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Jobs down in county

FRANKFORD — Employment in 110 Kentuck between August 2011, county rates increased and two counties remained the same, according to the Kentucky Office of Employment and Training, an agency of the Kentucky Education and Workforce Development Cabinet.

Woodford County recorded the lowest jobless rate in the Commonwealth at 7.1 percent. It was followed by Fayette County, 7.2 percent; Larue and Oldham counties, 7.3 percent each; Calloway, Henry and Livingston counties, 7.5 percent each; and Franklin, Madison and Owen counties, 7.6 percent each.

Fulton County recorded the states highest unemployment rate at 17.6 percent. It was followed by Jackson County, 15.7 percent; Magoffin County, 15.2 percent; Menifee County, 13.7 percent; Clay County, 13.5 percent; McCreary County, 13.3 percent; Lewis County, 12.6 percent; Bell County, 12.5 percent; and Laurel and Wolfe counties, 11.9 percent each.

Unemployment statistics are based on estimates and are compiled to measure trends rather than actually to count people working. Civilian labor force statistics include non-military workers and unemployed Kentuckians who are actively seeking work. They do not include unemployed Kentuckians who have not looked for employment within the past four weeks. The statistics in this news release are not seasonally adjusted to allow for comparisons between United States, state and county figures.

Learn more about the Office of Employment and Training at www.workforce.ky.gov.

2 DAY FORECAST

Today



High: 74 • Low: 63

Tomorrow



High: 76 • Low: 53

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

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Hydroplaning blamed for fatal wreck

by JACK LATTA
STAFF WRITER

PRESTONSBURG — Weather conditions proved treacherous late Tuesday afternoon, causing a vehicle accident which resulted in the death of a young mother. According to Prestonsburg Police, shortly after 4 p.m., a 1999 white Grand Prix being driven by Amanda N. Smith, 24, was traveling south on U.S. 23, when the driver apparently lost control of her vehicle and crossed the median into the path of oncoming traffic.

"It looks like she hydroplaned, lost control into the northbound lane and hit the guard rail and then back into traffic," said Prestonsburg Chief of Police, Mike Ormerod. Smith's vehicle was hit head-

on by a Mack tractor-trailer being driven by Richard W. Parson, 49, of Point Pleasant Va. Smith's car was pushed over an embankment in front of Tiger Mart.

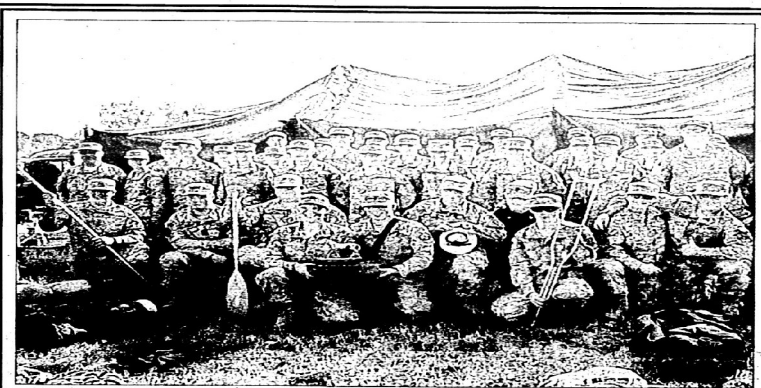
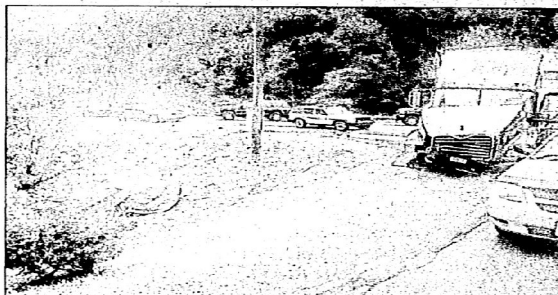
According to Prestonsburg Fire Department personnel, the vehicle was on fire when they arrived on scene.

The accident closed all four lanes to traffic on U.S. 23 for over three hours.

Ormerod said toxicology tests would be performed on both drivers, but that police had no reason to suspect alcohol or drugs were involved.

Smith was pronounced dead at the scene of the accident by the Floyd County Coroner's Office.

The accident is still under investigation by Prestonsburg Police Department.



Allen Central JROTC takes home top awards

by JACK LATTA
STAFF WRITER

LOUISA — Allen Central High School JROTC placed first overall this past weekend in the Workhorse Challenge at Yatesville Lake.

There were 15 schools from around the state competing in nine events. School officials say that ACHS

brought home three separate first-place trophies in the Rope Bridge, Rafting and Litter Carry events, as well as garnering first place overall with Most School Spirit.

Sgt. Jerry Hardy, ACHS JROTC instructor, said, "I am so proud of these kids." Hardy said that the enthusiasm that the students showed was "absolutely

amazing and the students showcased "superior performance."

While the students had a great deal of fun, they also learned valuable teamwork skills and what it takes for survival in the field.

"It was incredible to watch their teamwork and work ethic. They worked so hard," said Hardy.

Family's life transformed by childhood cancer

by RALPH B. DAVIS
MANAGING EDITOR

September is National Childhood Cancer Awareness Month, and for one local family, the observance is a reminder of how quickly the disease can change the lives of those it affects.

Belinda and Tyron Wright know well how completely the disease can interrupt a life, having watched their son fight acute lymphoblastic leukemia over the past four months.

Belinda Wright says she was struck by how suddenly it can change your life, without any warning. She recalls how her son, who she describes as always a hustling athlete, hit a grand slam home run on May 3. Three days later, she was getting a phone call from Trevor's school, saying he was running a fever and needed to be picked up.

They didn't know it at the time, but that phone call turned out to be the family's first indication of the illness that would alter their lives.

Belinda Wright says Trevor kept a low-grade fever all week-end, and thinking he had the flu, she took him to his pediatrician the following Monday. Like any parent, she expected most likely to leave with a prescription for an antibiotic or something similar. But after conducting a physical and reviewing blood work, the doctor reserved a room in the pediatric intensive care unit at the University of Kentucky Childrens Hospital, instead.



Recent photos of Trevor Wright illustrate how completely his life has been changed by cancer. At left, he is shown getting ready for a game in May. At right, he is pictured at his home last week.

Life for Trevor and his family changed at that moment, abruptly and completely. Trips out of the home now require Trevor to wear a mask, to protect his fragile immune system. Instead of going to school, Trevor is visited by a homebound teacher two hours a week.

Since his diagnosis, Trevor has received numerous rounds of chemotherapy, eight radiation treatments and 22 units of blood. He is scheduled to continue receiving treatments until Aug. 23, 2014.



Now, instead of wondering how far he can hit the ball, he wonders if his blood counts are high enough to receive his treatment, reads a letter submitted to The Floyd County Times by the family. Childhood cancer has so rudely interrupted Trevor's life and the lives of many other children in the Big Sandy region and throughout Kentucky. They all have names and families and communities to care for them, because kids can't fight cancer alone.



Jeffrey Thompson

Man arrested for nudity, drunkenness

by JACK LATTA
STAFF WRITER

PRESTONSBURG — A Floyd County man was arrested earlier this month after police discovered him allegedly inebriated, lying on a sidewalk, and naked.

Jeffrey Thompson, 56, of Prestonsburg, was arrested Sept. 3 at 7:30 in the evening, after police found him at Skeans Marathon, lying on a sidewalk.

According to police reports, the "subject was found very intoxicated, lying fully naked on the sidewalk."

"He had been touching himself, according to people who were going into the store," the police report reads.

A clerk at the store said Thompson arrived on the premises fully clothed, but began taking off his clothes on the sidewalk.

Thompson was arrested and taken to the Floyd County Detention Center, where he was charged with alcohol intoxication and indecent exposure.

PRIDE awards \$3K to local schools

Times Staff Report

PRESTONSBURG — Nature will come to life for Floyd County students this year thanks to funding announced today by Eastern Kentucky PRIDE, the nonprofit organization that promotes environmental cleanup and education across the region.

PRIDE awarded a total of \$2,995 in Environmental Education Contracts to two local schools. The funds will benefit 1,200 students during this school year, according to the applications submitted by contract recipients.

Prestonsburg Elementary School received \$1,495 from PRIDE to create a nature trail with benches, identification signs, native plants and animal habitat. The project will benefit 750 students this year.

With \$1,500 from PRIDE, May Valley Elementary School will expand its outdoor classroom with new worktables, benches and equipment. The outdoor classroom will be used by 450 students this year.

To get students out into their communities, each contract includes \$250 to operate a service-oriented PRIDE Club," said PRIDE's Tammie Wilson. Club members participate in local cleanup events, and they perform their own project to improve the local environment."

PRIDE awarded a total of \$134,275 to 94 schools, nonprofit organizations and other educators across southern and eastern Kentucky for the 2011-2012 school year. The contracts are worth up to \$1,500 each.

"These funds will be used for hands-on activities, such as greenhouses and recycling projects, that show students how and why to take responsibility for our regions unique environment," Wilson said.

Since 1997, PRIDE has presented 1,187

(See PRIDE, page A3)

Obituaries

Ruth Marie Ruthie" Dingus Shelton

Ruth Marie Ruthie" Dingus Shelton, age 63, Martin, wife of Allen Franklin Shelton, passed away Tuesday, Sept. 20, 2011, at her residence.

She was born July 13, 1948, in Martin, the daughter of the late Kelly Dingus and Anna Flannery Dingus. Ruthie was a supervisor at St. Joseph-Martin Hospital, Martin, and a member of The First Assembly of God.

Survivors include her husband, Allen; two sons, Nathan (Amanda) Shelton and Austin (Lisa) Shelton, both of Martin; a daughter Tiffany (Stonney) Burke, of Martin; three brothers, J.O. Dingus, Colin Kelly Dingus and Ralph Waldo Dingus, all of Martin; five sisters, Alka Smith, of California, Naomi Combs, Mary Lois Baldrige, and Yvonne Mosley all of Martin, and Iona Hinkle, of Ohio; and three grandchildren, Taylor Austyn Burke, Aubree LaRayne Shelton, and Blaze Allen Shelton.

She was preceded in death by her parents and a brother, Adrian Allen Dingus.

Funeral services will be conducted Friday, Sept. 23, at 12 noon at the Hall Funeral Home, in Martin, with the Clergyman Lori Vannucci officiating. Burial will follow in the Dingus Family Cemetery, (Dinwood) in Martin, with the Hall Funeral Home, of Martin, caring for those arrangements.

State shelters take part in domestic violence snapshot

Times Staff Report

FRANKFORT — Kentucky's 15 regional domestic-violence shelters took part in a one-day national snapshot this week, in an effort to better understand the number of victims involved and to evaluate the resources available to help.

The National Network to End Domestic Violence has conducted the point-in-time surveys for the past five years.

Lee Alcott, executive director of Barren River Area Safe Space (BRASS), says the national count will track how shelters are stretching services to help more victims amid dwindling resources and funding.

"It helps to create additional community awareness of the prevalence of domestic violence and the continued need for services."

Alcott says her shelter has seen more crisis calls this year and greater demand for services. A higher incidence of reported violence can be interpreted in both good and bad terms, she says.

"So, even though it's a sad statement on our society that domestic violence continues to tear apart families and injure so many women, it's a good thing that domestic-violence programs are available."

Barren River Area Safe Space can shelter 28 adults and children at any given time. Although the average length of stay is 24 days, Alcott says, some seek shelter for one night while others stay up to five months. The purpose, she adds, is not just to provide temporary living quarters, but to put abuse victims on the path to self-sufficiency.

"We like to say that the million-dollar question in the DV world is, 'Why doesn't she just leave?' People like that ask that question. Yet very few people ask, 'What happens when she does leave?'"

Last year, Kentucky shelters helped 1,100 domestic-violence victims in one day, but 94 requests for services went unmet. Results of this year's count will be released in early 2012.

MARRIAGE LICENSES

Tammy Rowe Price to Richard Gordon Price, both of Prestonsburg.

Ashley Danielle Stone to David Lee Patrick, both of Prestonsburg.

Alaina Marie Price to Austin Tyler Parrshall, both of Kendallville, Ind.

Mary Elizabeth Black-burn to Billy Joe Stierle, both of Prestonsburg.

Cathy Ann Spears to Tyler Alexander Salyer, both of Prestonsburg.

Patricia Marie Kidd, of Honaker, to Nicole Mashea Samons, of banner.

Angela Kay Sullivan to Timothy Julius Ratliff, both of Racoon.

Jessica L. Prater, of Prestonsburg, to Kevin R. Hall, of Martin.

Tashi L. Johnson to Brian D. Chaffin, both of Hager Hill.

Jordan Elijah Cannaan Koskoski to Kaila Michelle Younce, both of Prestonsburg.

Barry Keith Hall to Kimberly Dawn Chaffins, both of Prestonsburg.

Thomas Lee Goble to Stephanie Dances Lawson, both of David.

Palmer Dwayne Craft to Malinda K. Conley, both of Wayland.

CIVIL SUITS

Chips Caffrey and Du-bileer PSC v. Flora Hale; contract.

Community Trust bank v. Matthew P. Tackett; contract.

Hospital of Louisa v. Tonya M. Crum; contract.

Capital One Bank v. Tommy Grierson; contract.

Hospital of Louisa v. Susan Goble; contract.

Commonwealth Credit Union v. Pam Hines; contract.

First Resolution Investment Corp v. Richard Hamilton; contract.

Capital One Bank v. Andrew Greer; contract.

Capital One Bank v. Daniel B. Howard; contract.

Milton Mullins v. Gary C. Fairchild; contract.

FIA Card Services v. Elmer Lafferty; contract.

For the Record

Homer T. Cecil v. Hugh Henderson Services LLC contract.

Donald Goble v. Lora A. Goble; uncontested divorce.

Christopher Bryant v. Crystal Byrant; dissolution of marriage.

CHARGES FILED

Ray Hagans, 40, Martin, fourth degree assault (2 counts).

Arnold Coleman, 62, Elkhorn City, harassment.

Larry Sutton, 62, Melvin, alcohol intoxication.

Jeffery Thompson, 56, Prestonsburg, alcohol intoxication, second degree indecent exposure.

Johnny Keathly, 45, Harold, fourth degree assault.

Jesse Adkins, 20, Gretzel, no operating license, failure to wear seatbelt, failure to use child restraint, failure to maintain insurance, failure to produce insurance card, possession of marijuana, drug paraphernalia.

Agon A. short, 42, Mousie, public intoxication of a controlled substance, third degree possession of controlled substance, controlled substance prescription not in original container, possession of marijuana, drug paraphernalia.

Rebecca M. spears, 53, Prestonsburg, fourth degree assault.

Jamie R. Spradlin, 37, Van Lear, public intoxication of a controlled substance, second degree disorderly conduct.

Richard W. May, 34, banner, theft by unlawful taking/purse snatching.

Robin R. Cook, 42, Topmost, attempt theft by unlawful taking/shoplifting.

David S. Farmer, 31,

Wheelwright, alcohol intoxication, possession of marijuana.

Johnny L. Holder, 23, Hueysville; alcohol intoxication.

James T. Mullins Jr., 41, Paintsville, alcohol intoxication.

Doris S. Wallen, 78, Prestonsburg, harassment.

Shonda L. Music, 26, Blue River, receiving stolen property, under \$500.

Jessica Dawn Miller, 29, langley, third degree terroristic threatening, harassment, second degree criminal mischief.

Gary Roger Johnson, 31, West Van Lear, possession of marijuana.

HEALTH INSPECTIONS

Opportunities Unlimited School Martin, restroom fixtures found in need of repair, tile damage on floors and walls, areas of flooding in common areas and hallways in need of repair. Score: 92.

Velocity Market #2, Betsy Layne, food not protected during storage, food not protected during preparation, no hair restraints, food contact surfaces and/or utensils are not durable, corrosion resistant or non-absorbent, food contact surfaces are not smooth and easily cleanable, food contact surfaces are not resistant to pitting, chipping, crazing, etc., no chemical test kit, food contact surfaces of cooking/baking not cleaned at least every 24 hours, non-food contact surfaces have accumulation of soil, handwashing sink is not accessible, outer openings not protected against the entry of pests, floors not maintained/constructed properly, floors not clean, walls and/or ceiling are not designed, constructed and/or installed properly, walls and ceiling coverings not easily cleanable, the lighting intensity is not sufficient. Score: 85.

Martin Senior Citizen Center, Martin, bulk food not stored in the product container or package in which it was obtained and without identifying label, food surfaces are not smooth and easily cleanable, food contact surfaces are not resistant to pitting, chipping, crazing, etc., cloths in use not stored in sanitizer solution, floors not maintained/constructed and or installed properly. Score: 96.

Campbell's Grocery, Garrett, lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods, lack of numerically scale thermometer for checking cooking and holding temperature of potentially hazardous foods, food not protected during storage, food not protected during preparation, no hair restraints, food contact surfaces and/or utensils are not durable, corrosion resistant or non-absorbent, food contact surfaces are not smooth and easily cleanable, equipment not maintained in good repair and proper adjustment, unclean cavities and door seals of microwave ovens, floors not clean, the lighting intensity is not sufficient. Score: Food: 90 Retail: 96.

Jenny Wiley State Park Marina Snack Bar, Prestonsburg, cloths in use not stored in sanitizer solution, floors not maintained/constructed and or installed properly. Score: 98.

Stumbo Elementary School, Gretzel, no hair restraints, plumbing not maintained in good repair, outside garbage or refuse storage area not clean, garbage and refuse containers not covered as required. Score: 95.

Opportunities Unlimited, Martin, food not protected during storage, food not protected during service, ceiling coverings not easily cleanable, the lighting intensity is not sufficient. Score: 85.

Martin Senior Citizen Center, Martin, bulk food not stored in the product container or package in which it was obtained and without identifying

For third year, AdvanceKentucky soars ahead of state, nation in math, science and English

LEXINGTON — The 2011 Advanced Placement (AP) results are in, and they confirm once again that there are many more students in Kentucky high schools that are capable of learning at rigorous levels and demonstrating their readiness for college.

With a series of investments in both students and their teachers, AdvanceKentucky high schools have dramatically boosted student achievement on college level, national AP exams.

AdvanceKentucky is a four-year-old initiative in partnership with the National Math and Science Initiative (NMSI) AP Teacher Training and Incentive Program (APTIP). Kentucky Department of Education, and Kentucky Science and Technology Corporation, and currently 64 public high schools. Additional sponsors include the Appalachian Regional Commission, Council on Post-secondary Education, Lockheed Martin Corporation, and Kentucky Downs. All are committed to dramatically increasing the college readiness of many more Kentucky students. Forty-four (44) Kentucky high schools in the program during the 10-11 school year earned 3,526 passing scores on the 2011 AP math, science and

English exams, which is an increase of 40.6 percent above the previous year and well above state increases of 14.9 percent and the national rate of 8.1 percent. This means that AdvanceKentucky schools performed at 5 times the national rate. They contributed 83 percent of Kentucky's new AP passing scores in all subjects last year, although they account for only 22 percent of the junior-senior enrollments statewide.

"For the third consecutive year, AdvanceKentucky's results show that the combination of an open enrollment environment for AP participation, setting high performance goals for schools and individual teachers, enhanced teacher training and incentives, master teacher mentoring, student recruitment, scholarships, and study sessions produce significant increases in the number of students demonstrating success in college level work," said Joanne Lang, executive director of AdvanceKentucky. "We are humbled by the extraordinary effort and success of so many students, which will make a tangible impact on their futures."

AdvanceKentucky estimates 17,000 enrollments for the 11-12 school year among 64 Kentucky

high schools. At least 500 AP teachers and 1,000 Pre-AP teachers are involved currently, with school applications for a new cohort underway.

The 2011 AP math, science and English performance by-the-numbers, a map of participating schools and the APTIP Model Elements of Success being applied by AdvanceKentucky schools are attached.

"The continued gains in student achievement in these courses across the board confirms that taking a proven program such as APTIP and successfully replicating it on a national scale has very real benefits for students," said Dr. Mary Ann Rankin, CEO of NMSI. "We are opening doors to college for many more students, which is essential to our country's future. In today's highly competitive world, the next generation of leaders and innovators must have a mastery of science, technology, engineering and math."

As of this fall, NMSI is implementing APTIP in 310 schools across six states (in addition to Kentucky, these include Alabama, Arkansas, Connecticut, Massachusetts and Virginia). This involves training of more than 8,000 teachers as part of the enhanced

professional development at the core of APTIP.

About AdvanceKentucky: This is an initiative of the Kentucky Science and Technology Corporation, which is a non-profit organization founded in 1987 to advance science and technology. Our education program is designed to expand access to participation in the dramatically increase student academic success as measured by performance on rigorous national AP math, science and English exams. www.advanceky.com and www.kstc.com.

About National Math and Science Initiative: NMSI, a non-profit organization, is a result of change that was launched in 2007 by top leaders in business, education, and science to focus on improving student achievement in math and science across the American public school system. NMSI's mission is to bring best practices to the education sector by replicating two proven programs on a national scale that each has more than 10 years of data proving they work: the AP Training and Incentive Program (APTIP) and UTeach, a program to recruit and prepare college students to become qualified math, science and computer science

teachers — offered at Western Kentucky University. www.nationalmathandscience.org.

NMSI has received major funding support for its groundbreaking national initiatives from Exxon-Mobil Corporation, the Bill and Melinda Gates Foundation, and the Michael and Susan Dell Foundation, with additional support from the Carnegie Corporation, Texas Instruments Foundation and Lockheed Martin Corporation.

About NMSI's AP Teacher Training and Incentive Program: APTIP increases dramatically the performance of high school students in rigorous AP courses in math, science, and English. The comprehensive approach includes intensive teacher training, support from master teachers, more time on task for students in special study sessions, open enrollment, and incentives. Passing AP exam scores are almost universally accepted for course credit by the nations colleges and universities, which see success in AP courses as reliable indicators of students subject-area knowledge and capacity for college-level thinking.

Kentucky Higher Education Assistance Authority announces college savings contest

The best time for a family to start saving for college is when a child is born. For that reason, the Kentucky Education Savings Plan Trust (KESPT) will award \$1,000 college savings accounts to four lucky babies born in Kentucky.

Parents, legal guardians or grandparents are invited to enter online at www.kysaves.com beginning on Sept. 6, 2011, for a chance to win. One entry will be

randomly selected at the end of each calendar quarter through Sept. 30, 2012. Babies born in the 12 months before each quarterly drawing are eligible.

"One goal of the Kentucky Education Savings Plan Trust is to ensure that all families have information about and access to our state's 529 college savings plan. Higher education plays an important role in shaping the future

success of Kentucky youth, and we want to help families prepare," said David Lawhorn, KESPT administrator. "The tax advantages available through KESPT are designed to lessen the financial burden on families and give them an incentive to start saving for college early."

KESPT is also sponsoring a new "Baby Talk" series with the Louisville Science Center from Sep-

tember to December 2011. Baby Talk is an opportunity for parents, grandparents and caregivers to learn about and discuss the growing and development of young children. Each session will focus on a different aspect of newborn development and parenting with local experts offering advice and answering questions. Sessions are free, but require advance registration. Visit

www.louisvillescience.org for more information.

KESPT is the Commonwealth's official 529 College Savings Plan, which helps parents, grandparents, family and friends save for a loved one's future college education. It is administered by the Kentucky Higher Education Assistance Authority (KHEAA) and managed by TIAA-CREF Tuition Financing, Inc. For more information,

please visit www.kysaves.com or call toll-free 877-598-7878.

To learn how to plan and prepare for higher education, go to www.gotocollege.gov. For more information about Kentucky scholarships and grants, visit www.kheaa.com; write KHEAA, P.O. Box 798, Frankfort, KY 40602, or call 800-928-8926, ext. 6-7372.

Governor, First Lady receive flu shots, encourage Kentuckians to get vaccinated

FRANKFORT — Gov. Steve Beshear and First Lady Jane Beshear are calling on all Kentuckians to protect themselves against flu this season. Both recently received their influenza vaccinations from the local First Onsite Clinic nurse practitioners, who provide health care services for state employees in several state office clinics.

"The single best way to prevent the flu is to get a vaccine each season," Gov. Beshear said. "The availability and affordability of the vaccine make it easier than ever to protect yourself."

The Centers for Disease Control and Prevention's (CDC) Advisory Committee on Immunization Practices (ACIP) recommends a flu vaccine for all individuals older than six months of age.

People who should especially receive the flu vaccine because they may be at higher risk for complications or negative consequences include:

- Children ages 6 months to 19 years;
 - Pregnant women;
 - People 50 years old or older;
 - People of any age with chronic health problems;
 - People who live in nursing homes and other long-term care facilities;
 - Health care workers;
 - Caregivers of or people who live with a person at high risk for complications from the flu. Also out-of-home caregivers of or people who live with children less than 6 months old.
- Healthy, non-pregnant people aged 2-49 years can receive either the flu shot or the nasal vaccine spray.
- "I especially encourage parents and school-aged children to receive the flu vaccine," said Mrs. Beshear. "Keeping families protected with this vaccine will help prevent missed sick days and our for healthier environments in our

homes and classrooms."††

"Kentuckians should practice common sense precautions to prevent the flu," said Public Health Acting Commissioner Steve Davis, M.D. "Avoid close contact with those who are ill, stay home when sick, cover the mouth and nose when coughing or sneezing, avoid touching the eyes, nose or mouth, and wash hands frequently."

"The Commonwealth is also doing its part to protect teachers, retirees and state employees from the flu," said Personnel Cabinet Secretary Tim Longmeyer. "This year we are working to reduce flu-related health care costs by offering all Kentucky Employees' Health Plan (KEHP) members a free flu shot or nasal-spray vaccine."

Members of KEHP can receive their free vaccination now through December 15 at a variety of participating provider locations including: doctors' offices, health clinics, retail pharmacies, local health depart-

ments and other medical providers.

As part of a recent wellness pilot program, First Onsite Clinics were opened by the Personnel Cabinet's Department of Employee Insurance in four state office buildings in Frankfort. The First Onsite Clinics are staffed by nurse practitioners and medical assistants and provide health and wellness services to state employees.† Services offered at the clinics include: blood pressure monitoring, wellness goal setting and health coaching, weight management assistance, care for common illnesses such as the cold, allergy shots and much more.

For more information on influenza or the availability of flu immunizations, please contact your local health department or visit <http://healthiers.ky.gov>.

If you are a Kentucky Employees' Health Plan member you should visit the Personnel Cabinet's website, <http://personnel.ky.gov>, for additional information on flu

Pride

Continued from pA1

funding awards for environmental education, impacting 655,311 students across the region. The funds have been used to start 55 school recycling projects and build 397 outdoor classrooms, 129 greenhouses, 67 nature trails, and 61 wetlands and rain gardens.

PRIDE was founded in 1997 by Congressman Hal Rogers and Kentucky Natural Resources Secretary James E. Bickford to promote Personal Responsibility in a Desirable Environment" in 38 counties of southern and eastern Kentucky.

RIVERVIEW 10
 1000 W. WASHINGTON ST. FRANKFORT, KY 40621
 606-574-2857

MON-SAT 10:00-12:00

CINEMA 1 DRIVE (R)
 Mon-Thurs 7:00-9:25 • Fri. 4:25-7:00-9:25
 Sat-Sun 2:00-4:25-7:00-9:25

CINEMA 2 STRAW DOGS (R)
 Mon-Thurs 7:00-9:25 • Fri. 4:25-7:00-9:25
 Sat-Sun 2:00-4:25-7:00-9:25

CINEMA 3 I DON'T KNOW HOW SHE DOES IT (PG-13)
 Mon-Thurs 7:15-9:20 • Fri. 4:35-7:15-9:20
 Sat-Sun 2:15-4:20-7:15-9:20

CINEMA 4 CONTAGION (PG13)
 Mon-Thurs 7:00-9:25 • Fri. 4:25-7:00-9:25
 Sat-Sun 2:05-4:20-7:05-9:20

CINEMA 5 ABDUCTION (PG13)
 Mon-Thurs 7:15-9:20 • Fri. 4:25-7:15-9:25
 Sat-Sun 2:15-4:20-7:15-9:25

CINEMA 6 LIONEL LINCOLN (G)
 Mon-Thurs 7:15-9:15 • Fri. 4:20-7:15-9:15
 Sat-Sun 2:20-4:20-7:15-9:15

CINEMA 7 DOLPHIN TALE (PG)
 Mon-Thurs 7:00-9:20 • Fri. 4:20-7:00-9:20
 Sat-Sun 2:00-4:20-7:00-9:20

CINEMA 8 KILLER ELITE (R)
 Mon-Thurs 7:00-9:20 • Fri. 4:20-7:00-9:20
 Sat-Sun 2:00-4:20-7:00-9:20

CINEMA 9 MONEYBALL (PG13)
 Mon-Thurs 7:00-9:20 • Fri. 4:20-7:00-9:20
 Sat-Sun 2:00-4:20-7:00-9:20

CINEMA 10 THE HELP (PG)
 Mon-Thurs 7:00-9:20 • Fri. 4:20-7:00-9:20
 Sat-Sun 2:00-4:20-7:00-9:20

Stacy Hite
 Call 886-8506

MSU plans family weekend today, tomorrow

MOREHEAD — For more than three decades, Morehead State University has welcomed students' parents, grandparents, siblings, friends and neighbors to campus for a weekend of events and good times.

This year marks the 32nd annual Family Weekend, scheduled for Friday and Saturday, Sept. 23-24.

"We would like to invite everyone to take part in our Family Weekend," said President Wayne D. Andrews. "For more than 30 years, this has been a tradition which allows everyone to see our beautiful campus, get a taste of what college life is all about and to spend time with their loved ones who are here in school."

A variety of activities are planned for Family Weekend which kicks off on Friday, Sept. 23, at 7 p.m. with the Eagle Soccer team hosting Eastern Kentucky University at Jayne Stadium.

At 8 p.m., comedian Roy Woods Jr. will perform at Button Auditorium. His appearance is sponsored by the Students Programming Board.

The University Bookstore in the Adron Doran University Center will host a family mixer with doughnuts and coffee from 9 a.m. until 2 p.m. on Saturday, Sept. 24.

Activities will get underway at 10 a.m. with the Family Association meeting at the Academic Athletic Center. Parents of MSU students who are automatically members of the Family Association, will be given an opportunity to serve on the association's

advisory committee.

Also beginning at 10 a.m. on Saturday, the Eagle Rally Zone (near Jayne Stadium) will be the site for the Family Tailgate before the Eagle football game.

Head coach Matt Ballard's football Eagles will face off against San Diego at 12:30 p.m. at Jayne Stadium. Students, who are admitted free with their Eagle Card, may purchase tickets for their families in advance in the athletics office in the AAC.

At 5 p.m., the volleyball team will face UT Martin at Wetherby Gym.

The fun will continue Saturday evening at 7 p.m. with Morehead Idol, sponsored by the Student Government Association. This talent show will be held in Button Auditorium. There

is no admission charge but donations will be accepted at the door. Proceeds will benefit the Student Emergency Loan Fund, managed by the Office of Financial Aid.

One of the favorite activities during Family Weekend is that family members have the opportunity to spend the night with their son or daughter in their residence hall room. To do so, arrangements must be made through the student's hall director.

Various motels, inns and camping facilities are available for those who prefer to stay off-campus.

Blocks of tee times and special pricing and packages have been arranged at MSU's EagleTrace Golf Course for Family Weekend. Additional information

is available by calling 606-783-9073.

Parents registered during Family Weekend have the opportunity for their son or daughter to win a cash scholarship of \$250 for the spring semester. Winners will be announced during the football game and must be present to claim the award.

Additional information about the 2011 Family Weekend is available by calling at 606-783-2071.

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Viewpoint

Worth Repeating ...

A liberal is a man who is right most of the time, but he's right too soon.

— Gregory Nunn

Amendment I

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

Guest View We need outrage over straight pipes

Sometimes the numbers are astounding. Of the 4,762 miles of Kentucky waterways that were assessed in 2010 for their ability to support activities such as swimming or fishing, only 30 percent were deemed suitable, according to our own reporting.

The likely culprit is a familiar foe of the states waterways that has nothing to do with coal mining or agriculture runoff, but has everything to do with an apparent lack of focus from both the public at large and our elected officials when it comes to the bacterial contamination of our streams.

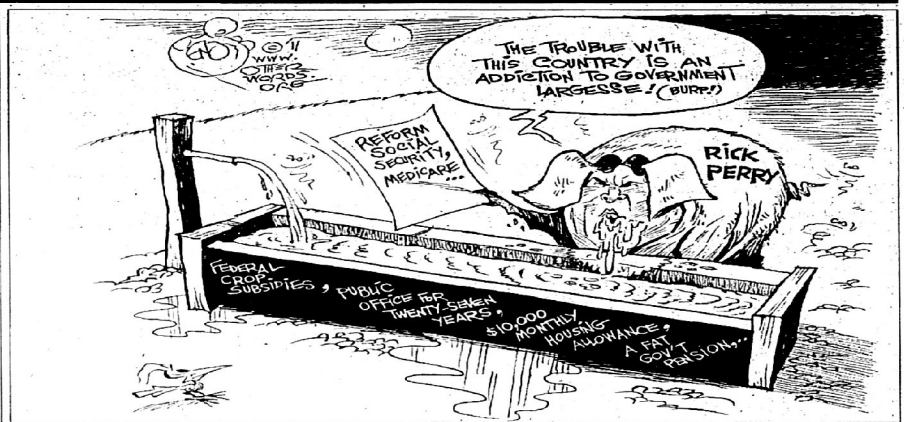
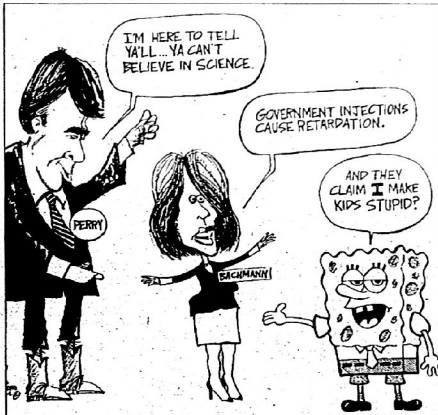
Straight pipes that deliver human waste directly from a private residence and into a creek or river are unfortunately still in use today in a sad fact of a modern society that has found cures for countless diseases, set foot on a celestial body and split the atom. Yet, it seems, we can't ensure that an outlandish method of sewage disposal is a thing of the past, and in turn our creeks and streams have so much bacteria such as E. coli in them that they are unsuitable for recreation.

Frankly, that's unacceptable, and in an age where our public remains focused on water quality and pollution from other sources, we should all be outraged that more isn't being done to remedy this straight piping problem. It seems the fight being waged against surface mining has well overshadowed this particular issue which is every bit as important for the improvement of the states water quality. But there is no outrage.

That's not to say that nothing is being done. A project is currently underway in three counties along Troublesome Creek that should rid that waterway of any straight pipes. But for rural areas like Eastern Kentucky, public sewer lines in every hollow simply aren't feasible, and neither can every homeowner afford to install a septic system that will cost thousands of dollars.

The state should aggressively pursue federal funding to set aside for just this issue, and the public needs to be concerned. We know there's not a lot of money to go around, but if we can afford to halt coal mining operations in the name of water quality, surely our government can afford to help low income families with the installation of modern sewage disposal units rather than continue to look the other way in the aggressive prevention of straight pipes. PRIDE already has a program in place to accomplish these goals, so we know it works. We just need the funding, but most of all we need the public to step up and demand it.

The Hazard Herald



Beyond the Beltway

Heroes of the Republic

by DONALD KAUL
OtherWords

Stephen Colbert, every liberal's favorite mock conservative, has taken to calling his viewers "heroes" as he exhorts them to contribute to his Super PAC.

What's a Super PAC you ask? Good question.

It's a money-laundering device that allows individuals, corporations, and unions to give unlimited amounts of money to a political group, which can in turn use the booty to promote a political candidate. It differs from a regular Political Action Committee in that it doesn't give directly to candidates, thus freeing it from the \$5,000 limit on contributions that regular PACs operate under.

What, you might ask again, is the big difference between giving money to a candidate and buying ads supporting him? Don't ask me; ask the Supreme Court. They're the ones who came up with the cockamamie idea that money is a form of speech.

I've said this before and I'm saying it again: If money is speech then why is bribery illegal? All you're doing is trying to convince somebody of the worth of your cause by using a form of speech often more persuasive than mere words.

Colbert's motto for his PAC is

"Making a Better Tomorrow, Tomorrow."

As anyone who's ever seen him on TV knows, Colbert is curvball artist. He ridicules conservative positions by adapting them, taking them apart, and reassembling them in larger, more vivid, and absurd forms.

When I first saw him I said, "That's funny but he's a one-trick pony; he can't keep doing that and stay funny." To make a long story short, he's kept doing it, and he's stayed funny. Very funny.

I think his Super PAC will be used to throw more sand in the gears of our corrupt political system and underline just how zany it has become. For example, candidates now spend huge sums to buy a win in the Iowa Straw Poll. Gimme a break!

Moreover, I think that calling his viewers "heroes" is a stroke of genius. How better to pander to your audience than by making members feel they deserve a medal, just for liking you.

I've decided to do it myself. From now on, all readers who send me complimentary cards, letters, e-mails, and smoke signals will earn the official designation of "Hero of the Republic." They won't get a medal. They might not even get a reply, but they'll know who they are.

Here is a typical example, from a Mike R.:

"I am so glad to read your columns again. I've your wit and straightforwardness."

That's it. Simple, dignified, intelligent. Mike is a real hero.

I've decided to go Colbert one better, however. Taking a page from Rick

Perry's book, I've decided to designate readers who don't agree with me as "Traitors to the Republic." What better way to vilify opponents than to question their loyalty to their country, hey Rick? Take this letter I got the other day, for example:

"You come across as being one of the most liberal, Communist, socialist, Marxist, secularist, anti-Christ, anti-American reporters for the biased, prejudiced, slanted, liberal media. Here in Mississippi we put you in a class with our Commie President Hussein Obama, Bill Ayers, George Soros, Mike Moore, Bill and Hillary Clinton, Jane Fonda and all other anti-Christ and anti-Americans O Liberalism is a mental disorder. That's you."

The letter was signed "God and Country, Christians"

If that's not treason, Tokyo Rose never lived and Benedict Arnold belongs on Mt. Rushmore.

I say unto you, Mr. and Mrs. Christians, your remarks are an insult to the very idea of Americanism and a dishonor to us all, including the brave men and women fighting for our freedom, curiously enough, in places we can't find on a map. You are traitors. I am sending your letter to the FBI.

So if two guys in dark suits, narrow ties, and snap-brim hats come to your door soon, don't be surprised.

In the meantime, people, keep those cards and letters coming in, and keep writing letters to the editor praising my columns. A society can't have too many heroes.

OtherWords' columnist Donald Kaul lives in Ann Arbor, Michigan. www.otherwords.org.

The Usual Eccentric

To kill a bee, or not to be?

by WILL E. SANDERS
CREATORS SYNDICATE

Fist-pumping to the song "Satisfaction," eating Chicken McNuggets and sucking down cigarettes in rapid succession, I blew down Interstate 75 like a metaphor I am far too lazy to come up with. I wished the whole time I had more hands to do stuff with -- well other than driving a one-ton machine at 80 mph at dusk, of course.

Somewhere toward the second chorus and the seventh McNugget (with honey mustard sauce), I noticed a small, furry bumble bee inside my truck cab. Not a problem -- just roll down the window, the logical conclusion being that the winged menace takes advantage of the scenario and rallies an escape. Right?

It didn't work.

What is it about logical conclusions that make them so illogical, anyway? I figured this was a test from God Himself. As if God just sits around behind the pearly gates and thinks up elaborate ways to finish me off once and for all. That's when it dawned on me. The outcome of this agonizing endeavor would be an instance where I needed to choose between wrecking my truck or getting stung by a bee.

In case you didn't know, I found neither of those options appealing. I'm allergic to bees. O.K., that's a lie. But should that matter? I'm aller-

gic to bees in the exact same way that I'm allergic to wrecking my truck and taking out six lanes of rush-hour traffic like some failed Evel Knievel.

What an embarrassing and undignified way to die. There must be a special place in Heaven where folks like that go. And that's where it seemed like I was heading; soon I'd be sitting at some reject bar in God's country next to a guy who choked to death on a pretzel and a small child with a lawn darts vanishing. I heard no buzzing.

Yes, the fear of dying and killing 16 other motorists -- all before getting the chance to finish my last three McNuggets -- kept running through my fragile mind.

There were other valid concerns as well. What if I swallowed the bee? My rudimentary understanding of human anatomy persuades me to believe it would pose as a serious health risk. Or what if the bee started muscling in on my McNuggets? Or the honey mustard sauce?!

Then I realized the bee had evidently vanished. I heard no buzzing. Was it planning an ambush? I needed to take decisive action. I knew flailing my arms wildly in the air like a raving lunatic would serve only to agitate the killer bee. Nevertheless, I did it anyway. The logical conclusion being ...

"Honestly officer, I haven't been drinking," I would insist to the state trooper. "There's a bee in my car!"

After a while, I thought the bee was finally gone. Except that typically in life, when someone specifically thinks, "The bee must be gone," it isn't. In fact, in isolated cases, it reappears out of an air-conditioning

vent and perches directly on top of the steering wheel.

I rethought my battle tactics. Confucius say, "To defeat bee, one must think like a bee." So I quickly developed the desire to pollinate some flowers and evoked a sudden interest in making honey. But that didn't work, either.

So I tried outsmarting the bee: I played dead. But apparently, that works exclusively with bears. I only thought it would work on the bee because bears like honey, and what makes honey? I told you my reasoning was logical.

But alas, that, too, did not work. It was another slap to the face courtesy of Mother Nature! She's beginning to bug me. Everything in nature is the result of something getting raped. There is no consensual sex in the animal kingdom -- I don't care how the Discovery Channel and PBS dress it up.

White-knuckled and God-fearing, I finally made it home. From the steering wheel, the bee growled at me (like a bear) as I put my truck into park. I grabbed the closest newspaper, rolled it up and brought my makeshift bee-killing baton down upon the tiny creature with great vengeance and furious anger, as Samuel L. Jackson might say. Except I missed.

The last thing I remember seeing was the bee flying out of the truck window and gently floating toward the heavens.

To contact Will E. Sanders, visit his website at willesanders.com, or send him an email at wille@willesanders.com.

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Nearly one-third of Kentucky households had less than \$25,000 in income in 2010

Median household income fell in Kentucky in 2010 and a growing share of the states households earn incomes between \$10,000 and \$25,000 according to new Census data released today. 32.4 percent of Kentucky households had incomes less than \$25,000 last year.

"Ongoing high unemployment is putting a middle class standard of living out of reach for an increasing number of Kentuckians," said Jason Bailey, director of the Kentucky Center for Economic Policy. "Spurring job growth through targeted investment

is critical to helping solve this problem." 22.1 percent of Kentucky households made between \$10,000 and \$25,000 a year in 2010 compared to 20.2 percent in 2008. Median household income declined and is now \$24,277 a year less than it was in 2006.

Real incomes are declining due to persistent unemployment as well as challenges with the quality of jobs available in Kentucky. The data show that a smaller share of Kentuckians work in construction and in manufacturing than in 2007-traditional sources

of middle-class incomes for Kentucky families—while a larger share work in retail trade.

Without the support of key safety net programs, the income problem would be even worse. 16.6 percent of Kentuckians in 2010 received Supplemental Nutrition Assistance Program (SNAP) benefits, up from 12.4 percent in 2007. Nearly one-third of Kentuckians received health insurance through a public source, an increase over the previous year.

"In a few months Kentucky will craft a new state budget while Congress is

making important decisions about the federal budget," said Bailey. "It is essential that they both protect services that help Kentuckians weather the storm and make investments that inject much-needed demand in a weak economy."

The news in Kentucky highlights a big disconnect: a crumbling bridge and other inadequate infrastructure in the neighborhood of construction workers in need of a job," said Bailey. There is work to be done and people willing to do it. We are missing the public action needed to make that work happen."

Tough times are hitting particular groups of Kentuckians particularly hard. Kentucky as a whole had a 19.0 percent poverty rate in 2010. While whites had a 17.0 poverty rate, African Americans had a 33.6 percent rate and Latinos a 33.4

percent rate. The data come from the Census Bureau's American Community Survey (ACS) one-year estimates for 2010. The Census considers the ACS its most authoritative estimate of state poverty rates and income levels.

Football, fireworks on tap for UPIKE homecoming

PIKEVILLE — As the University of Pikeville marks its 123rd year, students, alumni, parents and friends are invited to join us on the hill for Homecoming and Parents Weekend, Oct. 3-8.

A special chapel service will be held Tuesday, Oct. 4, at 11 a.m. in Meditation Chapel located in Record Memorial Building. The countdown to the mens and womens basketball seasons begins at 7 p.m. at the UPIKE gymnasium as the Bears take the court for Basketball Blastoff. Following the scrimmages, join us for a bonfire and hot dog roast. The events are free.

The fun continues on Thursday, Oct. 6, with the traditional Founders Day picnic and games in the Allara Courtyard at 11 a.m. The cost for lunch is \$6.

Later Thursday evening, the University will honor those whose contributions in education have made a significant and lasting impact on hundreds of students lives during the Distinguished Educators Hall of Fame ceremony. In addition, there will be a special unveiling honoring the University's Distinguished Educators that will serve as both a legacy and an inspiration to those who aspire to teach. The community is invited to attend the event beginning at 6 p.m. in Booth Auditorium, located on level five of the Record Memorial Building.

The womens volleyball team takes on Lindsey Wilson College on Thursday, Oct. 6, at 7 p.m. at the UPIKE gymnasium. The match is free.

Cheer for your home-

town teams during the homecoming parade for Pikeville High School and the UPIKE Bears in downtown Pikeville on Friday, Oct. 7, at 4 p.m. The University Alumni Awards Dinner and Reception will be held at the Kentucky Exposition Center later that evening. The reception begins at 5 p.m. and dinner is awarded at 6 p.m. The cost is \$30 per person. Please RSVP by Sept. 30.

Bears fans will gather Friday evening in the Pikeville City Park for a fall sports pep rally and fireworks at 8 p.m. Following the fireworks, the new UPIKE Athletic Hall of Fame will be unveiled at the East Kentucky Exposition Center. Capping off the fun-filled evening at 9 p.m., the campus will be glowing with hundreds of luminaries for the traditional lighting of the campus, organized by the Student Government Association.

University of Pikeville President Paul E. Patton will give an address on the Civil Wars Impact on Kentucky on Saturday, Oct. 8, at 9 a.m. in the Janice Ford Student Art Gallery in the Allara Library. Various academic lectures and networking forums will be held across campus from 10 a.m. to noon on Saturday. Author Anne Shelby will read from her recently published collection of poems, Appalachian Studies, from 10 a.m. to noon in the the Janice Ford Student Art Gallery in Allara Library.

The womens volleyball team will take the court against St. Catherine College at 11 a.m. on Saturday

at the UPIKE gymnasium. The action-packed Saturday continues as the Bears take the field against Lindsey Wilson College at the Hambley Athletic Complex in Pikeville. Admission to the game includes an invitation to the tailgate at the Beargouls, beginning at 11:30 a.m. Homecoming tailgate activities are sponsored by Utility Management Group, Food City, Pepsi Bottling Company, Aramark, and the University of Pikeville Alumni Association. Kick-off is set for 1:30 p.m. UPIKE music alumni will sing the national anthem and join the pep band during the game. Admission to the football game is \$8 for adults and \$4 for students. University of Pikeville students are admitted free with UPIKE ID. Faculty

and staff, and one guest, are also admitted free with ID. The Homecoming king and queen will be crowned during halftime of the football game.

Mens and womens soccer will take the field against the University of the Cumberlands at the YMCA field on Saturday. The womens match begins at 6 p.m. and the mens at 8 p.m.

Additional student activities throughout the week include a free bowling night, homecoming court dinner and homecoming dance. For more information about Homecoming and Parents Week events, please contact the Office of Development at the University of Pikeville at (606) 218-5276 or visit www.upike.edu/alumni.

Card of Thanks

The Family of Jamie Glenn Crum

would like to sincerely say, "Thank You" to all of our friends and family who helped to comfort us during this very difficult time. Those who sent cards, flowers, food or just came by to share our loss. A special thanks to Clergymen Bob Ehr for his comforting words, the Sheriff's Dept. for their assistance in traffic control and the Hall Funeral Home for their kind and professional service. All you love and support will always be remembered.

The Family of Jamie Glenn Crum

The Family of Bonnie Jean Arnett Davis would like to thank

The Family of Bonnie Jean Arnett Davis

Appalachian Hospice, Highlands Home Health, Dr. Keith Webb and Staff, Dr. Andrew Mituso, Chuck Bishop, Debbie Conn, Connie Gibson, Penny Marcum, Rebecca Shadley, Pam and Earnie, also, a thanks to the Stone Family, Larry Adams, Vic Davis, David Area Volunteer Fire Dept., Jenny Willey Florist, Hill Funeral Home and her special family and friends that called, visited, brought food, sent flowers and made donations.

The family is eternally grateful for each and every one of you.

God Bless You,
The Family of Mrs. Bonnie Jean Arnett Davis

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Happy Birthday John Paul



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Mom, Sisters & Family

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who passed away one year ago
- Sept. 21st 2010



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In life we loved you dearly in death we do the same.
It broke our hearts to lose you you did not go alone;
For part of us went with you the day God called you home.
You left us beautiful memories, your love is still our guide;
and though we cannot see you, you are always by our side.
Our family chain is broken, and nothing seems the same;
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Space observers keeping eye on falling satellite

by STEVEN LJ RUSSO
DIRECTOR
EAST KENTUCKY
SCIENCE CENTER
AND PLANETARIUM

Well, Chicken Little may have said it, and this week it may be true, sort of.

A large NASA Satellite known as UARS is "scheduled" to fall through the Earth's atmosphere by the end of this week. The Upper Atmosphere Research Satellite is projected to make an uncontrolled, fall on Sept. 23, plus or minus a day, according to NASA. The 6 1/2-ton satellite was deployed from space shuttle Discovery in 1991 and decommissioned in December 2005.

Designed to operate for three years, UARS measured ozone and chemical compounds found in the ozone layer

which affect ozone chemistry and processes. UARS also measured winds and temperatures in the stratosphere as well as the energy input from the Sun. Together, these helped define the role of the upper atmosphere in climate and climate variability.

According to the folks at NASA, UARS will re-enter the atmosphere somewhere between 57 degrees north and 57 degrees south. That means the 6-ton craft will hit the Earth's atmosphere anywhere from northern Canada to southern South America. "And once you get 57 degrees plus or minus, you've pretty much encompassed all seven billion people of the planet," said Nicholas Johnson, chief scientist for NASA's Orbital Debris Program at the Johnson Space Center in Houston. Numerically speaking it comes out to a chance of 1 in 3,200 that one person any-

where in the world might be struck by a piece of debris. "So those are actually, obviously, very, very low odds that anything or anybody is going to be impacted by this debris," Johnson added.

But re-entry specialists do expect about 26 different components from UARS to survive the plunge; a total leftover mass of 1,170 pounds of components made of titanium, aluminum, steel, and other assorted metals.

However, it's impossible to pinpoint just where the debris will fall. With Earth being three-fourths oceans, the odds of a harmless splashdown are good. But NASA estimates the debris footprint will be about 500 miles long.

NASA will post updates that will come from the Joint Space Operations Center of U.S. Strategic Command at Vandenberg Air Force Base, Calif., which works

around the clock detecting, identifying, and tracking all man-made objects in Earth orbit, including space junk.

The actual date of re-entry is also difficult to predict because it depends on solar flux and the spacecraft's orientation as its orbit decays. As re-entry draws closer, predictions on the date will become more reliable.

If you find something you think may be a piece of UARS, do not touch it and don't even think of having a souvenir. Contact a local law enforcement official for assistance. The UARS Satellite or any parts of it are property of the government.

Until UARS, the largest space objects to fall through the atmosphere were the United States space station Skylab in July of 1979, which weighed 77 tons; and the Soviet space station Mir in 2000, which weighed 143 tons.

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- Tue. - Sept. 27th - Living Way Quartet - 7pm
- Wed. - Sept. 28th - Little Paint Men's Quartet - 7pm
- Thurs. - Sept. 29th - Five Miles from Nowhere - 7pm
- Fri. - Sept. 30th - Richard and Clark Sexton - 7pm

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Beginning of fall an astronomical event

by STEVEN LJ RUSSO
DIRECTOR
EAST KENTUCKY
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PLANETARIUM

On Friday, Sept. 23, fall begins in the Northern Hemisphere. Astronomically, it is known as the Autumnal Equinox. The word Equinox, loosely translated means equal day and equal night, although it doesn't actually happen that way.

On Friday, from here in Prestonsburg, the Sun will rise exactly due east at 7:19 AM and will set exactly due west at 7:28 PM, giving us a "day" of 12 hours and 9 minutes; the time that the Sun is actually above the horizon. The actual date of an equal day and night is

on the 27th, and technically speaking, there are only two days of the year that the Sun really rises exactly in the east and sets exactly in the west; those two dates being the Fall and Spring Equinoxes.

Now the dates of the Equinoxes, and for that matter the Solstices, are not just dates that were picked out of a hat by us Astronomers. The dates have to do with imaginary lines in the sky: The sky is actually filled with a grid work of lines that were "invented" by the ancients to keep track of objects in the sky. That grid work was then some point brought down to the Earth, and became Longitude and Latitude. One of those lines is the Ecliptic, which is the apparent path of the Sun, and the other is the Celestial Equator, which is the Earth's equator extended out into space. The Ecliptic and Celestial Equator are not parallel, but are offset by an angle of 23.5 degrees.

The Earth is of course tilted on its axis by 23.5 degrees. This is not coincidence, but a matter of astronomical geometry that these numbers are the same.

So being offset from each other, those two imaginary lines have to intersect each other in two places. When the Sun meets the intersection of the lines, we have the Equinoxes, and on Friday the Sun hits one of those intersections at 5:03 AM. Fall Begins!

Now the dates and actual times of the seasons vary each year. This is because the Earth's revolution speed changes as it orbits the Sun speeding up and slowing down at various times. The Earth also wobbles on its Axis over a period of about 25,000 years, so that also changes the dates and times.

So at any rate, whether or not you enjoy the geometry of the Fall, enjoy the Fall season with its changing colors and nice cooler temperatures.

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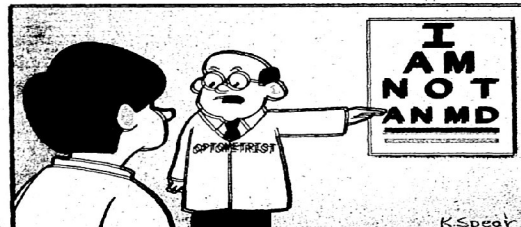


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Floyd County Devotional Page

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

Devotional Spotlight



Maytown 1st Baptist Church
 Rev. Robert (Bob) Varney
 Sunday School 10:00 a.m.
 Sunday Worship 11:00 a.m.
 Evening Worship 6:00 p.m.
 Wednesday 6:00 p.m.

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

ASSEMBLY OF GOD
First Assembly of God, Martin, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Lorle Vannucci, Minister.
In Victory Assembly of God, West Prestonsburg, Sunday School, 10:00; Worship Service, 11:00 & 6:30; Wednesday Evening, 6:30; Gary Stanley, Pastor.
New Bethel Assembly of God, Burning Fork Rd., Salyersville, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Arthur (Sam) Smith, Minister.
Praise Assembly, 1 mile S. of Prestonsburg, intersection of Rt. 80 and U.S. 23; Sunday School, 10:30 a.m.; Worship Service, 11 a.m. and 6:00 p.m.; Midweek Thurs., 7:30 p.m.; J.M. Sloce, Minister.

BAPTIST
Allen First Baptist, Allen, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Arnold Turner, Minister.
Auxiliary Freewill Baptist, Auxiler, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Thursday, 7 p.m.; Bobby Spencer, Pastor.
Ball Branch Regular Baptist Church, Mousay Ky., Worship Service, 9:30. Every third Sat. and Sun. of each month; Roger Hicks, Pastor; Ralph Howard, Assl. Pastor; Contact Kermi Newsome 606-377-6881 for more information.
Benedict Baptist, Slick Rock Branch, Cow Creek, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Gordon Fitch, Minister.
Betsy Layne Free Will Baptist, Betsy Layne, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Tracy Patton, Minister.

Big Sandy Community and Technical College Baptist Student Union, J. 102, Wednesday, 11:30 a.m.; Vera Jolter, 886-3683, ext. 67387.
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, Com Fork, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Roger Music, Minister.
Calvary Southern Baptist, Betsy Layne, Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Doris Lewis, Minister.
Community Freewill Baptist, Gobie Roberts Addition, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Paul D. Coleman, Minister.
Cow Creek Freewill Baptist, Cow Creek, Sunday School, 10 a.m.; Sunday, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Nathan Lafferty, Minister.

Daniels Creek Baptist Fellowship Church of God, Banner Services, Saturday night, 7 p.m.; Sunday morning, 11 a.m.; Sunday night, 7 p.m.; Henry Lewis, Minister.
Drift Freewill Baptist, Drift, Sunday School, 10 a.m.; Worship Service, 6:30 p.m.; Thursday, 6:30 p.m.; Jim Fields, Minister.
Endicott Freewill Baptist, Buffalo, Sun. School, 10 a.m.;

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- Confess Christ (Acts 8:37, Matt. 10:32-33)
- Be Baptized (Buried in Water) (Mark 16:16, Acts 2:41-47, Matt. 28:19-20)
- Walk in Newness of Life (Rom. 6:1-23)

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Church every Sun. Morning 11:00 a.m.; evening Bible Study & Prayer Meeting, 7:00 p.m.; First Sat. evening Service, All Welcome 7 p.m.; Pastor Mark Hunt, 606-478-2098.
Faith Bible Church, an independent Baptist Church, located on 1428, between Allen & Martin; Sunday School, 10 a.m.; Sunday Morning, 11 a.m.; Sunday Evening, 6 p.m.; Wednesday Bible Study & Prayer, 6 p.m.; Pastor, Rev. Bob Wiranam.
Faith Freewill Baptist, 1/4 mile above Worldwide Light on Rt. 1428; Sunday Service, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Eldar Donnie Patrick, Minister.
First Baptist, Garrett, Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6 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, 6 p.m.; Wednesday, 7 p.m.; Greydon Howard, Minister.

First Baptist, Prestonsburg, 157 South Front Street; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wed., 6:30 p.m.; Jory C. Workman, Minister.
Fitzpatrick First Baptist, 1063 Big Branch, P.O. Box 410, Prestonsburg, KY 41653; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Pastor Tommy Reed.
Free United Baptist, West Prestonsburg, Sunday School, 10 a.m.; Worship Service, 11 a.m. & 6:30 p.m.; Wednesday, 7 p.m.
Free United Baptist, West Prestonsburg, Sunday School, 10 a.m.; Worship Service, 11 a.m. & 6:30 p.m.; Wednesday, 6:30 p.m.
Grethel Baptist, State Rt. 3379, (Branham's Creek Rd.), Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wednesday, 6:30 p.m.
Garrett Regular Baptist, Route 550, Garrett, Worship Service, 10:30 a.m. and 6:30 p.m.; Wednesday, 6:30 p.m.; Larry Patton, pastor; Phone 606-330-1010.
Highland Avenue Freewill Baptist, Sunday School, 9:50 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; David Garrett, Minister.
Jack's Creek Baptist, Bevinville, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Pastor Roger Truisty.

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.; Jimmy Garcia, Pastor.
Lackey Freewill Baptist, Lackey, Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Johnny S. Collins, Minister.
Lancer Baptist Church, 71 Cooley St., Prestonsburg, Sunday School, 10 a.m.; Morning Worship, 11:00 a.m.; Evening Worship, 6:00 p.m.; Wednesday Prayer Meeting and Bible Study, 7:00 p.m.; Pastor Bobby Carpenter.
Left Beaver Regular Baptist Church across from Garth School, 4th Saturday & Sunday 10:00 am, Odd Saturday 6:00 pm, Gary Compton, Pastor.
Liberty Baptist, Denver, Sunday Service, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6 p.m.; Pastor, James (Rex) Moore, Minister.
Ligon Community Freewill Baptist, Ligon, Sunday School, 11:00 a.m.; Thursday, 7 p.m.
Little Rosa Regular Baptist Church of Jesus Christ, (Indian Bottom Association) Services: 1st Saturday 9:30 a.m., 2nd Saturday 9:30 a.m., 3rd Sunday 9:30 a.m., 4th Sunday 9:30 a.m.

Martin Branch Freewill Baptist, Estill, Sunday School, 10 a.m.; Worship Service, 11:15 a.m. and 7 p.m.; Wednesday, 7 p.m.; James (Rex) Moore, 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.; Steve Stacks, Pastor.
Middle Creek Baptist, Bluff River, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; William L. Hunt, Minister.
Lighthouse Baptist, 2194 Ky Rt. 1428, Prestonsburg, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Donald Crisp, Minister, home phone 285-3385.

Pleasant Home Baptist, Water Gap Road, Lancer, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Mark Tackett, Pastor.
Prater Creek Baptist, Banner, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.
Rock Fork Freewill Baptist, Garrett, Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Wendell Cramer, Minister.
Rock Fork Regular Baptist, Garrett, Worship Service, 9:30 a.m.; Jory Manns, Pastor; Willie Cruse Jr., Assistant Pastor.
Salt Lick United Baptist, Salt Lick, Hueysville, Worship Service, 2nd & 4th Sunday, 10:30 a.m.; Pastor, Allen Chaffins, phone 946-2123.
Sammy Clark Branch Freewill Baptist, Dana, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m.
Stephens Branch Missionary Baptist, Stephens Branch, Sunday Service, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.
The Third Avenue Freewill Baptist, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Phillip Flamey, Pastor.

Tom's Creek Freewill Baptist, U.S. 23 (north of Layne school), Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Chuck Ferguson, Minister.
Tom Moore Memorial Freewill Baptist, Cliff Road, Sunday School, 10 a.m.; Worship Service, 11 a.m.; Youth Service, 5:30 p.m.; Evening Service, 6:00 p.m.; No Service the 1st Sunday of each month; Wednesday, 7 p.m.; Jody Spencer, Minister.
Trimbles Chapel Freewill Baptist, Intersection of U.S. 23 and Ky 80, Water Gap; Sunday School, 10 a.m.; Morning Worship Service, 11 a.m. and Evening Worship Service 6 p.m.; Wednesday Bible Study, 7 p.m.; Youth Services 7 p.m.; Everyone Welcomed.
United Community Baptist, Hwy. 7, Hueysville, Worship Service, 2 p.m.; Friday, 7 p.m.; Carlos Beverly, Minister.
Wheelwright Freewill Baptist, Wheelwright Junction, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Louis Ferrat, Minister.

CHURCH OF CHRIST
Betsy Layne Church of Christ, Betsy Layne, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Tommy J. Spears, Minister.
Prestonsburg Church of Christ, 86 Hwy. 1428, 1428; Worship Service, 10 a.m. and 6 p.m.; Wednesday, 7 p.m.; Richard J. Chester, Minister.
Harold Church of Christ, Harold, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Willie E. Meade, Minister.
Highland Church of Christ, Rt. 23, Hager Hill, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.
Hueysville Church of Christ, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Chester News, Minister.
Lower Toler Church of Christ, Harold, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wednesday, 6:30 p.m.; Lonie Meade, Minister.
Mare Creek Church of Christ, Stanville, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m.

Martin Church of Christ, Martin, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.
Maytown Church of Christ, 66 Turkey Creek Rd., Langley, Sunday Bible Study 10:00 a.m., Sunday morning worship 11:00 a.m., Evening Worship 6:00 p.m.; Wednesday, 7 p.m.; Pastor, J. C. Caswell, Minister.
Upper Toler Church of Christ, 3.5 miles up Toler Creek on right, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.
Weeksbury Church of Christ, Sunday School, 10 a.m.; Worship Service, 10:45 a.m. and 6 p.m.; John Burke, Minister.

CHURCH OF GOD
Betsy Layne Church of God, Old U.S. 23, Sunday School, 10:30 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; J. C. Caswell, Minister.
Community Church of God, Arkansas Creek, Martin, Worship Service, 11 a.m.; Friday, 7 p.m.; Bud Crum, Minister.
First Church of God, Sunday School, 10 a.m.; Worship Service, 10:45 a.m. and 6 p.m.; Wednesday, 7 p.m.; Steven V. Williams, Pastor.
Garrett Church of God, Garrett, Sunday School, 10 a.m.; Worship Service, 11 a.m.; Family Training Hour, Thursday 7 p.m.; Pastor, J. C. Caswell, Minister.
Landmark Church of God, Gobie 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 Point Church of God, 671 Little Point Road, East Point, Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Jeff White, Pastor.
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 Parish, 562 University Drive, Prestonsburg, KY 41653, (606) 885-8046. Sunday Coffee Hour, 10 a.m.; Morning Worship, 8 a.m.; Wednesday evening worship, 7 p.m.; Office Hours Mon.-Fri., 10 a.m.-2 p.m.; Reverend Stan McGraw, www.diocese.net/stjames/ Visit us on Facebook!
LUTHERAN
Our Savior Lutheran, Sipp Rivers Room Cabbage House School, Prestonsburg, Sunday Service, 11 a.m.; WKLW (600 a.m.) 12:05 p.m.; Roland Bentrup, Minister.
METHODIST
Auxiliary United Methodist, Auxier, Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.; Meart Music, Minister.
Betsy Layne United Methodist, next to B.L. Gymnasium, Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Randy Blackburn, Minister.
Allen Christ United Methodist, Allen, Sunday School, 9:45 a.m.; Sunday Morning Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Kenneth Lemaster, Minister.
Community United Methodist, 147 Burke Avenue (off University Drive and Neeley St.), Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Jeffrey Lambert, Pastor.
Elliott's Chapel Free Methodist, Rt. 979, Beaver, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Emily T. Smith, Minister.
Emma United Methodist, Emma, Sunday School 10 a.m.; Sunday Worship Service 11 a.m.; Pastor David Proffitt.
First United Methodist, 256 South Arnold Avenue, Sunday School, 9:45 a.m.; Worship Service, 10:55 a.m.; Youth Service 6 p.m.; Rev. Tom Adams, Pastor.
Horn Chapel Methodist, Auxier Road, Auxier, Sunday School, 10 a.m.; Sunday Morning Service, 11 a.m.; Midweek Service, 10 p.m.; Sunday Evening Service held on the 1st and 3rd Sundays of each month at 6 p.m.; Judy Carr, Minister.
Graceway United Methodist, Rt. 80, Sunday School, 9:45 am, 11 a.m., Wednesday Night, 7 p.m.; Roy Harlow, Minister.
Salsbury United Methodist, Printer, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday Evening Service, 6 p.m.; Rev. Bobby Adams, Pastor.
Wayland United Methodist, Rt. 7, Wayland, Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.; Jack Howard, Pastor.
Wheelwright United Methodist, Wheelwright, Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Bobby Isaac, Minister.
Vogel Day United Methodist Church, Harold, Sunday School, 10:00 a.m.; Sunday Worship Service, 11:00 a.m.; Wed. Bible Study, 7:00 p.m.; Dennis C. Love, Pastor.
Drift Pentecostal, Drift, Sunday School, 10 a.m.; Worship Service, Saturday/Sunday, 7 p.m.; Wednesday, 7 p.m.; Ted Anderson, 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, Westway, Sunday School, 10 a.m.; Worship Service, 7 p.m.; Wednesday/Saturday, 7 p.m.; John Jay Patton, Minister.
Free Pentecostal Deliverance, Ext. 46 off Mt. Parkway at Centerton, Worship Service, Saturday and Sunday, 7 p.m.; Patricia Cridler, Minister.
Free Pentecostal Holiness, Rt. 122, Upper Burton, Sunday School, 11 a.m.; Worship Service, 6 p.m.; Friday, 7 p.m.; Louis Santin, Minister; David Pike, Associate Minister.
Goodloe Pentecostal, Rt. 850, David, Worship Service, 6 p.m.; Malcolm Stone, Minister.
Parkway First Delivery Pentecostal, Floyd and Magoffin County Lines, Worship Service, 6:30 p.m.; Mike D. Caldwell, Minister, 297-8282.
Trinity Chapel Pentecostal Holiness, Main St., Martin, Sunday School, 10 a.m.; Worship Service, 7 p.m.; 2nd Sat., 7 p.m.; Thurs., 7 p.m.; Ellis J. Stevens, Minister.
Free Pentecostal Church, Dwaile, Services Saturday, 8 p.m.; Sunday School, 10 a.m.; Services, 11 a.m.; No Sunday Night Service.

SEVENTH DAY ADVENTIST
Seventh-Day Adventist, 5 miles West on Mountain Parkway, Church Service, 6:15; Sabbath School, 10:45; John Baker, Pastor, 356-9263; 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, Sacramento Mtg., 10:00 a.m.; Sunday School, 11:20 a.m.; Relief Society/Preshood/Primary, 12:00 p.m.; Wednesday, 6 p.m. Church Meeting House address, Hwy. 80, Martin, KY 41649; Meeting House telephone number: 285-3133; Richard Salisbury, Bishop.

OTHER
Pastor Altha Johnson welcomes everyone to attend services at the CHURCH OF GOD OF PROPHECY TRAM KENTUCKY. Sunday school 10 a.m., Worship service 11 a.m.
Drift Independent, Drift, Sunday, 11 a.m.; Thursday, 6:30 p.m.
Grace Fellowship Prestonsburg, (next to old flea market), Sunday School, 10 a.m. Worship, 11 a.m. Bill Shukonburg, Pastor 889-0005.
Faith Deliverance Tabernacle, West Prestonsburg, Sunday School, 10:30 a.m.; Thursday, 7 p.m.; Don Shepherd, Minister.
Faith Revival, Harkins Ave., West Prestonsburg, Sunday School, 10 a.m.; Worship service, 11 a.m. and 6 p.m.; Thurs, 7 p.m.; Randy Hagans, Minister. 886-9460.
Faith Fellowship, Allen Ky. Sun. School, 10 a.m.; Worship Service, 11 a.m.; Sun. Evening, 6 p.m.; Wed, 7 p.m.; Carl & Missy Woods, Pastors.
Faith Worship Center, US 460, Paintsville, Worship Service, 11 a.m.; Thursday, 6 p.m.; Buddy and Maude Frye, Minister.
Full Gospel Community, (formerly of Martin) moved to Old Allen; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Sunday evening, 6:30 p.m.; Wed., 6:30 p.m.; Lavonne Lafferty, Minister.
Lighthouse Temple, Main St. and Hall St., Worship Service, 12 p.m. a.m.; Wednesday/Friday, 7 p.m.; Roy Cosby, Minister.
Living Water Ministries Full Gospel Church, Rt. 3, just before Thunder Ridge; Wednesday, 7:00 p.m.; Sunday Evening, 6:00 p.m.; Pastor: Curt Howard.
Martin House of Worship, Old Post Office St., Worship Service, 7 p.m., Saturday/Sunday.
Old Time Holiness, 2 miles up Arkansas Creek, Martin, Sunday School, 11 a.m.; Worship Service, 7 p.m.; Pastor, 10 a.m.; John W. Patton, Minister.
Spurlock Bible Baptist, 6227 Spurlock Creek Rd., Prestonsburg; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Jim Stephens, Minister, 886-1003.
Town Branch Church; Sunday School 10 a.m. except for 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, Minister.

The Tabernacle, 266 South Lake Drive, Prestonsburg, Christian Educator, 10:00; Sunday Morning, 11:00; Sunday Evening, 7:00; Wednesday, 7:00; Pastors, Paul and Andrea Allen, Phone 285-3133.
Youth Fellowship Center, Wheelwright, Monday-Tuesday, 6 p.m.; Thursday, 7 p.m.
Zion Deliverance, Wayland; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m.; Prayer Line, 358-2464; Darlene W. Amette, Pastor.
Taylor Chapel Community Church, formerly the old Rice Food Service building, located 1 quarter mile above Worldwide Equipment, Rt. 1428. Sun. Bible Study, 10 a.m.; Sun. Morning Service, 11 a.m.; Sun. Evening, 6:30 p.m.; Kenny Vanderpool, Pastor.

International Pentecostal Holiness Church, 10974 N. Main St., Martin; Rev. Ellis J. Stevens, Senior Pastor, Minister, 886-1003.
Rising Son Ministries, 114 Rising Son Lane, Prestonsburg, KY 41653; Sunday, 11:00 a.m.; Wednesday, 6:30 p.m.; Pastor, D.P. Curry.
Church of God of Prophecy, Sunday School 10 a.m., Worship Service 11 a.m., Sunday Night - 6 p.m., Wednesday Night - 6 p.m. Pastor Glenn Hayes, West Prestonsburg.
House of Refuge, Rock Fork; Sunday Evening Worship Meeting 7:30 pm, Bill B. Tussey, Pastor

Seventh-Day Adventist 5 miles West on Mt. Parkway, Saturday Sabbath School, 9:30 a.m.; Church, 11 a.m.; Bible Study Tuesdays, 7 p.m. (We are studying the Book of Revelation.) Pastor, Tony Kelley 423-464-2412. Church 605-886-3459.

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Kentucky's jobless rate steady at 9.5 percent in August 2011

FRANKFORT — Kentucky's seasonally adjusted preliminary unemployment rate held steady at 9.5 percent from July 2011 to August 2011, according to the Office of Employment and Training (OET), an agency of the Kentucky Education and Workforce Development Cabinet.

The preliminary August 2011 jobless rate dropped .7 percentage point below the 10.2 percent rate recorded for the state in August 2010. The state's August 2011 rate is the lowest since the January 2009 rate of 9.2 percent.

The U.S. seasonally adjusted jobless rate also stayed the same at 9.1 percent from July 2011 to August 2011, according to the U.S. Department of Labor.

Unemployment statistics are based on estimates and are compiled

to measure trends rather than actually to count people working.

Four of the 11 major nonfarm North American Industry Classification System (NAICS) job sectors reported an employment increase in August 2011, while seven decreased, according to OET. While nonfarm employment showed over-the-year growth for the 16th consecutive month, the number of jobs dropped by 3,700 from July 2011 to August 2011, bringing Kentucky's nonfarm employment to a seasonally adjusted total of 1,793,300.

"The decline in the civilian labor force in August 2011 counterbalanced the job losses causing the unemployment rate to hold steady," said Dr. Justine Detzel, OET chief labor market analyst.

Kentucky's nonfarm

employment has grown by 21,900 workers since August 2010.

According to the seasonally adjusted employment data, Kentucky's construction sector jobs surged by 2,300 in August 2011. Since August 2010, employment in the construction sector has dropped by 900 jobs.

The educational and health services sector gained 800 workers in August 2011. The sector has ballooned by 5,000 workers since August 2010. This sector includes private and nonprofit establishments that provide either education and training or health care and social assistance to their clients.

"The year-over-year employment gains are predominantly attributed to health care and social assistance companies. General population growth and a longer life expectancy are the main causes of the continued expansion of health care employment. In addition, there is an increased need for health services as the baby boomer generation ages," said Detzel.

Employment in the other services sector, which includes such establishments as repair and maintenance businesses, personal and laundry services, religious organizations, and civic and professional organizations, added 700 positions in August 2011. This sector had 600 more positions in August 2011 than August 2010.

Employment in the mining and logging sector rose by 400 in August 2011. The sector has gained 800 jobs since August 2010.

"This represents the fifth increase in the number

of mining and logging jobs in the last six months," said Detzel. "As factories ramp up industrial output and plants expand, there is increased demand for electricity produced by coal."

The state's leisure and hospitality sector plummeted by 2,500 jobs in August 2011. Since August 2010, the sector has ballooned by 11,700 positions. The leisure and hospitality sector includes arts, entertainment and recreation, accommodations and food services, and drinking places industries.

The employment losses in August 2011 are concentrated in accommodations and food services businesses, which reflects the closings of various restaurants," said Detzel.

The professional and business services sector plunged by 2,100 positions in August 2011. This area includes professional, scientific and technical services; management of companies; and administrative support and waste management, including temporary help agencies. Since last August, jobs in the sector have mushroomed by 8,000.

The manufacturing sector lost 1,300 jobs in August 2011. Since August 2010, employment in the manufacturing sector has climbed by 5,100 positions.

"The number of industrial workers decreased for the first time since May 2011. Job losses are attributed to the durable goods subsector, which reflects the closing of a conveyor manufacturer. Despite the overall contraction in the manufacturing sector, the non-durable goods subsector

experienced job gains in August 2011," said Detzel.

The government sector, which includes public education, public administration agencies and state-owned hospitals, dropped 700 jobs in August 2011. The sector has 4,500 fewer jobs than in August 2010.

The financial activities sector decreased by 700 jobs in August 2011. This segment, which includes businesses involved in finance, insurance, real estate and property leasing or rental, has 2,500 fewer positions than in August 2010.

The trade, transportation and utilities sector lost 400 jobs in August 2011. This area includes retail and wholesale trade, transportation and warehousing businesses, and utilities. It is the largest sector in Kentucky with 359,200 employees. Since August 2010, the number of jobs in this sector has decreased by 1,300.

"Employment decreases in the trade, transportation and utilities sector in August 2011 occurred predominantly at retail trade companies, which is indicative of several stores closing. The year-over-year job losses are also clustered at retail trade enterprises," said Detzel.

The information sector decreased by 200 jobs in August 2011. This segment, which includes firms involved in publishing, Internet activities, data processing, broadcasting and news syndication, has fallen by 100 positions since August 2010.

The U.S. Bureau of Labor Statistics' monthly estimate of the number of employed Kentuckians for August 2011 was 1,897,412 on a seasonally adjusted basis. This figure is down 5,768 from the 1,903,180 employed in July 2011, but up 30,791 from the 1,866,621 employed in August 2010.

The monthly estimate of the number of unemployed Kentuckians for August 2011 was 198,081, down 2,566 from the 200,647 Kentuckians unemployed in July 2011, and down 13,999 from the 212,080 unemployed in August 2010.

The monthly estimate of the number of Kentuckians in the civilian labor force for August 2011 was 2,095,493. This figure is down 8,334 from the 2,103,827 recorded in July 2011, but up 16,792 from the 2,078,701 recorded in August 2010.

Civilian labor force statistics include non-military workers and unemployed Kentuckians who are actively seeking work. They do not include unemployed Kentuckians who have not looked for employment within the past four weeks.

Kentucky's statewide unemployment rate and employment levels are seasonally adjusted. Employment statistics undergo sharp fluctuations due to seasonal events, such as weather changes, harvests, holidays and school openings and closings.

Seasonal adjustments eliminate these influences and make it easier to observe statistical trends. However, because of the small sample size, county unemployment rates are not seasonally adjusted.

Learn more about the Office of Employment and Training at www.workforce.ky.gov.

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Staten wins TVBA tourney on Dewey Lake

TIMES STAFF REPORT

PRESTONSBURG — The Tug Valley Bass Anglers fishing club held its seventh tournament of the 2011 season on Dewey Lake Sunday. In all, 25 anglers competed in the event.

Brandon Staten edged Kevin Runyon to win the tournament. Staten reeled in two fish weighing 6.33 pounds.

Dewey Lake had been up two feet a week before the tournament, but on the day of the event it was at normal pool with stained water conditions on most of the lake. The body of water was more heavily stained the further up the lake fishermen went.

Weather for the tournament was perfect with partly cloudy skies and light winds with an air tempera-

ture in the mid 70s. September fishing is notoriously tough. This time of year the fish are transitioning to their fall locations and they are hard to locate and pattern. The fish were scattered, but most of them seemed to still be on the main lake and were from 1 to 8 feet deep.

The main pattern for this tournament was to fish top water in the morning then when the sun got bright fish crankbaits, spinnerbaits and soft plastics tight to cover.

The top finishers were as follows: 1. Brandon Staten (2 fish), 6.33 lbs.; 2. Kevin Runyon (2 fish), 5.97 lbs. (Big Fish — 4.51 lbs.); 3. Brad May (1 fish), 2.69 lbs.; 4. Jason May (1 fish), 2.46 lbs.; 5. Michael Salyer (1 fish), 1.94 lbs.; 6. Johnny Webb (1 fish), 1.74 lbs.; 7. Joe Collins (1 fish),

1.63 lbs.; 8. Gary Varney (5 fish), 1.52 lbs.

Sponsors for the Tug Valley Bass Anglers fishing club are Gander Mountain, Trey K Electric, Wallen Cornett & Puckett, TMK Security and Personnel, Borders Sporting Goods, Elliott Supply & Glass, Perry Distributors, Fat Boy's ATV Lodging, Muncie's Auto Recycling, Jerraco Drilling Supply, Robinson Repairs, Pro Auto Body, City Insurance, Nanack Mini Warehouse & Storage, Martin's Peterbilt, Don's Street Machine, Extreme Sounds and Thoroughbred Steakhouse, AGC Flat Glass, SKS Security Solutions, Mooney's Tackle Shop and Great Outdoors Marine.

For more information about the Tug Valley Bass Anglers, go online to www.tvgba.com or call [768-2111](tel:768-2111).



Brandon Staten (right) won the Tug Valley Bass Anglers tournament held in Floyd County over the weekend. Kevin Runyon (left) finished second in the tourney.

Rebels defeat Prestonsburg for 19th win

by STEVE LeMASTER
SPORTS EDITOR

PRESTONSBURG — Allen Central earned its 19th win on the season on Tuesday, defeating 88th District/Floyd County Conference rival Prestonsburg 2-0 (25-8, 25-11) at the Fieldhouse.

The Rebels improved to 19-7 after posting the win. Prestonsburg dropped to 7-12 after absorbing the loss.

Katie Kendrick paced the Rebels with eight kills. Courtney Hodge slammed in six kills and set up nine for visiting Allen Central in the key win. Brooke Risner also delivered nine assists with two service aces as Allen Central defeated host Prestonsburg.

Kelsey Belevins served 17 times without an error, racking up three service aces for the Rebels. Defensively, Julie Halbert paced the Allen Central back row with 10 digs. DeShea Elliott added five digs for the Rebels. Laken Tackett earned two blocks in Allen Central's district/conference victory.

Allen Central was visiting 57th District powerhouse Johnson Central at press time Thursday evening. Results from the Allen Central-Johnson Central were unavailable at press time.

State volleyball tournament pairings announced

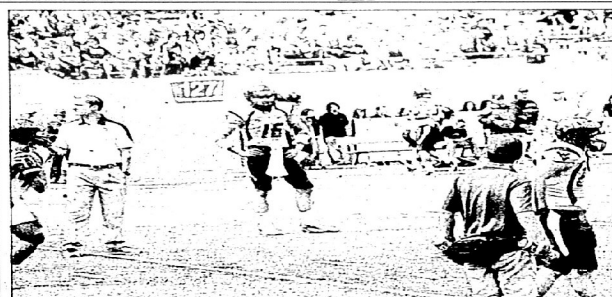
TIMES STAFF REPORT

LEXINGTON — The pairings for the 2011 KHSAA State Volleyball Tournament, scheduled for Oct. 28-29 at Bellarmine University's Knights Hall, were announced during a live draw show on khsaa.tv hosted by Assistant Commissioner Butch Cope on Friday, Sept. 15.

The action will get underway on Friday morning, Oct. 28, at 10:30 when the winner of the 14th Region faces the winner of Region 8. The winner of Region 15 will take on the winner of Region 13 at 11:45, followed by Region 1 versus Region 4 at 1 p.m. The top bracket will finish with Region 5 taking on Region 16 at 2:15.

Bottom bracket play will have Region 11 vs. Region 6 at 3:30 p.m., Region 3 vs. Region 7 at 4:45. Those matches will be followed by Region 10 vs. Region 2 at 6 p.m., while the final match of the night will have Region 12 facing off against Region 9 at 7:15 p.m. Quarterfinal play will begin on Saturday at 9 a.m., with semifinals slated for 2 p.m. and 3:15 p.m. The championship match is scheduled for 7:30 p.m.

Assumption is the defending state champion. To view the bracket, go online to <http://www.khsaa.org/volleyball/2011/statebracket2011.pdf>.



Following a transfer from the University of Kentucky, Prestonsburg High School graduate Michael Burchett is a backup quarterback for the West Virginia University football team.

Country Roads have led Burchett to West Virginia

by JOSHUA BALL
FOR THE TIMES

MORGANTOWN, W.Va. — West Virginia has been almost heaven for Michael Burchett.

The former Prestonsburg High School quarterback, who was not invited to camp at the University of Kentucky this summer after being touted as the team's third-string quarterback in depth chart, feels right at home with the 16th-ranked Mountaineers.

"Like many kids in Kentucky, I dreamed of one day wearing the blue and white at UK," Burchett said Tuesday. "I got that opportunity, and unfortunately, it didn't work out for me."

Burchett, whose grandfather, Earl Heffner, is a 1944 graduate of Ashland High School, has made the most

of the situation. His high school coach, John DeRossett of Prestonsburg High School, remembers when Burchett called and told him the news that Kentucky was not inviting him to camp.

"He was hurt, but composed," said DeRossett, who is the winningest coach in school history. "Michael is a smart and calculated kid. I knew he would land on his feet."

Some may say Burchett may have landed in a much better situation. Hours after learning his fate, he scheduled a visit to West Virginia University and first-year coach Dana Holgorsen who needed a third-string quarterback to fill his roster.

Less than a week later, Burchett was

(See Burchett, page B2)

Lloyd volleyball team opens conference play

TIMES STAFF REPORT

PIPPA PASSES — The Alice Lloyd College volleyball team, under the direction of Coach Jason Stowers, played its first ever conference volleyball match in school history earlier in the month when it traveled to Berea for a tri-match. The Lady Eagles first faced host Berea, then played powerful Indiana University Southeast. Below are recaps of each contest.

Game 1 — Berea — 25, 25, 25, Alice Lloyd 13, 20, 23. After recovering from early jitters, Alice Lloyd battled back to give Berea all it could handle before falling in straight sets. The last two matches were highly-competitive contests.

Game 2 — IU SE — 25, 25, 25, ALC — 7, 4, 5. The Lady Eagles battled hard against one of the Kentucky Intercollegiate Athletic Conference's top teams, Indiana University Southeast, however, proved to be too much for the upstart Alice Lloyd College volleyball team.

"I was pleased with the girls' effort and am really encouraged by the progress we are making," Stowers commented at the conclusion of the tri-match. "Our serving was much improved over our last contest, and the girls are learning their roles. We fought Berea hard and made them earn every point. IU SE has an overpowering frontline, but our girls refused to back down, and the effort was there. We will continue our hard work, and I believe we will make great strides over the season."

Hodge named UPike Athlete of the Week

by STEVE LeMASTER
SPORTS EDITOR



BRITTANY HODGE

PIKEVILLE — Allen Central High School graduate Brittany Hodge has been honored as one of two University of Pikeville Athletes of the Week.

Hodge, a 5-7 junior from Garrett, wears No. 7 for the UPike volleyball team. The Allen Central High School graduate ranks as one of the top players for the University of Pikeville volleyball team.

Marquis Terrell has also been named a UPike Athlete of the Week. Terrell (5-8, 165), a freshman from Hogansville, Ga., amassed 134 kickoff return yards with a touchdown to earn the MSC Special Teams Player of the Week award. The returner averaged 33.5 yards per kickoff return, including an 84-yard return for a score to open the second half against No. 21 Shorter University Saturday.

ALC Cross Country team opens season

TIMES STAFF REPORT

PIPPA PASSES — The Alice Lloyd College Cross Country team entered the Knott County Gingerbread 5K as a tune-up for upcoming KMAC conference races. Both ALC CC female and male competitors fared well in the Knott County event.

On the women's side, Amanda Sullivan (Tolland, Mass.) finished second overall with a time of 27:15. Alissa

Burkhardt (London) finished fourth in 27:50. She was followed by Jerkin Vandye (Oakwood, Va.), Kimberly Schroeder (Louisa) and Ashley Foster (Peoples, Ohio) with times of 34:55, 37:59, and 38:58, respectively.

On the men's side, freshman Chazz Maynard (Inez) finished fifth overall with a time of 22:20. Tylar Harmon (Union) and Matt Moorefield (Hopkinsville) followed with times of 28:47 and 31:14 respectively.



The Alice Lloyd College Cross Country team was well-represented in the Gingerbread Festival 5K.

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Burchett

Continued from pB1

enrolled in school and practicing. "When I first met the staff at WVU, I knew this was a place where I could grow athletically, academically and socially," he said. "Coach Holmgren is one of the best offensive minds in college football and I am blessed to have landed in a great situation."

No. 16 West Virginia (3-0) will host ESPN's College GameDay for the first time in the show's 25-year history when the Mountaineers battle No. 2 LSU Saturday night at Milan Puskar Stadium. The game will be the ABC's premier game. WCHS-TV locally, with Brent Musburger and Kirk Herbstreit on the call at 8 p.m.

"It's going to be electric," Burchett said. "We're excited about the opportunity that presents itself."

Burchett said he has learned quickly "what this university and this football team means to the state."

He recalls the first time walking onto the field at Milan Puskar Stadium. "The fans, the band and hearing country roadsait



Burchett signed autographs during a recent appearance with the WVU football program.

brings chills down my spine every time."

As the team's third-string quarterback, Burchett has developed a good relationship with starting quarterback Gene Smith, who is receiving quiet hugs in the Heisman circles. He has already passed for more than 1,000 yards in three games for the Mountaineers, who average better than 42 points per game

and 356 yards passing. "Geno has been a tremendous friend and has made my transition here an easy one," continued Burchett. "We spend a lot of time together on and off the field, and he is a great college quarterback."

Fans from across Eastern Kentucky have started to follow Burchett in Morgantown. "I've even seen a photo

of Coach (John) DeRossett wearing a WVU shirt," said Burchett, laughing. "It's amazing the well wishes and words of encouragement I get from the mountains. This situation worked out better than I would have ever dreamed."

DeRossett proudly admits he is Mountaineer fan. "I even wore my WVU shirt underneath my Prestonsburg shirt during

last Saturday's game with Casey County," said DeRossett, smiling. "Anybody or any program that invests in our kids deserves our support, and I've noticed a lot of gold and blue around town. I know the Mountaineers will have a lot fans rooting for them on Saturday."

As for Burchett, it's still somewhat surreal. "I'm working hard and

soaking it all in," he said. "I'm working hard to make our team better and to make the people of Eastern Kentucky proud." And, in the meantime, people in their ol' Kentucky homes across Eastern Kentucky are proud that the country roads has indeed brought one of their sons to place he belongs — West Virginia.

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High School Football Scoreboard

This week's area games

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Williamsburg at Allen Central, 7:30 p.m.

Sheldon Clark at Belfry, 7:30 p.m.

Prestonsburg at Betsy Layne, 7:30 p.m.

Hazard at Breathitt County, 7:30 p.m.

Pike County Central at East Ridge, 7:30 p.m.

Boyd County at Johnson Central, 7:30 p.m.

Magoffin County at Knott County Central, 7:30 p.m.

Raceland at Lawrence County, 7:30 p.m.

Middlesboro at Morgan County, 7:30 p.m.

Pineville at Paintsville, 8 p.m.

Rockcastle County at Perry County Central, 7:30 p.m.

Letcher County Central at Russell County, 8 p.m.

Jenkins at Tug Valley, W. Va., 7:30 p.m.

Saturday
South Floyd at Shelby Valley, 7:30 p.m.

Pikeville at Swain County, NC, 2 p.m.

Wildcats continue to improve, prepare for Gators

TIMES STAFF REPORT.

LEXINGTON — A gloomy and rainy morning in Lexington moved the University of Kentucky football team indoors to the Nutter Field House for practice Wednesday, however, it did not appear to dampen UK's preparation for No. 15 Florida.

UK head coach Joker Phillips was positive toward his team when meeting with the media after practice, saying the Wildcats improved as a team during the practice and that although he was pleased with Tuesday's practice, Wednesday's was even better. Phillips said he expects even more improvement in practice Thursday.

Much of the talk after practice was how the offensive line is progressing after having at least one starter out in every game this season due to injury as all five starters have been injured at some point since preseason practice began in August. Phillips announced Tues-

(See GATORS, page B3)

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From the Blue Lagoon 'Super'



by TOM DOTY
TIMES COLUMNIST

A middle-aged guy gets his crazy on, when his wife leaves him for a smarmy drug dealer, in this excellent film from the director of *13th Floor*. The film begins by introducing the lead character, Frank. He's an unassuming short-order cook who loves his wife, Sarah, and is happy with his station. Then she leaves him for a drug dealer named Jacques, who is as pretentious as his name. He tries to get her back but is repelled by Jacques' thugs, who lay a beat down on him for good measure.

Frank drifts into depression until he has a vision in which a Christian-themed, costumed hero tells him to fight evil. Soon, he is frequenting the local comic book store, where he gets ideas about non-super powered heroes from a clerk, Libby. He gets a costume together and goes out to fight crime as *The Crimson Bolt*. A guy selling drugs to passing motorists gives him heck of a wallop, but Frank doesn't give up so easily.

Soon, he is back at the comic store and learning about superhero weapons from Libby. Frank opts for your standard lug wrench and becomes quite adept at using the tool in ways that the manufacturer's warranty doesn't cover. Unfortunately, he gets carried away and is soon thumping a guy for cutting in line at the movies. When a battle with Jacques' thugs ends with him catching a bullet in the leg, he turns to Libby for help.

He gets more than he bargained for when she decides to join him as his sidekick, Boltie. She proves herself an asset to the team, though her fetish for costumed sex momentarily obscures their relationship. Frank realizes they need weapons, because a showdown

with Jacques can't be put off.

The finale finds our duo launching a brutal assault on Chez Jacques, just as he is concluding a deal with a rival gang. It turns into a decent showdown that showcases the goofy weapons they have fashioned, while making room for real tragedy, as Frank learns that good guys can die just as easily as bad guys. Despite this morbid message, the film manages to deliver a somewhat happy ending that stays within the realm of realism.

This works because writer/director James Gunn has an amazing ability to weld indie film-making sensibilities to a genre product. This is probably because he got his start working for Troma Films, where Lloyd Kaufman give him free rein. The result is as hip as *Juno*, but as gory as *Dawn of the Dead*.

The smart script also allows Gunn to reel in the coolest cast he can get. Rainn Wilson (*The Office*) turns Frank into a disturbed soul who also wins over your loyalty, despite some questionable behavior (the scene where he splits open the melon of a guy for being obnoxious is a perfect example). *Boltie* could have been a joke, but you wind up feeling for her thanks to Ellen Page (*Juno*). Kevin Bacon shines as Jacques and infuses the guy with oily menace as well as a need to be liked.

The rest of the actors are also good in smaller roles and include Liv Tyler, Michael Rooker, and Gregg Henry.

Best lines:

1. *Shut up, crime.*

2. *This isn't about good and evil. She loved me more because I was interesting.*

3. *Sometimes the best thing you can do to forget about someone you care about is to fill the void with someone you don't.*

2010, rated R.

Chamber to host annual breast cancer event

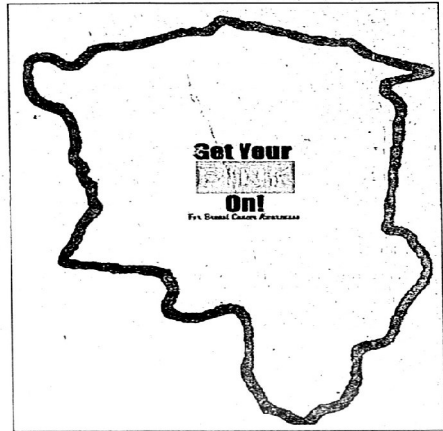
MINNIE — The Floyd County Chamber Of Commerce will host the annual Floyd County Breast Cancer Awareness Event Oct. 20 at Elkhorn Recreation and Education Park. This year's event theme is "Get Your Pink On, Floyd County." The event, hosted each year by the Chamber, will begin at 5 p.m. and the Chamber is hoping for a great turnout from the women of Floyd County.

This October, the Chamber is proud to sponsor once again the Floyd County Breast Cancer Awareness Event, said Mandy Stumbo, executive director of the Chamber. It's a time to promote regular mammograms and increase the awareness of how important it is to be screened early for detection of breast cancer.

The "Get Your Pink On, Floyd County" campaign will have a task for all Chamber members that day, as well. All members are asked to decorate in pink and employees are asked to wear pink.

"We want Floyd County to be simply pink on Oct. 20," Stumbo said. "Breast cancer has affected the lives of so many Floyd County women, and it's time we go all pink and promote awareness. I challenge all Floyd County women to be at Elkhorn Park on Oct. 20."

Chamber of Commerce Chairman Nancy Johnson and Floyd County Judge-Executive R.D. Doc Marshall will be proclaiming Oct. 20 "Get Your Pink On, Floyd County, Day."



All Floyd County health care providers have been invited to speak and present information on their services for women at each of their facilities. A representative from the Susan Komen Foundation will be on hand to speak, as well.

In addition, three local breast cancer survivors will be speaking about their experiences with breast cancer.

Last year's event was the first ever pink balloon launch in Floyd County and that is on the agenda for this year's event. Women

who attend will have a chance to win free mammograms from local health care providers, and every woman who attends will receive a gift bag full of information, gifts and more.

The event will conclude with a walk around the trails at the park, located at the junction of Route 680 and Route 777.

Tickets for the event are \$10, and include a complete dinner. Tickets can be purchased by calling the Chamber at (606) 886-0364 or by email at floydchamber@setel.com.

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Anxiety, phobias and panic attacks

DEAR DR. DONOHUE: What is the difference between anxiety and panic attack? I am claustrophobic, and I need to fly from the West Coast to the East Coast and back. I can't do so because of my problem. I have tried therapy several times, but it did not help. I do not want to go that route again. Can you give me some suggestions on how to be able to fly with this problem? Is there a medicine I could take before I get on the plane? — Anon.

ANSWER: Anxiety is excessive worry. In some cases, worry is appropriate. But with pathological anxiety, the worry is about things that don't merit worry or about imagined things that truly merit no concern. Under "anxiety disorders" are many different conditions, each with a slightly different set of symptoms. They all share some things in common.

Panic attacks are the sudden onset of terror in places where such terror is inappropriate. The attack builds to a high point in a matter of 10 minutes or less. The attack can take place in a perfectly neutral situation, like shopping in the grocery store. During an attack, the heart beats fast, people become short of breath, and they often sweat and fear they are at death's door.

Phobias are unreasonable fears of people, places and things that don't engender fear in others. Claustrophobia is the fear of being in an enclosed space, like an airplane. Phobias can bring on a panic attack. Maybe your phobia is not so much a fear of enclosed space but a fear of flying.

I'm not certain these distinctions are of importance to you. The important thing for you is to uproot whatever it is that paralyzes you when you must board an airplane or to blunt it so you can function. Mental health professionals can get you over anxiety,

panic attacks and phobias. I'm not positive what you mean by "going that route" again. Do you mean a detailed probing into your childhood and such matters? That isn't usually necessary. The doctor might prescribe a medicine that calms you and that you take only when needed. You won't become dependent on that medicine every day of your life. You use it only for the situation that throws you into such high anxiety.

DEAR DR. DONOHUE: My husband, 78 years old, fell off a ladder, and his head struck the sidewalk. I insisted he go to the emergency room, although he put up a fight.

In the ER, the examining doctor gave him a very complete examination. He ordered a CT scan of his brain. The doctor found nothing wrong, and the scan was said to be normal. They sent us home.

This week we got a report of the scan. It says my husband has brain atrophy. I had to look up the meaning of atrophy. My husband was never an Einstein, but what is the significance of brain atrophy? He carries on a reasonable conversation, and he reads the paper carefully. Need we be concerned? I'm upset. He isn't. — W.Y.

ANSWER: Atrophy means shrinkage. If everyone your husband's age had a brain scan, most of their reports would say brain atrophy. It's something that happens with age.

It doesn't imply any serious trouble. It shouldn't scare you or him.

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

Car Talk

by TOM and RAY
MAGLIOZZI

Old part might save the day for old car's AC
Dear Tom and Ray:
I drive a 1994 two-door Honda Accord (140,000 miles or so) with a lot of personality. One of her "quirks" is that she doesn't have a functioning air conditioner. I personally don't mind, but I have a dog, and I need to take his health into consideration when taking him in the car with me during the summer months. A few weeks ago, I had to make a two-hour trip on a Friday evening in 95-degree heat, and being concerned that my dog would suffer heatstroke, I tried an alternative AC system. I filled a 4-quart Styrofoam cooler with water, froze it overnight, put it on the passenger floor of my car and then installed a cigarette-lighter-powered fan to blow across the top of the cooler. Surprisingly, this didn't work well. After an hour and a half, all of the ice had melted. And when I hit stop-and-go traffic, the cooler sloshed and spilled all over the car. While amusing, neither myself nor my dog felt this to be a viable option to use in the future. I know the car is old. The driver's-side automatic lock is starting to malfunction, and the driver's-side automatic window sticks and I just spent money on it for engine and brake repairs. At this point, is it worth having the AC fixed? Are there alternative, cheaper options for cooling down the car that I have not considered? At this point, I cannot afford car payments, and buying a new car is not an option. Emily
RAY: Wind and water are the traditional alternatives to air conditioning. When water or mist is combined with a breeze, it evaporates off your skin and makes you feel cooler. But as you've seen, that's messy.
TOM: So, the first thing you should do if you find out WHY your air conditioner isn't working. You may just want a slow refrigerant leak.
RAY: If that's the case, you can get the system charged up for \$125 or so, and it might last you a

couple of months, or even longer. In which case, you can do that once and have a whole summer's worth of air conditioning.
TOM: And if the leak is coming from a hose or something easily fixable, you could fix it and re-charge the system and be good for several summers -- if the rest of the car lasts that long. So it's worth asking a good mechanic to test the system for you and at least give you a diagnosis.
RAY: If one of the expensive AC parts has failed, like the compressor or evaporator, then you're talking \$800 to \$1,000 or more to have the new part installed.
TOM: But remember, you don't need a new part. After all, every other part on the car is 17 years old! So once you have a mechanic look at it, call a local junkyard and see if it has the part you need.
RAY: The compressor is the part that fails most often. And every car taken apart by a junkyard has the AC compressor removed. So they have tons of them. A used one probably will cost you about \$100 for the part, and then you'll have to have someone a few hundred bucks to install it for you and charge the system. It's risky, because if the used compressor is no good, you can't get the labor cost back. But since you're desperate, it's probably worth a try.
TOM: Yeah, it's worth trying to fix this, Emily. Especially since you say a new car is not in your future. Your dog'll be much happier, and you'll probably recoup your investment twice over with the savings on dry cleaning. Good luck.
Diesel vs. gasoline
Dear Tom and Ray:
What is the difference between diesel and regular gasoline? My boyfriend thinks that diesel is mixed with oil, and he can't explain what is in regular gasoline that makes it different from diesel. Please explain. -- Corie
TOM: The main difference is that in diesel fuel, you can still see the di-

nsaur bones floating around.
RAY: Actually, gasoline and diesel fuel both are products that are made from crude oil. When a barrel of crude oil comes into the refinery, it's distilled into its heavier and lighter components.
TOM: The lighter stuff is used to make gasoline. The next-heaviest stuff becomes jet fuel. After that on the scale comes diesel. And below that is the stuff they use to fuel ships, run power plants and nourish my brother's hair plugs.
RAY: So, gasoline is lighter, less dense, more flammable and more volatile. When you spray gasoline into a cylinder, it starts to vaporize immediately, so that as soon as the spark plug fires, the gasoline detonates and pushes the pistons.
TOM: Diesel fuel is heavier, denser, less flammable and less volatile. So in order to detonate, it has to be compressed in a cylinder to a very high pressure and temperature. At which point it detonates without a spark.
RAY: The upside of diesel fuel is that, because it's denser (like my brother), it has more energy per gallon. That's one reason why diesel-powered vehicles get more miles per gallon.
TOM: The downside is that diesel fuel requires a very-high-compression engine, which is more expensive to build. And because it relies on pressure to detonate, diesel engines traditionally have more trouble starting in cold temperatures.
RAY: That combination is why northern Minnesotans like diesels so much. They can't start them on winter mornings, but because the gas mileage is so great, they like them running the night before.
Get more Click and Clack in their new book, "Ask Click and Clack: Answers from Car Talk." Got a question about cars? Write to Click and Clack in care of this newspaper, or email them by visiting the Car Talk website at www.cartalk.com.

Rental Central

by TOM DOTY
TIMES COLUMNIST

A few surprises popped up with this week's rentals, but your best remained a comedy hit that should do even better on DVD.
- **Bridesmaids**: Anyone who missed this hilarious ensemble comedy will have no excuse now. Kristen Wiig stars as a young woman who gets picked to be her friend's maid of honor and stumbles all over the place in her efforts to do a good job. This movie proves you don't need a mate cast for a ribald farce. These ladies get up to all sorts of crude behavior and several bits shame iBachelorette Party and others of its ilk.
- **Chrome Skull: Laid to Rest 2**: If this is one of those sequels to a film you probably never saw. You need to correct that and see the original, which details a killing spree by a deranged mortician who rocks a metallic mask when doing his dirty deeds. This sequel shows how hard it is to contain a serial killer's damage. The story focuses on an apprentice to our killer who is now

tasked with hiding the evidence. This involves killing lots of people in exaggerated ways that make for maximum gore. Good stuff but not for the faint of heart.
- **13Set Up**: A heist goes very wrong in this direct-to-video thriller that features Bruce Willis and Ryan Phillippe. The story follows a heist that goes pretty well until one member makes off with the booty. This forces the guy who set up the job to join forces with a mobster to get everything back. Can you really trust a mobster? This turns out to be a pretty good low-key thriller, because, of course, you can never trust a crook.
- **Zombie Apocalypse: Redemption**: If I am pretty sick of zombie movies, but this low-budget entry did a pretty good job of mixing up your basic flesh-eater flick with a post-apocalyptic action movie. Think "Mad Max" meets "Zombieland." Fun stuff, with two groups of battle-hardened survivors fighting out amongst a desert full of rotting ghoulies. All that and you also get Fred Williamson as a veteran tough guy. Fun.
Next week brings a mix of British gangsters and the undead in iDead Cer-

Horoscopes

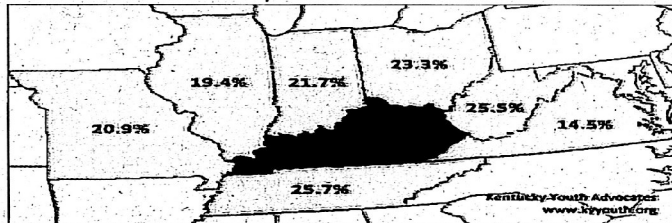
ARIES (March 21 to April 19) Cosmic changes create a potential for disruptions in your travel plans. In the meantime, you might want to consider shifting your focus to another area of your life that needs attention.
TAURUS (April 20 to May 20) It's a good time for beauty-loving Bovines to enjoy something special for the senses. It will restore your spirit and return you to the workaday world ready for the next challenge.
GEMINI (May 21 to June 20) With your planetary ruler, Mercury, going retrograde, you might want to slow down the pace in pursuing some of your projects. Rushing things could be counterproductive.
CANCER (June 21 to July 22) Tensions begin to ease in those once-tensey relationships. This helps create a more positive aspect all around. Expect to hear news that could lead you to rethink a recent decision.
LEO (July 23 to August 22) The pace of activity that had slowed last week now begins to pick up. This is good news for Leos and Leonas who have career-building plans that need to be put into operation.
VIRGO (August 23 to September 22) Venus offers encouragement to romance-seeking Virgos who are ready to get up, get out and meet more people, one of whom could be that long-sought soul mate.
LIBRA (September 23 to October 22)

An ongoing problem with a co-worker might need to be sent to arbitration. Get all your facts together so that you have a solid base from which to make your argument.
SCORPIO (October 23 to November 21) You are usually decisive about most matters. But you might want to defer your decision-making this week until you get more facts. Someone is holding out on you.
SAGITTARIUS (November 22 to December 21) That quiet period is ending, and a new burst of activity creates some problems at the workplace. But things are soon resolved, and everything goes back to normal.
CAPRICORN (December 22 to January 19) Relationships could be either helpful or hurtful as you pursue your career goals. You might have to make some difficult choices depending on what your priorities are.
AQUARIUS (January 20 to February 18) You might still have some doubts about a career move that could involve a lot of travel. If so, continue to check things out until you feel secure about making a decision.
PISCES (February 19 to March 20) Love rules, as Venus continues to exercise her cosmic influence on both single and attached Pisces. New developments might cause you to change your travel plans.
BORN THIS WEEK: You often think of others before you consider your own needs. You enjoy helping people and would make a fine teacher or caregiver.

Strange but True

- It was noted American wit Groucho Marx who made the following sage observation: "There's one way to find out if a man is honest -- ask him. If he says 'Yes,' you know he is a crook."
- When the city of Los Angeles was founded, it was given the name "El Pueblo de Nuestra Señora de los Angeles de Porciuncula," which translates to "The Town of Our Lady of the Porticolet."
- Back then, in 1781, there were just 52 settlers to start what is now the second most populous city in the country.
- When speaking of dead languages, Latin is the one that probably occurs to mind most often. It's not quite dead, though; it's the official language of Vatican City.
- Those who keep track of such things say there's a 100 percent correlation between through about 130 pairs of toe shoes in a single year.
- The yo-yo became popular in the United States after it was marketed by

Donald F. Duncan Sr., a businessman from Chicago, but he didn't invent the toy. In 1928, Duncan was on a business trip to San Francisco when he saw Philippine immigrant Pedro Flores, who had gotten financing to he paid Flores \$5,000 for all the rights. Incidentally, the name "yo-yo" means "come-come" in the native language of the Philippines.
- If you're like the average American, showering takes about four nearly one-third of your home water use.
Thought for the Day
"Any revolution that expects rage and loathing for a novel is preposterous. He or she is like a person who has put on full armor and attacked a hot fudge sundae."
-- Kurt Vonnegut Jr.



Child poverty continues climbing in Ky.

JEFFERSONTOWN - More than one in four children in Kentucky are now living in poverty, according to new Census Bureau data from the American Community Survey, released today. Child poverty in Kentucky increased to 26.3 percent in 2010 from 20.8 percent in 2000, bringing the total number of children living in families with incomes below \$22,000 a year for a family of four to 262,760. The study highlighted 13 Kentucky counties. Of these counties, child poverty increased in all since 2000 (see tables below).
This continued increase in poverty comes after several years of economic hardship for families across Kentucky. Not only did child poverty increase, but total poverty rose from 15.8 percent in 2000 to 19 percent in 2010, bringing the Commonwealth into 48th place compared to other states,

the District of Columbia and Puerto Rico. Also, the total percent of Kentuckians without health coverage rose from 13.2 percent in 2008 to 15.3 percent in 2010. In contrast, more children are covered by health insurance. The percent of children without health coverage decreased from 6.5 percent in 2008 to 6 percent in 2010. This fresh evidence tells the story about the lasting impacts of the recession. Families continue to struggle, and supports like health insurance are key to helping families recover.
My fear is that we as a state will accept these numbers as "Kentucky being Kentucky." That will not suffice as a response for children and families today nor will it suffice as a way to think about the future. We are not talking about some

(See **POVERTY**, page B8)

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Screenings include:

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- Body Mass Index (BMI)

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 4. Stop by: 263 S. Central Avenue, Prestonsburg
 5. Mail: P.O. 390, Prestonsburg, KY 41653

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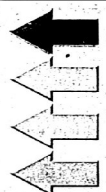
- Begin with a key word (item for sale, etc.)
- Use descriptive words to identify your items
- State your price or terms
- Include a phone number and/or e-mail address

NAME _____
 ADDRESS: _____
 PHONE #: _____

Write your ad here:
 (approximately 18 letters per line)

CREDIT CARD: _____

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Legals

NOTICE
 Notice is hereby given that Jason Banks of 416 Emma Road, Emma, KY has filed an application with the Energy & Environmental Cabinet to build a single story residential dwelling. The property is located at 29 Burchett Lane, Emma, KY (on the corner of Emma Road and Burchett Lane.) Any comments or objections concerning this application shall be directed to: **Kentucky Division of Water Surface Water Permit Branch, Flood Plain Management Section, 200 Fair Oaks Lane, Frankfort, KY 40601, Phone (502) 564-3410.**

PUBLIC NOTICE

Fast Lane #17, Mailing address 345 KY route 550 Eastern, KY 41622
 Herby declares intention(s) to Apply for a Retail Beer License(s) no later than Sept. 23, 2011. The business to be licensed will be located at 345 Ky route 550 Eastern, Kentucky 41622. Doing business as: Fast Lane #17.
 The (owner/s), Principal Officers and Directors, limited Partners, or Members are as follows:
 President, James H Booth of P.O. Box 190 Lovely, Ky 41231
 Any person, association, corporation, or other entity may protest the granting of the license(s) by writing the Dept. of Alcoholic Beverage Control, 1003 Twilight Trail, Frankfort, KY 40601-8400, within 30 days of the date of this legal publication.

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YARD SALE

Storage Building clean out! 5 family yard sale sat! Sept. 24, from 9-7 between Jerry's restaurant and official security office, Audler, Spradlin Branch. Antiques, collectibles, household items, T.V.'s, clothes, jewelry, purses and lots more. Cancelled if rains.

Miscellaneous

Model Year Clearance
 Save Thousands
 Dream Homes Inc
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Autos

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 2002 chevy Tahoe z71 loaded
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 88 dodge ram 4x4 quad cab
 2000 Buick Lesabre Limited
 145,000 miles
 1995 GMC Sierra 4wd extra cab
 1998 275 310
 1991 Ford F-150 130,000 miles
 1999 Ford Explorer
Rebuilt Titles
 2002 Chevy Tahoe \$2,900
 2003 ranger supercab
 1995 HighTop Chevy van \$2,895
 2002 Sunfire 4 door Auto \$3,300
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CALL 606-886-2842.

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Office space for rent located at Betsy layne 2100 sq. feet Call 606-478-5403

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Property for sale. Located in Cow Creek. Call 874-9715.

Apartments/Townhouses

2 apartments, furnished. Very nice and very clean. Suitable for working people or out of state workers. No drugs or no pets. Call 606-205-0215 or 886-3941.

1 bedroom efficiency. Apt. for rent between Prestonsburg & Paintsville. Appliances & utilities furnished. \$225 per month. \$250 deposit. 606-791-6016

Duplex for rent, 2bdrm 1 bath, central heat & air, on US 23 1 mile North of Prestonsburg. Call 889-9747 or 886-9007

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Houses For Rent

2 bd Mobile Home for rent in Prestonsburg. Call 606-949-6413 or 606-791-6740

2 bdrm mobile home on private lot suitable for one or two occupants. No Pets. No HUD. 450 per month 400 deposit. Water, trash pickup, lawn care included. Call 606-339-5979

3 bedroom house for rent at garret 358-3469

Two bedroom furnished or unfurnished mobile home for rent just off Mt. pkwy on old 114 Call 886-8724

For rent two bedroom one bath house located at Martin \$500 per month. \$500 deposit. call 606-478-8139 after 4:30pm

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Trailer Lot For Rent In Blue River, nice lot in court. all city utilities. Call 606-886-9317 or 791-9311.

Sales

Living estate sale of Jono Stumbo Filsony 601 Route 122 Printer, Ky. Directions: Highway 80 to Rt. 122 Friday and Saturday 9-4. Sunday 4 complete household furniture, glassware, linens and more. Also building full of new old stock, plumbing, electrical, heating and air conditioning supplies, includes new Amana furnace, PVC pipe, Duct work, pipe threaders and dies, tools, riding lawn mower and more held by reggies attic.

Help Wanted- General

Market Research/Participants Wanted
 National Market Research company seeks individuals to participate in Automotive Research Study. Cash payment + service reimbursement. Apply FREE: www.bestmark.com

Help Wanted

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Employee needed for Dental Office. Experience with computers would help. Please send resume to 415 N. Lake Dr. suite 201, Prestonsburg, KY 41653

HELP WANTED

CITY OF WAYLAND

IMMEDIATE OPENING FOR POSITION OF POLICE CHIEF SALARY RANGE: \$8 - \$14.00 PER HOUR HEALTH INSURANCE AVAILABLE APPLICANT MUST MEET ALL TRAINING AS REQUIRED BY THE KENTUCKY DEPARTMENT OF CRIMINAL JUSTICE CONTACT WAYLAND CITY HALL @ 1-606-358-4169 FOR MORE INFORMATION

HIGHLANDS REGIONAL
 The Medical Center of Eastern Kentucky.

Highlands Regional Medical Center is pleased to announce our new on-line application software system. We are looking for people to join our team that are dedicated to providing excellent service and quality care. To see a list of all openings, visit our website @ hrmc.org. Starting October 1, 2011, applications will only be accepted through our on-line system.

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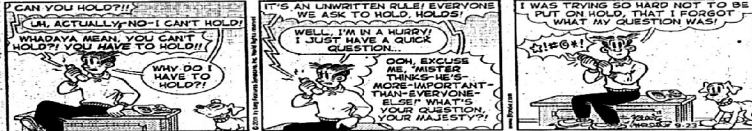
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COMICS

BLONDIE

Dean Young/Denis Lebrun



BETLE BAILEY

Mort Walker



FUNKY WINKERBEAN

Tom Batiuk



HAGAR THE HORRIBLE

Chris Browne



HI & LOIS

Brian and Greg Walker



MUTTS

Patrick McDonnell



ZITS

Jerry Scott and Jim Borgman



THE FAMILY CIRCUS

Bil Keane



DENNIS THE MENACE

Hank Ketchum



CONCEPTS SUDOKU

by Dave Green

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	5		8	2	
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Difficulty Level ★★★★★

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

CROSSWORD

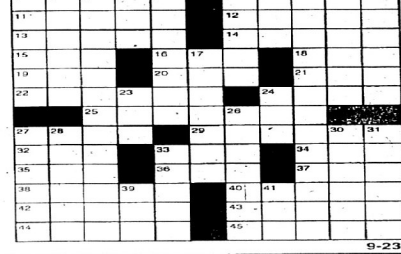
By THOMAS JOSEPH

- ACROSS
- 1 Resolute
 - 6 Buzzy riders
 - 11 Jail-related
 - 12 Inferno describer
 - 13 Foreword
 - 14 Truck part
 - 15 Deplore
 - 16 Hotel amenity
 - 18 Before, to a bard
 - 19 Mess up
 - 20 Father's pride
 - 21 Yank's toe
 - 22 Detects the dentist
 - 24 "Toy Story" boy
 - 25 Freud's home
 - 27 Do a clerical job
 - 29 Kane's portrayer
 - 32 Hitherto
 - 33 "East of Eden" brother
 - 34 Rainbow shape
 - 35 Chestnut husk
 - 36 Verb contents
 - 37 Thurman of "Kill Bill"
 - 38 Was furious
- DOWN
- 1 Tower
 - 2 Prof
 - 3 Heart, for one
 - 4 Remote
 - 5 Heads the
 - 6 Jingle writer
 - 7 Chinese chairman
 - 8 Company accountant's job
 - 9 Put away
 - 10 Because of this
 - 17 Adjective for the 1950s
 - 23 Haul into court
 - 24 Trouble
 - 26 Gives in
 - 27 Cloth lizard
 - 28 Tropical lizard
 - 30 Regal fur
 - 31 In a panic
 - 33 Message systems
 - 39 Merino mom
 - 41 Sound of insight



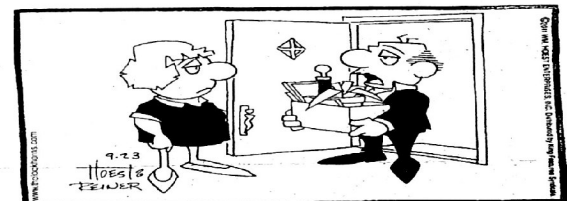
Today's Answers

NEW CROSSWORD BOOK! Send \$4.75 (check/m.o.) to Thomas Joseph Book 1, P.O. Box 536475, Orlando, FL 32853-6475



THE LOCKHORNS

William Hoest



Jacqueline Bigar's HOROSCOPE

HAPPY BIRTHDAY for Friday, Sept. 23, 2011:

This year, you gain a greater sense of reaction, as you are focused. You will not scatter your energy; you will be most direct. A male or assertive friend plays an unusual role in your year. You might resent how hard this person can push. Learn to say "no." Don't lose sight of your goals. If you are single, you could meet someone through an expanding circle of friends. If you are attached, the two of you will bond by socializing more. LEO helps get you moving.

The Stars Show the Kind of Day You'll Have: 5-Dynamic; 4-Positive; 3-Average; 2-So-so; 1-Difficult

ARIES (March 21-April 19)
 ★★ Others could be a handful in the next few months. What you need to do is not personalize everything you hear or what others do. It isn't always about you! If there is a theme, do look at it. You work well with a child or loved one. Tonight: Let your hair down.

TAURUS (April 20-May 20)
 ★★ Remain more sensitive to different people, especially if they are involved with you personally. Your private life seems to take precedence. You want to think through your feelings and a sudden insight. A friend plays a significant role. Tonight: Buy flowers or a favorite dessert something that will make the evening special.

GEMINI (May 21-June 20)
 ★★ Creativity emerges when speaking to others. Some might feel you are witty; others think you are funny. You want to stay on message. A meeting takes an alternate path, one you did not anticipate. Tonight: Hang out with friends.

CANCER (June 21-July 22)
 ★★ Be aware of the costs of pursuing a certain path. It could cause an unexpected twist. A boss or someone you look up to continues to act in a most unpredictable manner. Pull back if you are uncomfortable. Tonight: Treat time.

LEO (July 23-Aug. 22)
 ★★ The Moon empowers you, just in time for the weekend. You can clear out a lot of work, complete a project and get more done than you anticipated. An unexpected commotion surprises you for a short while. Tonight: Have a ball. Love the moment.

VIRGO (Aug. 23-Sept. 22)
 ★★ Know how much you have to offer and even if you are feeling insecure, don't step back. You might be inclined to undermine yourself in a discussion with someone who does the unexpected. Stay centered and claim your power. Tonight: Vanish while you can.

LIBRA (Sept. 23-Oct. 22)
 ★★ The Sun enters your sign, allowing greater visibility. You know what you want and where you are heading. A friendship means much more than you are willing to acknowledge. The only person you are hurting is yourself. Tonight: The world is your oyster.

SCORPIO (Oct. 23-Nov. 21)
 ★★ Others need to know where you stand. Your nerves could be frayed by a demanding week and a lot of changes in your daily life. Revamp your thinking. Evaluate how much you hold on to the unnecessary. Tonight: Leader of the gang.

SAGITTARIUS (Nov. 22-Dec. 21)
 ★★ Focus on your long-term goals, especially when you are in a meeting. Your creativity could flare, adding to any situation. Your finances could swing back and forth. You have the energy to complete any project. Tonight: Where the action is.

CAPRICORN (Dec. 22-Jan. 19)
 ★★ A partnership or an involvement with another source of money keeps you on your toes. You might be a little too manipulative, and others respond in kind. Lots of answers come in your direction. Tonight: Go with another person's plans.

AQUARIUS (Jan. 20-Feb. 18)
 ★★ Clearly someone else is in control. You might need to review a matter with greater care. Your ability to visualize could be very different from others'. Present your ideas as clearly as possible. Tonight: The only answer to an invitation is "yes."

PISCES (Feb. 19-March 20)
 ★★ Continue to deal with others directly. Someone feels so good when you focus on him or her. Use care counting your change, adding and subtracting funds or even paying bills. You could be distracted. Tonight: Out with friends.

Jacqueline Bigar is on the Internet at www.jacquelinebigar.com.

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Poverty

Continued from pB5
 ambitious new program. We are calling for the basic needs of Kentucky's children to be met, said Terry Brooks, executive director of Kentucky Youth Advocates. There are clear, effective, and proven options to lift families up and build a stronger middle class. This is not about ideology; it is about pragmatics, and our state leaders have run out of excuses for failing to act. In addition to the increase in

poverty, the median household income for Kentuckians has decreased since 2007. Median household income has fallen to \$40,062 from \$42,250 in 2007. Most of the counties included in the ACS survey mirror state trends (see tables below). Median household income decreased in every county since 2007 except in Madison and Bullitt counties. Brooks called for Kentucky legislators to alleviate the continuing impact of the recession on families by making a refundable, Earned Income Tax Credit

part of the 2012 budget passed in Frankfort this coming session. He also asserted the vital responsibility for state leaders to ensure that the implementation of Medicaid Managed Care in Kentucky does not jeopardize health coverage for children or their families. Additionally, Brooks referenced opportunities to combat what he described as the high price of being poor through curbs on predatory lending practices, including payday lending and refund anticipation loans. We can invest in strong public

structures, like health care, education and job-training programs, and help families attain the stability and security that comes with good jobs and financial security. Or, we can continue to defer and watch families fall into a deeper economic crevasse, said Brooks. Just as Kentucky's legislators and the governor will continue to face tough decisions about how to craft the 2012-2014 budget amid weak revenues and an inadequate tax system, our representatives in Washington will be facing tough questions as the Super Committee

in Congress meets to continue the discussion about how to lower national debt. Brooks stated that, Kentucky's players in Washington and Frankfort must embrace the opportunity to tackle Kentucky's rising tide of poverty. The state General Assembly and Congress are both at the fork in the road. They can work to preserve and enact programs that are critical supports for struggling families around the country and here at home or they can continue to engage in election rhetoric at a seemingly endless pace.

Volunteers needed to assist children placed in foster care in Pike County

FRANKFORT — The Pike County Citizen Foster Care Review Board is seeking volunteers to make a difference in the lives of local children in foster care. Volunteers are needed to review cases of children placed in foster care because of abuse, dependency and neglect to ensure these children are placed in safe, permanent homes as quickly as possible.

Volunteers are not required to reside in the county where a board meets. The Kentucky General Assembly created the Citizen Foster Care Review Board, or CFCRB, in 1982 as a way to decrease the time children spend in foster care. CFCRB volunteers review Cabinet for Health and Family Services files on children placed in out-of-home care and work

with the cabinet and courts on behalf of the state's foster children. The volunteer reviewers help ensure that children receive the necessary services while in foster care and are ultimately placed in permanent homes. All volunteers must complete a six-hour initial training session and consent to a criminal record and central registry check. A recommendation is then

made to the chief judge of the District Court or Family Court for appointment. The Pike County CFCRB meets at 9 a.m. on the second Thursday of each month at the Pike County Department for Community Based Services. For more information, contact: Shawna Wathen, Family Services Supervisor, CFCRB Administrative Office of the Courts 606-

287-6029 or shawnawathen@kycourts.net. Individuals who would like to volunteer but are not available for the aforementioned meeting may contact Shawna Wathen to get meeting schedules for other CFCRBs. Approximately 800 volunteers across the state serve as members of the Kentucky Citizen Foster Care Review Board. The

boards operate within the Division of Dependent Children's Services of the Administrative Office of the Courts in Frankfort. As the operations arm for the state court system, the AOC supports the activities of nearly 3,300 court system employees and 403 elected justices, judges and circuit court clerks, and executes the Judicial Branch budget.

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**Dinner Diva
 Common Cooking Salts**

By Leanne Ely, CNC

Let's face it. If we're in a kitchen cooking, chances are we'll be using salt at some point, whether it's searing, boiling, grilling, roasting, or baking. The chances that salt is involved probably averages in at 99 percent. But did you know that there are actually differences in salt? It's so common, I think we often assume that all salt is the same, but there is actually a great deal of variety.

The most common salts we tend to see in grocery stores are table salt, kosher salt, and sea salt. But what makes one different from the other? Ordinary table salt is the most commonly used salt. It's typically the cheapest and the most processed. It's scraped down till most minerals are removed from it and tends to have the least flavor in comparison to other salts. Sea salt is pretty straightforward: it's harvested from the sea. To get it processed, it's generally evaporated naturally by being placed in clay trays in the sun, and with this method it's a lot less processed than regular table salt.

Kosher salt is known for its easy dissolvability; it's just regular table salt rolled out into a flake, easy to dissolve, though less dense, therefore less mass,

than table salt and therefore it's common to use a lot less. Now that we've cover salt basics, it gets a lot more complicated.

There is a grey salt know for its moistness. Many consider it the best quality of salt around because most of the minerals stay intact. One of my favorite salts is a pink Himalayan salt. It really is a light pink tint and typically comes in a grinder for a good fresh flavor. Some of the minerals found in Himalayan salt are calcium, iron, copper, potassium, and magnesium. Beneficial minerals to your meal you probably didn't even realize you were adding by simply using this particular salt.

So there's just a little information on salt, it's more than your standard old salt shaker. And if you're feeling a little crazy sometimes you can find even smoked salt crystals, or other natural-flavor infused salt. It's a whole salt world you probably didn't even realize existed.

If you're watching your salt intake, we make it easy for you! Our Menu-Mailer subscription contains a Heart-Healthy menu each week with recipes containing less than 500mg of sodium. www.SavingDinner.com.

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