champion. In addition, she is the three-time bowler of the year in her local association as well as the two-time state Pepsi champion.

She has been a member of the Georgia Interstate All-Star

Halen averages 203, with a

Halen averages 205, with a solid 187 average on the sport shot most often used on the collegiate level.

An outstanding student, Halen plans to work in the Pikeville College Athletic Training office under Head Athletic Trainer Justin Browbert Brashear.

She is the daughter of Jeff and Linda Halen of Kennesaw.

SPORTS FAN

OF THE WEEK



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

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

TIMES STAFF REPORT

LEXINGTON – Lexington Country Club served as the host for the 2009 Kentucky Golf Hall of Fame induction ceremony on November 19, honoring the late Buck Blankenship and the Marvin Lear as the 53rd and 54th members of the Kentucky Golf Hall of Fame. Approximately 120 individuals were in attendance to honor the inductees. Blankenship, a native of Somerset, was a longtime PGA Member and built a legacy as a golf course designer (over 35 golf courses to his credit, primarily in Kentucky), golf course owner and operated the popular Bright Leaf (folf Resport in Harrodsburg).

TIMES STAFF REPORT

He designed, owned, and operated the popular Bright Leaf Golf Resort in Harrodsburg. Lear, a native of Wilmore, was a major force in Kentucky amateur golf for four decades, winning more than 25 golf tournaments, including four Lexington City Championships. He was a

close friend and high school and college teammate of Kentucky Golf Hall of Fame member John Owens, and was

Kentucky Golf Hall of Fame member John Owens, and was a longtime supporter and promoter of golf in Lexington and Central Kentucky.

Also honored at the ceremony were the following: 2009 Kentucky Golf Association J.W. James Award (for service to amateur golf in Kentucky) – George Gupton, Campbellsville; 2009 Kentucky Golf Association Player of the Year – Seth Blann, Bowling Green; 2009 Kentucky Senior Golf Association Player of the Year – Rick Cain, Shelbyville; 2009 KGA-PGA, Inc. Girls' Junior Player of the Year – Emily Haas, Nicholasville; 2009 KGA-PGA, Inc. Boys' Junior Player of the Year – Cameron Beal, Bowling Green; 2009 Kentucky PGA Player of the Year (Larry Gilbert Award) – Keith Ohr, Louisville; 2009 Kentucky PGA Senior Player of the Year (Larry Gilbert Award) – Keith Ohr, Louisville; 2009 Kentucky PGA Senior Player of the Year – Ralph Landrum, Florence:

2009 TaylorMade KPGA
2009 TaylorMade KPGA
Assistant Player of the Year
Blake Watts, Louisville,
Paducah's Russ Cochran
was also elected to the
Kentucky Golf Hall of Fame
earlier this year, and will be
honored at a ceremony in
Paducah, which will be scheduled for a later date.
The Kentucky Golf Hall of
Fame was established in 1984
as a joint effort by the
Kentucky Golf Association
and the Kentucky Section
PGA to honor individuals in
Kentucky with significant
achievements and accomplishments in various areas of golf.
The Kentucky Golf Hall of
Fame a membriship includes
records as players, golf professionals, golf course superintendents, educators, and golf
administrators. It is located at
Golf House Kentucky.

ONLINE:

Eagles

when Valpo kicker Andrzej Skiba missed a 40-yard field goal wide right.

The Eagles scored again when senior running back Jerrod Pendleton ran off left tackle for a three-yard touchdown with 2.52 remaining in the game. The scoring play was set up by MSU safety JD Cecil when he picked off his second pass of the season at the Valpo 48-yard line and nearly returned it to pay dirt, but was tackled down at the Valpo six yard line. "JD Cecil had a career day, he should have scored his second touchdown of the day, but he was too tired and basically just fell into the arms of the defender near the goaline," joked Bailard.

joked Ballard.

MSU scored its final touch-down after a Valpo fumble that was recovered by cornerback Kameron Scott at the Valpo 25-

yard line. On the next play Zach Lewis used a beautiful play action fake to hit wide out Kevin Thomas in the end zone for a 25-yard touchdown pass, Thomas first of his career, with 2:31 remaining in the garne. "It's always neat when a guy scores his first colligate touchdown of his career, he's going to be a very special player in the years to come." Ballard said. Morehead State quarterback Zach Lewis was 17-67-33 passing on the day for 164 yards and a touchdown. MSU was led in receiving by fullback Mike Kearns who had three catches for 30 yards and a touchdown. The Eagles had seven different players rush the ball and had nine different players catch a pass. MSU had 76 yards rushing as a team on 41 attempts and

Continued from pt had 246 total yards. Morehead State dominated in time of possession 36.36 to Valpo's 23:24.

The Crusaders were led by quaterback Nate Goergen who was 10-of-21 for 53 yards and one touchdown. The Eagle defense, under the tutelage of coordinator John Gilliam, a Prestonsburg High School graduate, was especially stout today only giving up a total of 137 yards. MSU's defense held the Crusaders to only 15 yards rushing and forced three Valpot and 13 to 15 yards. MSU's defense held the Crusaders to only 15 yards rushing and forced three Valpot and 15 yards. MSU's defense held the defense with nine total tackels and Derik Steiner led the team with three and half tackles for loss. JD Cecil had two interceptions and DJ Smith had one.

"That's huge, we took care of the ball today and responded

"That's huge, we took care of the ball today and responded and turned it into points," said Ballard.



NASCAR SPRINT CUP 2009 RESULTS

Feb. 7 — x-Budweiser Shootout (Kevin Harvick)
Feb. 12 — x-Gatorade Duel (Left Gardharvick)
Feb. 22 — Auto Club 500 (Matt Kenseth)
March 14 — Shelby 427 (Kyle Busch)
March 25 — Good City 500 (Kyle Busch)
March 29 — Good City 500 (Kyle Busch)
March 29 — Good City 500 (Kyle Busch)
March 29 — Goody's Fast Pain Relief 500 (Jimmie Johnson)
April 18 — Subway Fresh Fit 500 (Mark Martin)
April 26 — Aaron's 499 (Brad Keselowski)
May 2 — Crown Royal Presents the Russ Friedman 400 (Kyle Busch)
May 36 — x-NaSCAR Sprint All-Star Race (Tony Stewart)
May 16 — x-NaSCAR Sprint All-Star Race (Tony Stewart)
May 25 — Coca-Cola 600 (David Reutlimann)
May 31 — Autism Speaks 400 (Jimmie Johnson)
June 7 — Pocono 500 (Tony Stewart)
June 14 — LifeLock 400 Mart All-Star Race (Tony Stewart)
June 21 — Toyou Rodustrial Tools 301 (Joey Logano)
June 21 — Toyou Rodustrial Tools 301 (Joey Logano)
June 26 — Allstate 400 at The Brickyard (Jimmie Johnson)
July 26 — Allstate 400 at The Brickyard (Jimmie Johnson)
Aug. 3 — Sunoco Red Cross Pennsylvania 500 (Denny Hamilin)
Aug. 16 — Carfax 400 (Brian Vickers)
Aug. 22 — Sharpie 500 (Kyle Busch)
Sep. 20 — Sylvania 300 (Mark Martin)
Oct. 25 — TUMS Fast Relief 500 (Denny Hamilin)
Nov. 8 — Dickies 700 (Jimmie Johnson)
Oct. 4 — Price Chopper 400 (Tony Stewart)
Nov. 22 — Ford 400 (Denny Hamilin)
Nov. 15 — Checker O' Heilly Auto Parts 500 (Jimmie Johnson)
Nov. 25 — Ford 400 (Denny Hamilin)
Nov. 27 — Ford 400 (Denny Hamilin)
Nov. 28 — Checker O' Heilly Auto Parts 500 (Jimmie Johnson)
Nov. 29 — Ford 400 (Denny Hamilin)

x-non-points race NASCAR SPRINT CUP FINAL DRIVER LEADERS DRIVER NAME;POINTS;STARTS;WINS;TOP;5:TOP;10;MONEY;WON 1. Jimmie Johnson;6652;36;7;16;24;\$7,333,309 2. Mark Martin;6511;36;5:142;155,274,928 3. Jeff Gordon;6473;36:1;16;25;56,472,385 4. Kurt Busch;6446;36;2;10;21;\$4,987,409 5. Denny Hamlin;6335;36;4;15;20;\$5,470,139 6. Tony Stewart;6309;36;4;15;23;\$6,829,246 7. Greg Biffle;6292;36;0;10;16;\$4,807,434 8. Juan Montoya;6252;36;0;7;14;\$5,270,120 9. Ryan Newman;6175;36;05;15;\$5,006,232 10. Kasey Kahne;6128;365;27;14;85,756,081 11. Carl Edwards;6118;36;0;7;14;\$5,601,229 12. Brian Vickers;5929;36;1;4;13;\$4,725,270

MENU: DEER FOR

TIMES STAFF REPORT

TIMES STAFF REPORT

FRANKFORT — Taking schievement. Your heart pounds as you waited the deer in your sights. You try hard to keep your hands still while you squeeze the trigger. After the shot, adrenaline makes you short of breath. You feel relief when you later approach the clean-shot deer on the ground. What happens next, however, can be overwhelming. A good-sized adult deer can yield 60 or 70 pounds of meat, and a new humter may have no idea what to do with it. Good tasting venison between the clean as possible. These are the leading causes of off-flavor, or "wild" taste in the meat.

Start with the back straps.

meat.
Start with the back straps, those tubular-shaped cuts of meat found on either side of the backbone.

the backbone. Your back straps are your best meat – they're going to be the meather straps are your best meather beautiful to the strain of th

almost all the way through in the middle."

These steaks are now ready for the grill. You can also freeze them after making the cuts – divide them into single meal-sized groups and wrap each group in freezer paper for later conventience.

The deer's hams, or hindquarters, yield a lot of meat that can be used several ways. Casey encourages hunters to pick up a copy of Kentucky Aftield television's deer processing DVD to learn how to divide the hams, into various muscle groups of kentucky Aftield television's deer processing DVD to learn how to divide the hams, into various muscle groups of kentucky Fish and Wildlife's website at fwky.gov – just click on "Kentucky Aftield Store" to purchase the DVD.

"You basically have big muscle groups," he explained. "You can turn the rump roast into steaks or put it in a crock pot with postness and carrots and fix at like roast. Any little pieces can be used for hamburger in deer chilt, spaghetts succe or hamburger patites."

Shoulder cuts can be a little tricky, since average-sized deer don't yield a lot of meating it like he extra meat from this area. Casey recommending it like he extra meat from the hams.

"Any trimmings like that

can go to hamburger or sum

can go to hamburger or summer sausage mixed with pork fat," he said. "It doesn't take a lot — maybe 1/3 added by weight to the meat. It depends on what you want. You can actually add nothing and just have really lean meat, which is fine for adding to sauce. But it'll come apart if you try to make patties."

Pork fat is available at many grocery stores that have meat departments, or hunters can take the sort to have hamburger or sort to have hamburger or summer sausage made. Doing it yourself, however, is cost-effective.

"If you enjoyed the huntand you're planning on hunting in future years, you can just invest in a hand-operated grinder," Casey said. "Most groceries and stores like Cabela's have them for \$20 or \$25. You can grind the meat right at the kitchen table."

Finally, check the Internet for venison recipes. The amount of meat you get from your deer may seem overwhelming at first – but the possibilities are endless once you get comfortable working with the various cuts. Most importantly, the rich work of the possibilities are endless once you get from your deer may seem overwhelming at first – but the possibilities are endless once you get from your deer may seem overwhelming at first – but the possibilities are endless once you get from your deer may seem overwhelming at first – but the possibilities are endless once you get from your deer may seem overwhelming at first – but the possibilities are endless once you get from your deer may seem overwhelming at first – but the possibilities are endless once you get from your deer may seem overwhelming at first – but the possibilities are endless once you get from your deer may seem overwhelming at first – but the possibilities are endless once you get from your deer may seem of a complete working with the various cuts. Most more and the possibilities are endless once you get from your deer first pattern of the possibilities are endless once you get from your deer may seem of a complete for the possibilities are endless once you get from your deer first pa

Hunters reminded to report their deer harvest

TIMES STAFF REPORT

FRANKFORT – Hunters this season have already have reported taking nearly 70,000 white-tailed deer – with most of the harvest occurring dur-ing the first week of Kentucky's 2009 firearms

Kentucky's 2009 Irrearns deer hunting season. Kentucky's firearms deer season. which opened statewide 'Nov. 14, ends Monday, Nov. 23, in Zones 3 and 4, and closes Sunday, Nov. 29, in Zones 1 and 2. Conservation officers with

the Kentdeky Department of Fish and Wildlife Resources are reminding all successful deer hunters to write down their harvest information on a

their harvest information on a hunter harvest log as soon as the animal is recovered and before it is moved.

Hlank spaces are provided on the back of department-issued hunting licenses for hunter log information. License exempt persons, such as those hunting on their own land or those possessing only a license authorization number, may create their

own harvest log by simply writing on a piece of paper their name and address, date, species and gender of animal taken, and county of kill.

All harvested deer must also be Telechecked through the toll-free, automated plone, in system by midnight on the day the animal is ecovered. Deer and elk must be Telechecked before removing the hide or head, and also prior to being transported out of Kentucky.

Stowers selected to work summer league

PIPPA PASSES – Alice Lloyd College assistant base-ball coach Jason Stowers has been chosen by the Marion Bobeats of the Kentucky, Illimois and Tennessec (KIT) Collegiate Summer Baseball League to serve as an assistant coach under Mandger Steve Fowler for the upcoming sum-

mer season.

The team will play a 50game schedule over the course
of the 2010 campaign, In addition to on field coaching,
Stowers' responsibilities will
include serving as first base
coach and organizing all summer baseball camps.

"This is a tremendous

opportunity for Jason to gain valuable coaching experience," Alice Lloyd College Coach Scott Cornett said, "The profes-sional development that he will receive with this club will bode well for not only him, but could effer ever longer furtiles for our offer good opportunities for our Fagle players as well."

- Times Staff Report



photo by John Clar With stints in Formula One, Camping World and ARCA racing, Scott Speed has finished his first season in Sprint Cup.

Speed wraps up rookie season

by MONTE DUTTON

Scott Speed, once a Formula One driver, was part of a bold experiment perpetrat-ed by NASCAR's Team Red

Formula One driver, was part of a bold experiment perpetrated by NASCAR's Team Red Bull.

After placing Speed in a variety of races — 16 each in the Camping World Truck and ARCA series — in 2008, the team cut loose A.J. Allmendinger and replaced him with Speed in the team's No. 82 Toyota, Allmendinger took a ride with what is now Richard Petry Motorsports.

Neither driver has been petricularly better, ranking 25th in the Sprint Cup standings with one top-five and five top-10 finishes, Speed, 26, is 35th with one top five (also his only top 10).

But Speed, from Manteca, Calif., is gradually adjusting to

stock-car racing. Asked what he has learned, he said. "Probably a lot: how you get the cars running throughout the practice and throughout the weekend, and how you show up with them as far as the setup is concerned is obviously very important.

"I'm still learning an enormous amount of just racing sort of skill. Racing on an oval in these big, heavy cars is

sort of skill, Racing on an oval in these big, heavy cars is something completely different than what I've ever done my whole life. It's amazing, every weekend, as we get more competitive and start running in the top 20 and start running in the top 20 and start running in the open and start running in the top 20 and start

Formula One to NASCAR, Speed said this is a whole new world for him.

"It's completely different because, in Formula One, I went into it just like (fellow Cup rookie) Joey (Logano)," said Speed. "I've done it my whole life. It was what was returned to my

natural to me "It's something completely new and very challenging."

Monte Dutton has covered motorsports for The Gaston was summed writer of the sear by the National Motorsports Fress Association in 2008. His blog NASCAR This Week (http://mascar/bin.com) features all of his reporting on racing, roots music and life on the road. E-mail Monte at moscar thisweek@wahoa com. nascar thisweek@vahoo.com



photo by John Clar JIMMIE JOHNSON (left) has captured his fourth straight NASCAR Sprint Cup championship

Little League tourney, regular-season pitching rules made the same

TIMES STAFF REPORT

WILLIAMSPORT. Pa Recent rule changes adopted by the Little League International Board of Directors will bring pitching rules for tournament baseball in line with the regular season rules. The changes were made after many district adminis-trators and local Little League volunteers had requested the pitching rules become more consistent.
"A few years ago, scientif-WILLIAMSPORT. Pa

pitching rules become more consistent.

"A few years ago, scientific studies showed epidemic increases in youth pitching injuries and pointed to overuse as the primary factor," Dr. James Andrews, Chairman of the American Sports Medicine Institute and a member of the Little League International Board of Directors, said. "Little League baseball should be congratulated as the leader inducing pitch count limits. This has led to increase awareness at all levels including players, parents, coaches. awareness at all lewels including players, parents, coaches, and other youth league organizations, and hopefully, a decrease in number of adopted by Little League should help further the ability of kids to enjoy and advance in baseball without serious overuse injuries."

The most noticeable change to the rules was adopted.

de in the area of rest required between pitching appearances, for tournament play. The new rule eliminates the game required in between pitching appearances while increasing the number of days of rest. Adoption of the new rules makes the pitching regulations the same for tournament and regular season play. Previously, for example, a 12-year-old pitcher in the regular scanon who threw threatment of the rules of the rul

Peviously, for tournament play including the Little League Baseball World Scries, a 12-year-old pitcher who threw 85 pitches would need two days of rest, and one game, before pitching again. In 2010, that pitcher will be required to have four days of rest, same as during the regular season.

As in previous years, as the

lar season.

As in previous years, as the number of pitches decreases, the number of days of rest also decreases incrementally.

Little League Baseball and Softball is the world's largest organized youth sports program, with nearly 2.6 million players and 1 million adult

volunteers in every U.S. state and scores of other countries. 2010 Little League Baseball Regular Scason and Tournament Pitching Rules. Pitchers league age 14 and under must adhere to the following rest requirements: If a player pitches 6 or more pitches in a day, four (4) calendar days of rest must be observed: If a player pitches in a day, tour (4) calendar days of rest must be observed: If a player pitches in a day, tour (4) calendar days of rest must be observed: If a player pitches 36 - 50 pitches in a day, through the state of the state of

C Mayo campus hosts ninth annual scholarship reception

THE FLOYD COUNTY TIMES

PAINTSVILLE — The Mayo Campus of Big Sandy Community and Technical College hosted the ainth annual BSCTC Scholarship Reception, Oct. 27.

Donors converged with scholarship recipients at one of the largest Scholarship reception in Big Sandy history. As the reception progressed, donors and recipients exchanged messages of gratitude and encouragement.

exchanged messages of gratude and encouragement.
Audience members were captivated by donor stories as they divulged life-altering experiences and how these occurrences shaped their lives. Several donors spoke of the intrinsic desire to give back to their communities—to renav

intrinsic desire to give back to their communities— to repay the gratitude and good fortune life had bequeathed them.

Scholarship recipients spoke of thanks and appreciation, but more importantly, how the BSCTC Scholarships met overwhelming financial obligations in acquiring and accomplishing educational endeavors.

accomplishing educational endeavors.

BSCTC
Foundation Chair Jerry
Kanney, of Interstate Gas
Company, opened the reception with a cheerful needwarming welcome Kanney.

A community and Technical College spirited the reception forward as guest enjoyed delicious food and delicacies prepared by the Big Sandy Café and Grill.

Christine Conley. BSCTC scholarship committee members spoke with conviction as she described the ways the scholarship need to sudden the financial needs of students at Big Sandy. "The BSCTC Scholarship Committee is so thankful to the donors who make the awards possible."

Conley elaborated, "The total mumber of BSCTC/RCTCS Scholarship of BSCTC/RCTCS Scholarship

Conley elaborated. "The total of Sex of the total of Sex of the total amount of Sex of the total amoun

Randall Taylor, president and COO of McCoy Elkhorn Coal Corporation and

Outstanding Alumni at Big Sandy Community and Technical College, spoke about his struggles for an education in Eastern Kentucky. The audience listened intently as Taylor, related his experiences — growing up in the 1960s and 1970s, being the first to attend college in his family and struggling to balance multiple class loads to persevere. persevere.

Taylor spoke with great fondness of John D. Sammons,

retired BSCTC professor and how Professor Sammons had influenced his life. Taylor remarked, "The faculty and teachers at PCC in the late 1970s modeled a set of values that our community tand world) desperately needs today. They stressed that hard commitment to personal goals lead to a rich and fulfilled life. I feel that my life has been blessed because of the education and mentoring I received

at PCC. I feel that success is short lived—it can come and go quickly. Friendships and education are life-changing and last forever.

Taylor concluded by offering the scholarship recipients a few words of wisdom about their eruditions. Taylor remarked. Treed your scholarship. Protect it, be proud and hankful for it and above all, share it with others because one day you may wish to give back to your community by

creating an endowment schol-

creating an endowment scholarship.
Four BSCTC Honor
Students spoke at the
Reception: Dina Albree,
Emily Armett, Jonathan Hall,
and Tiffany Ratliff, spoke with
emotion and appreciation as
they described the challenges
and obstacles in their lives and
how BSCTC Scholarships
were meeting their needs and
helping them achieve their
éducational goals.

Laura Ford Hall and the Big.

Sandy Singers provided beau-tiful musical renditions with two songs, "Never Alone" and "Walk On." In their usual

two songs, "Never Alone" and "Walk On." In their usual heartwarming style, the singers wooed the audience to tears with songs chunked full of emotion and spirit.

Scholarship and endowment information at Big Sandy is available by contacting BSCTC Community and Laison, Jean Dorton, at jean.dorton@kctcs.edu or by calling 606-886-739.







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BONUS COUPON VALID FRIDAY, NOVEMBER 27, 2009

ANY SINGLE ITEM" • REGULAR PRICE, SALE OR CLEARANCE







E-ALERTS!



& games

Amber Waves



Out on a Limb

IT'S ALL IN

THE SPIN ...







by Gary Kopervas





fun

R.F.D.





The Spats

























MAMA'S BOYZ









King Crossword

ACROSS

- History chapter Recede
- Note to self,
- e.g. Co-ed 11
- quarters 13 Stout

- cousin?
 14 Verve
 15 Concept
 16 Dress (in)
 17 Otherwise Tropical
- 18 timber trees 20 Coated with
- gold 22 Daw

- goriu
 goddess
 24 Acceptable
 28 Splendor
 32 Form
 33 PC picture
 34 Morning
 moisture
 36 Facility
 37 Disreputable
 39 It may
 say "Home
 Sweet Home"
 41 Motion
 detector, e.g.
 43 Neither mate
 44 Unstable
 particle

- 46 50

- DOWN

- 57 Greek mountain 58 Former frosh 59 Put in the mail 60 Profit 61 Chaps

- Tend texts
 Took the bus
 Vicinity
 Have
 breakfast
 Online
 journal
 Start
 Tim
 Russert's
 longtime

- Unstable particle Brandy flavor Pinnacle Cranberry territory Old portico Angry
- show
 8 Right angle
 9 More, to
 Manuel
 10 Indivisible
 12 Just stay
 within your
 budget
 11 Angeles
 23 Norm (Abbr.)
 25 False Idol
 26 Church
 section
 27 Antelope's
 playmate

- playmate 28 Fail to hit 29 Rue the run 30 Rivers or Cöllins
- 40 Swab the deck
 42 Batman's ...
 partner
 45 Protuberance
 47 Teensy bit
 48 Get by somehow
 49 Nobel chemist Otto
 50 Venomous snake
- snake
 51 Bill and —
 52 ife's
 address
 54 "Roscoe"

31 "Of course" 35 Ashen 38 Second person 40 Swab the deck

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: *

* Moderate * * Challenging * * * HOO BOY!

HOCUS-FOCUS HENRY BOLTINOF



Differences: 1 "Danger sign is bigger 2 Jersey numbers us different 3 Stars are black 4. Fewer people in crowd. Frockey stick is missing 6. Arena wall is taller.

CryptoQuip

s a simple substitution cipher in which each letter used stands nother if you think that X equals 0 if will equal 0 throughout the puzzle. Solution is accomplished by that and error.

QU H UQWY ITCKZ ETBP HW H EHQLAB, Q WCMMTWR QL ETCKZ KOPR MRTMKR LT LOM LYR WIHKRW.

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would like people to tip the scales. waiter, I suppose it If a fish could work as a

CryptoQuip



1. GEOGRAPHY: Where is the Kenai

GEOGRAPH A.
 GEOGRAPH

once said, "Man is by nature a positical animal" 2

4. MOVHS. What famous 1960s move featured the character Benjamin Braddock?

5. COLLEGE TEAMS: What is the nickname for the University of Minnesota-sports teams?

6. TELEVISION: What kind of pets did Bert own on the children's show "Sesame Street"?

7. FOOD & DRINK: What kind of postables are known as capsicums?

7. FOOD & DRINK: What kind of expetables are known as capsicums?
8. GENERAL KNOWLEDGE: Who was the founder of the Salvation Army?
9. AD SLOGANS: What brand of eleterent fouted its effectiveness against "ring around the collar"?
10. ANIMAL KINGDOM: How many quills does an adult porcupine have?d?

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6, Goldfish 7, Peppers 8, William Booth 9, Wisk 10, 30,000 Southern Alaska Kidneys Aristotle "The Graduate" rivia Test Answers

Solution time: 21 mins. Answers King Crossword

9	3	9	4	2	6	1	8	t
7	8	L	S	Þ	9	3	6	2
6	2	t	3	ŀ	8	7	9	9
8	L	ε	2	6	S	Þ	9	4
Þ	9	9	8	7	1	6	2	3
2	4	6	Þ	9	ε	9	L	8
ε	Þ	8	1	9	2	9	4	6
L	6	2	9	ε	4	8	7	9
9	9	L	6	8	Þ	5	3	1

JewsnA

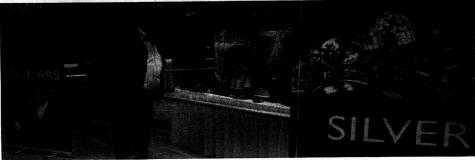
меекій апрокп

Anticipation high as Ohio Valley Gold and Silver Refinery opens for business Tuesday in Pikeville!

By CHRISTINA BUTLER STAFF WRITER

Been following the gold and silver market lately? Well if you have a jewelry box or lock box full of gold or a offee can full of old coins you should be according to Ohio Valley Refinery spokesperson John Miller. The gold and silver markets have not been this strong for over 30 years" said Miller. Typically when the U.S. dollar is weak and the economy is flat gold and silver markets soar. "That's good enews if you are setting on a few gold onesy if you are setting on a few gold." news if you are setting on a few gold necklaces or an old class ring" says

Miller.
Starting Tuesday at 9am and every day this week through Saturday the Ohio Valley Refinery is setting up a satellite refinery right here in Pikeville at the Hampton Inn. During their 5 day stay anyone can bring gold, silver or platinum items and turn them in for immediate payment, explains John Miller. "Just about everybody has some amount of cold to the control of the cold to th John Miller. "Just about everybody has some amount of gold or silver just lying around collecting dust and this week anybody can sell theirs direct to our refinery. Typically selling direct to a refinery is reserved for larger wholesale customers like jewelry stores, pawn shops, and laboratories" says Miller. "We are changing how business is done" he explains "we want to do business with everybody so we took our business to the streets". want to do our business to the streets".
"Our teams visits various cities around
the country hosting 5 day events
allowing the general public to take allowing the general public to take advantage of our services. The turnout has been overwhelming" says Miller. "Usually each day is busier than the previous day. It seems once people come to us and sell something they come to us and sen softening in go gold coin is worth they go home and start digging around for more and telling relatives, friends and neighbors. It's like a feeding frenzy by the third day. People line up with everything from



Above: Refinery representatives will be on hand starting Tuesday through Saturday to purchase all gold, silver and platinum items, as well as coins. Public welcome!

gold jewelry to sterling silver flatware sets to old coins. I think during this bad economy everybody can use extra money but most people say they are taking advantage of selling direct to our refinery because of the higher

our refinery because of the higher prices we pay".

During this special event anyone is welcome to bring all types of gold, silver and platinum to the refinery and turn it in for instant payment. The types of items they will accept include all gold jewelry, gold coins, gold ounces, dental gold, old coins made before 1965 including Silver Dollars, halves, quarters and dimes, anything marked "sterling" including flat ware sets, tea pots, silver bars, silver ounces and all industrial precious metals.

What should you expect if you go to the event to sell your gold and/ or silver? Just gather up all gold silver and platinum in any form. If you are not sure if its gold or silver bring it in and they will test it for free. When you arrive at the event you will be asked to fill out a simple registration card and

will be issued a number. Scating will be available. When your number is called you will be escorted to a table where your items will be examined, tested and sorted. This only takes a few minutes using their expertise and specialized equipment. Items will be counted and/or weighed. The value of the items will be determined based on us to the minute market prices. Live up to the minute market prices. Live feeds will be available at the event feeds will be available at the event displaying current market prices of all precious metals. If you choose to sell your items they will be bagged and tagged and you will be escorted to the cashier to collect your payment. Waiting time to sell your items may range from just a few minutes to 1 hour so bring something to read. If you are the owner of a jewelry

nour so oring sometining to read.

If you are the owner of a jewelry store, pawn shop, dentist office or a dealer you are encouraged to call ahead to make an appointment with the smelt master to discuss their special dealer programs. They can be reached at (606) 432-8181.

Ohio Valley Refinery will occur.

Ohio Valley Refinery will open

for business Tuesday from 9am-6pm. The event continues everyday through Saturday. No appointment is needed.

If you go:

WHO: Obio Valley Refinery Reclamation Drive

WHAT: Open to public to sell gold and silver.

WHEN: December 1st-5th

WHERE: Hampton Inn 831 Hambley Blvd. Pikeville, KY 41501

TIMES: TUESDAY-FRIDAY 9:00am - 6:00pm SATURDAY

9:00am - 4:00pm

Silver and Gold Coin Prices **Up During Poor Economy.**

Collectors and Enthusiasts in Pikeville with \$2,000,000 to Purchase Yours!

By CHRISTINA BUTLER STAFF WRITER

Got Coin? It might be just the time to cash in. This week starting Tuesday and continuing through Saturday the International Collectors Association in conjunction with the Ohio Valley Gold & Silver Refinery will be purchasing all types of silver and sold course direct from the public. and gold coins direct from the public types are welcome and the event

Collectors will be on hand to identify and sort your coins. Then the quality or grade will be determined. The better the grade the more they are worth according to collectors I talked to. With the silver and gold markets high prices of older coins are too. Any coins minted before 1965 in the U.S. are 90% silver except nickels and

The coins worth is determined The coins worth is determined by the rarity and the grade. Old silver dollars are worth a great premium right now even well worn heavy circulated ones are bringing good premiums. Franklin and Kennedy halves, Washing ton quarters, Mercury and Roosevelt dimes are all worth many times the face value. While older types like Seated Liberty, Standing Liberties, and Barber coins are worth even more.

are worth even more.

Gold coins are really worth a lot right now according to Brian Eades of the International Collectors Association. This country didn't start minting coins until 1792 says Eades. Before that people would trade goods using gold dust and nuggets. Some shop keepers would take more gold than needed to pay for items purchased. There was no uniform

system of making change.
The government opened the first mints and began distributing the coins in 1792. By the beginning of the 19th century coins and paper currency were wide spread and our monetary system was here to stay. In 1933 Roosevelt required all banking

institutions to turn in all gold coins.

Once all banks turned in this gold the president raised the gold standard. from \$20.00 per ounce to \$33.00 per ounce. This was his way of per ounce. This was his way of stimulating the economy during the great depression. However gold coins were never redistributed after the recall. Not all gold coins were turned in. Many folks during that time didn't completely trust the government and choose to keep their gold.

These gold coins are sought after collectors today and bring many times the face value. Any gold coins with the mint marks of CC, D or O will bring nice premiums. Collectors at the event will be glad to show you where to look. Other types of coins will also be purchase including foreign coins, Indian head cents, two cent pieces, half dimes, three cent pieces and buffalo nickels to name a

Collectors warn people against trying to clean their coins as significant damage can be done and the coins value lessened.

Items we will accept include:

Scrap Jewelry Dental Gold Sterling Silverware Sterling Silver Tea Sets **Silver Dollars** All Coins Dated before 1965 Industrial Scrap All forms of Platinum

Items of Interest:

Vintage Guitars;

Martin, Gibson, Fender, National, Rickenbacker, Gretsch, Mandolins, Banjos and others Pocket Watches;

Hamilton, Illinois, Waltham, Patek Phillipe, Ball, Howard, South Bend, Elgin and others Wrist watches: Omega, Accutron, Longines, Hamilton, Breitling and many more

Old paper money: United States, Confederate States, Blanket Bills, \$1000.00 bills and

Antique Toys: Trains, Tin windups, Mechanical Banks, Robots, Pressed Steel trucks, and many

War Memoribilia: Swords. Bayonets, Helmets, German, Confederate, Union, USA, and

Local records reveal to our research department that recenvintage guitar sold for \$2400.00 and another for \$12,000.00 to a collector that will be tied into the event this week via live database

Below: Refinery representatives will be on hand starting Tuesday through Saturday to purchase all gold, silver and platinum items, as well as coins. Public welcome!

Local Residents are ready to cash in!

International antique buyers in town this week and ready to stimulate economy!

By CHRISTINA BUTLER STAFF WRITER

Hundreds of phone calls from local residents this week to the corporate office of the Ohio Valley Gold and Silver Refinery pour in inquiring about items to be purchased all this week by the team of antique buyers that is on site with OVGSR.

The team of buyers this week are purchasing a vast array of vintage items (see below) along with coins, gold jewelry, and sterling silver items the refinery deals in. It is a Local shot in the arm for our economy. The spokesperson for the event expects to spend in excess of \$2,000,000 this week at the Hampton Inn paying local residents on the spot. The spokesperson for the paying local residents on the spot. The spokesperson for the company explained that these collectors are paying collector price for vintage items. It's a great way for people to get a great value for their items.

