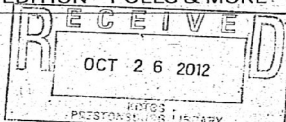


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# The Times

Serving the citizens of Floyd County since 1927



## SPORTS

Allen C-Team claims county title  
Page 86

## WEATHER

Partly cloudy.  
High 73, Low 50

## SPORTS

Lady Eagles capture B-Team championship.  
Page 6

## ONLINE

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FRIDAY, OCTOBER 26, 2012

75 cents

# Trail will boost area business, locals told

Jack Latta  
Staff Writer

PAINTN and touri advantage to-trails campus of Technical information.

Several were in attendance Thursday as Big Sandy Area Development District and the Paintsville Small Business Development Center put on a workshop and informational pre-

repreneurs ng to take Line rails- the Mayo nunity and to gather

sation with regard to the Dawkins Line rails to trails project.

The project is expected to offer opportunities in tourism, health benefits, recreational opportunities and a general improvement to the quality of life for Eastern Kentuckians.

During the informational, Denise Thomas with the Big Sandy Area Development District compared the project to the Virginia Creeper Trail, a 35-mile trail in southeast Virginia that runs from Abingdon to Whitetop.

The VCT creates a considerable economic impact to its region, bringing in \$2.5 million in local and non local us-

ers, and has added nearly one million dollars in estimated value to the area.

The Dawkins Trail project will convert the old Dawkins Line railroad, which ran from Paintsville to Breathitt County, into a trail suitable for hiking and biking. Thomas says that the surface of the trail will be covered in dense grade aggregate, and will likely see "significantly more equestrian traffic than the VCT."

Groundbreaking for the first stage of the trail, running from Paintsville to Royalton, began recently. Phase two

See TRAIL | Page 2



Business owners and entrepreneurs learn about the potential economic impact of the Dawkins Line Trail, during a meeting Thursday in Paintsville.



Local actors perform "Conjunction Junction," during Appalachian Community Theatres' production of "Schoolhouse Rock Jr." last month. The show would end up being the last one to be staged at the Mountain Arts Center.

## Acting group finds itself without a home

### MAC tells Appalachian Community Theatres it can no longer perform there

Ralph B. Davis  
Managing Editor

PRESTONSBURG — The president of a local acting company says his group is looking for a new home, after being informed last month it could no longer use the Mountain Arts Center as its primary venue.

Appalachian Community Theatres board president Jason Kretzer said the group, which relies on local actors to stage musicals, plays and holiday shows, is currently exploring several options and considering what impact the move will have on next season's schedule.

"This decision did indeed come as a complete and total surprise to

us," Kretzer said. "To that point, we had already confirmed show dates with the MAC and announced our upcoming season during all of the Schoolhouse showings and in other media."

Kretzer said the acting company had just wrapped up their final performance of its most recent production, "Schoolhouse Rock Jr.," when the group was told that they would not be allowed to use the MAC for future performances.

Up until they were notified of the change, Kretzer said, organizers of the group were unaware of any problems. He added that difficulties the MAC was facing in staging the productions were only mentioned when organizers were being told

that they would not be able to use the MAC in the future.

"The reasons they gave were completely resolvable had we been informed of them," Kretzer said. "However, we were not informed of most of them until that meeting."

"The given reasons would be what we consider to be growing pains and are common to any groups that work with children, as we do. I am not saying that we were perfect and that we were not experiencing growing pains. However, the opportunity no longer exists to work to resolve them."

### Scheduling conflicts, communication problems

MAC Director Keith Caudill said Thursday the facility was simply having a difficult time serving the group and at the same time taking care of other performances.

See ACTING | Page 2

## Man jailed for threat to blow up courthouse

Jack Latta  
Staff Writer

PRESTONSBURG — An elderly man with no history of criminal behavior is behind bars today, after allegedly assaulting a sheriff's deputy and threatening to blow up the Old Floyd County Courthouse.

Witnesses say that Joe Hall, 72, of Minnie, entered the Floyd County Attorney's office Tuesday and demanded money he was owed by a man he could not identify. Hall claimed someone owed him \$300 from several years prior.

According to Assistant County Attorney, Tyler Green, when another attorney in the office tried to explain to Hall that the statute of limitations had likely run out on his claim, he allegedly made a statement to the effect that "he would get his money or blow the place up."

When a sheriff's deputy was called in to check on the scene, Hall "took a swing" at the deputy and was then placed under arrest, Green said. Hall's person and vehicle were searched, and no evidence of explosive material was found.

Green suggested that he believed Hall's threat was idle, but added that such threats "are something we have to take seriously."

Hall was charged with one count of second-degree disorderly conduct, resisting arrest, terroristic threatening, and third-degree assault on a police officer. Hall is currently being held in the Floyd County Detention Center on a \$10,000 cash bond.

He was arraigned Wednesday in Floyd District Court in front of District Judge Jimmy R. Marcum.

Green said that due to Hall's outburst taking place in the county attorney's office, a special prosecutor will be assigned to the case.

## Safe Trick or Treat now set for Sunday

Jack Latta  
Staff Writer

PRESTONSBURG — Ghastly goblins and grizzly ghouls, paranormal pirates and pesky pixies will all make their way up into this mountain this weekend, as the Heritage House Hotel hosts its annual Safe Trick or Treat event.

Doors will open for the haunting experience at 3 p.m. Sunday, Oct. 28, and stay open until 5 p.m. "We don't stop it at 5; any child that is in line still gets in," said operations manager Rhonda Thornsberry.

Thornsberry says people begin lining up in the morning for the event, and that more and more show up every year.

The annual spooktacular event relies on vendors and sponsors and caters to 3,000-to-5,000 people.

Thornsberry says that weather plays a factor as lines stretch outside and wrap around the building. "As long as it isn't raining they will still come out."

The business will be decorated up like a haunted house, and will play host to over 40 vendors providing a frightfully family friendly event.

Regular Trick or Treat in the city of Prestonsburg will be held Wednesday, Oct. 31, between 6 and 8 p.m.

## ADD, Wheelwright get homeland security grants

Ralph B. Davis  
Managing Editor

FRANKFORT — Gov. Steve Beshear announced \$2.2 million for 97 homeland security projects Thursday, and two of those grants are going to Floyd County.

Big Sandy Area Development District will receive \$20,000 for all-terrain vehicles, trailers and lighting, while the city of Wheelwright will receive \$10,000 to purchase five mobile radios and a base station.

"State Homeland Security Grants strengthen the effectiveness of our first re-

sponders as they carry out their important role of protecting citizens when natural and man-made disasters occur," Beshear said. "I am confident that this allocation of federal dollars has been maximized to help keep Kentuckians safe and secure."

The U.S. Department of Homeland Security (DHS) funds are used to build and strengthen preparedness capabilities at all levels through planning, equipment and readiness activities.

Gene Kiser, executive director of the Kentucky Office of Homeland Security (KOHS), said local agencies submitted 211 applications totaling \$11.8 million for these grants.

"These grants are in high demand across the Commonwealth," Kiser said. "The approved grants will be beneficial in helping first responders tackle their important jobs."

Other communities in the Big Sandy area were named recipients, as well. Others in the region receiving grants include:

- Johnson County, \$50,000 for mobile and portable radios and pagers
- Paintsville, \$30,000 for extrication equipment
- Maguffin County, \$42,000 for repeaters
- Coal Run Village, \$8,000 for a mobile data computer

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# Obituaries

## Joshua Michael Nickerson

Joshua Michael Nickerson, 49, of Teaberry, died Oct. 21, 2012. He was born June 23, 1993, in Marshall, Mich., to Myshelia Hamilton Mullins and Randal Akers, of Teaberry. He was the grandson of Barbara and Carl Dean Hamilton, of Teaberry. Other survivors include three sisters, Amanda Travis (Colby Newsome), Kristina Travis (Billy Adkins) and Gabriella Hamilton, all of Teaberry; nieces and nephew, Bailey, Landon and

Kaylin; and special friend, Stephanie Newsome, of Teaberry. Funeral services for Joshua Michael Nickerson were held Thursday, Oct. 25, at Samaria Old Regular Baptist Church, at Teaberry, with Old Regular Baptist ministers officiating. Burial followed in the Hamilton Family Cemetery, at Tinker Fork, Teaberry. Nelson Frazier Funeral Home, of Martin, was in charge of arrangements. [www.nelsonfrazierfuneralhome.com](http://www.nelsonfrazierfuneralhome.com)

**Elbert Eugene Poe**  
Elbert Eugene Poe, 67, of

Houston, Texas, died Tuesday, Oct. 16, 2012, at Cypress Fairbanks Hospital, in Houston. He was born Aug. 9, 1945, in Prestonsburg, to the late Amos and Annie McGuire Poe. He was a retired construction worker, a Vietnam veteran, a member of the American Legion, member of the Veterans of Foreign Affairs and a member of the Baptist Church. He was preceded in death by a brother, Malcolm Isaac Poe, and a sister, Ethel Kendrick. He is survived by brothers and sisters, John Poe,

of Blue River, David Poe, of Pikeville, Amos Poe Jr., of Goshen, Ind., Ronnie Poe, of Leesburg, Ind., Billy Poe, of Sidney, Ind., Lucy Poe Davis and Faye Crace, both of Prestonsburg, and Mable Rickel, of Warsaw, Ind. Funeral services will be held at 11 a.m., Friday, Oct. 26, at Nelson Frazier Funeral Home, in Martin. Burial will follow the service at Amos Poe Cemetery, in Prestonsburg. Nelson Frazier Funeral Home, of Martin, is in charge of arrangements. [www.nelsonfrazierfuneralhome.com](http://www.nelsonfrazierfuneralhome.com)

**Cody Smith**  
Cody Smith, 21, of Johnstown, Ohio, passed away Oct. 17, 2012. He was born in Columbus, Ohio. Cody graduated from Northridge High School, where he played several sports. Cody was an avid Kentucky Wildcat fan and shared his enthusiasm with his family and friends. Family includes Cody's loving and caring parents, Bob and Patty Smith; sister and brother-in-law, Megan (Jon) Yoder; twin sister, Courtney Smith; Papaw Bill and Nannie Virgie Scalf; Grandpa Gene and Grandma

Sara Smith; niece, Brooklyn Smith; nephew, Braden Yoder; uncles and aunts, Steven and Cheryl Scalf, Thomas and Renee Webb, Joe and Carol Smith, Mike and Jane Ermalovich; Church and Carole Foreman, Mitch Smith and Barb Barbour; and numerous cousins. He was also the great great grandson of Mr. and Mrs. Lenny Boyd, of Dana. Funeral services were held Tuesday, Oct. 23, at the Vineyard Community Church, in Johnstown. Burial followed in the Bennington Chapel Cemetery, in Centerburg, Ohio.

# For the Record

## MARRIAGE LICENSES

Trisha L. Waszil to Eric S. Risner, both of East Point.  
Alyssa R. Adams to Casey E. Adams, both of Salsyville.  
James Christopher Crider to Courtney Lee Marshall, both of Prestonsburg.  
Langley Scott Fee to Phyllis Ann Hardin, both of Prestonsburg.

Patricia Sue Jones, to Billy Marvin Brown, both of McDowell.  
Ashley Nicole Ousley of Martin to Brent Elbert Tyler Lee of Dana.  
Brandon D. Little of Wheelwright to Samantha D. Spence of Tomahawk.  
Tina Maria Watson to Jonathan Lee Hall, both of Dana.

## CIVIL SUITS

Capital One Bank v. Noah M. Hall - contract.  
Portfolio Recovery Associates LLC v. Chrystal Burchett - contract.  
Portfolio Recovery Associates LLC v. James Adkins - contract.  
Portfolio Recovery Associates LLC v. Kristi James - contract.  
DH Capital Management, Inc. v. Ryan Johnson - contract.  
Central Financial Services v.

Jonathan Blair - contract.  
Housing Authority of Martin v. Amanda Carroll - contract.  
Joann and Barry Blackwell v. Arthur Forren - contract.  
Chad Crace v. Delmer Johnson - contract.  
Carroll Engineering Co. v. Magoffin County Coal Corp - contract.  
Bank of America v. Erick D. Burke - contract.

Nationstar Mortgage LLC v. Gregory Lee Akers, et al - contract.  
US Bank National Association v. Gregory Goble, et al - contract.  
Tax Ease Lien Servicing, LLC v. Gerald Adkins - contract.  
Brandi Nicole Brown v. Joseph Dwayne Brown - dissolution of marriage.  
Kathy Blackburn v. Dr. Jody Johnson - malpractice.

## Acting

From Page 1

"It became apparent they needed something more than we could ac-

commodate," Caudill said. "It wasn't intended to be a bad break," Caudill said later. "Obviously, they're going to be disappointed,

because of all the resources we have. But even with all of the resources we have, we couldn't accommodate them."

Caudill said a lot more work goes into each production, including Appalachian Community Theatres' shows, than the public realizes. He said the group had to use the MAC for two weeks, to accommodate shows and practices. But he noted that during one of the group's shows, the facility was also trying to juggle five other events taking place at the same time.

Caudill also said it became difficult to communicate with the all-volunteer group, because there was no one person in charge of everything, like there would be if the group had a paid professional in charge of operations. He called trying to communicate with Appalachian Community Theatres "organizationally

difficult."

"It's not a fault of anyone," Caudill said. "Sometimes organizations become dysfunctional."

**New challenges, new opportunities**  
Kretzer said Appalachian Community Theatres is now considering what steps to take next.

"We have approached other local venues about housing us as both a permanent feature. Like we thought we were going to be at the MAC - and in a temporary capacity," Kretzer said. "We would absolutely be delighted to remain in Floyd county due to all of the support." Kretzer also noted that the group's sudden exclusion from the MAC comes from the heels of what they had considered a successful season.

"We would like to recognize everyone in both Prestonsburg and greater Floyd County for their amazing support this season," Kretzer said. "Businesses and the community at large have been very excited and have provided both financial and intangible support for our endeavor."

"While I do not have

exact numbers, we entertained over 5,000 people this year. We ended our year with great momentum."

Kretzer said the board needs to find a new venue soon, either on a permanent or temporary basis, because depending on where the group ends up, next season's schedule could change.

"To move forward with our schedule as it was announced, we would need a special space - especially for 'Wizard of Oz,'" Kretzer said. "Keep in mind, we had fully expected to be at the MAC next season, and our show selection matched that venue. As such, we may need to modify our show selection if they do not match the venue."

Kretzer said the board is using the moment to refocus on what it needs to do in order to take the next step toward success, not just for the acting company, but for the community, as well.

"As such, we are working on a grant that will get that ball rolling that will allow us and members of the community to attend a training in Colquitt, Ga.," Kretzer

said. "It is put on by a local theatre there that literally turned their town into a tourist hub."

Kretzer also said Appalachian Community Theatres hopes to remain in Prestonsburg or elsewhere in Floyd County, or perhaps Paintsville, as the area is central to the region from which the theater draws both its talent and its audience.

"We have felt incredibly welcome in this town and have been thrilled to utilize a venue as well equipped and staffed as the MAC," Kretzer said. "And while the group is disappointed to no longer call the MAC its home, he said everyone involved with the theater is thankful for the time they spent there."

"We would like to emphasize how thrilled we have been with the level of service we received at the MAC - much beyond anything we expected," Kretzer said. "The MAC technical staff were beyond friendly and helpful and provided this group of amateur volunteers their expert guidance. If it was in their power, they provided everything we ever asked."

## ATTENTION FLOYD COUNTY VOTERS

There was a mistake in the Wednesday, Oct. 24th 2012 edition of The Floyd County Times regarding #20 - Halbert voting precinct. Voting for the November 6th 2012 General Election for this precinct will take place at Garth Vocational School.

For questions, contact The Floyd County Clerk's Office  
**606-886-3816**



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## Trail

From Page 1

is currently in the planning and development phase. Safety and security on the trail will be overseen by the Kentucky Parks Department with local Emergency Medical Ser-

vices providing most of the local support.

There are several other trails projects currently underway in the state of Kentucky, including trails in Muhlenberg County, Lexington-Ashland

(The Big Sandy Trail), and Harlan County.

Following the informational section of the meeting, Thomas lead a workshop for small business owners wanting to capitalize on the rails to trails project.

## Janet Stumbo opposed recognizing an unborn child as a person.

On a March Sunday afternoon, a pregnant 22 year old Veronica Thornsberry was in labor and on her way to the hospital.

Christopher Morris, on drugs and speeding, ran a red light plowing his truck into her car.

A tiny baby girl, Haley Natosha was delivered by caesarean in the ambulance. But it was too late, mother and child were dead.

Ky Courts previously held, someone killing an unborn child could not be charged with murder since a fetus is not a person.

Read the ruling Commonwealth v. Morris, 142 S.W.3d 654 (Ky, 2004), to [WIIITScott.com](http://WIIITScott.com), click on "You Be The Judge" and scroll down to the Morris case.



In this, the Morris case, five Justices held that in the future a viable unborn child is a "person" under the state's homicide law.

Former Justice JANET STUMBO was one of only two who disagreed.

Janet Stumbo argued, it was inconsistent with Ky statutes and prior court decisions to interpret the word "person" to include a "viable fetus."

In 2004, voters removed Janet Stumbo from the Supreme Court replacing her with Will T. Scott.

Will T. Scott is recommended by Kentucky Right To Life



Photo by Scott for Supreme Court, James D. Walker, Times

# Community Calendar

*Calendar items will be printed as space permits. Editor's note: To announce your community event, you may hand-deliver your item to The Floyd County Times office, located at 263 S. Central Avenue, Prestonsburg, or mail to: The Floyd County Times, P.O. Box 390, Prestonsburg, KY 41653; or fax to 606-886-3632; or email to: fctimes@floydcountytimes.com. Information will not be taken over the telephone. All items will be placed on a first-come, first-served basis as space permits.*

### Extension board meeting

A special-called meeting of the Floyd County District Board will be held Thursday, Nov. 8, at the Extension Office. This meeting has been called for the purpose of updating and amending the building construction, lease agreement and related items.

### Gospel singing

The 11th annual Old Brush Arbor old gospel sing will be held at 5 p.m., Saturday, Oct. 27, at Freedom Bible Church, on Lower Johns Creek, in Pikeville. Singers will include the Blanton, the Bunch, Hubbert, Masters Harmony, Joann Coleman and the Children of Faith, New Heart and more. For more information, call (606) 432-3520.

### Prophecy revival

The Prophetic Lights Prophecy Revival will be held at 7 p.m., Nov. 9, 10 and 11, at the National Guard Armory, in Prestonsburg. Admission is free. There will be a different subject discussed each night, including "Coming of the Dragon and the Lamb," "First Beast of Revelation 13," "War Between the Dragon and the Lamb," "USA in Bible Prophecy," "The Dragon's Greatest Lie" and "Victory of the Lamb."

### Revival

Jack's Creek Baptist Church hold a revival Nov. 5-6, 7 p.m. each night. Bro. Slade Stenson will be the evangelist.

### Retired teachers dinner

Floyd County Retired Teachers will have a potluck dinner Thursday, Nov. 1, at 11 a.m., at the Wayland Historical Society. Guests are asked to bring a wrapped Christmas ornament and a food item, as well as paper and/or pencils for the community service project.

### Benchmark open house

Benchmark Family Services is expanding into a new office. We would like to invite the public to an open house, Nov. 10, at 6:30 p.m., to learn about becoming a foster parent. There will be food, fun and games. The new office is located in downtown Prestonsburg, across from the Municipal Building. Call (606) 886-0163 for directions.

### Floyd County Job Club

The Floyd County Job club meets every Thursday, from 11 a.m. until noon, at the Kentucky Career Center, Office of Employment and Training, in Prestonsburg. This free job club is sponsored by Eastern Kentucky Concentrated Employment Program. Big

Sandy Area Community Action Program and the Office of Employment and Training. At the club, you will get job leads, job search advice and networking opportunities that will help you get hired. All are welcome and first-time visitors are encouraged to come one hour early for a new member orientation. Call (606) 886-2948, for more information.

### Quit smoking

Are you ready to kick the tobacco habit for good? The Cooper/Clayton Method to Stop Smoking can help! Classes are ongoing at Saint Joseph - Martin on Mondays, at 10:30 a.m., in the Seton Complex Lower Level Conference Room.

### Cooper/Clayton Method to Stop Smoking

For more information, call 285-6692. The Cooper/Clayton Method to Stop Smoking Program is made available to Kentuckians through the Kentucky Career Program and its partners.

### Communities Against Drug Addictor

Floyd County Communities Against Drug Addiction meets at noon the third Tuesday of each month in the third floor conference room of the Floyd County Health Department. Lunch is provided.

For more information, contact Mike Vance at (606) 226-2075; Leslie Howell at (606) 263-4370 or (606) 339-7358, or Carol Jo May at (606) 226-2565.

### Allen VFD membership drive

Allen Volunteer Fire Department is now holding a membership drive. Meetings are held every Monday night, at 6:30 p.m., at the station. Please stop and help your volunteer fire department or call Assoc. Chief Bill Jarvis at (606) 791-6601.

### Volunteer mentors

Mentoring for a Second Chance is a jail-based service program designed to help reduce recidivism and promote positive growth, by linking nonviolent offenders with a mentor from the local community. We are looking for local men who are motivated to make a difference in the life of an individual while having a positive impact on the community.

If you or someone you know is interested in becoming a mentor, contact mentor coordinator Joshua Kinzer, (606) 886-4439, (606) 339-8878, or jkinzer@MtComp.org.

### Veterans service officer

VFW Post 5839 in Lancer will have a service officer available every Wednesday, from noon until 4 p.m. Some services offered will be initial claim filing, upgrades, appeals, permanent and total claims and others. Contact (606) 886-9428 or (606) 226-1973 for more information.

### Autism Awareness & Support Group

2nd Monday of each month. Calvarys Call Church, Lancer. (6-7 p.m.). Contact: Billie Chain, eastkentismawareness@gmail.com

### Autistic Children Support Group plans monthly meeting

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

### Non-profit agency fosters parents

Non-profit agency in need of foster parents in your area. Financial compensation/ bonuses, free foster parent trainings, mileage reimbursement, and 24/7 support are available. All foster children get a medical card, free school lunches, and clothing vouchers/other reimbursements. Call for more information, at 606-886-0163 or visit our website at www.benchmarkfamilyservices.org/

### Auxier Learning Center offers home repairs

Need help with home repairs? The Auxier Lifetime Learning Center can help. We are now taking applications for home repairs. If you or someone you know are low income and need help with repairs on your home, please call 606-886-0709 for your application, or stop by the office at 21 South River Street, Auxier. Office hours: Monday-Friday, 8:00-4:00. Must provide proof of income and ownership.

### FCHD offers Body Recall exercise classes

The Floyd County Health Department offers Body Recall gentle exercise classes every Monday, Wednesday, and Friday, at 9:30 a.m. and at 10:30 a.m., at the First Presbyterian Church in Prestonsburg.

Classes are free and open to the public. Call 886-2788 for more information.

### Become a volunteer with Victim Services Program

You are more likely to be hurt by someone whom you know rather than be assaulted on Kentucky's streets by a total stranger. Learn to assist victims of sexual assault, child abuse and domestic violence by becoming a Volunteer with Victim Services Program. Call today to receive an application for our free training program.

Call the Volunteer Coordinator at (606) 886-4323 for further information or to request an application. (The Victim Services Program is a program of Mountain Comprehensive Care Center.)

### OutPatient Drug Treatment Program and Education

Narcotics warns parents that abuse of addictive pharmaceutical drugs with youth is on the rise with deadly consequences. Learn the signs of drug abuse. Call Narconon for a free brochure on the signs of addiction for all drugs. 877-379-0208. www.drugsno.com

### Auxier Community Center

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

### Free Bible Lessons

Write to: Bible Way Out

reach Ministry, P.O. Box 3371, Kingsport, TN 37664. Lessons completely free of charge to all interested.

### Need help with addiction?

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

Mondays, at Minnie (beside pharmacy), from 7-8 p.m.

Mondays, at Little Mud, Spruce Pine School, from 7-8 p.m.

Mondays, family support group, for families that have been hurt by addiction, McDowell First Baptist Church, 7 p.m.

Tuesdays, in Prestonsburg, in the Van Ark Building, from 2-3 p.m.

Tuesdays, at David, The David School, from 3:30-4:30 p.m.

Wednesdays, at Allen Baptist Church, from 7-8 p.m.

Thursdays, at Allen Baptist Church, from 7-8 p.m.

Sundays, "Stepping into Freedom" group, McDowell First Baptist Church, 7 p.m.

For more information, call Libbi Hall at (606) 377-2930.

### Need Help With Home Repairs?

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

### Hope in the Mountains

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

Meetings focus will be to offer information in regard to community resources available to women seeking freedom from drug abuse. Family members are also welcome to attend. The Hope initiative proposes to help women break free from addictive lifestyles to become self-respecting contributing members of society. Call 874-2008 or 788-1006 for more information.

### Democratic Woman's Club

The Floyd County Democratic Woman's Club meets the third Monday of each month at 6 p.m., at Prestonsburg City Hall.

### Have an 'Out of this World' birthday party!

The East Kentucky Science Center is now offering a fun and distinctive party venue for kids of all ages. The Birthday Party package includes rental of a classroom and admission to exhibits and planetarium programs. Must be booked two weeks in advance; limit 40 guests. Call 889-8260 for more information.

### Prestonsburg Rotary Club

Prestonsburg Rotary Club meets on Thursdays, 12 noon to 1 p.m., at Reno's Roadhouse. For additional information, contact Paula Howard, 263-3225, or Tommie Layne, 886-4585. Everyone welcome.

### 'Earn While You Learn'

The Big Sandy Area C.A.P. office is taking applications for its Senior Training Program. You must be 55 or older to apply. In Floyd, call 886-2929; Johnson, call 789-6515; Magolin, call 349-2217; Pike, call 432-2775; and in Lawrence, call 638-4067.

**Floyd County Animal Shelter Pet of the Week**

This week's celebrity is National Safety Award Winner, Coal Operator Ray Slone. Ray is pictured with "ROCK", a three month old male St. Bernard who will make sure you'll never have leftover pet food.

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# Disappointment

Worth Repeating ...

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

— Gregory Nunn

## Amendment 1

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

## Guest View Investing in progress

Josh Knauer

As a software entrepreneur, I find it ironic to see people going online to rail against taxes and government spending. The Internet grew from government research financed by earlier generations of taxpayers. So did computers, GPS technology and many other technologies we take for granted today.

The Global Positioning System (GPS) we access from our phones, computers and cars was developed and is still operated by the Department of Defense, which does not charge user fees.

We know the companies making the latest commercial products, but not the history of private and public sector innovation and partnership behind them. A strong collaboration between the public and private sectors is essential for the continued innovation and job creation necessary to keep our country competitive in the global market.

My company, Rhiza Labs, was recently named one of Pittsburgh's top 10 fastest growing tech companies. We make easy-to-use tools for collecting, analyzing and sharing data online. My business has directly benefited from the tax dollars that went into the research that created Internet technologies long before Rhiza was established. Like many businesses, we've had customers from the public and private sector — from AT&T and Comcast to Pittsburgh Public Schools and the United Way.

In today's polarized political debate, too many politicians speak of taxes as a cost that businesses should seek to avoid, or worse, as a cost that strangles and threatens the very future of business. In fact, my business and businesses generally have gotten a very good return on our tax dollars.

We need to invest more in basic research to plant the seeds for the next inventions that will change our lives in ways we can't presently imagine. We need to invest in science and math education so our children have the tools to become the engineers, entrepreneurs and job creators of the next generation. U.S. students used to lead the world in these important subjects, but continuing budget cutbacks and teacher layoffs have left us falling behind our international competitors.

Investments in science and math education now will pay dividends later for companies like mine because we will have a broader pool of job candidates to hire. Tax dollars were a vital component in our past innovations and have modernized infrastructure and fostered economic success. Tax dollars remain a vital component of our economy today.

Unfortunately, we've been laying off people in very important jobs like police and teachers, and letting our roads, bridges and schools fall apart, to help pay for a decade's worth of tax cuts for our nation's most affluent households. To justify continuing that harmful policy, tax cut defenders claim that letting the Bush-era tax cuts expire for income above \$250,000 will hurt our nation's small businesses. That's ridiculous.

Fewer than 3 percent of tax returns listing business income have taxable income over \$250,000, and many of these fortunate taxpayers are Wall Street investment partners, lawyers and large company CEOs earning income from service on corporate boards or renting out their vacation homes — not the picture of small business most of us hold. Indeed, the richest 1 percent of Americans have any income above \$250,000, and everyone would keep tax cuts on their first-\$250,000.

Contrary to what tax cut defenders claim, job creation is driven by customer demand, not taxes. Businesses don't pay taxes on their total revenues; they pay taxes on their income after deducting expenses like the cost of hiring and paying employees.

My business would be hurt far more by allowing the tax cuts for America's most fortunate to continue and instead slashing budgets for things like public education, research and infrastructure to pay for them.

The taxes we pay, wisely invested in education, infrastructure and new research, are the down payments on our future success.

Josh Knauer is President and CEO of Rhiza Labs, a Pittsburgh-based software company. This op-ed previously appeared in the Pittsburgh Post-Gazette.



## A legislative perspective

Rep. Greg Stumbo  
Speaker of the House

While school safety is a year-round concern, the issue is receiving extra attention across the state this week from educators and students alike.

That's because this time has been set aside as "Kentucky Safe Schools Week," which this year is focusing on a problem that is as old as schools themselves: bullying.

According to the Attorney General's office, nearly half of our children say they have been a victim of bullying behavior at least once, and during the 2011-12 school year, it was the root cause of more than 7,300 cases that were serious enough to require corporal punishment, out-of-school suspension or expulsion. This issue has taken on added urgency in today's electronic age, where rumors and threats can travel at the speed of light, often anonymously

and far beyond school grounds.

The Kentucky Center for School Safety, which the General Assembly created in 1998, is encouraging those in our schools to be what it calls "part of the cure" in stopping bullying. The website it has set up — <http://www.kysss.org/saw.php> — offers students, teachers and administrators a wealth of information to raise awareness of the problem.

Overall, of course, the vast majority of students are no problem at all when it comes to discipline. The latest annual school safety report, which the Dept. of Education released last month, found that just five percent faced serious punishment last year. Still, that totaled more than 35,000 students.

There were more than 1,100 assaults and 278 reports of deadly weapons, according to the report. Males made up the overwhelming majority

of these cases, and when looking at the age, ninth grade led the pack. In fact, that grade alone had significantly more students involved than the junior and senior classes combined.

Disturbingly, there were also as many reports of deadly weapons found in kindergartens through third grade as there were in the fourth and fifth grades. Altogether, there were 55 of these types of cases in our elementary schools last year.

When it comes to drugs and alcohol, ninth grade was again the class leader. This time, though, juniors and seniors had more combined cases, but not by much. There were also 125 cases in our elementary schools.

In addition to documenting the number of cases, the Dept. of Education report also highlights where the problems were most likely to occur. Nearly three-fourths took place

in the classroom last year, surprisingly, and the hallway and stairs were second. The cafeteria was third, followed by the bus and then the gym.

The need to attend to students' non-academic needs is getting more notice in Washington. In the latest round for "Race to the Top" dollars — which will provide \$400 million in competitive grants to school districts across the country — bonus points will be given to those schools that work with outside organizations to help students with their social, emotional or behavioral issues.

Here in Kentucky, steps have already been taken to help curb such things as bullying and using technology to harass others, but this is an area where we cannot afford to let our guard down. The more we can help students focus on learning rather than fearing who may be around the corner, the better off we all will be.

## The Usual Eccentric

# What's this thing on my hand?

Will E. Sanders  
Creators Syndicate

For lack of a better term I have this thing on my right hand. I have a hard time describing or diagnosing it, too.

This thing seems way too soft to be a wart. Plus I had a wart once so I am well-versed when it comes to them. Warts resemble cauliflower, have a hard consistency and can make the third-grade especially difficult and embarrassing when they are impossible to hide.

Now when I tell folks about this fleshy bulge they want to see my puzzling projection on my hand so I shove it in their face so close they can smell it. They study it for awhile and tell me it's a blister of some sort. That's impossible because the one thing I do know about blisters is they arise out of performing physical work or hard labor, which clearly I don't have time for.

According to the Internet what I have is nothing but a harmless cyst. I take that with a grain of salt. According to the Internet Abraham Lincoln was a vampire hunter, Johnny Depp is dead, Obama's first term has been a resounding success, the moon landing was staged and dogs are better than cats. This growth on my hand might be a lot of things, but it isn't anything the Internet suggests.

So that must make the culprit a boil then, right? Look, I'm going to level with you here. I'm calling a literary mulligan on this. I haven't a clue what a boil actually is. All I know is boils are disgusting. Just take my word for it: The last thing you need to be doing is typing "what does a boil look like" into Google. You'll have nightmares. A boil resembles a sporadic male nipple that has decided to form on a random part of your body.

And those are the big four. If you're anything like me when something like this happens you run down the checklist. This thing is either a wart, a blister, a cyst or a boil. That's an important thing to know. Here is a mnemonic device in order to memorize it: Weird Butterflies Crochet Bikinis.

My mother seems to think this thing is a tumor: "It's naught ah tumal!" I screamed at her.

"What about a pimple then?" "Oh yeah, mom, it's definitely a hand pimple," I replied sarcastically. "Do you remember how bad I had hand pimples back in high school?"

None of this is the bad part. Yes, having a mysterious, unexplained and perhaps foreign biological agent growing on my flesh is not the troublesome part for me. The problem is I don't know what to do about it now.

Do I give it a name? Is that how

these sorts of things work?

My gut instinct is to pop it with a needle, but I find poking things with needles generally doesn't solve problems; it just creates new ones, especially when body parts are involved. It all comes down to that age-old saying first eloquently written by William Shakespeare:

To pop, or not to pop, that is the question.

Another problem I have is people keep telling me home remedies. That wouldn't be so bad except I keep listening to these morons.

So far today I have poured salt, applied toothpaste and soaked this thing in vinegar. Pouring salt on a wound is never a good idea, toothpaste has only served to speed up its growth and vinegar is a home remedy for many things, including for causing a great source of pain and irritation.

I might as well set a mouse trap off with my hand at this rate.

Or maybe I should go to the doctor, but that will be a gigantic waste of time. All a doctor will do is ask me why this weird growth smells like Aquafresh. Then the doctor will wind up popping this fleshy doohickey on my hand with a needle and bill me.

No, I suspect this job sounds more like a do-it-yourself surgery if you ask me.

To contact Will E. Sanders email him at [wilesanders.com](mailto:wilesanders.com).

## The Times

Published Wednesday and Friday each week

263 SOUTH CENTRAL AVENUE  
PRESTONSBURG, KENTUCKY 41653  
Phone: (606) 886-8506  
Fax: (606) 886-3603  
[www.floydcountytimes.com](http://www.floydcountytimes.com)

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

Periodicals postage paid at Prestonsburg, Ky.

SUBSCRIPTION RATES PER YEAR:

In Floyd County: \$63.00

Kentucky: \$84.00

Outside Kentucky: \$125

Postmaster: Send change of address to:

The Floyd County Times

P.O. Box 390

Prestonsburg, Kentucky 41653

PUBLISHER

Josh E. Davis

MANAGING EDITOR

Mark B. Davis

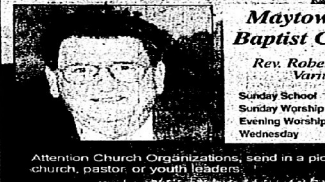
[web@floydcountytimes.com](mailto:web@floydcountytimes.com)

[bjayers@hearstpub.com](mailto:bjayers@hearstpub.com)

# 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 8:00 a.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, Martins; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Lorie Vannucci, Minister.  
In Victory Assembly of God, West Prestonsburg; Sunday School, 10:00; Worship Service, 11:00 & 6:30; Wednesday Evening, 6:30; Gary Stanley, Pastor.  
New Bethel Assembly of God, Burning Fork Rd., Salyersville; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Arthur (Sam) Smith, Minister.  
Praise Assembly, 1 mile S. of Prestonsburg, intersection of Rt. 80 and U.S. 23; Sunday School, 10:30 a.m.; Worship Service, 11 a.m. and 6:00 p.m.; Midweek Thurs., 7:00 p.m.; J.M. Stice, 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.  
Auxiler 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, Mausey Ky; Worship Service, 9:30; Every third Sat. and Sun. of each month; Roger Hicks, Pastor; Ralph Howard, Asst. Pastor. Contact Kermit Newsome 606-377-6881 for more information.  
Benedict Baptist, Slick Rock Branch, Cow Creek; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Jimmy D. Brown, 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 Jones, 866-3863, ext. 67267.  
Bonanza Freewill Baptist, Abbott Creek Road, Bonanza; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Jimmy D. Brown, Minister.  
Brandy Keg Freewill Baptist, Com Fork; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Roger Music, Minister.  
Calvary Southern Baptist, Betsy Layne; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Doug Lewis, Minister.  
Community Freewill Baptist, Goble Roberts Addition; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Paul D. Coleman, Minister.  
Cow Creek Freewill Baptist, Cow Creek; Sunday School, 10 a.m.; Sunday, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Nathan Lafferty, Minister.  
Daniels Creek Baptist Fellowship Church of God, Banner; Services: Saturday night, 7 p.m.; Sunday morning, 11 a.m.; Sunday night, 7 p.m.; Henry Lewis, Minister.  
Drift Freewill Baptist, Drift; Sunday School, 10 a.m.; Worship Service, 6:30 p.m.; Thursday, 6:30 p.m.; Pastor - Jobie Shepherd, Asst. Pastor - Lester Johnson  
Endicott Freewill Baptist, Buffalo; Sun. School, 10 a.m.;

Church every Sun. Morning 11:00 a.m.; Wed. evening Bible Study & Prayer Meeting, 7:00 p.m.; First Sat. evening Service, All Welcome 7 p.m. Pastor Matt Hunt, 606-478-2098.  
Faith Bible Church, an independent Baptist church, located on 1428, between Allen & Martin; Sunday School, 10 a.m.; Sunday Morning, 10 a.m.; Sunday Evening, 6 p.m.; Wednesday Bible Study & Prayer, 6 p.m.; Pastor Rev. Bob Wrenn.  
Faith Freewill Baptist, 1/4 mile above Workville Egl. on Rt. 1428; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Elder Donnie Clark, Minister.  
First Baptist, Garrett; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Randy Gandy, Minister.  
First Baptist, Marlin; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Sunday Evening Service 7 p.m.; Wednesday, 7 p.m.; Greydon Howard, Minister.  
First Baptist, Prestonsburg, 157 South Front Street; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wed., 6:30 p.m.; Jerry C. Workman, minister.  
Fitzpatrick First Baptist, 1063 Big Branch, P.O. Box 410, Prestonsburg, KY 41653; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Pastor Tommy Rice.  
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, (Burham'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.; Wednesday, 7 p.m.; Jimmy D. Brown, Minister.  
Highland Avenue Freewill Baptist; Sunday School, 9:50 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; David Garrett, Minister.  
Jacks Creek Baptist, Bevinville; Sunday School, 10 a.m.; Pastor - Paul Granger.  
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 D. Brown, Pastor.  
Lackey Freewill Baptist, Lackey; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Johnny J. Collins, Minister.  
Lancaster Baptist Church, 71 Casley St., Prestonsburg; Sunday School, 10:00 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.  
Linn Beaver Regular Baptist Church across from Gaith School; 4th Saturday & Sunday 10:00 a.m., Odd Saturday 6:00 p.m.; Gary Compton, Pastor.  
Liberty Baptist, Denver; Sunday Service, 10 a.m.; Wednesday, 11 a.m. and 6 p.m.; Wednesday, 6 p.m.; Verle Little, Minister.  
Ligon Community Freewill Baptist, Ligon; Worship Service, Sunday, 11:00 a.m. Thursday, 7 p.m.  
Little Rosa Regular Baptist Church of Jesus Christ, Jordan Colton; Sunday School, 1st Saturday & Sunday of every month 9:30 a.m., 3rd Sunday 9:30 a.m., Odd Sunday 9:30 a.m.  
Martin Branch Freewill Baptist, East, Sunday Service, 11:00 a.m.; Wednesday, 11:15 a.m. and 7 p.m.; Wednesday, 7 p.m.; James (Red) Morris, Minister.  
Martin Freewill Baptist, Marlin; Sunday School, 10 a.m.; Wednesday, 6 p.m.; Bob Varney, Minister.  
John 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.; Slade Stinson, Pastor.  
Middle Creek Baptist, Blue River; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; William L. Hunt, Minister.  
Lighthouse Baptist, 2194 KY Rt. 1428, Prestonsburg; Sunday Service, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Donald Crisp, Minister; home, phone 285-3385.  
Pleasant Home Baptist, Water Gap Road, Lancer; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Mace Sackett, Pastor.  
Prater Creek Baptist, Banner; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Roy Lewis, Minister.  
Rock Fork Freewill Baptist, Garrett; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Wendell Carter, Minister.  
Rock Fork Regular Baptist, Garrett; Worship Service, 9:30 a.m.; Jerry Manns, Pastor; Willie Crone Jr., Assistant Pastor.  
Salt Lick United Baptist, Salt Lick, Huysville; Worship Service, 2nd & 4th Sunday, 10:30 a.m.; Pastor, Allen Chaffins, phone 946-2123.  
Sammy Clark Branch Freewill Baptist, Dana; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m.  
Stephens Branch Missionary Baptist, Stephens Branch; Sunday Service, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.  
The Third Avenue Freewill Baptist; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Phillip Ramey, Pastor.  
Tom's Creek Freewill Baptist, U.S. 23 (north of Layne Branch); Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Chuck Ferguson, Minister.  
Tom Moore Memorial Freewill Baptist, Cliff Road; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Youth Service, 5:00 p.m.; Evening Service, 6:00 p.m.; No Service the 1st Sunday of each month; Wednesday, 7 p.m.; Jody Spencer, Minister.  
Trimble Chapel Freewill Baptist; Intersection of U.S. 23 and KY 80, Water Gap; Sunday School, 10 a.m.; Morning Worship Service, 11 a.m. and Evening Worship Service 6 p.m.; Wednesday Bible Study, 7 p.m.; Youth Services 7 p.m.; Everyone Welcome.  
United Community Baptist, Hwy. 7, Huysville; Worship Service, 2 p.m.; Friday, 7 p.m.; Carlos Beverly, Minister.  
Wheelwright Freewill Baptist, Wheelwrights Junction; Sunday School 7 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Loui Ferrar, Minister.

### CATHOLIC

St. Martha, Water Gap; Mass: Sunday, 11:15 a.m.; Saturday, 5 p.m.; Sunday, Father Robert Diamond, pastor.  
**CHRISTIAN**  
First Christian, 560 North Arnold Avenue; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Jim Sherman, Minister.

### CHURCH OF CHRIST

Betsy Layne Church of Christ, Betsy Layne; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Tommy J. Spears, Minister.  
Prestonsburg Church of Christ, 88 Hwy. 1428; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Richard Kelly, 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, Ft. 23, Hager Hill; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.  
Huysville Church of Christ; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Chester Varney, Minister.  
Lower Toler Church of Christ, Harold; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wednesday, 6:30 p.m.; Lonie Meade, Minister.  
Mare Creek Church of Christ, Stanville; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6 p.m.; Tussy J. Pastor.  
Martin Church of Christ, Martin; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Gary Mitchell, Minister.  
Maytown Church of Christ, 65 Turkey Creek Rd., Langley; Bible Study 10:00 a.m., Sunday morning worship 11:00 a.m., Evening Worship 6:00 p.m.; Wednesday Bible Study 6:00 p.m.  
Newberry 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.  
Weeburg Church of Christ; Sunday School, 10 a.m.; Worship Service, 10:45 a.m. and 6 p.m.; John Burke, Minister.

### CHURCH OF GOD

Betsy Layne Church of God, Old U.S. 23; Sunday School, 10:30 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Judith Gaudin, 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.; J.B. J. Pastor.  
Landmark Church of God, Goble Roberts Addition; Sunday School, 10 a.m.; Worship Service, 11:10 a.m. and 7 p.m.; Wednesday, 7 p.m.; Kenneth E. Prater, Jr., Minister.  
Little Paint First Church of God, 671 Laiter Past 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 9:00 a.m.; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Ralph Hall, Pastor.

### EPISCOPAL

St. James Parish; 562 University Drive, Prestonsburg, KY 41653. (506) 886-8046, Sunday Coffee Hour, 10 a.m., Morning Worship, 11 a.m. Wednesday evening worship, 7 p.m. Office Hours: Mon.-Fri., 10 a.m.-2 p.m. Reverend Stan McGraw. www.dioalex.net/games/ Visit us on Facebook!

### LUTHERAN

Our Savior Lutheran; 2000 Bayne Room Cottage House Motel, Paintsville; Sunday Service, 11 a.m.; WKLW (600 am) 12:05 p.m.; Roland Benthup, Minister.

### METHODIST

Auxiler United Methodist, Auxiler; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.; Meard Music, Minister.  
Betsy Layne United Methodist, next to B.L. Gymnasium; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.; Bobby G. Lawson, Minister.  
Allen Christ United Methodist, Allen; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. & 6 p.m.; Wednesday, 7 p.m.; Kenneth Lomaster, Minister.  
Community United Methodist, 147 Burke Avenue (off University Drive and Neely 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.; Philip T. Smith, Minister.  
Emma United Methodist, Emma; Sunday School 10 a.m.; Sunday Morning 11 a.m.; Pastor David Proff.  
First United Methodist, 256 South Arnold Avenue; Sunday Service, 9:45 a.m.; Worship Service, 10:55 a.m.; Youth Service 6 p.m.; Rev Jim Adams, Pastor.  
Home Chapel Methodist, Auxiler; Sunday School, Sunday, 10 a.m.; Sunday Morning Service, 11 a.m.; Midweek Service, 7 p.m.; Sunday Evening Service held on the 1st and 3rd Sundays of each month at 6 p.m.; Judy Carck, Minister.  
Graceway United Methodist, Rt. 80, Sunday School, 9:45 a.m.; Worship Service, 11 a.m.; Wednesday Night, 7 p.m.; Roy Lewis, Minister.  
Salisbury United Methodist, Printer; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday Bible Study, 6 p.m.; Bobby G. Lawson, Minister.  
Wayland United Methodist, Rt. 7, Wayland; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.; Jack Howard, Pastor.  
Wheelwright United Methodist, Wheelwright; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Bobby Isaac, Minister.  
Vogle Day United Methodist Church, Harold; Sunday School, 10:00 a.m.; Sunday Worship Service, 11:00 a.m.; Wed. Bible Study, 7:00 p.m.; Dennis C. Love, Pastor.  
Drift Pentecostal, Drift; Sunday School, 10 a.m.; Worship Service, Saturday/Sunday, 7 p.m.; Wednesday, 7 p.m.; Ted Shannon, Minister.  
Free Pentecostal Church of God, Rt. 1428, East Point; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Thurs., 6:30 p.m.; Buster Hayton, Minister.  
Free Pentecostal Church of God, Weeburg; Sunday School, 10 a.m.; Worship Service, 7 p.m.; Wednesday/Saturday, 7 p.m.; John "Jay" Patton, Minister.  
Free Pentecostal Deliverance, E. 46 cr. on, Parkway at Canyon; Worship Service, Saturday and Sunday, 7 p.m.; Patricia Carter, Minister.  
Free Pentecostal Holiness, Rt. 122, Upper Burton; Sunday School, 10 a.m.; Worship Service, 6 p.m.; Friday, 7 p.m.; Louis Santani, Minister; David Pike, Associate Minister.

### PRESBYTERIAN

Drift Presbyterian, Route 1101, Drift; Worship Service, 11 a.m.  
First Presbyterian, North Lake Drive, Prestonsburg; Sunday School, 9:30 a.m.; Worship Service, 11 a.m.

### SEVENTH DAY ADVENTIST

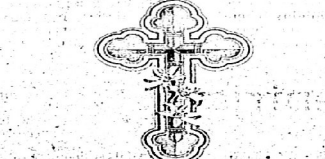
Seventh-Day Adventist, 5 miles West on Mountain Parkway, Church: Services, 9:15; Sabbath School, 10:45; John Baker, Pastor, 358-9263; Church, 886-3459, leave message. Everyone welcome!

### THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

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

### OTHER

Pastor Atha Johnson welcomes everyone to attend services at the CHURCH OF GOD OF PROPHECY TRAM KENTUCKY, Sunday school 10 a.m., worship service 11 a.m.  
Drift Independent, Drift; Sunday, 11 a.m.; Thursday, 6:30 p.m.  
Grace Fellowship Prestonsburg, (next to old flea market), Sunday School, 10 a.m. Worship, 11 a.m. Bill Stukenberg, Pastor 889-9065.  
Lighthouse Deliverance Tabernacle, West Prestonsburg; Sunday School, 10 a.m.; Thursday, 7 p.m.; Don Shepherd, Minister.  
Faith Revelation, Harkers Ave., West Prestonsburg; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Thurs., 7 p.m.; Pastor - Lynn Hagan, 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 Hill St.; Worship Service, 11 a.m. and 7 p.m.; Wednesday/Friday, 7 p.m.; Roy Cosby, Minister.  
Living Water Ministries Full Gospel Church, Rt. 3, just before Thunder Ridge; Wednesday, 7:00 p.m.; Sunday Evening, 6:00 p.m.; Pastor, Curt Howard.  
Martin House of Worship, Old Post Office St.; Worship Service, 7 p.m., Saturday/Sunday.  
Old Time Holiness, 2 miles up Arkansas Creek, Marlin; Sunday School, 11 a.m.; Worship Service, 11 a.m. and 6 p.m.; Friday, 7 p.m.; John W. Patton, Minister.  
Spurlock Bible (Baptist), 6227 Spurlock Creek Rd., Prestonsburg; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Jim Stephens, Minister. 886-1003.  
Town Branch Church; Sunday School 10 a.m. except for first Sunday in each month; Worship Service, Sun. morning 10:00 a.m., Evening 5 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 Education, 10:00; Sunday Morning, 11:00; Sunday Evening, 7:00; Wednesday, 7:00; Pastors, Paul and Raimond, Phone 263-1619.  
Youth Fellowship Center, Wheelwright; Monday-Tuesday, 6 p.m.; Thursday, 7 p.m.  
Zion Deliverance, Wyand; 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 Price Food Service building, located 1/4 quarter mile above Workville Equipment, Rt. 1428, Sun. Bible Study, 10 a.m.; Sun. Morning Service, 11 a.m.; Sun. Evening, 6:30 p.m. Kenny Vandropol, Pastor.  
International Pentecostal Holiness Church, 10974 N. Sain St., Marlin; Rev. Ellis J. Stevens, Senior Pastor.  
Rising Sun Ministries, 114 Rising Sun 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.; Pastor Glenn Hayes, West Prestonsburg  
House of Refuge, Rock Fork Sunday Evening Worship Meeting 7 p.m., Bill B. Tussey, Pastor  
Seventh-Day Adventist 5 miles West on ML Parkway, Saturdays-Sabbath School, 9:30 a.m., Church, 11:15 a.m.; Bible Study Tuesdays, 7 p.m. (We are studying the Book of Revelation); Pastor, Tony Kelley 423-464-2412. Church 606-886-3459.



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# SPORTS

## Lady Eagles capture B-Team championship

Steve LeMaster  
Sports Editor

**GRETHEL** - The Allen B-Team won the 2012 Floyd County title on Saturday, defeating tournament host Stumbo 35-11.

Jana Jarvis paced Allen with 17 points, nine rebounds and six assists. Jarvis was eight-for-21 from the field.

Kassie Jarvis joined Jana Jarvis in double figures with 10 points. She was five-for-13 from the field.

Nicole Burchett netted four points and Hanna Manns and Maddy Rainey scored two apiece for the Lady Eagles.

Allen had 13 assists opposed to only eight assists.

The Lady Eagles set the tone early, outscoring Stumbo 14-2 in the opening quarter. Allen scored first and never trailed. The Lady Eagles led 19-4 at halftime.

Allen continued to dominate early in the second half, outscoring Stumbo 10-1 in the third quarter.

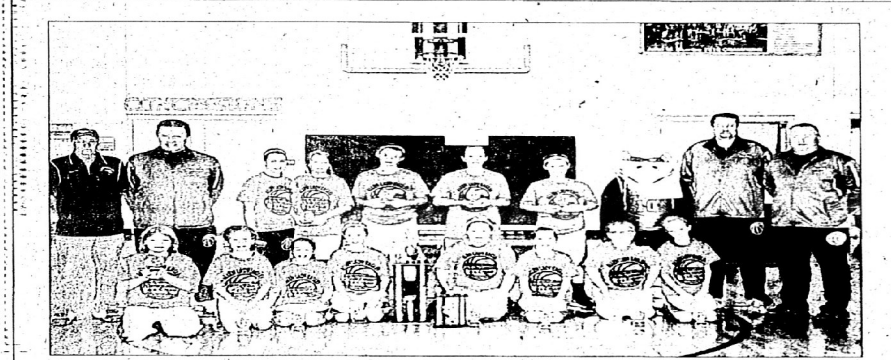
The Lady Eagles also thrived defensively, recording 14 steals, five blocks and four deflections.

Stumbo was five-of-16 from the field in the loss. The host team, Stumbo also struggled from the free throw line, finishing 1-of-16.

The Allen C-Team also won a Floyd County title, defeating Stumbo 39-16 in its championship game.



Allen defeated Stumbo for the Floyd County B-Team title.



Allen pulled away to defeat Stumbo in the Floyd County C-Team championship game.

## Allen C-Team claims county title

Steve LeMaster  
Sports Editor

**GRETHEL** - The Allen Elementary C-Team won the Floyd County title on Saturday, defeating Stumbo 39-16 in the 2012 championship game.

Kassie Jarvis paced Allen with a game-high 21 points and eight rebounds. Jarvis was 10-for-21 from the field. The productive Jarvis helped Allen pull away for

the win in the title game.

The Lady Eagles never allowed Stumbo to score more than six points in any single quarter.

After edging Stumbo 6-4 in the opening quarter, Allen went on a 15-6 run in the second period to lead 21-10 at halftime.

Allen used a 12-0 run in the third quarter to put the game out of Stumbo's reach.

Narrowly missing double figures, Alliyah Newsome netted

eight points for the Lady Eagles. Kaitlyn Newsome followed, posting four points in Allen's championship-clinching win.

Allie Jarvis, Destiny Wakeland and Sydney Meadows added two points apiece for the Lady Eagles.

Allen shot 45 percent from the field, connecting on 19-of-42 attempts.

Stumbo was eight-for-17 from the field in the setback.

## Maynard, Hodge earn top 15th Region honors

Steve LeMaster  
Sports Editor

**LEXINGTON** - The Kentucky Volleyball Coaches Association (KVCA) has announced its sixth annual KVC Region Players and Region Coaches of the Year. All recipients of the KVCA yearly awards will be honored at the 2012 KHSA State Tournament at Valley High School in Louisville during ceremonies preceding the state championship match on Saturday (Oct. 27).

Allen Central head coach Larry Maynard is the 15th Region Coach of the Year. Maynard is set to guide the Rebels in the state tournament.

Allen Central standout Courtney Hodge is the 15th Region Player of the Year.

Southwestern mentor Skip Cottrell is set to become the only coach to receive a third consecutive Region Coach of the Year award. Cottrell is once again this year's KVCA Region 12 Coach of the Year.

Corbin head coach Liberty Roberts is the Region 13 Coach of the Year for the second straight year.

Three players - Jessie Stone (Caldwell County), Erin Cottrell (Southwestern) and Vanessa Wiseman (Corbin) - are receiving Region Player of the Year honors for the second consecutive season.

Honors were voted on by KVCA member coaches. 2012 KVCA Region Players and Coaches of the Year

- Region 1 Player of the Year: Cyndie Wiggins (Ballard Memorial)
- Region 1 Coach of the Year: Adam Solomon (Ballard Memorial)
- Region 2 Player of the Year: Jessie Stone (Caldwell County)
- Region 2 Coach of the Year: Mary Howard (Henderson County)
- Region 3 Player of the Year: Chelsea Howard (Trinity Whitesville)
- Region 3 Coach of the Year: Kendra Carroll (Apollo)
- Region 4 Player of the Year: Samantha Mosher (Greenwood)
- Region 4 Coach of the Year: Holly Whittinghill (Greenwood)
- Region 5 Player of the Year: Abbey Sorrells (Central Hardin)
- Region 5 Coach of the Year: Lynne Givens (Green County)
- Region 6 Player of the Year: Courtney Crable (Mercy)
- Region 6 Coach of the Year: Todd Garvey (Mercy)
- Region 7 Player of the Year: Taylor Paulson (Assumption)
- Region 7 Coach of the Year: Bill Payne (Louisville Male)
- Region 8 Player of the Year: Madison Tinder (North Oldham)
- Region 8 Coach of the Year: Ruth Staples (Trimble County)
- Region 9 Player of the Year: Abbey Bessler (St. Henry)
- Region 9 Coach of the Year: Maureen Kaiser (St. Henry)
- Region 10 Player of the Year: Kirby Seiter (Campbell County)
- Region 10 Coach of the Year: Andrea Sullivan (Scott)
- Region 11 Player of the Year: Kendall Beerman (Tates Creek)
- Region 11 Coach of the Year: Jennifer Morgan (Paul Laurence Dunbar)
- Region 12 Player of the Year: Erin Cottrell (Southwestern)
- Region 12 Coach of the Year: Skip Cottrell (Southwestern)
- Region 13 Player of the Year: Vanessa Wiseman (Corbin)
- Region 13 Coach of the Year: Liberty Roberts (Corbin)
- Region 14 Player of the Year: Julie Cornett (Letcher County Central)
- Region 14 Coach of the Year: Betty Caudill (Letcher County Central)
- Region 15 Player of the Year: Courtney Hodge (Allen Central)
- Region 15 Coach of the Year: Larry Maynard (Allen Central)
- Region 16 Player of the Year: Breanna Grubb (Raceland)
- Region 16 Coach of the Year: Jason Clark (Raceland)

## Bears ranked ninth in preseason poll

Times Staff Report

**PIKEVILLE** - The University of Pikeville Bears will begin the 2012-13 season ranked ninth in the nation among NAIA Div. I teams.

Coach Kelly Wells' group got the news about the time the school tipped off Halloween Hoopla, the annual beginning of basketball season, at the UPIKE Gym.

The Bears are coming off a 17-12 season that saw them begin ranked No. 1 in the nation after winning the 2011-12 national championship.

Late last week it was

revealed the Bears were picked to finish second in the 11-team Mid-South Conference. Georgetown, which was tabbed as the league favorite, is third in the national preseason ratings. The Tigers got five first-place votes in the league, one more than the Bears.

Lindsey Wilson and Cumberlandands, which split the other two top-line spots in the conference, were ranked 11th and 25th in the country, giving the Mid-South a national-best four teams in the ratings. The Golden State Athletic Conference and Sooner Athletic Confer-

ence each land a triplet of ranked schools.

Campbellsville University, with nine ratings points, was among those receiving votes, giving the MSC a fifth team garnering recognition. Also on that list is Life (Ga.), which the Bears will visit on Nov. 7 and host Dec. 15.

Concordia, Calif., became the fifth different preseason No. 1 in as many years when it got nine first-place votes. It out-pointed second-ranked Oklahoma Baptist by eight ratings points. Following Georgetown in the Top Five are Robert

Morris (Ill.) and Rogers State (Okla.).

Southern Poly (Ga.) heads the second five, followed by Our Lady of the Lake (Texas), and Westmont, Columbia (Mo.) followed Pikeville and rounded out the Top 10.

The poll was voted upon by a panel of head coaches representing each of the conference and unaffiliated groups. The first regular-season Top 25 will be announced on Dec. 4.

Pikeville will open the 2012-13 season on Saturday when it visits St. Andrews (N.C.) University. Tipoff is slated for 4 p.m.

## UPIKE women fifth in Orange & Black Classic

Times Staff Report

**PIKEVILLE** - Lindenwood University took home the varsity championship in the University of Pikeville-hosted 2012 Orange & Black Classic last weekend.

Pikeville finished tied for fourth but lost a roll-off to take the fifth seed in match-play. It lost to Notre Dame

College 3-2 in the quarterfinals. Lindenwood shut out Wright State in the finals by a 3-0 final.

Things were different in the junior varsity division,

where UPIKE Black beat Lindenwood 3-1 in the finals for the title. Black and UPIKE Orange, both 3-0 winners in the quarter-

See UPIKE | 7

## Allen Central set to compete in second straight state tourney

Steve LeMaster  
Sports Editor

**LOUISVILLE** - The Kentucky High School Athletic Association State Volleyball Tournament is set to get underway. Valley High School in Louisville will host the state volleyball tournament Friday, Oct. 26-Saturday, Oct. 27.

Allen Central will be competing in its second straight state tournament. The Rebels repeated as 15th Region champions last week. Under the guidance

of head coach Larry Maynard, Allen Central compiled an undefeated record versus teams from the 15th Region.

Allen Central (32-5) will face Greenwood at 2:30 p.m. on Friday. Greenwood (20-19) captured the 4th Region title last week. Assumption, Henderson County, Corbin, Russell, Henry Clay, Owensboro Catholic, Campbell County Central, Central Hardin, North Oldham, Letcher County Central, Notre Dame, Southwestern and Mercy are also poised to vie for the state title.

A look at the opening round pairings follows.

**KHSAA State Volleyball Tournament at Valley High School, Louisville.**  
Friday, Oct. 26  
Corbin vs. Lenoir Oak, 10 a.m.  
Assumption vs. Henderson County, 11:30 a.m.  
Russell vs. Henry Clay, 1 p.m.  
Allen Central vs. Greenwood, 2:30 p.m.  
Central Hardin vs. North Oldham, 4 p.m.  
Owensboro Catholic vs. Campbell County, 5:30 p.m.  
Southwestern vs. Mercy, 7 p.m.  
Letcher County Central vs. Notre Dame, 8:30 p.m.

# UPIKE men's bowling program posts two top-five finishes

Times Staff Report

**PIKEVILLE** - The men's bowling teams from the University of Pikeville finished fifth and runner-up in its own Orange & Black Classic last weekend. The varsity division saw the Bears seeded fourth in the eight-team tournament and lose to

Martin Methodist (Tenn.) in the opening round. In the championship, eighth-seeded Calumet College beat seventh-seed Saginaw Valley State 3-2 to claim the title.

In the junior-varsity division, Pikeville was seeded seventh in the eight-team tournament and knocked off Notre Dame College

(3-2) and Calumet (3-1) to reach the championship, where it lost to Lindenwood 3-0.

In the varsity division, four individuals were in the top 31 of 169 players. Sophomore Lucas Hohnstein of Boise made the all-tournament team, finishing third with a score of 1357 in six games. Brian Wicker, a senior

from Rockford, Ill., was 26th with a score of 1222.

Freshman Zach Fylling was tied for 29th at 1204 while sophomore Derek Perkins was 31st with a score of 1202.

Freshman Jesse Brooks led Bears in the junior varsity division, finishing tied for 23rd with a score of 1161. Freshman

Grant McNally followed in 25th, totaling 1158. Freshman Jeremy Bandy was 32nd among the 156 individuals at 1136, while freshman Blair Cain was 41st, rolling a 1105.

The Bears will be back in action on Nov. 3-4 when they visit Marietta, Ga., for the Brunswick Southern Classic.

## No. 2 Lindsey Wilson shuts out Bears 7-0

Times Staff Report

**COLUMBIA** - The second-ranked Lindsey Wilson Blue Raiders remained unbeaten against Mid-South Conference competition with a 7-0 win over the University of Pikeville Tuesday night.

Lindsey Wilson (12-2-1 overall, 9-0 in the league) claimed the regular-season women's soccer championship with the win. Pikeville fell to 4-10 overall and remained winless in nine conference games.

Lindsey Wilson's Mia Persson provided three goals and an assist in tonight's win as the newly anointed No. 2-ranked Blue Raiders were less than hospitable - out-shooting the visitors 26-0 and 18-0 in shots on goal. Earlier Tuesday, Lindsey Wilson jumped one spot in the national poll to No. 2.

It took exactly 23 minutes for the Blue Raiders to penetrate the packed-in UPIKE zone for the first

goal of the night.

Cecilia Ekstrand scored from deep inside the penalty area off Laerke Lillelund Michaelson's assist to give Lindsey Wilson the 1-0 lead.

Persson doubled the lead in 29th minute and Michaelson added a third goal less than a minute later to push the Blue Raiders' lead to 3-0.

Persson added the final goal of the first half in the 41st minute to send Lindsey Wilson into the half with a 4-0 lead.

In the second frame, Persson added her third goal of the night and her team-high 20th of the season to extend the lead to 5-0.

Therese Hagbyhn and Elizabeth Madjarac placed the bow on the regular season, crown with goals in the 69th and 88th minutes for the 7-0 win.

Pikeville will be back in action on Saturday when it visits Asheville, N.C., to play another Wilson. Warren Wilson, at 1 p.m.

## Six MSC teams recognized in NAAI preseason Top 25 poll

**KANSAS CITY, Mo.** - Five Mid-South Conference teams are ranked in the NAAI Division I Women's Basketball Coaches' Preseason Top 25 Poll, the national office announced Tuesday.

The five teams are the most from any one conference in the poll. Shawnee State University - the preseason favorite to win the Mid-South Conference - is No. 2 in the national poll after receiving 269 voting points from the national raters.

The Bears finished last season with a 28-6 record and was ranked sixth in the final national poll.

Georgetown College opens this season at No. 6 in the poll after reaching the NAAI's national semifinal a year ago. The Tigers received 236 voting points from the national raters.

Campbellsville University is No. 13 in the preseason poll with 171 voting points. Lindsey Wilson College (135 voting points) and University of the Cumberlands (120) is No. 17 and No. 18 respectively in the preseason poll. One additional Mid-South team earned a mention in the poll.

MSC newcomer Cumberland University picked up 26 voting

points from the national raters and is one of 11 teams outside the poll but receiving votes.

Lubbock Christian (Texas) University is No. 1 in the poll with 280 voting points and nine of the 11 first-place votes. Presbyterian (Tenn.) University is No. 3 with 266 voting points and

the final two first-place votes. A panel of coaches representing the conferences and unaffiliated groups serve as the national raters. The first regular-season Division I Women's Basketball Coaches' Top 25 Poll is scheduled to be announced on Tuesday, Dec. 4.

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## UPIKE

From Page 6

nals over Notre Dame and Calumet College of St. Joseph, respectively, met in the semifinals. The Black team won by a 3-0 score to advance to the finals.

Katelyn Simpson, a freshman from Boise, finished first among

214 individuals with a six-game score of 1360. Teammate Felicia Proctor, a sophomore from Titusville, Fla., just missed the all-tournament team as her 1245 had her tied for sixth. Senior Brandy Hensley, an All-American from a season ago, was 13th with a score of 1209.

The next five finishers for the Bears rolled only five of the six games. Sophomore Astrid Valente rolled a 1056, while junior Christina Halep finished at 999, while sophomore Brianna Larson followed at 995. Senior Kaylee Magazine finished with a score of 967,

while freshman Tricia Kent recorded a score of 956.

The Bears will be back in action on Nov. 3-4 when they visit Marietta, Ga., for the Brunswick Southern Classic.

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# Movies from the Black Lagoon 'Kong Island'

Tom Doty  
Times Columnist

A granite-jawed hero sets out to rescue a damsel in distress from a mad scientist deep in the jungles of Nairobi, in this low-budgeter that throws in a little something for everyone.

This picture begins like a gangster flick with four guys returning from a bank job. They are immediately set upon by their partner, Albert, who kills them all with his new gang (which he promptly disposes of after shooting his old gang).

Turns out the left one guy alive, Burt. This was a huge mistake, as Burt has the memory of an elephant and the physique of one of those guys who played Hercules in those 1960s flicks.

Burt tracks Albert to Nairobi, where he renews his acquaintance with an old friend, Robert, and his

sister, Diane. The pair invite him on an adventure to seek out the "Sacred Monkey." Burt only has eyes for Albert, though, and he pooh-poos this interesting side venture. This turns out to be a big mistake, as the group is attacked by radio-controlled gorillas who make off with Diane. Burt decides to rescue Diane when her dad offers him a wad of cash (he may be tough and buff, but he is no dummy).

The new safari goes straight to where the old one got held up. They are also set upon by the gorillas. Everyone is run off or killed and now Burt is on his own. Luckily, he runs into a "Jungle Girl" who provides him with food and even folds his shirt. She is also working some jewelry of Diane's, so Burt manages to convey to her that he is

searching for the missing girl.

She leads him to Albert's jungle camp and it is quite the set-up. It appears to be a cave, but it has been hollowed out and hooked up with electricity. Now it sports a laboratory complete with giant mechanical brain that controls gorillas via radio signals (those gorillas aren't going to control themselves). Burt is able to free himself, thanks to Jungle Girl, and he even frees the gorillas by shooting the mechanical brain. Albert takes off but soon finds that his gorillas have a last bit of business they want to square away with him.

This is a fun slice of cheese thanks to slipshod production values and the worst dubbing job this side of a kung-fu flick. The jungle scenes are 50 percent stock footage, so you are left wondering if any of these so-called thespians ever got to actually see the Dark Continent. The music is terrible, unless you're that one guy who likes riding in elevators for the tunes.

The cast is mostly unknown, except for a couple of Americans in key roles. Brad Harris top lines as Burt. He may be from Idaho, but he made his film career in Italy, where he started out in Hercules films. He even drops his shirt a few times here to thank the ladies for enduring the movie. Marc Lawrence is also on hand as Albert. He had a huge Hollywood career as gangsters and bad guys. He lived to be 95 and made his last appearance as an ACME board member in 2003's "Looney Tunes: Back in Action."

Spoiler alert: Jungle Girl turns out to be the Sacred

Monkey, who knew?

This movie may be cheap but it is also economical and can be found in several boxed sets that won't set you back more than 10 bucks.

1968, unrated.

Best lines

"You know, I can hardly wait to find out if there is a Sacred Monkey."

"You'll have the honor of being the first man to become my slave."

"Are you the Sacred Monkey? What is your name? My name is Burt."

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Tom Doty  
Times Columnist

An excellent week for lower expectations saw three flicks and one excellent series fitting the shelves.

"Magic Mike" — Movies about male strippers tend to tank, but this effort from director of "Sex, Lies and Videotape" has a good story to firm up the proceedings. Channing Tatum stars as a popular performer who takes the new guy under his wing. I don't expect a miracle here, but the story is serviceable enough that you can get this for that special someone. The ladies will not be disappointed.

"Abe Lincoln: Vampire Hunter" — The popular horror novel finally hits DVD, courtesy of the guy who made "Night Watch" and "Day Watch." Both of those films were made in Russia and fea-

tured wild action scenes set against a dark, secret police battling supernatural fiends. Here you get a mini-history lesson on Lincoln while being treated to an action-packed sidebar that finds him using his rise to power to mask his search for the vampire that drained his mother. See why Honest Abe really picked up an ax. The fierce finale finds Abe battling the top bloodsucker on a burning train that is headed for a busted bridge. Great stuff.

"Wrong Turn 5" — The series that won't die continues, as a West Virginia town plays host to a Halloween event that finds a ton of tourists dressing up for treats. They got tricked when they ran afoul of the cannibal family that has been preying on tourists for five flicks. No brains but a few scares.

"In the Heat of the Night" — This series is set to rate a release by season, but at least

you get 24 episodes in this reasonably priced set. Carroll O'Connor is excellent in the role that snagged an Oscar for Rod Steiger. He is a small town sheriff who must learn to work with a detective from the big city. That guy turns out to be Virgil Tibbs, an African Ameri-

can cop who has no experience in the Deep South. Howard Rollins ("A Soldier's Story") is quite good in the role created by Sidney Poitier.

Next week look out for some dirty politics as the makers of the "Austin Powers" series bring you "The Campaign."

## Rental Central

## Lawmakers hear report on insurance market

FRANKFORT — The insurance market in Kentucky is healthy and growing, Department of Insurance Commissioner Sharon Clark told members of the Interim Joint Committee on Banking and Insurance Tuesday, during a report on current insurance issues in the state.

According to the report, nearly 1,500 insurance companies are certified to do business in the state, including 34 new companies that began operating in Kentucky in the last two years.

While Kentucky pays a lower total premium than many other states, private insurance is still a \$16.3 billion dollar industry in the Commonwealth, Clark said.

Regarding worker compensation, Clark told lawmakers that rates have decreased for seven consecutive years, by more than 40 percent overall. She attributes the decrease to a variety of factors including awareness, loss prevention, claims management and education.

Committee co-chair Rep. Jeff Greer, D-Brandenburg, said improvements in loss prevention were notable. "I think everybody is doing a better job in loss prevention... It is obvious that it is working," he said.

Lawmakers were also briefed about some of the department's work this year, including the largest disaster response effort in the history of the Department of Insurance following storms in early March.

Damage occurred in all 120 Kentucky counties and cost a total of \$1.2 billion, Clark said. Agency employees traveled

across the state to determine whether or not insurance companies responded appropriately to the catastrophe.

"I was very happy to notice we did not have an escalation in complaints (after the storm)," Clark said. "(Insurers) did what they needed to do."

While consumer protection complaints have remained steady, the Department of Insurance is experiencing an increase in insurance fraud investigations, Clark said.

Recent fraud cases have included unscrupulous roofing contractors, staged automobile accidents and prescription drug fraud, she said.

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## Legals

### PUBLIC NOTICE

**Tax Rates Levied For School Year 2012 - 2013**

School District: Floyd County # 175  
Contact Name: MATT WIREMAN  
Contact Number: (606)886-2154

To the Kentucky Board of Education, Frankfort, KY:

In Compliance with Kentucky Revised Statutes and the regulations of the Kentucky Board of Education, we, the board of education of the above named school district, hereby submit for your approval the following tax rates levied on 09/06/2012.

For rates that exceed compensating and HB 940 tax rates, the notice and hearing requirements of KRS 166.470(7)(b) published at least ten (10) days before the day that the second advertisement is published, have been met.

An advertisement was placed in the Floyd County Times newspaper on 09/24/2012 (date of first advertisement) and 09/29/2012 (date of second advertisement). The public hearing was held on 09/06/2012.

For rates subject to recall, an additional advertisement was made on within 7 days of the hearing as required by KRS 166.470(8). Once the forty-five (45) days have passed since the rate was levied, we will send notification of whether a valid petition was presented. If a valid petition was presented, we will indicate whether we intend to place the issue before the voters for approval.

If advertisement was required, the rates levied do not exceed the proposed rates advertised.

Rate	Exemption	Total	Portion Restricted for Building Fund (KRS 157.440, KRS 160.470)	5.3 #
Real Estate	52.00	0.00	52.00	5.3 #
Tangible	52.00	0.00	52.00	5.3 #

Rate Levied (Please circle type)    Compensating    Sub(1)    4%    House Bill 940    Other

Please enter the actual rate below with exemption amount if applicable.

Motor Vehicle Rate	Occupational Tax (KRS 166.645)	Utility Tax (KRS 166.613)	Excise Tax (KRS 166.615)
\$.54	0.00 %	0.00 %	0.00 %

Does your Utility Gross Receipts License Tax apply to cable services? No

Do you have Tangible Property (See Instructions)    Tangible    Exempt

Alcohol - Recreational & Non-Commercial (KRS 132.206(1))    X

Watershed - Non-Commercial Out-of-state or Coast Guard Registered (KRS 132.206(1))    X

Supervisor's Signature \_\_\_\_\_ Date \_\_\_\_\_

Tax Rates Levied approved by the Kentucky Board of Education on \_\_\_\_\_

The Office of District Support Services will stamp the date on this form when the Kentucky Board of Education meets.

APPROVED  
OCT 09 2012

**STRAND TWIN**

10/26 - 11/01/12

SILENT HILL REVELATIONS (R)  
Fri 7:00-9:30 • Sat (4:30) 7:00-9:30  
Sun (1:00, 4:00) 7:00-9:30

SILENT HILL REVELATIONS 3D (R)  
Starts Fri 10/26/12  
Mon-Fri (4:30) 7:00-9:30  
Sat-Sun (2:00-4:30) 7:00-9:30

SINISTER (R) "Hold Over"  
Mon-Fri (4:15) 7:15-9:15  
Sat-Sun (1:15-4:15) 7:15-9:15

TAKEN 2 (PG-13) "Hold Over"  
Mon-Fri (4:20) 7:15-9:20  
Sat-Sun (2:15-4:20) 7:15-9:20

**Legals**

**NOTICE OF INTENTION TO MINE**

Pursuant to Application Number 838-5802, Renewal

In accordance with KRS 350.055, notice is hereby given that The Elk Horn Coal Company, LLC, 544 South Lake Drive, Prestonsburg, 41653 has applied for renewal of a permit for an underground coal mining operation located 1.5 miles north of Craynor in Floyd County. The proposed operation will disturb 89.95 surface acres and will underlie 845.0 acres and the total acres within the permit boundary will be 934.95 acres.

The proposed operation is approximately 0.5 mile west of KY 979E Junction with KY 680 and is located immediately south of Hamilton Branch.

The proposed facility is located on the McDowell U.S.G.S. 7 1/2 minute quadrangle map. The surface area to be disturbed is owned by Carmel & Walker Tackett. The operation will underlie land owned by The Elk Horn Coal Company.

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

**Public Notice**

Notice is hereby given that Claud and Regina Crager Gearheart, has filed an application with the Energy and Environment Cabinet to stabilize the existing bank to prevent it from degrading from said property. The natural waterway will not be affected or changed in any way. The property is located on 89 Farrell Road, Stephens Branch, Martin, KY on KY Rt. 1210. Any questions 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, Kentucky 40601. Phone: (602)564-3410.



**ANNOUNCEMENTS**

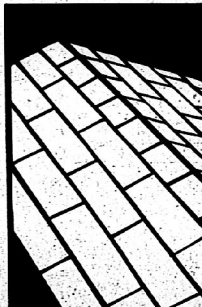
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# HEALTHY

OCTOBER 2012 | A SPECIAL SUPPLEMENT TO  
*The Floyd County Times*

*lifestyle*



## Dental X-rays

How frequently should you have dental X-rays?



## Healthy alternatives

Find better alternatives to potentially unhealthy ingredients.

Go Online to view this section!



## Get Up & Go

Simple ways to boost your energy levels.

# Healthy alternatives to potentially unhealthy ingredients



When trying to get healthy, men and women rightfully place great emphasis on diet and exercise. A healthy diet and routine exercise make a great team. Many people don't exactly jump for joy when adopting a healthy diet because they may feel the diet must be devoid of their favorite foods to prove effective. But a healthy diet isn't necessarily one that lacks taste. In fact, changing a few ingredients is a great way to make some of your favorite dishes healthier while ensuring you still get to eat them. The following are a few ways to substitute healthy ingredients in some of your favorite recipes, courtesy of the American Heart Association.

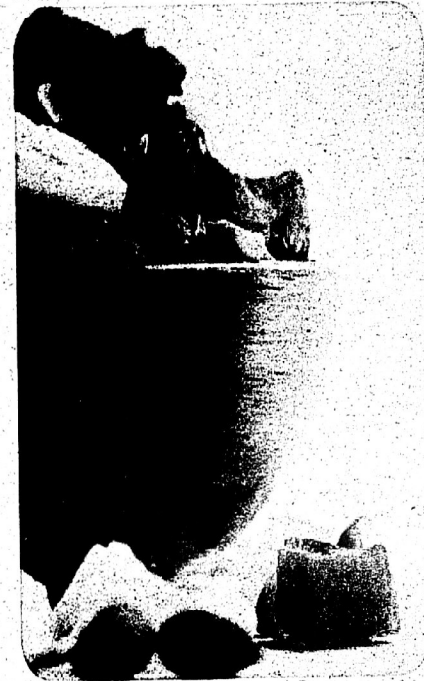
- Instead of whole milk, use fat-free or low-fat milk.

- Replace heavy cream with evaporated skim milk or a combination of low-fat yogurt and plain low fat unsalted cottage cheese.
- Replace sour cream with low-fat unsalted cottage cheese or fat-free yogurt; fat-free sour cream is also a healthier choice than regular sour cream.
- Swap cream cheese with soft margarine that is low in saturated fat and free of trans fats and blend the margarine with unsalted fat-free cottage cheese.
- Use margarine that is low in saturated fats and free of trans fats when a recipe calls for butter.
- Choose egg whites instead of regular eggs.

But healthy eating goes beyond ingredients. Many people find it difficult to avoid all of those delicious yet typically unhealthy snacks. But even snacks can be healthy and provide an energy boost throughout the day. All it takes is choosing the right snacks as opposed to those most readily available, which are often the most unhealthy.

- Replace potato or corn chips with pretzels or reduced sodium low-fat potato chips.
- Avoid high-fat cookies and crackers in favor of fat-free or low-fat options, including graham crackers, rice cakes, and fig or fruit bars.
- Choose angel food cake over devil's food cake.
- Replace ice cream bars on hot afternoons with frozen fruit bars.
- When making pudding, make it with fat-free or low-fat milk instead of whole milk.
- Opt for toast instead of a doughnut or bagel.

Fortunately, many restaurants have started informing customers about the ingredients in their offerings, and some establishments are even obligated by law to

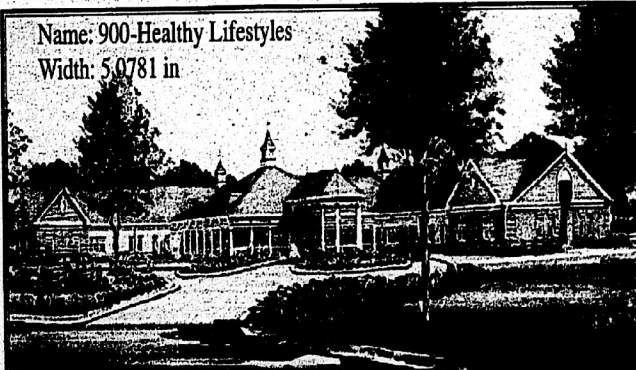


share calorie information with their customers. Still, the AHA notes that there are ways for customers to go one step further and make the meals they enjoy when dining out even healthier.

- Replace cream-based soups with broths that boast lots of vegetables.
- Request melba toast, pita bread or whole-grain rolls in lieu of bread, muffins or croissants.
- Choose a baked potato or brown rice instead of french fries.
- Request that your chicken be grilled instead of fried.
- End your meal with nonfat yogurt, sherbet or fruit ice instead of a sundae or ice cream.

A healthy diet doesn't have to be bland. To learn more about how to enjoy the foods you love without putting your health at risk, visit the American Heart Association at [www.heart.org](http://www.heart.org).

Name: 900-Healthy Lifestyles  
Width: 5,9781 in



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# SIMPLE WAYS

## to boost your energy levels



A low-calorie bowl of cereal in the morning can help improve energy throughout the day.

**Treat breakfast with the respect it deserves.** When you wake up in the morning, even after a great night's sleep, your body's energy reserves are almost entirely depleted. Consequently, men and women who don't eat a healthy breakfast are almost certain to struggle with their energy levels throughout the day.

Something as simple as a bowl of low-calorie cereal or some oatmeal with fruit can help restore your body's energy levels and lay the groundwork for a productive day. Skipping breakfast entirely will make you feel sluggish in the morning and increases the risk that you will overeat come lunchtime, adversely impacting your energy levels for the rest of the day.

**Focus on maintaining steady energy levels throughout the day.** Lacking energy over the course of a typical day might be a by-product of your eating habits beyond the breakfast table. Numerous studies have found that eating three large meals per day is not an effective way to maintain steady energy levels over the course of a typical day. Instead, smaller, more frequent meals coupled with healthy snacks can stabilize blood sugar levels and help maintain sufficient energy levels, improving both mental acuity and mood. Instead of a large omelet platter for breakfast, choose a small bowl of low-calorie cereal and follow it up three to four hours later with a healthy snack of fresh fruit. When lunchtime arrives three to four hours after your mid-morning snack, choose a small lunch with ample protein and follow that up a few hours later with a healthy snack of yogurt. The specifics of your diet should be discussed with your physician, but you will likely find that eating smaller, more frequent meals and healthy snacks will drastically improve your energy levels throughout the day.

**Drink more fluids.** Your lack of energy might not be the result of an unhealthy breakfast or a lack of exercise. Some people simply don't drink enough fluids to stay hydrated and feel sluggish as a result. Symptoms of dehydration mimic those of hunger, leading many to purchase unhealthy snacks when they might just need to drink more fluids. Those snacks can compound the sluggishness you feel from being dehydrated, zapping your energy levels even further. So if your daily routine does not include drinking enough fluids, try having a few glasses of water each day and your energy levels might just improve.

No one is immune to random bouts of fatigue. For many people, fatigue is most common around mid afternoon, when the workday starts to drag and that hefty midday meal has inspired thoughts of catnaps.

Though an episode of fatigue here or there is likely nothing to worry about, adults who find themselves routinely struggling to muster any energy, whether it's to finish a project at work or play with the kids at night, might be surprised to learn that boosting daily energy levels is relatively simple. The following are a few easy ways to boost your energy levels and make the most of each and every day.

**Get regular exercise.** Many adults know the value of exercise but simply can't find the time in the day to squeeze in a little time on the treadmill or at the gym. But the American Council on Exercise notes that as little as 10 minutes of moderate or vigorous exercise at a time each day can boost your energy levels and improve mood. The Centers for Disease Control and Prevention recommend that adults get at least 2 hours and 30 minutes of moderate-intensity aerobic activity, including at least two days of muscle-strengthening activities, each week. If that's a problem, particularly on weekdays, squeeze in 10 minutes here or there when the opportunity

presents itself. But the more committed you are to regular exercise, the more your energy levels are likely to improve.

**Treat yourself to a massage.** Many people find their energy levels are adversely affected by stress. Too much stress can make you physically sick and cause both physical and mental fatigue. There are many ways to more effectively cope with stress, and treating yourself to a massage is one of them. A massage can relieve stress and help overworked muscles recover, boosting energy levels as a result.

# Simple ways to protect your bones

of the importance of protecting their bones, which weaken as the aging process progresses, leaving older adults susceptible to fractures, many might not know that protecting their bones is quite simple. What's more, many of the roughly two million bone fractures caused by osteoporosis, a medical condition in which the bones become brittle from loss of tissue, are preventable. Men and women who heed the following tips to help protect their bones can reduce their risk of fractures as they age.

**Get your calcium and vitamin D.** Calcium and vitamin D promote bone health, and many people are aware of those effects. However,

a 2005 study published in the *Journal of Clinical Endocrinology* found that 52 percent of postmenopausal women on osteoporosis treatment had insufficient levels of vitamin D, despite being told by their doctors to take both vitamin D and calcium. If your diet does not include adequate vitamin D, which can be found

in fortified dairy products, egg yolks, and fish, then vitamin D supplements can help meet your needs. Calcium can be found in a variety of products, including fortified cereals and juices, dark leafy greens like broccoli, almonds and a host of dairy products.

**Visit your physician.** Few people might know that bone health is actually measurable. A bone density screening can assess your bone health, while FRAX®, an online tool developed by the World Health Organization, evaluates a individual's risk of fracture based on a host of factors, including age, weight, height and your medical history. FRAX® models give a 10-year probability of fracture, which can help prevent injuries down the road for those people whose risk might not be immediate. The National Osteoporosis Foundation recommends all women begin receiving bone density screenings at age 65. However, women with additional risk factors, including smokers, those with low weight or a thin frame, family history of osteoporosis, late onset of menstrual periods, and a history of anorexia or bulimia, should consult their physician

about screenings regardless of their age.

**Get out and exercise.** Exercise is another great way to protect your bones. Unless you suddenly embrace competitive weight lifting, exercise won't increase your bone density, but it will help you maintain the bone density you already have. Something as simple as walking can help maintain bone density, as can other weight-bearing activities like jogging.

Cardiovascular weight-bearing activities can be coupled with strength training, which recent studies have found may improve bone mineral density, something that could delay the onset of osteoporosis and reduce your risk of fracture. A gym will likely have all of the strength-training materials you will need, but you can also purchase some hand weights or additional resistance training products to ensure your bones are getting adequate exercise. Consult a physician before beginning an exercise regimen, especially if you have recently had a fracture.

More information about protection your bones is available at [www.nof.org](http://www.nof.org).

As men and women age, many take steps to improve their overall health. These steps can be as simple as cutting back on dinner portions or as significant as joining a gym and committing to an exercise regimen. One of the best things men and women can do to improve their health, as well as their quality of life, as they age is to protect their bones. Though some are aware

## Get to the root of tinnitus



Ringling, high-pitched noises and other ambient sounds that seem to be emanating from deep within the ear are often signs of tinnitus, which is generally a symptom of some other medical condition. The Mayo Clinic says that one in five people are affected by tinnitus. It may result from age-generated hearing loss, an ear injury, exposure to loud noises, or even a circulatory system disorder. Though not always serious, tinnitus can be very bothersome for the person experiencing it. Understanding what causes tinnitus and the ways to cope with it can provide some measure of relief.

### Tinnitus can be a by-product of a host of factors.

#### Causes of tinnitus

There are several different factors that can contribute to the onset of tinnitus, though in some cases the actual cause is never identified. Here are the most common conditions that may lead to tinnitus.

- **Earwax blockage:** Earwax is a natural defense against dirt and bacteria. It is formed to trap these

particles and naturally eject them from the ear. Over time an abundance of earwax may form and accumulate, making it hard for it to go away naturally. This may cause pain, hearing loss and irritation of the eardrum. Any one of these factors also may lead to tinnitus.

- **Hearing loss:** As people age, some measure of hearing loss may take place. Age-related hearing loss, called presbycusis, also may cause tinnitus.

- **Ear bone changes:** All bones in the body are subject to stiffening or arthritic-like conditions, including inner ear bones. Stiffening of middle ear bones may affect hearing and cause tinnitus. This is a condition that usually runs in families.

- **Unprotected exposure to loud noises:** Those who have attended a concert or a fireworks display may have walked away afterward with a temporary ringing in the ears. Frequent exposure to loud noises without the use of earplugs or special noise-blocking headsets may cause permanent damage. Even listening to portable music devices may cause tinnitus if played loudly for extended periods of time.

- **Other causes:** Everything from head and neck injuries, depression, stress, Meniere's disease, and benign tumors forming in the cranial nerve or elsewhere may lead to tinnitus.

### Symptoms

Many people think tinnitus only constitutes a high-pitched ringing in the ears. Actually, tinnitus can take the form of ringing, pulsing, a heartbeat sound, buzzing, hissing, roaring, or even clicking. Any noise in the ear(s) constitutes tinnitus.

In many cases tinnitus is something only the person suffering can hear, called subjective tinnitus. In some cases a doctor performing an examination may be able to hear the tinnitus also, called objective tinnitus. This is rare and generally the result of blood vessel problems or an inner ear bone condition.

### Treatment options

Tinnitus is often more of a nuisance than a serious health condition. However, prolonged ringing or noise in the ear may affect concentration and sleeping patterns, which can lead to other health problems.

Doctors may be able to diagnose the source of the tinnitus and treat the underlying condition, such as earwax removal, thus reducing the tinnitus. When a source cannot be found, a doctor may recommend a noise suppression device. These white noise generators can distract from the internal noise in the ear.

Changes in medication or use of certain antidepressants or anxiety medications may also reduce the severity of symptoms. However, these may be accompanied by additional side effects.

If tinnitus is overly bothersome or is accompanied by dizziness or pain, consult a doctor.

## DID YOU KNOW?

Man's best friend may help to save your life. Researchers from Schillerhoehe Hospital in Germany have determined that dogs have the uncanny ability to sniff the breaths of individuals and accurately point out smells that may be indicative of lung cancer. Dogs that participated in a research project were able to find the unique smell of the disease in 7 out of 10 sufferers. They were also able to differentiate between COPD and lung cancer, even among people who smoked or took prescription drugs that may have masked the cancer-specific chemical compounds the dogs can smell. There also may be proof that dogs can recognize other types of cancer through smell. However, more research is needed to test that for accuracy.

## New recommendations on dental X-rays could be on the horizon

A visit to the dentist often involves a check-up and a routine cleaning. Many dentists prefer to do annual X-rays as part of preventative care — helping to diagnose oral problems that cannot be seen by the naked eye. However, new developments may change the frequency of dental X-rays.

The American Dental Association has reviewed recent studies that link yearly or more frequent dental X-rays to an increased risk of developing meningioma, the most commonly diagnosed brain tumor. The ADA's long-standing position on X-rays is that dentists should order dental X-rays for patients only when necessary for diagnosis and treatment. In addition, steps must be taken to safeguard patients against radiation while the X-rays are being taken.

### Care and diligent records keep patients safe

Since 1989, the ADA has published recommendations to help dentists ensure that patients' exposure to radiation is as low as possible. The association encourages the use of abdominal shielding (e.g., protective aprons) and thyroid collars on all patients. In addition, the ADA recommends that dentists use E or F speed film, the two fastest film speeds available, or a digital X-ray.

In some cases, dentists ask patients when their most recent dental X-rays were taken, especially if the patient

is new to the practice. This happens frequently thanks to changes in dental coverage that force employees to choose a different dentist who accepts the new insurance.

But relying on a patient to recall their most recent X-rays is flawed. Studies have shown that the ability to recall information is often imperfect, and, as a result, patients may get more frequent X-rays than is necessary. Therefore, carefully document when and where dental X-rays were given.

### X-ray studies accuracy raise concerns, questions

While studies linking X-rays to brain tumors may have some basis in truth, the ADA has said that studies that look at the prevalence of X-rays and rates of cancer can be flawed if patient information is included based on the individuals' own recall of when X-rays took place. The type of X-ray the patient received also needs to be given consideration. X-rays taken decades ago relied on heavy concentrations of radiation. While research into the medical ramifications of frequent X-rays seems promising, the ADA encourages further research about the possible link between X-ray exposure and patient safety.

### X-rays do serve a purpose

Although X-rays put the body in the path of radiation, the



data collected from X-rays is important. Dental X-rays are valuable in helping dentists detect and treat oral health problems at an early stage. Many oral diseases can't be detected on the basis of a visual and physical examination alone, and dental X-rays can fill in the blanks about certain conditions, such as early-stage cavities, gum disease, infections or some types of tumors. How often dental X-rays should be taken depends on the patient's oral health, condition, age, risk for disease and any signs and symptoms of oral disease that the patient might be experiencing.

Patients should talk to their dentists if they have questions about their dental treatment. Patients also have the right to refuse X-rays or question their necessity at a dental visit.



## Enjoy dairy for good health



Nutrients in dairy products can be good for your health.

To some people, dairy's reputation for contributing to high cholesterol and weight gain is a misconception that's hard to let go of. But dairy's detractors should know the right dairy products enjoyed in moderation can actually be good for your health for a variety of reasons.

Consuming dairy products as part of a nutrient-rich diet is important for individuals of all ages. Dairy products have many nutrients and vitamins essential to good health. Calcium, protein, phosphorus, potassium, and supplemented vitamins A and D are all nutrients the body needs. Calcium, for example, is necessary to build and maintain strong bones.

Osteoporosis, a condition wherein the bones weaken and are more susceptible to injury, can affect anyone, but it is particularly common among women age 50 and older. The National Institutes of Health say as many as half of all women and a quarter of men older than 50 will break a bone due to osteoporosis. To keep bones strong, health professionals

recommend eating a diet rich in calcium and vitamin D — both of which are found in dairy products.

Eating low-fat dairy products can reduce a person's risk of developing cancer. Studies have shown that populations that eat a high amount of calcium-rich foods have a lower incidence of colorectal cancer. According to child health authority Dr. Sears, calcium controls the multiplication of epithelial cells lining the colon. Fast multiplication of these cells increases a person's risk of developing cancer. The best sources of calcium include bony fish and dairy products like yogurt.

Dairy products, especially milk, are also essential for different health benefits. Drinking milk helps protect the enamel surface of teeth against acidic substances. This helps prevent tooth decay and weakening enamel. Milk and other dairy products might also help maintain healthy skin. Dairy also plays a role in digestive health. Consumption of milk products may help in reducing acidity in the

stomach. Yogurts with active cultures have been known to promote healthy digestion and alleviate occasional irregularity.

Individuals with lactose intolerance, a food sensitivity where there are inadequate levels of lactase in the body necessary to break down the lactose sugar in dairy products, may avoid dairy foods. However, information from the Wisconsin Milk Marketing Board says that those with a lactose intolerance can still handle at least two cups of milk a day if taken with food and spread throughout the day. Research also indicates that consuming small amounts of lactose-containing foods may improve lactose tolerance over time.

Dairy products, like milk, cheese, yogurt, creams, and even ice cream, can provide much of the daily recommended allowances of vital vitamins and minerals. Low-fat dairy products are important components of a healthy diet.



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# Pros and cons to electronic health records

The ability to offer reliable, relevant and accessible patient information to health professionals is a goal of the health care industry. Paper medical files have long been the standard, but electronic medical health records, or EHRs, may help to change the way patients' health information is shared.

Thanks to managed health care systems, people are switching doctors more so than in the past. Many patients switch doctors because of ever-changing health insurance plans. Perhaps a doctor is no longer part of an in-plan list, or the patient has been forced to switch insurance plans due to costs or changes made at work and the new plan is not accepted at a particular practice.

There are other reasons that patients choose to switch doctors, including problems with a particular practice, wait times to see a physician, lack of confidence in the doctor, a doctor's poor bedside manner, or feelings of being rushed. Patients are also increasingly turning to online reviews of medical doctors and asking for personal referrals so they can track down diligent physicians.

The trouble with frequently switching doctors or having to be referred to many different specialists is that individuals' entire medical records often do not make the move. It is often up to the patient to request existing medical records from past doctors and then hope they are sent over. EHRs may help change the way records are shared.

As with any new technology, there are

different pros and cons to EHRs.

## Advantages

One of the main advantages to EHRs is accessibility. It's much easier to send a digital file from one office to another rather than a large folder of paperwork. It also cuts down on the time required to transfer files.

Accuracy is another advantage. According to Peter Holden and Company, a health care insurance firm in Georgia, it is estimated that one in seven patients has been hospitalized unnecessarily when their medical records were not available for review. Doctors with access to electronic records are more readily aware of a patient's medical history and therefore more likely to make a more accurate diagnosis.

When stored electronically, medical records are also readily available to patients themselves. This helps men and women take a more active roll in their health. Far too often medical records are viewed as something for doctors' eyes only, and patients may feel uneasy about asking for copies of test results or notes for fear of upsetting their doctors. However, health records are also the property of the patient, and no one should feel uncomfortable about reviewing their information or requesting another opinion. Other advantages to EHRs are they're more environmentally responsible and take up much less space than traditional files. EHRs can be stored on secured computer servers instead of crowding up doctors' offices or file rooms, making it

easier to store them long-term.

Doctors may find that EHRs reduce errors, including misinterpretation of handwriting or missed information from condensing records. Some EHR systems are designed to assist with collecting and disseminating information to assist the medical professional in decision making. While it will not replace a doctor's knowledge, this service can be an asset in making diagnoses.

## Disadvantages


One of the key disadvantages to EHRs is compromised privacy. Easier access to medical records, and by a growing number of people in the health field, potentially puts personal information in the hands of dishonest people. It's much easier for sensitive material to be leaked or altered to someone's advantage. With so many people capable of accessing the records,

there may be no way to monitor how the information is accessed or if alterations are made to the data.

There's also no guarantee that medical information won't be hacked. Although records should be stored and uploaded through secured sites, inventive people are constantly finding ways around security systems.

Cost is a major disadvantage to EHRs. There are some health care offices that simply cannot afford to switch over their records system to something electronic. Furthermore, EHRs require a compatible system across the board. If one doctor is using Type A system and the other is using Type B system, there may be issues of incompatibility and errors.

EHR technology is still in its infancy, but many physicians are starting to convert to or investigate the possibility of going digital.

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