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PHS FACES DISTRICT FOE

— page B1

briefs

Location of \$3 billion coal plant to be announced

The Associated Press

FRANKFORT — Peabody Energy could announce early next week where it will build a \$3 billion plant that will convert coal to synthetic natural gas, a spokeswoman said Thursday.

The St. Louis-based company has considered several locations in Kentucky, Illinois and Indiana.

The Kentucky Economic Development Finance Authority on Thursday agreed to provide Peabody \$250 million in tax incentives in hopes of luring the project to the Bluegrass State.

Peabody spokeswoman Beth Sutton said that agreement "is terrific news" for the project.

"We'll be reviewing the agreement with our project management team, and we will be quickly responding with our next steps in the process," she said.

Sutton said the project, when completed, would employ 400 to 500 people in jobs in both the conversion plant and in an adjacent coal mine.

The plant, Sutton said, would use about 2.5 million tons of coal per year.

Also Thursday, the Kentucky Economic Development Finance

(See PLANT, page two)

2 DAY FORECAST

Today

High: 74 • Low: 50

Tomorrow

High: 71 • Low: 44

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

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Studies stress return on Appalachian investments, utility needs

by LAWRENCE MESSINA
ASSOCIATED PRESS

CHARLESTON, W.Va. — Touting its approach to rural poverty, the federal agency serving the 13-state Appalachian region boasted Thursday that every dollar spent on a selected batch of projects expanded personal

incomes by \$9.28 and attracted \$75 in private investment.

But the fall conference of the Appalachian Regional Commission also underscored the chronic problems that keep the region lagging behind much of the rest of the country.

An ARC-commissioned study linked its targeted approach to public

funding to a \$1.3 billion boost in personal incomes from 17,600 new and 9,580 retained jobs across the region as well as to \$1.7 billion in leveraged private dollars and \$44.1 million in state and local tax revenues.

"We're trying to deal substantially with the challenges we're facing," said West Virginia Gov. Joe Manchin, the

commission's state co-chairman.

The study weighed the impact of 104 of the more than 400 projects the agency completed between 1999 and 2005. The commission provided \$29.4 million of the funding, with other federal, state and local agencies also con-

(See ARC, page two)

DISTURBING CRIME



Zebulon Lodge Master James E. Goble pointed out some of the damage caused by vandals earlier this week. photo by Joshua Byers

Zebulon Lodge vandalized

by JENNIFER LAWSON
STAFF WRITER

PRESTONSBURG — Whether it be a version of Halloween pranks or someone out to truly harm others is unknown, but what is known is the extensive damage recently done to the Prestonsburg Masonic Lodge.

Members of Zebulon Lodge No. 273, F&AM, were last in the lodge Saturday night, meaning the incident happened sometime between then and when it was reported to Prestonsburg Police Department Wednesday

evening.

Though the damage was confined to the entire meeting room on the third floor of the building, the room was spray painted with a variety of words and symbols, including the letters "KKK," the number "666," swastikas and dollar signs, Assistant Police Chief Bryan Hall said it appears the room was only vandalized and nothing was actually stolen, however, the crime is being taken very serious due to the nature of the vandalism.

"Anytime there are racial indications involved, it brings the whole investigation up a

notch," said Hall.

Despite the damages, Master James E. Goble said the lodge will continue with their regular meetings and activities.

"We're not going to let this disrupt us," said Goble, who said that it will be the lodge's responsibility to clean up the mess.

Due to the incident still being under investigation, additional details weren't given and the police report is not yet part of public record.

The incident remains under investigation by Hall, Officer John Epperson and Det. Steve Little.

Fletcher, Beshear prepare for final leg of campaign

by ROGER ALFORD
ASSOCIATED PRESS

FRANKFORT — With groundwork laid, money raised, and time winding down in the governor's race, the candidates are preparing for a grueling sprint to the finish line.

For Republican Gov. Ernie Fletcher and Democratic challenger Steve Beshear, that means crisscrossing the state, making stops in as many towns and cities as can be squeezed into the final two weeks of the campaign. It means they'll be getting up early and going to bed late, shaking hands with countless voters, delivering stump speeches and rallying supporters until their voices are raspy.

Despite the physical demands, the candidates, both of whom are political veterans, say the last leg of the race is always the most fun.

"I enjoy people," said Fletcher, who kicks off a bus tour on Monday. "I enjoy getting out, and, yes, I enjoy campaigning."

With the Nov. 6 election drawing near, voters have heard the candidates in numerous debates and seen their television ads in what has been a contentious race centered largely on ethical issues. Now, they'll see the candidates in person.

"That's always the most fun part of the campaign, to get out among the people, shake hands, give speeches, and talk to people about

what their feelings are," said Beshear, who will appear with other Democratic candidates at bus tour stops across the state in addition to keeping up his own whirlwind tour of Kentucky.

In Kentucky, bus tours have become the strategic last leg of statewide campaigns — a chance for candidates not only to speak directly to supporters but to garner coverage in local newspapers, radio and TV stations in the communities where they stop.

"These bus tours have become increasingly popular in different types of races in various states," said University of Louisville political scientist Laurie Rhodebeck. "Somewhere in the last decade or so this seems to have caught on as a nice way to round out a campaign. It certainly generates publicity."

Fletcher, an ordained Baptist minister, has been using his stump speeches to paint the election as referendum on legalizing casinos in the state. He says voting for Beshear, a programing candidate, would be the same as voting for casinos.

Beshear, a Lexington attorney, says he supports a proposal for a ballot referendum that would allow voters to decide whether to change the constitution to allow casinos. Opening casinos at race tracks and in

(See CAMPAIGN, page two)

Skating rink gets haunted for the holiday

by JENNIFER LAWSON
STAFF WRITER

PRESTONSBURG — Be prepared to be scared as Archer Park Skate Rink is transformed into their first annual "Haunted Rink." Working on preparations for months, the hard work and time that park employees have put into the attraction under the direction of park director David Baldrige is sure to be one to cause fear in those of all ages.

Featuring a variety of frights from clowns to saws to funerals, the rink has been totally transformed into a scary attraction for everyone to enjoy.

As over 35 employees and volunteers work to make the haunted attraction a success, Baldrige says it should be one of the best around.

"I'm kind of hoping for rain since most of the other area attractions are outside," Baldrige said in good humor.

The event will be open Friday and Saturday night from 7 p.m. to 10:30 p.m. and Sunday and Tuesday from 7 p.m. to 9 p.m. Admission is \$5 for those ages 12 and up, and \$3 for ages 11 and under.

"We've had fun doing it and I'm sure it will be a success," said Baldrige who invites everyone to come out and test their fears.



A haunted rink volunteer hangs around waiting for the events to begin.

photo by Jennifer Lawson

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Campaign

a handful of communities along the state's borders, Beshear contends, would generate \$500 million in additional tax revenues that could be used to improve the lives of Kentuckians.

Among other likely topics for the bus tours, legal woes that have plagued Fletcher for more than two years. An investigation into his administration's hiring practices began in 2005 and Fletcher was indicted last year on charges that he had violated state hiring laws. The indictment was later dropped in a negotiated agreement with prosecutors, and Fletcher has since maintained that he was the victim of a "political witch hunt" intended to weaken his chances for re-election.

Meanwhile, Fletcher has claimed that Beshear profited from the bankruptcy of Kentucky Central Life Insurance Co. while hundreds of employees lost jobs and investors lost money. Fletcher spokesman Jason Keller said the governor is likely to bring up that issue on his bus tour.

Beshear's law firm, Stites & Harbison, was hired by the state insurance commissioner to assist in the liquidation of the bankrupt Kentucky Central. A report, prepared by independent attorneys 12 years ago, said Beshear's law firm had a conflict of interest and should have withdrawn from the case.

The report said Beshear was not directly involved, but that he had "general

knowledge" of the conflict of interest that he should have turned over to former Insurance Commissioner Donald Stephens.

Both candidates say they'll also talk about past accomplishments and their goals for the next four years.

Political scientist Michael Baranowski said the bus stops are an effective way to reach out to supporters. However, the key to their success, he said, is getting coverage from local media.

"It's what we sometimes call pseudo retail politics," said Baranowski, who teaches at Northern Kentucky University. "It's a lot more about the reporters and the cameras than the event itself."

Continued from p1

ARC

tributing.

The projects, distributed among the 13 states, included 51 that built or improved water and sewer systems, and 33 that launched or enhanced industrial parks.

They also included eight that tackled local Internet and telecommunications needs. Citing his pledge to extend high-speed Web access statewide by 2010, Manchin ranked such projects alongside the commission's traditional tasks of water, sewer and road improvements.

"You may not be able to build all the roads your people desire or need," he told the more than 300 conference attendees in a morning address. "But you can let them be connected to the world, and they

can compete from wherever they live in your beautiful states."

Appalachia also needs an estimated \$40 billion to bring adequate water and sewer services to all of its residents, according to another study released Thursday.

"Infrastructure has to be a priority," said Anne B. Popc, the commission's federal co-chair. "It's hard to imagine any quality of life without access to drinking water."

That study's author, Jeff Hughes, urged his audience against fixating on that "big, scary number." The states and their communities should instead focus on pooling resources, said Hughes, director of the Environmental Finance Center at the

University of North Carolina at Chapel Hill.

Culprits include dropping populations in some areas, rapid growth in others and the overall rusting of the region's manufacturing base, Hughes said.

"We have many, many systems that don't have the revenues to support the infrastructure the way it was designed, largely because these major industries have gone away," he said.

While noting the surrounding debate, Hughes said some communities have experienced better service and more uniform costs since private, for-profit utilities united once-separate systems. He also cited Maryland's "flush tax," which levied a monthly \$3-per-house-

hold fee to yield more than \$600 million for bonds to improve sewage treatment systems.

But Hughes said his two-year study, which took him all over the region and included resident interviews and community case studies, also brought home the hurdles facing impoverished communities that continue to lack such basic services.

"We have houses where the value of the house is less than the estimated cost of bringing water to that house," Hughes said.

The commission serves Alabama, Georgia, Kentucky, Maryland, Mississippi, New York, North Carolina, Ohio, Pennsylvania, South Carolina, Tennessee, Virginia and West Virginia.

Continued from p1

'Quilt Trail' emerging on barns in Eastern Kentucky

BARBOURVILLE -- Kentucky has long been known as a center for the sewing of colorful quilts in many patterns and designs. But over the past several years, painted quilt patterns on the sides of barns in Kentucky have emerged as a new form of self-expression and cultural pride for rural residents.

Efforts are getting underway to coordinate the painting and erection of colorful wooden quilt blocks on barns in eastern Kentucky and elsewhere to form trails that can lure travelers off of interstate highways onto back roads, bringing tourists into rural areas that need an economic boost.

"It's like hanging a painting in an art gallery," said Dianne Simpson, a fiber artist and native of Knox County in southeastern Kentucky. "But with the quilt barns, the whole community becomes an art gallery."

Simpson is a leader in the quilt barn movement in Knox County, along with representatives of the Kentucky Arts Council, the U.S. Department of Agriculture and the Knox County Extension Service, all of whom are helping organize

this grassroots movement to beautify their communities.

Judy Sizemore of McKee, regional outreach director for the Kentucky Arts Council in eastern Kentucky, is helping coordinate the selection of quilt patterns to be painted and recruiting barn owners to provide a place for their display. Each pattern that is submitted to the selection committee is associated with a particular local quilter who used the design in her sewing. In some cases, several generations of a family have sewn quilts with the same pattern, Simpson said.

The farmers, many of whom formerly used their barns for tobacco curing, are allowed to choose the pattern that will be displayed on their structures. "This provides a new reason for them to care for their barns," Sizemore said.

Even electric companies operating in Appalachia have gotten on board with the quilt squares program. They loan their bucket trucks and skilled workmen to mount the 8 ft. by 8 ft. squares high up on the sides of barns.

Often the quilt squares are painted by local students who volunteer their time. "Having

the opportunity to participate in the quilts project has been the most interesting experience I have ever known," said Joseph Cross, a Knox County high school student who has worked on painting several quilt blocks.

Other trained volunteers like Simpson record the oral history of the quilter whose pattern is being painted. The goal of the oral histories eventually is to provide a narrative for an audio driving tour of the region's quilt barns, similar to the Country Music Highway audio tour guide of eastern Kentucky's famous musicians' birth places, Sizemore said.

Quilt squares also are cropping up on barns in other parts of Kentucky. Sizemore estimates there are 20 to 30 counties that now boast quilt barns. Elliott County in northeastern Kentucky probably has the most, with about 60 barns adorned with the patterns, she said. In western Kentucky's Pennyriple region, innovative quilt painters have started using metal to provide a longer life span for their patterns, said Cheryl Cook, executive director of the Hopkinsville-Christian County Convention

& Visitors Bureau.

Other states are getting involved with the quilt barn movement, including Ohio, Indiana Tennessee and Iowa. The materials necessary to create an 8 ft. by 8 ft. quilt square, including plywood, paint, and 4 by 4's and bolts for mounting, usually don't exceed \$150 in cost, Sizemore said. Several government agencies are helping quilt square painters get started with matching grants.

Participants in the quilt barn movement in Kentucky, Ohio and West Virginia, are presenting Quilt Trail Workshops and Tour in Ashland Friday and Saturday Nov. 2-3. Donna Sue Groves of Adams County, Ohio, regarded as the founder of the quilt barn movement about six years ago, will be among the special guests participating in the workshops. For more information about the conference, contact the Boyd County Extension Service at 606-739-5184.

For more information about the Kentucky quilt trail program, contact Sizemore at 606-364-5831 or email circuit@prtcnet.org.

Plant

Authority announced a package of sales tax refunds worth \$8 million for Lexington-based Alltech to move ahead with plans to build a rural biorefinery in Springfield.

The biorefinery, which the company says is the first of its kind in North America, will not only produce ethanol but also house enough dairy cattle to make Kentucky self-sufficient in milk. Currently, the state has to import \$250 million in milk products.

"This project and technology could have far reaching implications, not just for the state but for the country as a whole," said Dr. Pearse Lyons, Alltech's president. "Alltech is committed to the future of agriculture and making

Kentucky a national leader in that area.

Lyons said the rural biore-

finery would convert switch grass and corn to ethanol and also produce algae.

Continued from p1

Rising Son Church

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Will be hosting a

Youth Rally

Saturday, Oct. 27, at 4:00 p.m.

2nd Street Revival Band, along with guest speaker, Rev. Keith Meade.

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Obituaries

Will Carroll

Will Carroll, 60, of Martin, died Saturday, October 20, 2007, at Our Lady of the Way Hospital.

Born September 16, 1947, in Printer, he was the son of the late Trimble Matthew and Mary Elizabeth Carver Carroll. He was a disabled coal miner; a U.S. Army veteran of the Vietnam War; a member of the American Legion in Martin; and a member of the VFW No. 5839 in Prestonsburg.

He was preceded in death by his wife, Gwenna Yates Carroll.

Survivors include a brother and four sisters: Hiram Carroll of Printer, Myrtle Henderson of McDowell, Flossie Stone of Price, Martha Hamilton of Printer, and Dolly Leedy of Martin; several nieces and nephews; and a special nephew and niece: Jonathan Moore and Chantel Sargent.

In addition to his parents and wife, he was preceded in death by two brothers: Walk Edward Carroll and Bennie Ray Carroll; and two sisters: Kathy Carroll and Katie Carroll.

Funeral services were held Monday, October 22, at 1 p.m., at the Old Time Baptist Church, in Printer, with Joe May, John Dwaski, Ted Shannon, and Denver Meade officiating.

Burial was in the Halbert Cemetery, in Printer, under the direction of Nelson-Frazier Funeral Home, in Martin.

Military services were performed by DAV Chapter 128,

in Garrett.

Visitation was at the church. www.nelsonfrazierfuneralhome.com

(Paid obituary)

□□□

Ronnie Lee Wright

Ronnie Lee Wright, 41, of Prestonsburg, died Monday, October 22, 2007, at the U.K. Medical Center, in Lexington.

Born November 9, 1965, in Martin, he was the son of Billie McCoy Wright of Martin, and the late Rex Wright.

He is survived by his wife, Lois Collins Wright.

In addition to his mother, survivors include two sons: Bobby Wright and Gary L. Wright, both of Prestonsburg; three brothers and two sisters: Ricky Wright, Randy Wright, Stanton Wright, Brenda Craft and Nioka Mullins, all of Martin; and a grandchild, Shayla Grace Ratliff.

Funeral services will be held Friday, October 26, at 1 p.m., at Nelson-Frazier Funeral Home, in Martin, with Johnny Patton officiating.

Burial will be in the Wright Family Cemetery, in Prestonsburg, under the direction of Nelson-Frazier Funeral Home.

Visitation is at the funeral home.

www.nelsonfrazierfuneralhome.com

(Paid obituary)

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Card of Thanks

The family of Will Carroll would like to thank everyone participating in Will's last wishes:

Brother Joe May, Bill Ted Shannon, Brother John Duchnowski, Brother Johnny Patton, Brother Denver Meade. Thanks to visitors, friends, before/during/after Will's death, for the food, prayers, and floral arrangements.

Special thanks to Dr. Bill Webb and the excellent staff of Our Lady of the Way Hospital, to King's Daughters, and Veterans Hospital, in Huntington, West Virginia.

Will requested that Nelson-Frazier take his body to the Old Time Baptist Church, where he had helped build in 1976.

Very special thanks to all the singers: Cindy Patton, Margaret Carroll and girls, Steve Hall, Randy Humble, Johnny Conn, Mary, Bill and Billy Williamson, and others. Especially 5-year-old Chantel Sargent, songs to Uncle Will. A special thanks to the men and women of Chapter 128, DAV.

This I say in the name of Jesus Christ, Amen.

MARTHA HAMILTON CARROLL FAMILY

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Marriage Licenses

Tina Preston, 19, of Boonscamp, to Steven Taylor, 21, of Printer.
 Lisa Stumbo, 30, to Austin Shelton, 31, both of Martin.
 Kimberly Brown, 33, to William Mullins, 29, both of Columbus, Ohio.
 Amber Dingus, 23, to Ryan Slone, 21, both of Printer.
 Samantha Moore, 18, of Hi Hat, to Rocky Nagu, 19, of Harold.

Civil Suits Filed

Midland Funding vs. Linda Hager
 Rachel Friend vs. Crystal Nelson
 PACCAR Financial Group vs. Larry Dangerfield, et al
 Teresa Little vs. Frank E. Jacobs, et al
 CitiFinancial vs. Kristie Tackett
 Cabinet for Families and Children vs. Rhea Salisbury
 Cabinet for Families and Children vs. Paul Salisbury
 Mary Karen Stumbo, et al vs. Dwyer Concrete Lifting, et al
 Lakein Vanhooose vs. Deborah Lindsey
 Kermit Tackett vs. Glenda Tackett
 Michael Pack vs. Michael Stephens
 Walter Mortgage Co. vs. Michael G. Collins, et al
 Deloris Coleman vs. Melissa Vanhooose
 Penny Fulford vs. Levi R. Noble
 Foster Care vs. Jennifer Cochran
 Krista Chaffins vs. Brian Chaffins
 US Bank National Association vs. Stella Lafferty
 LVNV Funding vs. Robert E. Franklin
 Nationwide Mutual Ins. vs. Sherry Stumbo
 Nadine Conley vs. Southern Water
 Pamela Meade vs. Troy Cecil Meade
 Capital One Bank vs. Dewey L. Hall
 Robert Terry Lee vs. Melissa Lynn Lee

Small Claims Filings

Capital One Bank vs. Wanda Greer
 Capital One Bank vs. Sandra Isaacs
 Simpson Prop. Group vs. Security Plus
 Worldwide Asset Purchasing vs. Charles D. Marsillett
 Justin Mobile Home Park vs. Jennifer Carroll
 Fred Newsome vs. Sonny Swiney
 Asset Acceptance vs. Marsha Adkins
 Asset Acceptance vs. Kevin Webb
 Cash in Hand vs. Jennifer Bridgeman
 Cash in Hand vs. Jennifer Ratliff
 Cash in Hand vs. Kathy Music
 Cash in Hand vs. Jeffrey Roop
 Portfolio Recovery Associates vs. Thomas J. Jones
 Pamela Combs, estate of Bronson Mullins vs. Terry Presley, et al
 Portfolio Recovery Associates vs. Thomas J. Jones
 Capital One Bank vs. Stella Noble
 Asset Acceptance vs. Eva K. Miller
 Asset Acceptance vs. Pam J. Samons
 Asset Acceptance vs. Myrtle Jones
 Asset Acceptance vs. Melissa Mitchell
 Asset Acceptance vs. Elzie J. Meade
 Asset Acceptance vs. Darrell G. Spears
 Central Financial Services vs. Bonnie Ward
 Appalachian Regional Hospital vs. Lamar Tackett
 Appalachian Regional Hospital vs. William Parker
 Capital One Bank vs. Aaron D. Rounds
 Capital One Bank vs. Vanessa M. Hicks
 Midland Funding vs. John Mulkey Jr.
 Capital One Bank vs. Batina Sword
 Asset Acceptance vs. Freda Sanders
 Midland Funding vs. Randy Adams
 Asset Acceptance vs. Cynthia Hastings

Asset Acceptance vs. Cheryl Slone
 Asset Acceptance vs. Evelyn D. Hall
 Asset Acceptance vs. Neil F. Moore Sr.
 LVNV Funding vs. Amy Jones
 Asset Acceptance vs. Steven Mitchell
 Asset Acceptance vs. Bonnie J. Vicers
 Fred Goble, et al vs. Mike George, et al
 Floyd County Housing Authority vs. Cindy Murphy
 Central Financial Services vs. Tonya R. Farmer
 Denise Bambach vs. Joy W. Jahr
 Mary Alice Newsom vs. Mark J. Damron
 Susan Rakotz vs. Greg Crace, et al
 Black Acre Enterprise vs. James I. Samons
 Asset Acceptance vs. Michael R. Wallen
 Asset Acceptance vs. Jeffrey W. Powell
 Capital One Bank vs. Florenc Wallen

Charges Filed

Racheal D. Tackett, 27, of Prestonsburg, assault, domestic violence.
 Joe David Stumbo, 56, of Drift, alcohol intoxication, public place.
 Brent Edward Meade, 26, of Prestonsburg, assault, domestic violence.
 Rebecca A. Carter, 32, of Prestonsburg, theft by unlawful taking.
 Robert D. Castle II, 36, of Auxier, alcohol intoxication, public place; possession of controlled substance.
 Karen Crum, 55, of Prestonsburg, terroristic threatening.
 Janet Sue Bailey, 28, of Salyersville, alcohol intoxication, public place.
 Martin Lee Hayden, 49, of Prestonsburg, alcohol intoxication, public place.
 Michael Ray Lucas, 19, of Martin, alcohol intoxication, public place.
 Morgan Madison, 58, of Neon, alcohol intoxication, public place.
 John H. Maggard, 56, of Martin, alcohol intoxication, public place; disorderly conduct.
 Larry K. Mullett, 55, of Auxier, alcohol intoxication, public place.
 Sherwin E. Rucker, 57, of McRoberts, public intoxication, controlled substance.
 Cory L. Thompson, 22, of Prestonsburg, alcohol intoxication, public place.
 Dewey Meade, 18, of Melvin, hindering prosecution or apprehension.
 James Gregory Goines, 25, of McDowell, criminal mischief.
 Linda Keathley, 48, of Van Lear, harassment.
 Jessie Akers, 30, of Teaberry, harassing communications.
 Woodrow Crum, 55, of Prestonsburg, harassment.
 Lizzie M. Keathley, 46, of Harold, criminal trespass.
 Michael Newsome, 30, of Martin, alcohol intoxication, public place; possession non-narcotic controlled substance; controlled substance not in original container.
 Kris Lawson, 29, of

Prestonsburg, alcohol intoxication, public place.
 Amanda Lee Taylor, 26, of Printer, theft by unlawful taking, shoplifting.
 Don Craft, 43, of Martin, LVNV Funding.
 George N. Hale, 53, of Blue River, promoting contraband; sexual abuse.
 Sheila L. Tussey, 45, of Blue River, possession marijuana; use/possession drug paraphernalia.
 Daryle T. Pulliam, 44, of Lafayette, Louisiana, alcohol intoxication, public place.
 Fred J. Staniford, 39, of Williamsport, public intoxication, controlled substance.
 Dennis Fields, 24, of Langley, hindering prosecution or apprehension.
 Michael A. Marcum, 34, of Grethel, alcohol intoxication, public place.
 Frank I. Massie, 25, of Prestonsburg, alcohol intoxication, public place; endangering welfare of minor.
 Kelly N. Flannery, 24, of Prestonsburg, endangering welfare of minor.
 Doris Fields, 70, of Langley, hindering prosecution or apprehension.
 Christopher A. Collett, 22, of Prestonsburg, theft by unlawful taking.
 Deonna T. Chaffins, 52, of David, terroristic threatening.
 Clara A. Williams, 38, of Banner, terroristic threatening; criminal mischief.
 Mary H. Minix, 47, of Salyersville, theft by deception.

Inspections

Eastern Heights Motel, Ivel, regular inspection. Violations noted: bathroom ceiling tile in disrepair. Score: 98.
 Spears Mobile Home Park, Besty Layne, regular inspection. Violations noted: mobile home lots have no numbers, mobile home parking not in compliance. Score: 94.
 Hometown IGA, Stanville, regular inspection. Violations noted: food not protected during storage, food not protected during service, floors not in good repair, walls, ceiling, attached equipment not in good repair, cleaning and maintenance equipment not properly stored. Score: 95.
 Big Lots, Prestonsburg, regular inspection. Violations noted: canned food products observed which indicate swelling, leaking, rusting or severe dents. Score: 95.
 Vance Grocery, Beaver, regular inspection. Violations noted: toilet room doors not self-closing, lighting not provided as required. Score: 97.
 McDowell IGA, McDowell, regular inspection. Violations noted: lack of accurate thermometers in all refrigeration and freezing units potentially hazardous foods, lack of effective hair restraints, cloths used for food and non food contact surfaces not stored and rinsed frequently in water sanitizing solution, sanitary towel or hand drying device not provided at lavatory or handwashing sink. Score: food, 96, retail, 96.
 Huddle House, Besty Layne, regular inspection. Violations noted: food not protected during storage, food not

protected during service, in use food (ice) dispensing utensils not properly stored, food contact surfaces not properly constructed, cloths used for food and non food contact surfaces not stored and rinsed frequently in water sanitizing solution, all plumbing, not maintained according to law, walls, ceiling, attached equipment not in good repair. Score: 92.

Subway of Stanville, Stanville, regular inspection. Violations noted: employee personal items not stored properly. Score: 99.

Double Kwik, Ivel, regular inspection. Violations noted: in use food (ice) dispensing utensils not properly stored, dishwashing facility not properly maintained, chlorine sanitizer concentration level for mechanical chemical sanitizing of utensils and equipment less than 50 ppm., all plumbing not maintained according law, floors not in good repair, walls, ceiling, attached equipment not in good repair, lighting not provided as required, lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods, food not protected during storage, garbage and refuse containers not covered as required, employee personal items not stored properly. Score: food, 89, retail 93.

Double Kwik, Harold, regular inspection. Violations noted: lack of accurate thermometers in all refrigeration and freezing units storing potentially hazardous foods, where chemical sanitization methods are employed, operators not providing and using chemical test kits, cloths used for food and non food contact

surfaces not stored and rinsed frequently in water sanitizing solution, improper storage of single-service articles, sanitary towel or hand drying device not provided at lavatory of handwashing sink, walls, ceiling, attached equipment not in good repair, light fixtures not shielded as required, employee personal items not stored properly, cleaning and maintenance equipment not properly stored. Score: food, 92, retail, 97.

Property Transfers

Barbara Adjubs to Devra Holland and Charles Mink. Located at Middle Creek.
 Barbara and Ray Baumer to Jack and Lucy Burchett. Located at Middle Creek.
 Michael and Becca Castle, Beulah and Charles Collins, John Collins, Robin Collins to John F., John Lester, and Sandra Collins. Located at Lackey.
 Michael Castle to Charles Collins. Located at Beaver Creek.
 City of Prestonsburg to Brock McVey Company. Located in Prestonsburg.
 Classic Enterprises to HLT Properties, located at Goble Roberts Subdivision.
 Clipper Coal Corporation to ICG Knott County. Location undisclosed.
 Sam Doyle to Allen Bowling. Located in Prestonsburg.
 East Kentucky Energy Corporation to ICG Knott County. Location undisclosed.

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Jerry Fannin to Hansel Cooley, David Layne, Steve Pack. Location undisclosed.
 G & B Rental to Reba Johnson. Located at Richmond Subdivision.
 Morris and Tammy Gillum to Flora and Jerry Jones. Location undisclosed.
 Charles and Mable

(See RECORD, page six)

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285-3950

Viewpoint

Worth Repeating ...

"Before God we are all equally wise — and equally foolish."

— Albert Einstein

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

Editorial roundup

Los Angeles Times, on wildfires:

When the air in Southern California takes on an unnerving yellow cast, it usually means disastrous wildfire. People miles away from the nearest blaze can still sense the oppressive eeriness of a crisis in the distance. The region is suffused with yellow air and crisis right now, so much that it's hard to know where we should direct most of our worry, sympathy and aid. Malibu at first, then San Diego. What about Lake Arrowhead? ...

There will undoubtedly be lessons we can take from this fire season to minimize future losses, just as fire breaks and earlier evacuations — lessons gleaned from disasters past — have helped in some of these most recent fires. Even more certain, though, is that brush fires are a literal force of nature here. ... Southern Californians have chosen to live where wildness is still a visible, occasionally destructive and often awe-inspiring force.

We who live here learn to balance our qualms against the allure of wilderness — or at least, between disasters, we grow practiced at ignoring the discomfort. As wildlife and settled life press up against each other ever more uneasily, we know that as much as nature threatens us, we can't change that without destroying one of the things we love most about the place.

The Times Herald-Record, Middletown, N.Y., on Stephen Colbert for president:

If you replied, "Stephen Who?" when you learned that Stephen Colbert is running for president, just wait. Following in the footsteps of other famous comic candidates — Paulsen, Pogo, Perot — he can make a difference.

Colbert, for those who have not watched "The Colbert Report" on Comedy Central, often asks better questions and gets more telling answers from today's political leaders than the Washington press corps.

Entertainers are no strangers on the road to the White House or the statehouse, and television is where they start working to change perceptions. Who thought that Arnold Schwarzenegger could become governor of California or that anybody would announce the start of a serious political campaign on "The Tonight Show"? ...

Many young people say they get their news from fake news shows such as Colbert's and the show where he started, "The Daily Show" with Jon Stewart. While it is far-fetched to say that any candidate should worry that Colbert will siphon enough votes away to have a Naderish effect on the 2008 election, what he can do is sharpen the debate and do the job that the press rarely dares to do. ...

The Tuscaloosa (Ala.) News, on the shield bill:

Despite the threat of a White House veto, the U.S. House last week passed a crucial piece of legislation that safeguards the confidentiality of news reporters' sources in most federal cases.

Now it's up to the Senate, where the bill faces an uncertain future, to protect the constitutional rights of a free press.

Predictably, President Bush opposes the legislation. He does not like the press, which has embarrassed him on many occasions by letting the public know the truth about the inner workings of the administration. Were it not for a free press, there would have been no revelations of the abuses at Abu Ghraib, no disclosures of secret CIA prisons and no details of the shoddy conditions at Walter Reed Army Medical Center.

The president says the media shield bill that the House approved on a 398-21 vote would encourage leaks of classified information.

... This nation's founders understood that what separates this country from others, what makes us great, is our openness, our free flow of information. The president does not understand or appreciate that fact.

We trust that the Senate will take a broader view than the one that the White House has adopted. Most states, including Alabama, have a shield law. It's high time that the federal government had one as well.

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BEATIE



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Letters

Stay safe and sober on Halloween

Halloween should be a time for scary costumes, trick-or-treating and good fun. But unfortunately, it has become a very dangerous and deadly night of the year due to impaired driving. Too many people still don't understand that alcohol, drugs and driving don't mix. Impaired driving is no accident — nor is it a victimless crime. Too many lives are being lost and we need everyone's help to stop it.

According to the National Highway Traffic Safety Administration, 41 percent of all highway fatalities across the nation on Halloween night involve a driver or motorcycle operator with a blood-alcohol concentration (BAC) of 0.08 or higher, which is illegal in every state.

In fact, last year more than 13,000 people died in crashes in which a driver or a motorcycle operator had a BAC of 0.08 percent or above.

Driving impaired is simply not worth the risk. The consequences are serious and real, especially when you risk killing yourself or someone else. On a night such as Halloween, children dressed in costumes can run out into streets and roadways, and damage could be staggering. In addition, the trauma and financial costs of a crash or an arrest for driving while impaired can be significant.

It is important that Halloween party-goers remember, **buzzed driving is drunk driving**, and designate a sober driver before the festivities begin. Whether a person has had way too many or just one too many, make sure you don't drive while impaired.

Floyd County Drug Court Team
Judge Eric D. Hall
Sue Blackburn
Ronald Rohrbach

Scandal was not victimless

Currently the airways are saturated with a political commercial

wherein Ernie Fletcher tells us that his administration has "hired 61 percent Democrats." I was wondering if this figure included former state transportation employee Leslie Campbell, of Campton. In case you haven't been closely following the merit hiring scandal, Leslie Campbell was one of many individuals who suffered harm at the hands of Fletcher and his partisan allies.

Leslie Campbell was a registered Democrat who was promised that if she would change her registration to Republican, she would receive a job as a bookkeeper in the Transportation Cabinet in Campton. Leslie was eventually replaced by an individual who did poorly on the testing administered by the Transportation Cabinet when compared to Leslie, who scored in the top 10 percent.

Why did Leslie lose her position with the Transportation Cabinet? As Leslie's lawyer, we learned the true reason when the emails were revealed during the grand jury investigation that resulted in the indictment of Gov. Fletcher and others. It turned out that a less qualified employee who received her job had substantial Republican connections who not coincidentally donated considerable sums of money to Republican causes.

Are there victims of the hiring scandal? Leslie Campbell, who has three children, lost her health insurance. Today she makes sandwiches at the Subway restaurant near Slade. The next time any of us get to see Gov. Ernie Fletcher, we should ask him, were there victims of the hiring scandal? Did real people get hurt needlessly? Was Leslie Campbell part of the "61 percent" of Democrats he proudly claims he hired?

In one were to believe the spin put on the hiring scandal by the Fletcher administration, it was basically a victimless crime. Republicans were just paying back Democrats for sins Democrats had committed in the past. According to Fletcher, the hiring scandal is simply a case of a political rival, Attorney General Greg Stumbo, getting even with Fletcher because he happens to be a Republican.

My law firm has been battling the Fletcher administration lawyers, as we represent many of the

Transportation Cabinet victims of the political purge. What is probably most disappointing about this scandal is that this myth that the merit hiring scandal was a "victimless crime" has been accepted at face value by the mainstream media in this state. Little attention has been given to the fact that there were real victims of this hiring scandal. Real people got fired, real people received retaliatory transfers, real people after years of service to this Commonwealth quit their jobs in disgust. Interestingly, the majority of the victims of the hiring scandal live here in the mountains.

The game plan of Fletcher and his ruthless allies was to utilize a little-known rule that allowed transportation employees to be transferred without cause to any region in this Commonwealth. This regulation, while innocuous on its face, seems to serve a good cause. It allows the Transportation Cabinet to shift employees to presumably deal with emergencies. What Fletcher and his Republican friends did was use this rule to transfer longtime employees to inconvenient locations as a form of political punishment.

Longtime employees such as Scotty Fugate, of Breathitt County, was transferred to Pulaski County. Paul Bailey, of Magoffin County, was transferred to Powell County. Jerry Gritton, of Anderson County, was transferred to Fayette County. What prompted their transfers? They refused to submit to the Republican agenda. Fletcher and his cronies spent time assembling "hit lists" of transportation employees, including my clients and others. The Republicans also had a list of political replacements who desired their positions. Scotty Fugate quit in disgust. Jerry Anderson retired. Paul Bailey, after litigation, was able to eventually get transferred back to Magoffin County.

The last time anyone tried to ask Gov. Fletcher about the scandal, he took the Fifth Amendment. Instead, he runs misleading commercials that proudly proclaim that he "hired 61 percent Democrats." Such commercials in my mind continue to provoke the myth that the hiring scandal was a victimless crime.

Ned Pillersdorf
Prestonsburg

The Times

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Letters to the Editor are welcomed by The Floyd County Times.

In accordance with our editorial page policy, all letters must include the signature, address and telephone number of the author.

The Times reserves the right to reject or edit any letter deemed slanderous, libelous or otherwise objectionable. Letters should be no longer than two type-written pages, and may be edited for length or clarity.

Opinions expressed in letters and other voices are those of the authors and do not necessarily reflect the views of the newspaper. Send letters to: The Editor, The Floyd County Times, P.O. Box 391, Prestonsburg, Ky. 41653.

Rental Central

by TOM DOTY
TIMES COLUMNIST

Lots of horror and one children's film made up this week's releases just one week before Halloween.

■ "Hostel 2" — Eli Roth's sequel picks up where the original left off with the lone survivor trying to readjust to life in the States. Meanwhile, the organized torture and murder network he escaped from is not so eager to let him go. The story then shifts to three women who become the new targets for the organization. Roth does a fine job of getting you to like these characters before he sends them to hell. He also expands the story to focus on the two American tourists who will be torturing

the characters. The three women are fine and the tone is grim, but the movie belongs to Roger Bart (now on Broadway in "Young Frankenstein") as a mild mannered businessman who turns out to have a yeti for mayhem.

■ "Mr. Brooks" — Kevin Costner stars as a serial killer trying to go straight in this thriller which is okay but nowhere near as intense as the similar "Dexter," which is now in its second season on the Showtime Network. William Hurt is pretty good as Brooks' alter ego which drives him to kill. Look for Demi Moore as a detective whose personal life is a shambles but her determination to nail Mr. Brooks is solid.

■ "Meet the Robinsons" —

Disney's latest animated film has a lot going for it and follows a young boy who wants to remember what his mother looked like. To this end he invents a machine that can take pictures from your memory but it gets broken. A boy from the future arrives to let him know that his device has attracted the attention of a bad guy and the two race to the future for a reckoning. Lots of good intentions here and a story with some meat on it make up for a few sags in the middle.

■ "Tales from the Crypt: Season 7" — The final round of HBO's horror series arrives and contains all 13 episodes of the series. This time the stories take place in England, where the comic books that inspired

the show were first filmed in the early 1970s. Most of the episodes work well and include appearances by Daniel Craig (James Bond) and Ewan McGregor ("Star Wars").

■ "The Tripper" — David Arquette (Deputy Dewey in the "Scream" series) wrote and directed this horror/comedy that takes place at a Woodstock-type festival where a killer in a Ronald Reagan mask is stalking partying teens. Plenty of yuks and gore ensues. This one deserved a better theatrical release and features a leading turn by Thomas Jane ("The Punisher").

Next week look for Jackie Chan's "The Myth" and the summer blockbuster "Spider-Man 3."

BSCTC holds fall festival



PRESTONSBURG — Big Sandy Community and Technical College (BSCTC) celebrated Fall Festival time with cookouts on all of the BSCTC campuses. Students were treated to hotdogs and hamburgers with all of the "fixings." The event also served to launch the "Genius Project," an 8 year plan which will improve skill levels at BSCTC in mathematics, reading, english and other areas students are lacking in upon entry into college. The project, also known as the Quality Enhancement Plan (QEP) is student centered and designed to help improve every student's chances of success in college.

Vera Joiner, BSCTC student activities director said, "The BSCTC Fall festival was very successful and student oriented. We were pleased to see the participation of various student organizations such as SGA, Care Club, the Gamers' Guild, Phi Theta Kappa and the Angler Bass

Organization."

Melinda Justice, dean of student affairs commented, "The Festival was so much fun and provided great interaction with the students. Many of the students asked about the Quality Enhancement Plan (QEP) as it relates to BSCTC. The students loved the QEP book markers."

The Fall Festival is an annual event that engages students, faculty and staff in a time of sharing, away from the stresses of regular classes, books and assignments. It's a time to relax a little and enjoy a few minutes of college life away from the classroom.

BSCTC student Jessica Rudd said, "I think the BSCTC Fall Festival is wonderful. Events like this show how much the College cares about students." Another student, Rosie Music added, "The BSCTC Fall Festival is great. It's wonderful to see events like this and to see our instructors participating and enjoying the season."

Survey: Fear of memory loss gives the biggest scare

The Associated Press

NEW YORK — Can't remember what's special about Oct. 31? That's really scary.

A survey of 1,037 Americans found that about 21 percent say losing their memories is their top fear this Halloween, followed by being buried alive (which worries about 19 percent). Even snakes (the top fear for 11.5 percent surveyed) beat out a terrorist attack (10.4 percent).

The survey, commissioned by FearNet.com, a Web site and video-on-demand service devoted to horror movies and thrillers, also asked respondents to pick the scariest horror movies to watch on Halloween. "The Texas Chainsaw Massacre" chilled 20 percent, while

"Halloween," terrified 13.5 percent.

And if they could spend Halloween with a horror character, sexy mistress of the night Elvira was the top choice for a trick-or-treat date.

As for whom they fear the most, it was just about a tie. Given a list that included two world-stage players among

zombies and devils you know (such as your boss), Osama bin Laden took 26.4 percent of the vote and President George Bush pulled in 24.2 percent.

The telephone survey of 525 men and 512 women was conducted Oct. 10 to Oct. 14 for FearNet.com by ICR, a research firm in Media, Pa.

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Tuesday — Van Ark Building, Prestonsburg — 2:00 p.m.-3:00 p.m.

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FAMILY SUPPORT GROUP—"Concerned Persons"

Wednesday — Allen Baptist Church — 7 p.m.-8 p.m.

For Information on Groups, Call:

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LIFE-CONTROLLING PROBLEMS:

A life-controlling problem is anything that masters our lives.

"Everything is permissible for me"—but not everything is beneficial.
"Everything is permissible for me"—but I will not be mastered by anything."
1 Corinthians 6:12 (NKJV)

Life-controlling problems fall into three categories:

- 1.) **Substance**—drugs, alcohol, food, prescription medications
- 2.) **Behavior**—gambling, pornography, outbursts of anger, etc.
- 3.) **Relationships**—co-dependent, unhealthy, or enmeshed relationships

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<p>Cinema Two • R</p> <p>HELD OVER</p>  <p>RENDITION Mon.-Sun. 6:55-9:30; Fri. (4:20), 6:55-9:30; Sat.-Sun. (1:50-4:20), 6:55-9:30</p>	<p>Cinema Seven • PG-13</p> <p>HELD OVER</p>  <p>THE COMEBACKS Mon.-Sun. 7:15-9:30; Fri. (4:30), 7:15-9:30; Sat.-Sun. (2:15-4:30), 7:15-9:30</p>
<p>Cinema Three • PG</p> <p>HELD OVER</p>  <p>SARAH LANDON AND THE PARANORMAL HOUR Mon.-Sun. 7:05-9:25; Fri. (4:25), 7:05-9:25; Sat.-Sun. (2:05-4:25), 7:05-9:25</p>	<p>Cinema Eight • R</p> <p>STARTS FRI., 10/26</p>  <p>SAW IV Mon.-Sun. 7:00-9:25; Fri. (4:25), 7:00-9:25; Sat.-Sun. (2:00-4:25), 7:00-9:25</p>
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South Floyd High

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KSP offers guidelines for a safe Halloween

FRANKFORT — With Halloween fast approaching, the Kentucky State Police is urging motorists, homeowners, parents and trick-or-treaters throughout the Commonwealth to prepare for a safe celebration.

"Halloween is one of the most exciting seasons for children, but also one of the most dangerous," says Kentucky State Police Commissioner Jack Adams. "Safety is often the last thing on their minds, so parents and motorists need to be especially alert."

According to the National Highway Traffic Safety Administration (NHTSA), Halloween consistently ranks as one of the top three days for pedestrian injuries and fatalities in the U.S. and more than half of all traffic fatalities on Halloween are alcohol-related.

While primarily a holiday for children, more adults are now engaging in festivities. According to the National Retail Foundation, more than 28 percent of adults plan to hold or attend a Halloween party this year.

"Many of these parties may start as early as this weekend," says Adams, noting that Kentucky has a zero tolerance policy when it comes to driving while impaired. "Violators will be arrested. There are no warnings or second chances."

According to NHTSA, the most dangerous time nationwide for children ages 5 to 14 on Halloween night is between 4 p.m. and 10 p.m. Children in elementary school are at the greatest risk. Children in this age group:

- Have a field of vision one-third narrower than an adult.

- Are often unable to determine the direction of sounds.

- Cannot accurately judge the speed or distance of moving vehicles.

- Are easily distracted and tend to focus on one thing at a time like a ball or a friend.

- Are easily hidden by parked cars, bushes, leaf piles, trash bins, etc.

"Drivers need to be extremely cautious during this time period," says Adams. "The season's shortened daylight hours and reduced visibility create a dangerous combination while children are out trick-or-treating. Everyone needs to slow down, use extra caution and follow common-sense safety tips."

KSP offers the following Halloween safety tips:

FOR MOTORISTS

- Don't drive while impaired by drugs or alcohol.

- If you plan to drink, arrange for alternate transportation or a designated driver.

- Stay alert for increased pedestrian and bicycle traffic on Halloween night.

- Be patient and SLOW DOWN! Give children lots of time to cross the street.

- Excited kids may forget to "stop, look and listen" before crossing the street.

- Drive defensively. Don't assume that a pedestrian will move in a predictable manner. Expect the unexpected.

- Be extra cautious in areas where vehicles are parked along the side of the street. Trick-or-treaters may dart into traffic from between parked cars.

- Watch for children walking in the street, especially if there are no sidewalks in the neighborhood. Also watch for children walking on medians and curbs.

- Enter and exit driveways and alleys carefully.

FOR PARENTS AND CAREGIVERS

- Trick-or-treaters should carry flashlights or "glow sticks."

- Dress children in costumes that are light-colored and clearly visible to motorists.

- Costumes should be no longer than ankle-length to prevent tripping, entanglement or contact with flame.

- Use face paints or make-up rather than masks that could impair vision.

- Wear light-colored clothing or add reflective tape to

costumes and trick-or-treat bags.

- Children should wear comfortable, well-fitting, sturdy shoes.

- Children should wear flame-resistant costumes. Avoid paper costumes.

- Younger children should be accompanied by an adult.

- Older children should stay in a group.

- Avoid capes that could pose strangulation risks by getting caught on structures or yard decorations your child may encounter.

- Make sure props such as swords, scythes, pitchforks, spears, wands or knives are flexible (not rigid) with smooth or rounded tips to prevent eye or other injuries if fallen upon.

- If driving children to trick-or-treat, make sure they exit vehicle on the curb side and not the traffic side.

- Instruct your children not to eat any candy until they bring it home and you examine it thoroughly. Inspect commercially wrapped candy for tampering (unusual appearance, discoloration, tiny pinholes or tears in wrappers). Discard anything suspicious. Throw out homemade treats.

- Do not permit children to bicycle, roller-blade or skateboard while wearing a costume.

- Secure identification (name, address, phone number) on or within a child's costume.

- Teach children their home phone number and how to call 9-1-1 if they become lost or have an emergency. (9-1-1 service can be dialed free from any phone).

FOR TRICK-OR-TREATERS:

- Don't assume the right of way when crossing a street. Motorists may have trouble seeing you. Just because one car stops, doesn't mean they all will.

- Be very cautious of strangers. A stranger is someone you don't know who behaves in an inappropriate way. Adults asking children for help can be potentially dangerous.

- Trick-or-treaters should only visit houses that have porch lights turned on.

- Never enter a stranger's house or vehicle. (Parents should stress "vehicle" because some children might think it is OK to approach a van or bus.)

- Stay on well-lit streets and always use the sidewalk. If no sidewalk is available, walk at the farthest edge of the roadway facing traffic.

- Never cut across yards or use alleys. By crossing a lawn, you might be tripped by clotheslines or lawn furniture.

- Don't run! Always walk when crossing streets or going from house to house.

- Cross streets only at corners and crosswalks. Never cross the street from between parked cars.

- Remove mask or any item restricting eyesight before crossing streets.

- Don't take shortcuts through back alleys or parking lots.

- Cover one side of the street at a time, no crisscrossing.

- Look "left, right, left again" for cars before stepping off the curb to cross a street.

- Don't play near jack-o-lanterns, the candle inside could start a fire.

- Stay with the adult who is leading the group.

- Keep away from open flames or burning candles.

- Try on your costume before Halloween night to make sure it fits properly.

- Stay away from and don't pet animals you don't know.

- Don't eat any treats until you get home.

- Have an adult check all candy before eating it.

- Stay focused on your surroundings. If you feel threatened, go to the nearest store or restaurant and ask to use the phone. Call parents or the police.

Record

Hackworth to Jack and Lucy Burchett. Located at Middle Creek.

Carmalene Hamilton to Herman Pennington. Location undisclosed.

Clement and Norma Hamilton to Delonda Devore. Location undisclosed.

Geneice Hamilton to Johnie Hamilton. Located at Beaver Creek.

Marjorie and Ronald Hayes to McArthur Jacobs. Located at Bever Creek.

Thomas and Virginia Howell to Hansel Cooley, David Layne, Steve Pack. Location undisclosed.

Alvin Jackson to Ernest Jackson. Location undisclosed.

Eve Jarrell to Russell and Sheila Howell. Located at Doves Cove Road.

Beverly and Stanley Jordan to National Residential Nominee Services Inc. Located at Abbott Creek.

Karen Pajari Revocable

Trust to Rickert and Ruth Hale. Located at Auxier Heights Subdivision.

Links and Low Income Housing Coalition of East Kentucky to Jennifer and Mark Moore. Located at Bonanza.

Linda and Tim Morgan to Jack and Lucy Burchett. Located at Middle Creek.

National Residential Nominee Services to Brandon Amburgey. Located at Abbott Creek.

Amy, Gary, Glen, Jamie, Jimmy, Joey, Mary, Minda, Princess, Roger, Ruby, Troy, and Virginia Owens to Jack and Lucy Burchett. Located at Middle Creek.

Karen Pajari to Rickert and Ruth Hale. Located at Auxier Heights Subdivision.

Herman, estate of Hubert, Julie, Naomi, and William Pennington to Herman Pennington. Location undisclosed.

Trust Prater to Debra

Holland and Charles Mink. Location undisclosed.

Mark and Mary Ray to Andrea and Mary Ray. Located at Little Mud.

James Rogan to K Company Enterprises. Location undisclosed.

Allen and Sheila Rose to Eric Burke and Penni Martin. Located at Setser Subdivision.

SB Classic to HLT Properties. Located at Goble Roberts Subdivision.

CC and Sandy Sheffield to McArthur Jacobs. Located at Right Beaver Creek.

Brenda and Denver Shepherd to Jack and Lucy Burchett. Located at Middle Creek.

Edgar Shepherd to Amy and Brian Hall. Location undisclosed.

Betty and Gold Stone to Reba Johnson. Located at Richmond Subdivision.

Martha and Willie Stumbo to Bridget Moore. Located at Turner Branch.

Clye, Gregory, Sandra, Sterling, Theresa and Gwen Hicks to Monica and Randy Iricks. Location undisclosed.

Leigh Ann Tackett to Herman Pennington. Location undisclosed.

Margaret Tackett to Carolyn Layne. Located at Beaver Creek.

Melissa and Robert Viars to Turner and Turner Properties. Location undisclosed.

Becky and Ouis Vinson to K Company Enterprises. Location undisclosed.

Blake and Carol Woods to Debra Holland and Charles Mink. Located at Middle Creek.

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Dr. Hall completes recertification

by JENNIFER LAWSON
STAFF WRITER

The American Board of Family Medicine recently announced the successful completion of its recertification exam by Dr. Mary Hall of McDowell. Board certification confers a standard of excellence in knowledge and practice to physicians who not only certify via the examination process, but who also work diligently on the maintenance of these skills during the seven-year cycle between examinations.

To achieve recertification by the ABFM, a family physician must verify the comple-

tion of 300 hours of acceptable continuing education over the past six years, possess a full and unrestricted license to practice medicine in the United States and successfully complete a one-day written examination of cognitive knowledge and problem-solving abilities. The exam covers the disciplines of the specialty including, but not limited to, adult medicine, care of newborns, infants, children and adolescents, maternity and gynecological care, community medicine, care of the older patient, human behavior and mental health and care of the surgical patient.

Hall practices medicine in



Dr. Mary Hall

McDowell along with Dr. Francisco Rivera, general surgeon.

Equitable Resources hosts financial analyst tour of Appalachian basin operations

Equitable Resources (Equitable) today concluded a two-day tour of its Appalachian basin operations for 30 financial analysts. The purpose of the tour was to showcase the company's operations in Virginia and Kentucky for the investor community that follows Equitable's stock. Equitable is the largest natural gas producer in the Appalachian basin, with reserves of 2.5 trillion cubic feet.

"We are very proud of our team's performance in the region," said Equitable CEO, Murry Gerber. "Last year, we successfully drilled 650 conventional gas wells in the Appalachian basin, producing gas mostly from coal seams and from shale. This year we are on target to drill at least 70 horizontal wells, a relatively

new technology that accelerates gas production in our shale and coal reserves."

Gerber also noted the success of the company's coal bed methane down-spacing project, which also accelerates gas production. Analysts had the opportunity to view the progress of construction of the Big Sandy pipeline in Kentucky. The 70 miles of 20-inch pipe, with capacity of 130,000 Dth/d upon completion, will connect production with major pipelines. It is expected to be operational this winter heating season.

Total capital expenditures for development and infrastructure by the Company in 2007 in the Appalachian Basin are expected to be approximately \$640 million.

Speaking to the analysts, Gerber emphasized the impor-

ance of the region to the success of the company. "Equitable is a pure play Appalachian producer — 'from well, to burner tip,'" he said. "We are a low cost producer, realizing benefits from our technology and experience, while continuing to focus on improving safety and environmental stewardship," Gerber said.

Equitable Resources is an integrated energy company with emphasis on Appalachian area natural gas supply, gathering, processing, transmission and distribution. For information, please visit <http://www.eqt.com>.

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A to Z HALLOWEEN SAFETY

- A** Always carry a flashlight.
- B** Buy costumes that are made of flame-retardant material.
- C** Costumes should not drag on the ground or be too dark to see.
- D** Don't cut across yards or driveways.
- E** Eat dinner before going out to trick-or-treat.
- F** Follow all traffic laws and signals.
- G** Go sloooooowww, drivers. Be careful all evening if you're behind the wheel.
- H** Give out healthy alternatives to candy like cheese-crackers, raisins or popcorn.
- I** If there is no sidewalk, walk on the left side of the road, facing traffic.
- J** Jackets should be worn over costumes on cool Halloween nights.
- K** Know how and where to contact your parents.
- L** Light your jack-o'-lantern with a battery-powered light instead of a candle.
- M** Make sure your shoes fit and are tied tightly.
- N** Never enter a stranger's home.
- O** Only eat candy after your parents have checked it.
- P** Props such as a sword or wand should only be flexible toys.
- R** Remember to walk, and not run, between houses.
- S** Stay on sidewalks as much as possible.
- T** Trick-or-treat only in familiar neighborhoods close to home.
- U** Unfamiliar animals and pets should be avoided.
- V** Visit only houses that are lit.
- W** Wear a watch you can read in the dark.
- XYZ** Young children of any age should be accompanied by an adult.

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PRETTY IN Pumpkin

FAMILY FEATURES

How do you create special holiday desserts that look as great as they taste? By giving your favorite recipes a simple twist which is as pleasing to the eye as it is to the palette.

Start with versatile and easy to use canned pumpkin, with its mellow, sweet flavor which pairs especially well with citrus, spices, chocolates and nuts. Then, add your own simple touch to dress-up your dessert.

Simply drizzle a ribbon of melted chocolate over a pumpkin tart. Or spoon a sweet, cinnamon-scented pumpkin mousse into puff pastry shells. Decorate a pumpkin layer cake with fragrant curls of fresh orange rind. Finish off a pumpkin pie with orange-flavored cream topping. These simple additions make your dessert even more perfect for the holiday table.

For an easy but attractive gift giving idea, decorate a jar of pumpkin butter with a festive piece of fabric and ribbon to present with a loaf of pumpkin bread to your favorite hostess or teacher.

For even more holiday recipe ideas — including moist and delicious pumpkin bread, perfect for gift-giving, visit VeryBestBaking.com/Libbys.



Pumpkin Torte With Orange Cream Filling



Zesty Cream Topped Orange Pumpkin Pie



Pumpkin Cheesecake Tarts



Pumpkin Mousse in Cinnamon Pastry Shells

TEMPTING TARTS, TORTES, PIES AND MORE

Pumpkin Torte With Orange Cream Filling

Makes 12 servings

- 1 package (18.25 ounces) yellow cake mix
- 1 can (30 ounces) Libby's Easy Pumpkin Pie Mix, divided
- 3 large eggs
- 1/4 cup vegetable oil
- 2/3 cup (5-fluid-ounce can) Nestlé Carnation Evaporated Milk
- 2 tablespoons cornstarch
- 3 tablespoons orange-flavored liqueur (such as Grand Marnier) or orange juice, divided
- 1 1/2 cups frozen whipped topping, thawed
- Orange rind curls (optional)

PREHEAT oven to 350°F. Grease two 8- or 9-inch-round cake pans.

BEAT cake mix, 1 1/2 cups pumpkin pie mix, eggs and oil in large mixer bowl 2 minutes. Spoon into prepared pans. BAKE 25 to 30 minutes or until wooden pick inserted in center of cakes comes out clean. Cool in pans on wire racks 10 minutes; remove to wire racks to cool completely.

MEANWHILE, WHISK together evaporated milk and cornstarch in medium, heavy-duty saucepan. Stir in remaining pumpkin pie mix and 1 tablespoon liqueur. Heat to boiling over medium heat, stirring constantly. Boil 1 minute or until thickened; remove from heat. Cover; cool to room temperature.

SPRINKLE remaining 2 tablespoons orange liqueur over tops of cakes. Cut layers in half horizontally. Spread about 3/4 cup filling between each layer. Spread top of cake with whipped topping and garnish with orange curls, if desired. Store in refrigerator.

Pumpkin Mousse in Cinnamon Pastry Shells

Makes 12 servings

- 2 packages (10 ounces each) frozen puff pastry shells
- 3 tablespoons melted butter
- Cinnamon sugar*
- 1 can (30 ounces) Libby's Easy Pumpkin Pie Mix
- 1 box (3.4 ounces) vanilla instant pudding and pie filling mix
- 2 teaspoons ground cinnamon
- 1 cup frozen whipped topping, thawed

PREHEAT oven to 400°F.

PLACE pastry shells on baking sheet. Brush tops with butter and sprinkle with cinnamon-sugar. Bake according to package directions. Cool to room temperature. Remove tops and reserve for garnish. Remove soft pastry inside shells and discard.

BEAT pumpkin pie mix, pudding mix and cinnamon in large mixer bowl on medium speed for 2 minutes. Gently fold in whipped topping. Spoon about 1/3 cup pumpkin mousse into each pastry shell. Top with pastry tops. Serve immediately.

*For cinnamon sugar: Combine 1 tablespoon granulated sugar and 1/2 teaspoon ground cinnamon in small bowl.

One-Step Pumpkin Butter

Makes about 40, 1-tablespoon servings

- 1 can (30 ounces) Libby's Easy Pumpkin Pie Mix
- EMPTY pie mix into medium, heavy-duty saucepan. Bring to boil; reduce heat to low. Cook, stirring frequently, 40 to 45 minutes. Let cool at room temperature 1 hour. Store in airtight container(s) in refrigerator up to 2 months. Makes about 2 1/2 cups.

Serve with pumpkin bread, buttermilk biscuits, corn muffins, gingersnaps or hot cereal.

NOTE: For a great gift idea, after adding pumpkin butter to jar, seal with lid and decorate with fabric and ribbon.

Zesty Cream Topped Orange Pumpkin Pie

Makes 8 servings

- 1 unbaked 9-inch (4-cup volume) deep-dish pie shell
- 1 can (30 ounces) Libby's Easy Pumpkin Pie Mix
- 2/3 cup (5-fluid-ounce can) Nestlé Carnation Evaporated Milk
- 2 large eggs, lightly beaten
- 2 1/2 teaspoons grated orange peel, divided
- 1 1/4 cups sour cream
- 2 tablespoons granulated sugar

PREHEAT oven to 425°F. Place pie shell in pan on baking sheet.

COMBINE pumpkin pie mix, evaporated milk, eggs and 1 teaspoon orange peel in large bowl. Pour into pie shell.

BAKE 15 minutes. Reduce oven temperature to 350°F. Bake 50 to 60 minutes or until knife inserted near center comes out clean. Cool on wire rack 10 minutes.

COMBINE sour cream, sugar and remaining 1 1/2 teaspoons orange peel in medium bowl. Carefully spread over top of pie. BAKE an additional 8 minutes. Cool on wire rack 1 hour. Refrigerate 2 hours.

Pumpkin Cheesecake Tarts

Makes 12 tarts

- 2/3 cup (about 15) crushed gingersnap cookies
- 2 tablespoons butter, melted
- 1 package (8 ounces) cream cheese, softened
- 1 cup Libby's 100% Pure Pumpkin
- 1/2 cup granulated sugar
- 1 teaspoon pumpkin pie spice
- 1 teaspoon vanilla extract
- 2 large eggs
- 2 tablespoons sour cream (optional)
- 2 tablespoons Nestlé Toll House Semi-Sweet Chocolate Morsels (optional)

PREHEAT oven to 325°F. Line 12-muffin pan with paper cups.

COMBINE cookie crumbs and butter in small bowl. Press scant tablespoon onto bottom of each paper cup. Bake 5 minutes.

BEAT cream cheese, pumpkin, sugar, pumpkin pie spice and vanilla extract in small mixer bowl until blended. Add eggs; beat well. Pour into muffin cups, filling 3/4 full.

BAKE 25 to 30 minutes. Cool in pan on wire rack. Remove tarts from pan; refrigerate. Garnish with sour cream. If desired, place morsels in small, heavy-duty plastic bag. Microwave on HIGH (100%) power for 20 seconds; knead. Microwave at additional 10-second intervals, kneading until smooth. Cut tiny corner from bag; squeeze to drizzle over tarts.

Floyd County Devotional Page

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ASSEMBLY OF GOD

First Assembly of God, Martin; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; 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 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wednesday, 6:30 p.m.; J.M. Sisco, 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.

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

Ball Branch Regular Baptist Church, Mousay Ky; Worship Service, 9:30; Every third Sat. and Sun. of each month; Roger Hicks, Pastor; Ralph Howard, Asst. Pastor. Contact Kermit Newsome 606-377-8881 for more information.

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

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

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

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

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

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. Jim Fields, Minister.

Endicott Freewill Baptist, Buffalo; Sun. School, 10 a.m.; Church every Sun. Morning 11:15 a.m.; Wed. evening Bible Study & Prayer Meeting, 7:00 p.m.; Third Sun. evening Service, 6 p.m.; First Sat. evening Service, 7 p.m. Hobert Meek, Pastor, welcomes everyone.

Faith Bible Church, an independent Baptist Church, located on 1428, between Allen & Martin; Sunday School, 10 a.m.; Sunday Morning, 11 a.m.; Sunday Evening, 6 p.m.; Wednesday Bible Study & Prayer, 6 p.m.; Pastor, Rev. Bob Wirman.

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

First Baptist, Garrett; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Randy Osborne, Minister.

First Baptist, Martin; Sunday School, 10 a.m.; Worship Service, 11 a.m. Sunday Evening Service 7 p.m.; Wednesday, 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 Reed.

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

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

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

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

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, Bevensville; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Pastor Roger Trusty.

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

Lackey Freewill Baptist, Lackey; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Johnny J. Collins, Minister.

Lancer Baptist Church, 71 Cooley 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

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

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

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

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

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

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

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

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

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

Pleasant Valley Old Regular Baptist Church, Tinker Fork Meeting time 1st Saturday & Sunday of each month, 3rd Sunday Evening at 6:00 p.m.; Moderator, Gary Compton; Assist. Moderator, Jimmy Conley.

Prater Creek Baptist, Banner; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; J.B. Hall, Pastor. Phone: (606) 874-3222.

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

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

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

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

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

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

Tom's Creek Freewill Baptist, U.S. 23 (north of Layne Brothers); Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Chuck Ferguson, 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, Hueysville; Worship Service, 2 p.m.; Friday, 7 p.m.; Carlos Beverly, Minister.

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

Devotional Spotlight
Praise Assembly
J.M. Sloce, Minister
Worship Service 10:00 a.m.
Evening Service 6:30 p.m.
Wednesday 6:30 p.m.
Attention Church Organizations, send in a picture of your church, pastor, or youth leaders

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

CHRISTIAN
First Christian, 560 North Arnold Avenue; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Jim Sherman, Minister.

Victory Christian Ministries, 1428 E.; Sunday School, 11:30 a.m.; Worship Service, 11 a.m.; Wednesday, 7 p.m.; Sherrn Williams, Minister.

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

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

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

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

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

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

Mare Creek Church of Christ, Stanville; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m.

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

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

Upper Toler Church of Christ, 3.5 miles up Toler Creek on right; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Tommy Dale Bush, Minister.

Weeksbury Church of Christ; Sunday School, 10 a.m.; Worship Service, 10:45 a.m. and 6 p.m. Mike Hall, 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 Caudill, Minister.

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

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

Garrett Church of God, Garrett; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Donald Bragg, Minister.

Landmark Church of God, Goble Roberts Addition; Sunday School, 10 a.m.; Worship Service, 11:10 a.m. and 7 p.m.; Wednesday, 7 p.m.; Kenneth E. Prater, Jr., Minister.

Little Paint First Church of God, 671 Little Paint Road, East Point; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Charles Heater Jr., Minister.

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

EPISCOPAL
St. James Episcopal; Sunday Service, 9:45 a.m.; Holy Eucharist 11:00 a.m. Wednesday Study Group 6:00 p.m., Holy Eucharist & Healing 7:30 p.m. Father Johnnie E. Ross, Rector.

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

METHODIST
Auxier United Methodist, Auxier; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.; Garfield Potter, Minister.

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

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

Community United Methodist, 141 Burke Avenue (off University Drive and Nealey St.); Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Steve Pescosolido, Minister.

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

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

First United Methodist, 256 South Arnold Avenue; 9 a.m. Contemporary Service, Sunday School, 9:45 a.m.; Worship Service, 10:55 a.m. and 5 p.m. UMYS Service; Wednesday, 7 p.m.; Mark D. Walz, Pastor.

Horn Chapel Methodist, Auxier Road, Auxier; Sunday School, 10 a.m.; Sunday Morning Service, 11 a.m.; Mid-week Service, 7 p.m.; Sunday Evening Service held on the 1st and 3rd Sundays of each month at 6 p.m.; Larry J. Penix, Minister.

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

Salsbury 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.

Vogel Day United Methodist Church, Harold; Sunday School, 10:00 a.m.; Sunday Worship Service, 11:00 a.m.; Wed Bible Study, 7:00 p.m.; Dennis C. Love, Pastor.

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

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

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

THE CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS
The Church of Jesus Christ of Latter-Day Saints; Sacrament Mtg., 10:00 a.m.; Sunday School, 11:20 a.m.; Relief Society/Presthood/Primary, 12:00 p.m.; Wednesday, 6 p.m. Church Meeting House address, Hwy. 80, Martin, KY 41649; Meeting House telephone number: 285-3133; Ken Carriere, 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 889-0905.

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

Faith 2 Faith, Harkins Ave., West Prestonsburg; Sunday School, 10 a.m.; Worship services, 11 a.m. and 6 p.m.; Thurs. 7 p.m. Randy Hagans, Minister. 886-9460.

Faith Fellowship, Allen, Ky. Sun. School, 10 a.m.; Worship Service, 11 a.m.; Sun. Evening, 6 p.m.; Wed, 7 p.m. Carl & Missy Woods, Pastors.

Faith Worship Center, US 460, Paintsville; Worship Service, 11 a.m.; Thursday, 6 p.m.; Buddy and Maude Frye, Minister.

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

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

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

Martin House of Worship, Old Post Office St.; Worship Service, 7 p.m., Saturday/Sunday.

Old Time Holiness, 2 miles up Arkansas Creek, Martin; Sunday School, 11 a.m.; Worship Service, 7 p.m.; Friday, 7 p.m.; John W. Patton, Minister.

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

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

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

The Tabernacle, Rt. 321 (Old Plantation Motel), Christian Educator, 10:00; Sunday Morning, 11:00; Sunday Evening, 7:00; Wednesday, 7:00; Pastors, Paul and Ramona Aiken.

Youth Fellowship Center, Wheelwright; Monday-Tuesday, 6 p.m.; Thursday, 7 p.m.

Zion Deliverance, Wayland; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 6:30 p.m. Prayer Line: 358-2001; Darlene W. Arnette, Pastor

Taylor Chapel Community Church, formerly the old Price Food Service building, located 1/4 mile above Worldwide Equipment, Rt. 1428, Sun. Bible Study, 10 a.m.; Sun. Morning Service, 11 a.m.; Sun. Evening, 6:30 p.m. Kerry Vanderpool, Pastor.

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

Rising Sun Ministries, 78 Court Street, Allen, Ky.; Sunday, 10:30 a.m.; Wednesday, 6:30 p.m. Pastor: D.P. Curry.

Church of God of Prophecy, Sunday School 10 a.m., Worship Service 11 a.m., Sunday Night - 6 p.m., Wednesday Night - 6 p.m. Pastor Glenn Hayes. West Prestonsburg.

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FLOYD COUNTY Around Our Schools



The right to vote

Duff Elementary 5th graders in Mrs. Case's and Mrs. Gibson's classes recently learned about the importance of voting with the help of Mr. Chris Waugh, Floyd County Court Clerk. Here student Thomas Case receives instruction from Mr. Waugh.



Duff kids make music

Kindergarten students in Mrs. Prater's music class at Duff Elementary School recently studied the maracas, a percussion instrument from Mexico. Students made their own maracas in music class and demonstrated how to play them by performing the song, "Shake the Papaya Down."



Tasty learning

Students in Mrs. Lawson's, Mrs. Pack's, and Mrs. Huff's 2nd grade classes at Duff Elementary are implementing a "hands-on" approach to math. Using Cheerios, the students counted groups of ten and identified their corresponding number of ones.



Job well done

Congratulations are in order for Duff Elementary faculty, staff and STUDENTS! Duff Elementary received a score of 107.5 on the 2006-2007 CATS Test! Students celebrated by dancing outside and were surprised to see Ms. Allen and Mrs. Goodman dancing on the roof!



What is a hero?

This child, and thousands like her, have the hope of a better future and the power to make it happen. By taking part in afterschool programs, kids explore, learn, grow, and most importantly, find the hero inside themselves. Let us know you want afterschool programs in your area. Call 1-800-USA-LEARN.

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What is MRSA?

Also known as the 'Superbug'



How does it impact me?

Paul B. Hall Regional Medical Center and the Medical Staff Invite you to a FREE PRESENTATION

by

DR. RUTH CARRICO

Professor at University of Louisville
School of Public Health and Information Sciences

**Wednesday, Oct. 31, 2007
1 p.m. at the RAMADA**



What is MRSA?

The term MRSA or methicillin resistant Staphylococcus aureus is used to describe an organism that is resistant to commonly used antibiotics. Get all the facts Wednesday, Oct. 31, at Paul B. Hall Regional Medical Center's FREE MRSA Presentation.

Refreshments will be served

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FLOYD COUNTY Sports

Friday, October 26, 2007

Inside

■ NASCAR • B3

■ UK Football • B4

Second Annual T.J. Compton Panorama to feature five games

TIMES STAFF REPORT

EASTERN – Allen Central High School Athletic Director Larry Maynard and Lady Rebel Coach Mark Martin have announced the pairings for the Second Annual T.J. Compton Panorama scheduled for Saturday, Nov. 17 at the J.E. Campbell Arena. Ten girls' basketball teams from the 14th and 15th regions will participate. All games will be sanctioned and officiated by KHSAA officials. Each game will consist of two 20-minute halves.

"With the format that we have set up, each coach should be able to have time to look at their teams and respective players," said Martin. "This year's field features a solid representation of teams from the 15th Region and Knott County Central is a strong contender for the 14th Region title.

It should be a good day for local fans to come out and see some good basketball and to get a glimpse of what lies ahead for teams that are participating."

In game one at 12:30 p.m., East Ridge will take on Prestonsburg. The Lady Warriors will be guided by veteran Coach Bobby Spears. East Ridge returns a young and promising group. Linsey Fields, Julianne Frye and Rikki Hughes are among the top players returning for Prestonsburg Coach Jack Pack. Prestonsburg was last season's Floyd County Conference and 58th District runner-up.

In game two, tipping off at 2 p.m., Tony Isaac-coached South Floyd will square off against 57th District opponent Sheldon Clark. First year head coach Darren Rice will lead the Lady Cardinals.

Game three will pit host Allen Central against 14th Region opponent June Buchanan. Seniors Sara Johnson and Kim Biliter will lead a young Allen Central team.

"Sara and Kim along with a good group of underclassmen have worked hard throughout the fall and the matchup against Coach Larry Hayes and June Buchanan will be a good game for us," Martin stated.

In game four of the afternoon, Betsy Layne, under first-year head coach Harold Tackett, will be pitted against 57th District title contender Paintsville. Coach Mark Baldwin, despite losing 15th Region Player of the Year Kendra Carroll, returns an experienced group that captured the 15th Region All "A" title last season.

In the nightcap, Belfry, last season's 15th Region runner-up, will play Knott County Central. Second-year Belfry Coach Amanda Collins Stiltner will lead a Lady Pirate team that figures to be one of the 15th Region's better teams this season. Senior Shae Deskins returns a solid and experienced Belfry squad that lost to Pike Central in last season's regional championship game. Knott County Central Coach Chris Amburgey feels as though his team – led by point guard Megan Mosely – should be in the run come regional time in the 14th Region.

"These matchups should produce some good basketball and we want to thank all of the Floyd County squads for participating," Martin said. "It should be a good day of basketball."

Pike Countians and Lexington have hoops history

by RICK BENTLEY
TIMES COLUMNIST

The word of the week around the hillside campus of Pikeville College is buzz, and thankfully it has nothing to do with the effects of un-prescribed medication. The talk around campus is the same one that is quickly swelling about the town that sits 99 steps below it.

Pikeville College, with an undergraduate enrollment of fewer than 800 students, is five days from playing the University

of Kentucky.

It's happened before. Remember the autumn of 2000 when the Pikeville College football

teams was in its infancy? Not only did the Bears play UK's junior varsity that year, but they also wore it flat out on a rainy night at Shelby Valley. And to boot, then-UK Coach Hal Mumme sent along a generous donation to help get the program off the ground.

There've been others. When Bill Baird was coaching the softball team, he led his team against the Cats.

But in all honesty, when it comes to UK athletics, you really haven't played them until it's been in men's basketball. We're all getting a taste of that right now. You have no idea how much work does into a preseason game until it's one against the school with the most wins in college basketball history.

There are a couple of ties between the institutions when it comes to men's basketball, a couple of guys whose careers I've been fortunate enough to follow, to live through, and, by the grace of God, two gentlemen I'm fortunate enough to call friends.

In 1982, the biggest name coming into the UK program was Todd May. Kentucky's Mr. Basketball was already a legend before he first laced up his blue and white Cons and donned the white jersey with "KENTUCKY" spelled across the chest. He was the main attraction on a Sweet 16 night that set a world record for attendance at a high school basketball game and was recruited by

(See HOOPS, page two)



photo by Jamie Howell

The Prestonsburg defensive unit will look to limit Shelby Valley tonight when the Wildcats visit for what has shaped up to be a district championship game.

Blackcats set to entertain Shelby Valley

District title goes to tonight's winner

by JAMIE HOWELL
CONTRIBUTING WRITER

PRESTONSBURG – A 6-2 record has many Prestonsburg Blackcat football fans dreaming of a possible trip to the State Finals. One of the most important factors in a possible postseason run would be homefield advantage throughout the playoffs. Prestonsburg can earn that homefield advantage with a win tonight over a much-improved Shelby Valley team. The winner of tonight's matchup will claim the district championship and guarantee itself homefield as long as it remains in the playoffs.

Prestonsburg will enter tonight's game fresh from an open week. Shelby Valley claimed a lopsided win over Morgan County last week. Sophomore Michael Burchett has taken over at quarterback for the Blackcats after senior starter Bobby Hughes injured his knee in a 27-12 win over Pikeville two weeks ago. Shelby Valley will enter the game at 5-3 overall and 2-0 in the district. The Blackcats are also 2-0 in the district.

Head coach Kevin Saunders guides the Shelby Valley football

program.

Prestonsburg will look to a punishing ground game in hopes of keeping an explosive Shelby Valley offense on the sidelines. Prestonsburg juniors Allen Craynon and Seth Setser have combined for almost 2,000 yards rushing. The Blackcats have depended on the running game more this season as Craynon has been in the top 15 in the state in rushing for most of the campaign. Craynon leads the Blackcats with 22 touchdowns.

A strong defensive effort will be a big key to a Prestonsburg win over visiting Shelby Valley. Seniors Nathaniel Stephens, Dalton Taylor, Matt Blevins and Darrin Lawson anchor a solid Prestonsburg defense. Several underclassmen have been key contributors this season. Austin McKinney, Zak Key and Justin Trout have all played well for Blackcat Coach John DeRossett.

Prestonsburg will host Shelby Valley for Senior Night.

Both the Blackcats and Wildcats have guaranteed themselves a home playoff game in the opening round. The winner of tonight's game, however, will be home throughout the postseason.

Kickoff is slated for 7:30 p.m. tonight at Blackcat Stadium.

See Sunday's edition for a full recap of tonight's game.

HIGH SCHOOL FOOTBALL TONIGHT'S GAMES

Berea-Powell County

Breathitt Co.-Lawrence Co.

Cawood-Cumberland

East Carter-Belfry

Estill County-Magoffin County

Fairview-West Carter

Harlan-Perry County Central

Jackson County-South Floyd

Jenkins-Betsy Layne

Johnson Central-Ashland

Knott Co. Central-Allen Central

Leslie County-Bell County

Lynn Camp-Hazard

Morgan County-Clay County

Phelps-Pikeville

Pike County Central-Paintsville

Raceland-Russell

Sandy Valley Grid slated for Saturday

TIMES STAFF REPORT

HAZARD – The 2007 Sandy Valley middle school football season is quickly coming to a close. With the end of the latest middle school football season comes the annual postseason grid. This year's postseason grid is scheduled for Saturday.

Beginning at noon on Saturday, Hazard will take on East Letcher. The 2 p.m. game will see Adams tangle with Sebastian. Defending conference champion Martin County will play Johnson County Eighth at 4 p.m.

The conference championship game will feature Whitesburg and Perry County. Kickoff for the Whitesburg-Perry County game is set for 6 p.m. All games will be played at Perry County Central High School.

Schedule set for AC boys' panorama

by STEVE LeMASTER
SPORTS EDITOR

EASTERN – Each year, High school boys' basketball fans from Floyd and surrounding counties flock to Allen Central High School's J.E. Campbell Arena the night before Thanksgiving for the Runnin' Rebel panorama. Veteran Allen Central Coach Johnny Martin has announced the schedule for this year's panorama, which is slated for Wednesday, Nov. 21. The latest edition of the ACHS boys' basketball preseason event will feature four Floyd County teams and both the 15th Region champion and runner-up from last season.

Teams joining host Allen Central in this year's panorama are Piarist, South Floyd, Prestonsburg, Shelby Valley, Pikeville, Knott County Central and Coal Grove, Ohio.

Shelby Valley and Pikeville met in last season's 15th Region championship game. Jason Booher-coached Shelby Valley managed to pull out a hard-fought win. Allen Central was a regional tournament semifinalist last season, falling to Pikeville.

The schedule for the Allen Central boys' basketball panorama is as follows: 4:45 p.m. – Piarist vs. South Floyd; 6 p.m. – Shelby Valley vs. Allen Central; 7:15 p.m. – Coal Grove, Ohio vs. Prestonsburg; 8:30 p.m. – Pikeville vs. Knott County Central.

ACHS volleyball program holds postseason banquet

by STEVE LeMASTER
SPORTS EDITOR

PIKEVILLE – The Allen Central High School volleyball program held a postseason banquet Tuesday at Gatti Land. After an introduction, ACHS Coach Larry Maynard read the team's statistics – varsity and junior varsity – for the season. "The parents could not believe how many total number of attempts were made and, really, how few errors were made," said Maynard. "When you read our numbers, they are, quite frankly, very impressive."

All of the Allen Central High School volleyball players

were given a certificate.

Collectively – on all levels – Allen Central won 55 matches and lost 26 for a 67.9 winning percentage. Since taking over the ACHS volleyball program and counting only varsity matches, Maynard is 186-114 for a percentage of .620.

"Of course, we hope to do better next year," said Maynard. "No team can go anywhere without team unity, support, and everyone pitching in. We did what we did because everyone contributed – whether they were on the bench or on the floor, everyone that wore a uniform was responsible for our success. I also let the parents know that

without their support, work, and dedication we could do nothing. Our goal has and remains to be the best volleyball program in the 15th Region and perhaps Eastern Kentucky. It's not that we will win the region every year or go to the state tournament every year, but instead it's to make volleyball a viable program, one that these girls can be proud to say that they made the volleyball team and they contributed to its success. Because, really, to make this team, a player must have a lot of determination, dedication, and put in a lot of time and hard work. They did and do."

Maynard informed the

Allen Central players' parents Maynard added. "However, we will and have learned a lot of lessons to make us better and I believe a motto on a T-shirt I saw should be our motto next year – 'Losers quit when they lose, Winners quit when they are tired, We will never quit.'"

Maynard presented the following awards: Attacker-Junior Varsity:

Jones; Attacker-Varsity: Brittany Hodge; Digger-Junior Varsity: Rebekah Potter; Digger-Varsity: Brittany Smith; Setter-Junior Varsity: Leigh Williams; Setter-Varsity: Koko Martin; Blocker-Junior Varsity: Kelsey Jones; Blocker-Varsity: Kimbo Blevins; Server-Junior Varsity: Kelsey Jones; Server-Varsity: Koko Martin; Most Improved: Tiffany Burdzilauskas and Samantha Rice; Rookie of the Year: Rebekah Potter and Leigh Williams; MVP: Brittany Hodge.



Brittany Hodge

PC bowlers open with sweep of O&B Classic in Ohio

TIMES STAFF REPORT

PIKEVILLE — There's a saying in the sports world about protecting your home fields. "Not in our house," it says.

While the home tournament was played several hundred miles from the hillside campus the teams call home, the mentality carried over as the Pikeville College bowling teams opened their seasons in their own "Orange & Black Classic" in Beavercreek, Ohio.

Both the men and women came away winners in the packed fields of 27 women's teams and 36 men's teams in the 64-lane Beaver-Vu Bowl. It was the first time the teams have swept their own events, and gave the women back-to-back titles.

In the men's field, the Pikeville-Grizzly team qualified eighth for the eight-team tournament when the field was narrowed down for the single-elimination tournament. As such, they were forced to play the top-seed, Purdue Black, winning in three straight, 238-189, 236-189, 230-226.

In the semifinals, Grizzly knocked off the four seed, Robert Morris (Ill.) College 3-1 by scores of 226-242, 196-184, 224-180 and 167-143, setting up a meeting with Lindenwood (Mo.) East in the finals. The Bears knocked off the Lions 3-1, winning 173-199, 229-220, 195-171 and 191-187 to claim the title.

"We really came together at the right time," said Coach Kyle Wilson. "We needed to step up big in the last four Baker games and some things feel right for us. Once we got in

the tournament we did everything we needed to do against some very good competition."

Kyle Barnes was named to the five-person all-tournament team, finishing at 1282. He missed Medalist honors by 26 pins. "Kyle is really becoming a star on the collegiate scene," Wilson said.

In the women's draw, Pikeville Black entered the tournament seeded third, while their teammates, Pikeville Red, missed the final cut in heart-breaking fashion. The Red team entered the final block of four Baker games with a 90-pin lead over McKendree (Ill.) Bearcat, but struggled in the final set — including a game of 129 — to wind up missing the tournament by a mere five pins.

In the tournament, Pikeville knocked off Morehead State 3-2 in the quarterfinals and handled Martin Methodist College 3-0 in the semis to advance to the finals.

In the championship round, the Bears knocked off top-seeded Lindenwood 3-1 to secure the title.

On the women's side, national bowler of the year Kayla Bandy was named to the all-tournament team. Her 1276 was good for third among the 171 individuals to take part in the event.

The Pikeville teams will split up for their next tournaments. On Nov. 3, some Pikeville bowlers will head to Lafayette, Ill., to play in the Boilermaker Classic, while others will head to Marietta, Ga., to participate in the Brunswick Southern Collegiate Classic.

ONLINE: www.pc.edu

Reservation deadline nears for MSU Athletic HoF induction ceremonies

TIMES STAFF REPORT

783-2089.

MOREHEAD — The Morehead State University Athletic Hall of Fame Induction Ceremonies will be held at a 10 a.m. EST brunch in the Crager Room of the Adron Doran University Center on Saturday, Nov. 3. Tickets are \$15 each and reservations must be made by Monday, Oct. 29. For more information and reservations, individuals may contact the MSU athletics office at 606-

The newest members of the Hall of Fame that will be inducted on Nov. 3 are Doug Bentz (basketball), Ashli White Childers (softball), Mike Ishmael (baseball), Drew Hall (baseball) and Terry Jacobs (contributor/friend).

The Football Eagles will host Drake at 1 p.m. that afternoon.

ONLINE:

www.msueagles.com

ATHLETES OF THE WEEK

Bobby Meade,
Spouth Floyd High School Football

Kelsey Jones,
Allen Central High School Volleyball



First-place (above) and second-place (below) finishers in the first annual Allen Elementary School Athletic Department fishing tournament are pictured.

Allen Elementary Athletic Department hosts fishing tourney

TIMES STAFF REPORT

ALLEN — The Allen Elementary School Athletic Department recently hosted its first fishing tournament.

The tandem of Jacob Shepherd (David) and Kyle Calhoun (Little Point) won first-place and the Big Fish award. First-place paid \$1,250. The Shepherd-Calhoun duo caught one fish,



weighing 4.98-pounds. The duo of Johnny Web (Harold) and Brian Compton (Phelps) finished second and earned \$500. The Webb-Compton tandem caught one fish that weighed in at 3.17 pounds.

Bluegrasspreps.com Football Rankings

Class 1A

1. Beechwood
2. Frankfort
3. Hazard
4. Lexington Christian
5. Fulton City
6. Mayfield
7. Pikeville
8. Dayton
9. Louisville Holy Cross
10. Cumberland

Class 2A

1. Newport Central Catholic
2. Danville
3. Fort Campbell
4. Corbin
5. Owensboro Catholic
6. Bardstow
7. Green County
8. Caldwell County
9. Prestonsburg
10. Glasgow

Class 3A

1. Belfry
2. Central
3. Breathitt County
4. Russell
5. Mason County
6. Paducah Tilghman
7. Somerset
8. Sheldon Clark
9. Russellville
10. Elizabethtown

KVCA announces regional player, coach of the year award-winners

TIMES STAFF REPORT

The Kentucky Volleyball Coaches Association has announced the 2007 KVCA regional players and Coaches of the year. Award recipients were selected by voting of KVCA member coaches. Each of the award winners will be honored at the KHSAA State Tournament this weekend, directly preceding the state championship match, at approximately 8:15 p.m. ET. The KHSAA State Tournament is being played at Northern Kentucky University, and begins today, with first-round play at 1 p.m. ET.

The Kentucky Volleyball Coaches Association, founded in 2006, was formed to help promote interscholastic volleyball in Kentucky, while at the same time educating and connecting its coaches throughout the state. For more information, go online to www.KVCA.org.

The 2007 KVCA Regional Players and Coaches of the Year follow. Region Player of the Year, School, Coach of the Year, School — Region 1: Shea Sheppard, Marshall County; Chris Prosswood, Marshall County. Region 2: Mandy Gray, Caldwell County; Sue Stone, Caldwell County. Region 3: Lauren Hagan, Owensboro Catholic; Steve Howard, Owensboro Catholic. Region 4: Lizzy Beal, Greenwood; Jen Legge, Warren East; Region 5: Morgan Bale, Green County; Lynne Givens, Green County. Region 6: Alli O'Connor, Mercy; Heather Houston, Butler. Region 7: Sloane Donhoff, Assumption; Andy Benner, Ballard. Region 8: Nicole Allgood, South Oldham; Aaron Moore, Oldham County. Region 9: Nicole Staverman, Notre Dame; Becky Houston, Holy Cross (Covington). Region 10: Kacla Jo Freppon, Newport Central Catholic; Jenny Merte, Newport Central Catholic. Region 11: Annalee Abell, Henry Clay; Dale Grupe, Henry Clay. Region 12: Lauren Wombles, South Laurel; Kaye Smith, South Laurel; Region 13: Jessi Witten, Rockcastle County; Larry Lee, Rockcastle County. Region 14: Jane Adams, Letcher County Central; Kelly Sizemore and Jody Sizemore, Leslie County. Region 15: Paige Thacker, Belfry; Rick Mounts, Belfry. Region 16: Lauren Gill, Russell; Tammie Hensley, Morgan County.

Woodyard a Lott Trophy quarterfinalist

TIMES STAFF REPORT

LEXINGTON — Senior linebacker Wesley Woodyard has been named a quarterfinalist for the Lott Trophy by the Pacific Club IMPACT Foundation.

The Lott Trophy is named after former defensive back Ronnie Lott and goes to the outstanding college defensive player of the year who also has the greatest IMPACT on his team, both on and off the field. IMPACT stands for Integrity, Maturity, Performance, Academics, Community, and Tenacity. Woodyard is one of 17 quarterfinalists for the

award, which honors personal character in addition to athletic performance.

So far this season, Woodyard leads the Southeastern Conference with 85 tackles, including eight tackles for loss, two quarterback sacks, and four pass breakups. He was named SEC Defensive Player of the Week for the Arkansas game when he tied a career high with 18 tackles and caused a fumble that Trevar Lindley returned for a touchdown. He is the first Wildcat in 14 years to reach 300 tackles in a career.

Off the field, Woodyard is on track to graduate in only

three and one-half years with a degree in social work. He has been very involved with the UK Athletics community service program and was named to the UK Athletics Society of Character.

Woodyard also is a semifinalist for the Butkus Award (nation's best linebacker) and on the watch lists for the Nagurski Award (national defensive player of the year) and Bednarik Award (national defensive player of the year).

ONLINE:

www.ukathletics.com

Hoops

Continued from p1

everybody who was anybody at Virgie High School.

Less than a decade later, a fierce basketball player with a silky-smooth shot and what the kids now call mad skills introduced the planet to two words they'd never known: Feds Creek. It was there in the tiniest of corners of Pike County that a 6-foot-5 kid was making a name for himself to the point that the school hosted an awards day speaker who was the biggest name in college athletics at the time.

How in the world did Feds Creek get Rick Pitino to fly in for a speech? Two words and two words alone answer that: Jody Thompson.

Both spent time playing for the blue and white, and both are now in the Top 5 alltime in scoring at Pikeville College. So what was their reaction when they learned their two former schools would meet in an actual game?

"I remember thinking that this is awesome," said Thompson, now an assistant vice-president of Community Trust Bank. "I thought about the opportunity these kids are going to have, because I'm quite sure it's an experience they'll never forget."

"I thought it was great, just for the exposure the college will get as well as the players," said May, an employee of the family business Leon's Auto Parts and an assistant coach at Pikeville High School. "This is such a good thing for all the (small) colleges now. Georgetown and then Lindsey Wilson last year and now Pikeville this year, it's real good to get that exposure."

Both guys have fond memories of their first games in Rupp Arena with the Cats and both know full well what the players are in for on Wednesday.

"It's an experience; the first few minutes are an eye opener for sure," said May, who finished his career with 2,225 points in only two-plus years for the Bears, a figure that is still second alltime. "Going through warmups is more intimidating, I think. Once they start playing, that part goes away. But when they first come out and are warming up, looking around the arena, it's an intimidating site."

Thompson was in full agreement.

"It was everything and more than I expected it to be," said Thompson, who scored 2,061 points and is still fifth on the scoring list at Pikeville. "I did it in the reverse order of these kids, playing at Kentucky first. Being able to play in front of that kind of crowd, when the adrenaline gets going and the juices start flowing, you feel like you could do anything."

"But at the same time, it's just like any other game. For a lot of people it's intimidating, but it's still a game."

Both May and Thompson have had other unique experiences that will be very similar to what the Bears have in store for their next week. Thompson's time at Kentucky included a game at

North Carolina in the 21,444-seat Dean Dome. May spent several years after his college days playing for the travelling Marathon Oil team, affording him the opportunity to play in front of many hostile crowds on some of college basketball's biggest stages.

"It can be intimidating. I remember that day (at Carolina) very well," Thompson said. "I remember the size of the crowd. I'd never been in an environment like that, with the whole crowd against you. Eventually your competitive nature will take over."

"Kentucky fans are not going to boo Pikeville College, but at the same time they're going to want Kentucky to prevail. But they'll survive. It's that you-against-the-world attitude, and helps no matter where you are."

"With Marathon Oil, we were always the bad guys," May said. "You know you're not the one they're pulling for. Sometimes you can get a little fired up knowing you're the underdog. I'm sure the fans won't be booing, but they'll want to see Kentucky, the new coach, and it'll be a whole new atmosphere with it being their first chance to see them."

"I remember going on the road with Marathon, maybe to UConn, you're like lambs being thrown to the lions, fresh meat. The first five or eight minutes will be a real experience. I'm sure Kentucky players will come out really fired up, really getting after it."

Wednesday night will be here before you know it, and many people are making plans for that evening. Yet while many people are planning around the UK/Pikeville titanic struggle, that's not necessarily the case for these two stars of yesterday.

"Well, I have church, and I sing in the choir," said Thompson. "We start at 6:30 and it won't be over until 8, but I'll have the DVR going (Writer's note: If you haven't experienced a DVR, you need to. It's a better idea than making the wheel round.) so I'll be able to check it out."

"When I thought about what it's going to be like sit and watch it, I got giddy. I got goose bumps. This is so exciting for the players, something they'll never forget. I commend UK and the athletics department giving them this opportunity."

"I'll be watching on TV, because I won't be able to go down," says May. "I have to work the next day and that's a rough trip for an old man. A few years ago I might have headed down there, came home and went straight to work, but I can't take that anymore."

"You never know what'll happen, but I hope the college plays them well and is competitive. You never want to go in and get blown out. And from what I've seen, Kelly's got a pretty good team."

"It could be a pretty good game."



Dairy Queen
of Prestonsburg

SPORTS FAN

OF THE WEEK



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Diverse interests keep outdoorsman Burton busy all year

by HANK KURZ Jr.
ASSOCIATED PRESS

MARTINSVILLE, Va. — The changing leaves and nip in the morning air are among the signs that have Ward Burton looking forward to the offseason just ahead.

"I'm getting ready to slow down here in the next couple of weeks," the avid outdoorsman said between practices for the Subway 500 at Martinsville Speedway. "I'm enjoying getting ready to sight in a muzzleloader and walk around the woods."

One year after making his return to stock car racing's top series after nearly two years away, Burton is wrapping up the kind of season he once vowed he would never again endure, but without the sense of indignation that once characterized his racing persona.

"I've had a blast. I've really appreciated Morgan-McClure letting me come and drive their car," Burton said. "I knew it was going to be up and down with the resources we have. It's like taking a BB gun to a fire fight sometimes. ... Everybody has worked really hard and I feel like we've done more with little than anybody out here."

Experience and almost two years away from driving have helped temper the expectations for Burton, who won the Daytona 500 in 2002 and has four other victories.

"I'm 45 years old, and when I was younger, I would have taken it really personally," he said of going through a season where he made only half of the first 32 races. "I would have been looking at my self-worth a little bit as a race car driver."

Behind the wheel of the Morgan-McClure team's race car, Burton's passion for racing remains, but away from the track, his diverse interests keep him plenty busy, too. And a season that shows him 47th in points has given him loads of time for those outside pursuits.

"There have been moments certainly full of frustration and anxiety and being very upset about an outcome that happened on a Friday during qualifying, but I let it go on Saturday," Burton said. "And those weekends that I didn't stay at the track, I went home and had a heck of a time working on some land with a tractor or spending time with my kids, or some of both. Being older, I let it go real quick and just look at the big picture and realize that there's some things in life I can't fix and

can't control."

Before coming back to racing, Burton dove headlong into his work with the wildlife foundation that bears his name. Its mission is to preserve America's land and wildlife and to teach children to enjoy the outdoors while learning to be good stewards.

Like racing, it's a passion that helps define Burton. His interest in protecting hunters' rights keeps him active with wildlife officials, and the foundation, and he knows his work racing cars has helped make it all possible.

"Racing as a career, the outdoors and connecting the children and the stuff we do with the game department, that's a lifetime commitment," he said. "I separate the two, but racing, without question, has allowed me to make a difference in the other arena that I'm passionate about. But there will be one day that I don't put on a helmet."

When that comes is anyone's guess. Burton signed a one-year contract with the team for this season, and the team is focusing on securing as much sponsorship as possible for next year. Then, team owner Larry McClure said, he'll talk to Burton about 2008.

The team is based in Abingdon, Va., away from the NASCAR hub around Charlotte, N.C., and its struggles won't get easier without some major rules changes. It already operates on a scant budget compared to the multicar teams that dominate the series.

The outspoken McClure thinks NASCAR could make things better for underfunded teams, and create added drama for race fans, by doing away with the rule that guarantees the top 35 teams in points a spot in races. The rule leaves the rest of the teams to battle for a few spots, and the ones that don't make a race fall further behind.

He'd like the fastest 43 cars in qualifying to make the field each week.

"We need to put this back to where 'Little E' would have to qualify for the races just like Ward Burton's got to qualify for the races," he said, speaking of Dale Earnhardt Jr., NASCAR's most popular driver. "Let's see how tough they are."

"Let's see if Jeff Gordon has trouble, cuts a tire down or whatever and he couldn't make a race. You think that wouldn't bring some smoke and steam and interest from a race fan to fill up those seats? My goodness. It

would be like dynamite going off."

Without a major change in the rules, though, things are not likely to get easier.

"It's hard to show up at a track with a one-and-a-half hour practice and compete with that, and that's what we've done all year," Burton said.

At Martinsville, his low points standing threatened to leave him out of the race when intermittent rain fell and it looked like qualifying could be washed out.

McClure, whose team has won 14 races, hopes the days on the edge will end.

"We used to smoke 'em at Daytona, smoke 'em at Talladega, all the road courses, short tracks. There wasn't a race track that we couldn't run good at and we weren't a threat to win," he said. "We never forgot how to win and we know what it takes."

The hard part this year has been getting a chance to show it.

On the Net:

Ward Burton Wildlife Foundation:
<http://www.twbwf.org/>

Bowyer establishing himself in 1st appearance in the Chase

by JENNA FRYER
ASSOCIATED PRESS

CHARLOTTE, N.C. — Few considered Clint Bowyer a legitimate title contender when the Chase for the championship began six weeks ago.

The first-time Chase qualifier was winless in his Nextel Cup career, and ranked last out of 12 drivers when the standings were reset. Las Vegas oddsmakers listed him as a 30-to-1 long shot to win the title.

Then he stormed out of the gates, scoring his first career win in the Chase-opening race at New Hampshire to jump up in the standings and stake a claim to the title. A month later, he still had not folded and was just 14 points out of the lead.

"We're not out of this thing by any means," he confidently

told reporters before a race at Talladega. "You're still thinking that we're going to bobble and make mistakes. And we're going to prove you wrong."

With just four races to go, Bowyer has indeed proved everyone wrong.

His Richard Childress Racing team has shown a radical improvement in performance, notching four top-10 finishes through the first six Chase races. He's finished second twice — including a near-win at his home track in Kansas and a career-best finish at Charlotte — and hasn't been lower than 12th since the Chase began.

Yet he's still a long shot to win the title.

Despite doing everything right on the race track, Bowyer has faded from legitimate title contention because of the unbelievable perfor-

mances of Hendrick Motorsports teammates Jeff Gordon and Jimmie Johnson. The duo have combined to win the past three races to pull away from the Chase field.

In any other season, Bowyer would be within striking distance of the points lead. But in this year of Hendrick dominance, he's a fading 115 points back in third place.

But the kid from Kansas isn't giving up.

"In my mind and our race team's minds we're definitely not the odd man out," Bowyer said. "We're close enough we can win this thing."

If Gordon or Johnson should suddenly self-destruct, Bowyer most certainly could win the title. He's got a solid hold on third place, where he leads two-time series champion Tony Stewart by 134 points. Assuming he can

maintain his pace, he's in striking distance if the Hendrick cars stumble.

It's forced Bowyer and his Gil Martin-led crew to set new goals. The second-year team started its first Chase hoping for a top-five finish in the final standings. But the breakthrough win at New Hampshire changed their thinking.

"Starting the Chase, we didn't know what to expect. I didn't know where to set my goals," he said. "If we could finish in the top five this year, our second year, that would be a successful year. We sat on two poles. We got in the Chase. I'd be content with that year."

"But that first win changes everything. You go from maybe a 10th place so you can go to the (awards) banquet to, 'Hey, we're in contention for a

championship and we're going to be greedy and go after it.'"

This run has not been uneventful. Bowyer had to concede the win to Greg Biffle at Kansas, when he told his team to tell NASCAR that darkening sky made it too difficult to finish the race under green. By finishing under caution, Bowyer had no shot to run Biffle down for the win.

And he had to nurse his car home at Talladega, where his sick engine was just minutes from blowing up when he crossed the finish line in 11th. It was a nerve-racking experience for Bowyer, who said he felt sick to his stomach when five motors from the same batch failed in other cars.

He's never faltered during the experience, staying calm each week while facing the challenges of the Chase with a

dry wit the industry is just now witnessing.

Bottom line, Bowyer has thrived in his first Chase experience.

"I just enjoy it. I like the pressure," he said. "You're seeing what you're made out of it. It's so much fun to be in that situation, not only yourself but everybody around you. We're all forced in this situation now and we've got to focus and work hard. There's probably nobody on my team anymore that's staying out late and having fun, and I know my life's changed just in the last month and a half."

"You owe it to your guys and you owe it to everybody to try to do everything you could possibly do in your power to try to win this thing for them, and they're doing the same thing."

Busch Series cruises into Memphis, Nextel Cup heads to Georgia

by BRIAN KACHARABA
ASSOCIATED PRESS

NASCAR Nextel Cup
Pep Boys Auto 500
Site: Hampton, Ga.

Schedule: Friday, qualifying (ESPN2, 7 p.m.); race, Sunday (ABC, 1 p.m.).

Track: Atlanta Motor Speedway (quad-oval, 1.54 miles, 24 degrees banking in turns).

Race distance: 500.5 miles, 325 laps.

Last race: Jimmie Johnson made the pass he didn't allow Jeff Gordon to make in the spring, sneaking inside his Hendrick Motorsports teammate with 44 laps to go in regulation and holding on for his series-high seventh victory of the year and the 30th of his career. A record 21 caution

flags flew, slowing the proceedings for 127 laps, and forcing the race to be extended by six laps. Johnson gained in the championship chase with four races remaining, cutting Gordon's lead to 53 points.

Last year: Tony Stewart held off Johnson and won at Atlanta Motor Speedway for his fourth victory of the season and second in the first seven races of the 2006 playoffs.

Fast facts: Johnson, who won at Atlanta on March 18, will be trying for his second track sweep in as many weeks and third this season. ... Stewart has 11 top-10 finishes in his last 12 starts at Atlanta. He finished second to Johnson in the spring event after winning last year's race. ... Gordon, then 21, made his Cup debut at the 1992 event. Also

that day, seven-time champion Richard Petty made his 1,185th and final career start. ... Carl Edwards, who trails fourth-place Stewart by 36 points, swept both Atlanta races in 2005. ... Bobby Labonte will be making his 30th career start at Atlanta and leads all active drivers with six victories. Gordon has four.

Next race: Dickies 500, Nov. 4, Fort Worth, Texas

On the Net:
<http://www.nascar.com>

NASCAR BUSCH
Sam's Town 250
Site: Memphis, Tenn.

Schedule: Saturday, qualifying, 10:35 a.m.; race (ESPN2, 3 p.m.).

Track: Memphis Motorsports Park (oval, .75 miles, 11 degrees banking in

turns).
Race distance: 187.5 miles, 250 laps.

Last race: Jeff Burton came from the back of the field to win the crash-filled race at Lowe's Motor Speedway on Oct. 12. Burton, who moved steadily through the field after having to start from the rear because of an engine change, took the lead and control with 61 laps to go in the Dollar General 300.

Last year: Kevin Harvick raced to his eighth Busch victory of 2006, capitalizing on Carl Edwards' sloppy restart in overtime at Memphis Motorsports Park to pull to the front and lead teammate Clint Bowyer across the finish line.

Fast facts: Edwards will clinch the title if he finishes eighth or better or leaves with

at least a 585-point lead in the standings. Edwards currently leads David Reutimann by 638 points, meaning he can lose 53 points and still hoist the championship trophy. He finished in the top five in his two previous Busch starts at Memphis, while Reutimann placed 12th in his only series appearance in 2002.

... Indianapolis 500 winner Dario Franchitti is expected to make his Busch debut this weekend. ... Chase Austin, who turned 18 less than a month ago, will attempt to become only the second black driver to compete in a Busch race. Bill Lester first did it in 1999. ... Bowyer won the 2005 event from the 35th starting position.

Next race: O'Reilly Challenge, Nov. 3, Fort Worth, Texas

On the Net:

<http://www.nascar.com>

NASCAR Nextel Cup
Driver Standings

1. Jeff Gordon, 6,055
2. Jimmie Johnson, 6,002
3. Clint Bowyer, 5,940
4. Tony Stewart, 5,806
5. Carl Edwards, 5,770
6. Kyle Busch, 5,765
7. Kevin Harvick, 5,686
8. Denny Hamlin, 5,681
9. Jeff Burton, 5,646
10. Kurt Busch, 5,635
11. Martin Truex Jr., 5,608
12. Matt Kenseth, 5,593
13. Dale Earnhardt Jr., 3,626
14. Ryan Newman, 3,560
15. Greg Biffle, 3,531
16. Casey Mears, 3,508
17. Bobby Labonte, 3,159
18. Jamie McMurray, 3,113
19. Juan Montoya, 3,103
- (tie) Kasey Kahne, 3,103

Chad Johnson says he won't change

by JOE KAY
ASSOCIATED PRESS

CINCINNATI — Chad Johnson didn't stop to talk in the locker room after team meetings on Monday, slipping out a side door. He didn't pause while walking through a cold rain in the Paul Brown Stadium parking lot, reporters matching his stride.

When he reached his car, he stopped to clear his mind before hitting the road.

He's not happy about being labeled a selfish player. He's stunned at how his image has changed from fun-loving to self-promoting. He wouldn't be surprised if the Cincinnati Bengals eventually consider trading him because of his antics.

All that aside, he's not going to change.

"I am completely out of the norm," Johnson said, standing beneath an overhang in the rain-slicked parking lot. "I'm the only person that plays and talks and does the things he does, but at the same time, I'm very, very productive at what I do. Because I'm out of the norm, I guess I'm an easy target for it."

"I cannot perform at a high level and not be Chad. It's impossible. I cannot and will not change."

Johnson had his relatively quiet game Sunday, catching three passes for 102 yards during a 38-31 victory over the New York Jets. He had one catch for 56 yards on the Bengals' second series, then was blanketed by at least two defensive backs on every play for the rest of the game.

Johnson and receiver T.J. Houshmandzadeh spent much of the game acting as decoys in the Jets' close coverage. The Bengals (2-4) took advantage by running the ball 41 times for 177 yards and throwing it only 21 times.

"Yesterday was just a day of patience for both T.J. and I," Johnson said. "It was a great test of our patience, and it shows our unselfishness."

He pronounced that last word slowly for emphasis.

Since Johnson sniped at quarterback Carson Palmer over an interception during a 34-13 loss to New England — and coach Marvin Lewis ripped his players afterward for being selfish — the Pro Bowl receiver has become the focal point

for the Bengals' poor start.

National commentators are suggesting the Bengals could trade him — an unlikely prospect, given his age and contract. Cousin Keyshawn Johnson, a former NFL receiver, criticized him on a pregame show Sunday, saying his antics are a disruption.

The receiver was really stung when a Cincinnati Enquirer columnist who wrote Johnson's biography suggested that the Bengals might be better off without him.

"You've got to be kidding me," Johnson said.

The 29-year-old receiver has pushed the envelope on touchdown celebrations while leading AFC receivers in yards for each of the past four seasons, the first time anyone has done that. His childlike joy won over the fans; his childish reaction during the New England game has made him a target.

He thinks a lot of it has to do with the losing.

"I've been playing it the same way the past four years," Johnson said. "I celebrate. I have fun with it. It is a dirty business. And to get the business side of it off my mind, I go

out and have fun with it like I'm a little kid. That's all it is. It's the NFL, but I'm playing like it's the backyard. And I'm wrong because I'm not the norm."

Lewis has been sharply critical of the receiver over the years, referring to him as "Ocho Psycho" at the end of last season. Asked on Monday whether Johnson has been a team player or a selfish player, Lewis responded: "He's been a team player."

Johnson thinks his head coach likes him, despite some of the things he's said about him.

"But you know, they have to do what they have to do," Johnson said. "Chad has to do what Chad has to do."

Last year, the Bengals reworked Johnson's contract to give him more money and add another year, extending it through 2010 with a club option for 2011. The salary cap makes it difficult to trade players with big, multiyear contracts, but Johnson wouldn't be shocked if the Bengals thought about it down the road.

"That's the business part of it," Johnson said. "That wouldn't surprise me."



VETERAN DRIVER RICK AUKLAND won the 2007 Dirt Track World Championship Modified race.

2007 NASCAR NEXTEL CUP

AS OF LATE:

- Sept. 2 — Sharp AQUOS 500, Fontana, Calif. (Jimmie Johnson)
- Sept. 8 — Chevy Rock-and-Roll 400, Richmond, Va. (Jimmie Johnson)
- Sept. 16 — Sylvania 300, Loudon, N.H. (Clint Bowyer)
- Sept. 23 — Dodge Dealers 400, Dover, Del. (Carl Edwards)
- Sept. 30 — LifeLock 400, Kansas City, Kan. (Greg Biffle)
- Oct. 7 — UAW-Ford 500, Talladega, Ala. (Jeff Gordon)
- Oct. 13 — Bank of America 500, Concord, N.C. (Jeff Gordon)
- Oct. 21 — Subway 500, Martinsville, Va. (Jimmie Johnson)
- DOWN THE STRETCH:
- Oct. 28 — Georgia 500, Hampton, Ga.
- Nov. 4 — Dickies 500, Fort Worth, Texas.
- Nov. 11 — Checker Auto Parts 500, Avondale, Ariz.
- Nov. 18 — Ford 400, Homestead, Fla.

Kentucky gives Locke a chance to run track – and the football

by JEFFREY McMURRAY
ASSOCIATED PRESS

LEXINGTON — Until Derrick Locke set an Oklahoma high school record with the best long jump in the country this year, he wasn't on the radar of Kentucky's track coaches, let alone football coach Rich Brooks.

"I just saw it in the paper," said James Thomas, UK's track assistant who coaches jumpers. "He kind of popped up. I'd never heard the name. As a coach, you kind of get upset. How'd I miss out on this guy?"

So, Thomas made a desperation courtesy call to Locke's high school coach in Hugo, Okla., to inquire about his availability. He figured he had no chance to lure the under-the-radar star to Kentucky. Surely Locke had already committed to a big-time program or was academically ineligible to attend one.

As it turned out, Locke's grades were fine, and while many of the nation's track powerhouses had indeed come knocking, none of them could offer what he demanded. Besides jumping and sprinting in track meets, he wanted to have a chance to play football — as a fresh-

man and as a running back.

"That's my position," said Locke, whose high school football numbers also were eye-popping: 51 total TDs and more than 3,000 yards. "I felt like I needed to get a shot at my position. I honestly didn't think that what I'd done in high school was so bad I couldn't get a shot."

Barring that, he planned to attend a junior college to earn his football stripes, then transfer in two years.

Thomas put Locke on a plane to Lexington, where he sat down with Brooks. The Wildcats football coach was straight with him. The program, coming off its first bowl victory in 22 years, was loaded with running backs, including Rafael Little, Tony Dixon and Alfonso Smith. It was a longshot that he would play immediately other than special teams, but a shot nonetheless.

"I felt like they were the only one that was going to be honest about it," Locke said. "Coach Brooks, he just told me, 'Come here and we'll try. I'm not going to make any promises.'"

Locke enlisted, and various injuries to the three above him on the depth chart have him poised to possi-

bly lead the team in carries this week when the No. 14 Wildcats (6-2, 2-2 Southeastern Conference) host Mississippi State.

After breakout performances substituting for injured players in wins over Arkansas and LSU, Locke is third on the team with 351 rushing yards and tied for first with three TDs.

"Derrick Locke has responded in a manner more of a junior or senior and hasn't been weak of heart, mind or spirit," Brooks said. "Without him performing like he has, we wouldn't be where we are."

Although it's not unprecedented for a track star to be a running back, Thomas says the transition to corner-back or wide receiver is far easier, particularly at the SEC level. Those positions are more about pure speed, whereas running backs have to survive brutal hits at the line before turning on the afterburners.

That may have scared off some big programs, figuring a jumper doesn't translate well into a rusher. Locke insists those doubters were mistaken.

"Football speed and track speed are two different speeds," Locke said. "Just because you're fast doesn't

mean you're quick. There's a lot of contact. It's rough. It's a hard sport, not for everybody. If they knew anything about me, they'd know I rushed for 3,000 yards. That didn't come from rushing from the outside."

Wildcats running backs coach Larry Brinson says when Locke is on the practice field, he often forgets about his track pedigree.

"The thing that makes him different is his speed and his explosion," Brinson said. "He's very, very quick. You hand him the ball and he's like a bullet. He jets out there, and that's the thing that sets him apart."

Last month against Kent State, Locke found the end zone from 67 yards out on just his second career carry. He shouldered the load much of the second half against Arkansas and a key touchdown during the Wildcats' late comeback. Then, in the team's biggest shocker — a victory over, then-No. 1 LSU — it was Locke's TD that kept the game going in overtime.

Quarterback Andre Woodson is the Heisman candidate on the Kentucky offense, but he says a much-improved running game is a big part of his success. Locke has

been a key, moving his way up the depth chart.

"He's another physical running back," Woodson said. "He's got a lot of heart."

Although Locke is the only one of the top four Kentucky running backs who hasn't been sidelined by a serious injury, he understands the workout regimen won't be getting any easier — even when the season ends. Thomas says he'll be in shape for track and field in the spring, although perhaps not the same kind of shape as the other runners and jumpers.

"Preparing for football, you're preparing your body to take a pounding," Thomas said. "Preparing for track, you're preparing your body to be as efficient and fast as it can be in the shortest amount of time."

Locke, whose jump of 25 feet, 4 3/4 inches was the top in the country for high school, says his new track goal is breaking the college mark — even though he isn't sure what that is.

"I'm going to get it," he said. "That's what I'm training for."

Heisman race hasn't been so muddied in years

by RALPH D. RUSSO
ASSOCIATED PRESS

NEW YORK — Tim Tebow is gaining momentum. Darren McFadden is slipping. Andre Woodson has been up and down. Matt Ryan has a chance to make a serious move. Dennis Dixon is still having trouble getting noticed.

Just past the midway point of the season, the Heisman Trophy race is cluttered with potential candidates and without a clear front-runner.

"My top three seems to change every week," ESPN analysts Kirk Herbstreit wrote in an e-mail this week. "I've never seen a race this wide open so late in the year."

It's a stark contrast to the last few seasons. At this time last year, the Heisman Trophy was already Ohio State quarterback Troy Smith's to lose.

The year before, Southern California's Reggie Bush and

Texas' Vince Young had pulled way ahead of the field by now. In 2004, the big debate was if Oklahoma's Adrian Peterson could win the award as a freshman. USC's Matt Leinart ended up taking it going away.

Jason White wasn't talked about much before the '03 season, but by mid-season most Heisman voters were relegated to searching for reasons not to vote for the Oklahoma quarterback.

This season the serious contenders are just starting to emerge, but no player is given to get an invite to the award ceremony in New York on Dec. 8.

"The last time I can remember there being suspense for most of the season was 2002 when Carson Palmer won it," said SI.com's Stewart Mandel, a

Heisman voter whose new book "Bowls, Polls and Tattered Souls" has a chapter dedicated to Heisman history.

Last week may have represented a turning point in the Heisman race.

"Before last weekend it was very much a hodgepodge," Mandel said in a telephone interview Wednesday.

The Florida-Kentucky game gave two of the best players in the country a chance to show their stuff and both came up huge.

Tebow passed for 256 yards and a career-high four touchdowns to lead Florida to a 45-37 victory. He also ran for a score as the sophomore continued to be a one-man wrecking crew for the defending national champions.

Meanwhile, Woodson, com-

ing off the Wildcats' upset win over LSU, passed for a season-high 415 yards against Florida. The week before LSU, Woodson hurt his Heisman chances with a bad game in a nationally televised loss to South Carolina.

Tebow's latest brilliant performance seems to have made him the front-runner, at least for now.

In a poll of 23 Heisman voters conducted by The Associated Press this week, Tebow received 12 first-place votes and 477 points (based on a 3-2-1 system).

The burly left-hander leads the nation in passing efficiency with a 177.5 rating and is Florida's leading rusher with 578 yards and 10 touchdowns on 125 carries.

Ryan, the Boston College quarterback, came in second with 277 points, though his so-called Heisman candidacy could take a major turn in either direc-

tion Thursday night. The unbeaten and second-ranked Eagles (7-0) play at No. 8 Virginia Tech in their toughest game so far.

Woodson was third in the poll with 22 points. Michigan running back Mike Hart was fourth with 16. Hart was leading the nation in rushing before he was injured two weeks ago against Purdue. He played half that game and sat out Michigan's win against Illinois last week with a sore ankle.

Dixon, the Oregon quarterback, was fifth with 147 points. He has similar numbers to Tebow with a 165.8 rating, 416 yards rushing and seven touchdowns. Tebow has thrown for 1,711 yards and 17 touchdowns. Dixon has 1,728 yards and 16 TDs.

Competing in the Northwest has forced Dixon to play catch-up for notoriety, but more people are starting to take notice of the guy who directs the Ducks' high-powered spread offense. A big

game against USC on Saturday would do wonders for his Heisman chances as well as Oregon's national title hopes.

"(It's a) shame more people don't see Dixon play every week," Herbstreit wrote. "He's having an amazing year."

Arkansas tailback Darren McFadden, last year's runner-up and one of the favorites coming into the season, received four points and one first-place vote in the poll.

The junior is having another big year, he's sixth in the nation and tops in the Southeastern Conference in rushing at 133 yards per game, but the Razorbacks are 4-3 and only 1-3 in the SEC and that's damaged his chance to win the Heisman.

Others who received mention in the poll were Dixon's teammate, tailback Jonathan Stewart, Rutgers tailback Ray Rice, Hawaii quarterback Colt Brennan and Ohio State line-backer James Laurinatis.



Andre Woodson

ALC teams ranked high in KIAC preseason polls

TIMES STAFF REPORT

LOUISVILLE — The 2007-08 Kentucky Intercollegiate Athletic Conference Preseason Basketball Polls were released Tuesday. The six men's coaches and six women's coaches submitted their votes for the regular season finish of the teams.

On the men's side, Asbury is predicted to finish atop the standings. Asbury tied with former KIAC member Spalding for the regular season

title with a 7-2 record. Asbury finished voting with 34 points and four of the six first place votes. Alice Lloyd finished in second with a first place vote. IU Southeast also picked up a first place vote and is predicted third. Berea, St. Louis College of Pharmacy, and new KIAC member IU East round out the projected finish in that order.

For the women, a three way tie between IU Southeast, Alice Lloyd and Berea all finished with the same point total

(28) and split evenly the first place votes. These teams finished the 2006-07 season within two games of each other atop the regular season standings. Asbury and Midway also tied in points with 18 for the 4th spot. St. Louis College of Pharmacy finishes out the team rankings.

KIAC Men's Basketball Poll
Team Points First Place Votes
1. Asbury 34 4

2. Alice Lloyd 26 1
3. IU Southeast 25 1
4. Berea 23
5. STLCOP 10
6. IU East 8

KIAC Women's Basketball Poll
Team Points First Place Votes
1. Alice Lloyd 28 2
1. Berea 28 2
1. IU Southeast 28 2
1.4 Asbury 18
1.4 Midway 18
6. STLCOP 6

ALC Basketball 2007-08: Eagles set to open season

TIMES STAFF REPORT

PIPPA PASSES — The Alice Lloyd College men's basketball season will begin Tuesday night when the Eagles host Kentucky Christian University (Grayson). This 2007-08 schedule includes NCAA Division I opponent Morehead State University, NAIA Division I power Mountain

State University (ranked fifth in preseason ratings) and perennial NAIA Division I powerhouse Georgetown College (ranked ninth in preseason polls).

The latest ALC men's basketball team is led by 6-8 junior center Rodney Mitchell (KIAC All-Conference, 16 ppg, 5 rpg) and returning starters Will

Dillard (PG, 5-8, 11.8 ppg, 11.2 assists) and Corey Hairston (F, 6-3, 11.1 ppg, 6.7 rpg). Daniel Day (F, 6-4, 5.1 ppg, 3.3 rpg) and Eric Mullins (G/F, 6-4, 8.8 ppg, 4.0 rpg) were part-time starters last year and will also return with lots of game experience. The team features eight new freshmen. There are no seniors on the team this year.

The Eagles will begin their third year back in the KIAC. In addition to ALC, the teams in the conference this year are Asbury, Berea, Indiana University-Southeast (New Albany, Ind.), Saint Louis College of Pharmacy, and Indiana University-East (Richmond, Ind.). IU-East is a new member this year.



Thomas back to lead Lady Eagles as a sophomore

TIMES STAFF REPORT

PIPPA PASSES — The Alice Lloyd College Lady Eagles are eager to begin the new season next week. They will begin the new campaign by hosting Kentucky Christian University Tuesday night. The

Lady Eagles won the KIAC regular-season title last year and advanced to the finals of the Conference tournament before losing to Berea College.

The Lady Eagles will be led by Becky Thomas, a Third-Team NAIA All American as a

freshman. Thomas (C, 6-0, 16 ppg, 7.7 rpg), an Allen Central High School graduate, was the KIAC Player of the Year last season. Kaylan Richardson (F, 5-9, 11.0 ppg, 4.5 rpg) and Taran Cody (F, 6-0, 6.9 ppg, 6.1 rpg) will bring vast experience to the team. Camille

Cook (5-10, F/C) transferred from Pikeville College and is expected to help immediately. The Lady Eagles have added Morehead State University to the schedule and there is excitement on campus about playing an NCAA Division I School.

Keathley connects with East Kentucky Kiwanians

TIMES STAFF REPORT

PIKEVILLE — Since his return to Eastern Kentucky as head coach of the East Kentucky Miners, Floyd County native Kevin Keathley has maintained a commitment to staying involved in area communities. Keathley visited Southeastern Kentucky Tuesday as he ventured to Bell County for a speaking engagement at a Kiwanis Club of Pineville meeting.

The Pineville stop was the first of two Kiwanis Club-related appearances this week for the Miners head coach. Keathley spoke to the Pikeville Kiwanis Club Thursday.

"From day one, we've made it a point to stay involved in communities throughout Eastern Kentucky," said Keathley. "This is Eastern Kentucky's basketball team.

Anytime the opportunity to get out in an Eastern Kentucky community and interact with residents arises, we take full advantage of it."

Kiwanis is a global organization of volunteers made up of about 8,000 clubs in 96 countries. Worldwide, Kiwanis features 260,000 adult members. Involved in the lives of many young people, Kiwanis features approximately 320,000 youth members.

Keathley and the entire Miners organization are just over a week away from the start of training camp for the 2007-08 season. The Miners will open their first-ever training camp on Friday, Nov. 2.

Tickets — season and individual — for Miner home games remain on sale. For more information on tickets, call 606/437-9715.

State volleyball tournament begins today

TIMES STAFF REPORT

LEXINGTON — The 2007 Kentucky High School Athletic Association (KHSAA) State Volleyball Tournament is scheduled for this weekend, Oct. 26-27, at Regents Hall on the campus of Northern Kentucky University in Highland Heights. Action begins Friday afternoon at 1 p.m. and resumes at 9 a.m. on Saturday. The state championship match is scheduled for 8:30 p.m.

General Admission tickets will be available for \$6 each per session. An All-Session ticket will also be available for \$15 each. Session 1 includes all play

on Friday. Session 2 includes Saturday's quarterfinals and semifinals. Session 3 includes the state championship match.

Also a first for the volleyball tournament will be live in-match stats throughout the event. In addition, full box-scores from each match will be posted on the website.

State Tournament Bracket: <http://www.khsaa.org/volleyball/2007/>

State Tournament Live Stats: www.khsaa.org/volleyball/2007/

— The 2007 KHSAA State Soccer Championships will be held Oct. 31, Nov. 1 and Nov. 3 at Toyota Stadium in Georgetown. Boys' semifinals

will be at 6 and 8 p.m. on Wednesday, Oct. 31. Girls' semifinals will be at 6 and 8 p.m. on Thursday, Nov. 1. The Boys' State Championship will be at 6 p.m. on Saturday, Nov. 3. The Girls' State Championship will follow at 8 p.m., also on Nov. 3.

General admission tickets will be \$7 each per night. An all-session ticket will be available for \$15.

The new number for the KHSAA/Riherd's Sports Scoreboards is 1-800-453-6882.

UPCOMING KHSAA EVENTS/MEETINGS:

Oct. 26-27 — KHSAA State Volleyball Tournament, NKU

Regents Hall, Highland Heights; Oct. 31, Nov. 1 and 3 — KHSAA State Soccer Championships, Toyota Stadium, Georgetown; Nov. 2-3 — Regional Cross Country Meets, Various Sites; Nov. 9-10 — State Football Playoffs Week No. 1, Various Sites; Nov. 10 — State Cross Country Championships, Kentucky Horse Park, Lexington; Nov. 16-17 — State Football Playoffs Week No. 2, Various Sites; Nov. 23-24 — State Football Playoffs Week No. 3, Various Sites; Nov. 30-Dec. 1 — State Football Playoffs Semifinals, Various Sites; Dec. 7-8 — State Football Championships, Papa John's Cardinal Stadium, Louisville.

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FAMILY MEDICINE

Fall is the time for nearly everyone to get flu vaccine — **Page B6**



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THROUGH MY EYES

Where's the Calgon?

The fall festivals are now behind us, Halloween is up next, and the holiday season will be in full swing before we can barely bat an eye. And speaking of eyes, my left one is driving me bananas this week -



Kathy Prater
Lifestyles editor

twitching and twitching at the slightest sound or mere hint of a task to be done.

I have a friend who tells me that all I need to correct this problem is a vacation. Vacation. Ah, what a wonderful word. What a wonderful thought. What a dreamy dream.

Reality. Not the best word in the dictionary, but not the worst either. And much more appropriate for me than that intangible "vacation" one.

Yes, I think, as I sit here attempting to complete this one task of penning a column before moving on to the next one of many, I do need a vacation. About a month's worth, at that.

Unless I hit the lottery (and there's not much chance of that,

(See **EYES**, page ten)

DINNER DIVA

Ode to garlic fair

by **LEANNE ELY**

One of my favorite things in the world is garlic. I like garlic so much I'll put it on anything, except chocolate, of course. Garlic is such a part of my life, I've written a poem about it.

Garlic, garlic, garlic fair
When I eat you, people stare
Garlic, garlic, bulb odiferous
I like you much on vegetables cruciferous.

Garlic made the rounds a couple of years back, as the new darling of the traditional medical community, if you remember. I snickered at the time (OK — I smirked), having known this for quite awhile, as I give garlic due credit in helping my daughter get over chronic ear infections.

Let's take a look at some of garlic's redeeming qualities. Garlic's potent ingredient is called allicin. Allicin is the antifungal, antibiotic-like property of garlic that helps heal you from the inside out, by aiding and stimulating the immune system. Garlic also helps lower cholesterol levels, aids in digestion and lowers

blood pressure. It's also been shown to help with heart disease, cancer, and even Alzheimer's disease. So, next time you're at the grocery store, don't forget to pick up a few heads of garlic. It's a little extra cost, but it's a lot of health benefits.

(See **DIVA**, page ten)



This week, Dr. Phyllis Puffer relates a tale from her experiences while stationed in Viet Nam during her years spent there as a member of the US Army.

Wedding in Saigon

by **DR. PHYLLIS PUFFER**

I was walking along the city street minding my own business. It was about noon, bright and sunny. I have forgotten what my particular errand was. I might have been going to lunch at one of the delicious, little French restaurants or I might have been out to make a purchase at one of the nice shops near my office. I spent a lot of money in that city. I was entitled to combat pay, even though I was in the safest part of the country, and the shops had truly lovely things for sale. They offered porcelain figurines, jewelry, and tailors who would make anything to measure. Suddenly I was interrupted by a young Vietnamese girl. "Where is the mailbox?" she asked.

Immediately I was suspicious and very tense. Why would anyone, who is obviously a native of this country, ask someone, even more obviously a foreigner, where the mail box was? The foreigner should be asking the native where to find the mail box. Nonetheless, but warily, I replied, "It's over there," pointing to the next block of the busy city street.

"I don't see it. Show me."
"She's a VC and she is leading me into a trap. In a few minutes I'll be blown to bits." We all knew that the VC used Vietnamese girls against US male soldiers. Vietnamese girls could be used against US female soldiers also.

I looked hard at the pretty young girl standing there, holding her letters up in a persuasive gesture. She could have been 18 or 20. She was a little heavier and taller than most Vietnamese women. That is to say she probably weighed 110 pounds at about 5 feet 4 inches rather than about 85 pounds at 5 feet. She might

be part Chinese or from a family in the north where people are generally a little larger. She wore Western clothes of a black top and straight, light colored skirt rather than the national costume of long, fitted dress with a high Chinese collar over long pants. Her hair was short, also in the Western fashion, rather than straight and long, below her rear. Both styles were seen in the city in about equal proportions.

For some reason I moved forward. Politeness? Lack of combat training and experience? Taken by surprise?

We crossed the street together and came to the mailbox. The pretty Vietnamese girl put her letters in the mailbox slot.

The mailbox did not blow up. No grenade was dropped on my head from a window above. Neither one nor several snipers opened fire. No crazed bicyclist hurled himself from the jammed street and pushed a knife through my heart. The crowd continued on its dense and indifferent way.

She turned to me. "I've never met an American woman before. I see American men all the time, but never women. I'm a bar girl. Where do you work? I want to visit you." She was earnest. I was still on edge, but I gave the address.

From time to time in the following weeks, one of the Vietnamese translators would come to my desk, "There's a visitor for you."

I would meet Kim just outside the office door. Mine was one of the uncounted US military offices scattered throughout the city, housed in the former office buildings and private mansions of the French colony. My own suite of offices was particularly well located. It was in a shopping center in the middle of the downtown section, next to the best

shops and restaurants, but it was not a shopping center in the US style. I often wondered about it. I had never seen anything like it before. It was the size of a small US office building. The ground floor had little shops. The upper floors held offices and a bar but the center was open all the way down to the main shopping area below. Perhaps it was more what the French call a "galerie." Kim and I would lean against the railing and look down into the open area and the shops. We would talk a little, Kim in her blouse and skirt and I in my summer Army uniform of green cord jacket and skirt. Kim always left after a few minutes.

One day during Kim's visit overlooking the shops, she was kind of sniffing and she held a large handkerchief in her hand. Mildly concerned, I asked her, "Do you have a cold?" The answer was shocking. Kim had been steadily dating two American men. She was in love with one of them. The one she did not love had asked to marry her first. The one she did love asked the very next night. She would have to marry the man she did not love.

I was incensed. I fumed and sputtered for days. No American woman would put up with such an outrage. Kim could change her mind. Kim could say no. Kim should marry the man she loved. But Kim was not American. Kim was Asian and she had to marry the man she did not love. Her family had given its word.

The next day Kim brought a man to the galerie for me to meet. He was perhaps five feet six. He had a rather pleasing appearance without being handsome. He was calm and had a muscular build. He seemed self-assured and capable. He seemed a man of action rather than reflection.

Perhaps he was a squad leader or junior sergeant. Perhaps he was a rifleman or helicopter pilot. He wore civilian slacks and shirt as off-duty military personnel did in this war. Civilian clothes do not reveal a person's biography and status the way a military uniform does for those who know how to read it. He looked into the distance as his beloved wiled beside him. In the tradition of Asian public comportment, they did not touch. His expression seemed strained. The conversation was brief and sorrowful.

I went to the wedding with my steady boyfriend, Ed. In a town where the ratio of US men to US women was about 2,000 to one, a steady boyfriend was the best protection against social exhaustion. Ed had a special advantage for this outing. He was an Asian specialist with prior service in Taiwan and would know what to do. Besides, I liked him.

We went to the wedding in a pedicab. Some pedicabs were mechanized and some were pedaled. All were fun. This evening ours was mechanized. A pedicab had a seat for two in front, pushed from behind by a man either pedaling a one-wheeled bicycle or riding a one-wheeled motorcycle. We rode to the address in one of the poorer sections of Saigon, but not the poorest. We entered the house directly into a small room set with three round tables which completely filled the room. From there we were invited to the second room, a little smaller than the first and full of people. The wedding ceremony had already taken place, attended only by the immediate family. Kim was there with her mother showing

(See **WEDDING**, page six)

FLY LADY

Crash and burn no more!

by **MARLA CILLEY**

I get asked many times about how I get time to do my sewing, scrap booking or other hobbies or crafts. Right now, I want us to look at this. Now don't get me wrong, we all need some down time, but let's examine our personalities in depth first.

As sidetracked people, we have a tendency to hyper-focus and you all know what I mean. It is the perfectionism in us that causes us to keep going and spread our projects all over our

homes. If you have you ever scrubbed the grout in a tile floor with a toothbrush to make it all white, then you know exactly just how we can hyper-focus at times. It is this inability to stop when we should that hurts us, our families and our homes. For some reason, we have trouble with our starters and our brakes on our little engines!

If we think that we don't have enough time to do a job right, then we won't even start it. Then if we ever do, we can't stop till it is all done right. It doesn't matter that dinner needs to be

started or that the house has been trashed by the kids while you were on your never ending mission to perfectionism. We were going to do it right if it killed us. You can't tell me that you have never said those words under your breath or even out loud to your own families!

This inability to stop causes us to crash and burn. This is why I want you to take baby steps and learn that it is OK not to do something perfectly. Some of you have found great success in just a few days and I really worry about you because of this gung-ho mentality. We have all done this in the past and this is why our families just roll their eyes and ask, "So, this new FlyLady kick you are

on. Your latest effort, huh?" Good efficient habits take time to establish. Just as your homes did not get trashed in a day, neither are your routines going to become instilled in your mind and bodies overnight.

This is all a process of establishing one habit at a time and building upon what you have learned by adding another one to your routine; Taking babysteps. I don't expect you to have a full blown routine in a week. It took me nine months to give birth to my new life. If you think you can do this faster, then I believe that you are back into your perfectionism. My routines have become a

(See **FLY LADY**, page ten)





Family Medicine

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

Every year about this time you write a column on flu shots. Is there anything new on them? Should I get a flu shot again this year? My daughter says my grandkids had their shots last week to keep me from getting sick. I didn't know kids got flu shots. I guess they are for everyone? What about the nasal spray to prevent flu?

Yes, this time of year - the fall - is flu vaccination time. It takes about two weeks after you get a flu shot to develop antibodies to the flu, and the vaccine lasts for about four months. January is typically the peak month for influenza, so

late fall is usually the right time for your vaccination.

For the record, though, the peak of flu season does vary from year to year. According to the Centers for Disease Control and Prevention (CDC), it can occur anywhere from late December through March. Last year, for example, we had one of these atypical years. In 2006, the flu season didn't peak until the end of March, a time when it is usually winding down.

Just about everyone should get a flu shot. There are, however, a few groups of people who should not get one. A flu shot should not be given to

people who are allergic to eggs. It should also not be given to individuals who are moderately ill and running a fever. These folks should wait until they are better to get a shot. Another group that's usually not given flu shots are babies under six months of age.

As an alternative to flu shots, there is an intranasal influenza vaccine that's available. This vaccine is administered by spraying live - but weakened - flu virus into the nose. There are, however, more restrictions on its use. It is currently only recommended for people between the ages of five and 49 that are healthy. Also, if you are a family member or close contact of an immunocompromised person who requires a protected environment, you should get the shot instead of the intranasal vaccine.

The vaccine supply should be plentiful this year, as has not always been the case in recent years. Now,

while you are thinking about it, would be a good time to call your family physician or local health department and arrange to get immunized against the flu.

If, despite my sage advice, you do end up putting it off and then remember in a month or so, don't make the common mistake of thinking that it's too late. Flu shots can be given up to and even into January in many parts of the country.

There are no new recommendations about flu vaccine this year, but public health officials are putting renewed emphasis on its importance. They are stressing the need for nearly everyone over six months of age to get immunized. This is especially important for people with chronic diseases like diabetes. If we all get our flu vaccine, it will help to reduce the number of infections, hospitalizations, and deaths from this disease.

Finally, as a note to myself and

other health-care workers - the CDC recommends that we be among the first in line for a flu shot. The main reason for this is to help protect our patients. It's part of the National Patient Safety effort.

Family Medicine® is a weekly column. To submit questions, write to Martha A. Simpson, D.O., M.B.A., Ohio University College of Osteopathic Medicine, P.O. Box 110, Athens, Ohio 45701, or via e-mail to readerquestions@familymedicine-news.org. Medical information in this column is provided as an educational service only. It does not replace the judgment of your personal physician, who should be relied on to diagnose and recommend treatment for any medical conditions. Past columns are available online at www.familymedicine-news.org.

School Happenings

Adams Middle School Youth Services Center

•YSC will be sending home calendars and newsletters with school events and other information on the last day of each month. Please watch for your student to bring home these items.

•Lending Library available for student/parent use. Pamphlets, videos, books and more on a variety of topics available.

•A nurse from the FCHD is currently available at the school to provide services including: School physicals, immunizations, WIC, well-child exams, etc. Call 886-1297 to schedule an appointment. Child does not have to be a student at AMS to receive services.

•Parents, guardians, and community members interested in volunteering at the school may contact the YSC to schedule a time for Confidentiality Training/Crime Check. Training must be completed each year in order to remain on the approved volunteer list. Call 886-1297.

•The Youth Services Center is open each weekday from 8 a.m. to 4 p.m., and later by appointment. Services offered to students and families regardless of income. Coordinator is Michelle Keathley. Center telephone is 886-1297.

Allen Central High School

•Oct. 31 - Big Sandy Idol sign-ups.

•Center hours: 8 a.m. to 3:30 p.m., Mon. thru Fri. Sharon Collins, coordinator. Telephone 358-3048. Center provides services for all families regardless of income.

Allen Central Middle School

•Oct. 29 - Respect class, 7th grade girls.

•Career Decisions and Job Development videos available in YSC lending library.

•The ACMS Youth Service Center offers services to all families, regardless of income. For more information, call Marilyn Bailey, center coordinator, at 358-0134.

Allen Elementary and Family Resource Youth Service Center.

• Call Allen Elementary Youth Service Center at 874-0621 to schedule your child's Hepatitis B vaccination, immunizations, and WIC appointments.

Baptist Learning Center

•Now accepting applications for new students, Toddler I class thru Pre-K class. Located in the First Baptist Church, S. Front Ave., downtown Prestonsburg. Call 886-8681.

Betsy Layne Elementary

•Center hours are 8 a.m. to 3 p.m., Mon. thru Fri. Center offers services to all families, regardless of income.

•The Betsy Layne Elementary Family Resource Youth Service Center is located in the 7th and 8th grade wing. The goal of the FRYSC is to meet the needs of all children and their families who reside in the community or neighborhood by the school in which the center is located. For further information, please contact the center at 478-5550.

•Brian H. Akers, Center Coordinator.

Duff Elementary

•Oct. 26 - Spotlight ceremony, 1 p.m.

•Oct. 30 - Costume dress-up day.

•Floyd County Health Dept. is on site three days per month. Services include 6th grade school entry physi-

cal; kindergarten, Head Start and well-child physicals (age birth to 18 years); T.B. skin test; T.D. boosters; and WIC services. Please call 358-9878 for appointment if you are in need of any of these services.

•The J.A. Duff Elementary Family Resource Center provides services for all families regardless of income. We are located in the tan metal building at the rear of the school. Contact persons are Judy Handshoe, coordinator.

May Valley Elementary

•Parent Lending Library is available to parents for video check-outs. A variety of topics are available.

•Floyd County Health Dept. nurse at school every Wednesday. Services include Head Start physicals, kindergarten physicals, 6th grade physicals, well-child physicals, immunizations, TB skin test, WIC program, blood pressure checks, and more. Must call the FRC at 285-0321 for an appointment.

McDowell Elementary and Family Resource Center

•Oct. 30 - "Drug Awareness" program, 1 p.m., presented by Gary Booth. Held in celebration of Red Ribbon Week.

•Nov. 8 - "Parent University," 9:30-1:30, Wilkinson-Stumbo Convention Center. Workshops will sessions on the following topics: MySpace, Healthy Habits, Overview of Test Scores, and Holiday Stress Busters. Lunch will be provided. Door prizes to be awarded. All parents urged to attend.

•Parents of 5th grade students are urged to call the FRC and make an appointment for their child's 6th grade physical exam!

•Floyd County Health Department Nurse Joy Moore, is at the center the first three Mondays each month to administer immunizations, T.B. skin tests, well-child exams, WIC, prenatal and post-partum services, and school physicals. Call 377-2678 for an appointment.

•Parent lending library available to all parents for video/book check-outs. A variety of topics are available.

•Family Resource Center is open weekdays, 7 a.m. to 3:30 p.m. Center is located upstairs in the old high school building, on the McDowell Elementary School campus. For further information, call Clara Johnson, director, at 377-2678. The McDowell FRC provides services to all MES students and their families, regardless of income.

Mountain Christian Academy

•Tuition assistance and bus transportation is available. For more information or a tour of the school, call 285-5141 or 285-5142.

•Call 285-5141, Mon. thru Fri., from 8 a.m. to 4 p.m.

•MCA is an accredited non-denominational Christian school.

Prestonsburg Elementary and Family Resource Center

•School Hours: 8:15 a.m. to 3 p.m.*

•The Family Resource Center is open weekdays 8 a.m.-4 p.m., and later by appointment. Office provides services for all families, regardless of income.

• Call 886-7088 for information and referrals regarding GED classes, preschool child care, and other programs or services offered to the community.

South Floyd Youth Services Center

•Parents needing assistance with

daycare may contact Mable Hall for information, or the "A Step Ahead" daycare center, at 452-1100.

•SFMS parents with concerns about your child's grades, visit the STI Home! site at <http://iiod.ssts.com> and click on the STI program. Select state, county, school, child's pin number and password. You may view your child's attendance record, class average, schedule, grades, and discipline referrals. Questions? Call 452-9607.

•Walking track open to public (track closed during special events).

•The center has a one-stop career station satellite that is available to the community as well as students.

•All new students and visitors, stop by the Center, located on the South Floyd campus, Room 232, and see Mable Hall. Open 8 a.m. to 4 p.m., Mon. thru Fri.

•For more information call 452-9600 or 452-9607, ext. 243 or 153.

Stumbo Elementary/Mud Creek Family Resource & Youth Service Center

•Lost & Found located in Family Resource Center.

•The Mud Creek FRYSC is located on the right, by the school gymnasium. Services are offered to all families, regardless of income. For more information, call Anita Tackett, cen-

ter coordinator at 587-2233.

W.D. Osborne "Rainbow Junction" Family Resource Center

•Oct. 23-31 - Red Ribbon campaign week. All students, Pre K thru 6 may participate in activities promoting drug use prevention.

•Oct. 30 - Head Start parent/guardian meeting, 12 p.m., in library. Topic: Discipline. Lola Ratliff will present "Back to School" presentation at 1 p.m.

•The FRC accepts donations of children's clothing, shoes, belts, book bags, etc. May be used but need to be in good condition. Donated items will be appreciated and utilized by OES students.

•The Family Resource Center is located in the central building of W.D. Osborne Elementary. Those wishing more information about the center are welcome to visit, or call. Ask for Cissy (center coordinator). Center telephone and fax: (606) 452-4553.

Wesley Christian School

•WCS Learning Center accepts toddlers, preschool age (2-4). Hours: 7:30 a.m. to 5:00 p.m., Mon. thru Fri.

•For more information about Wesley Christian School, call 874-8328.

Wedding

where Kim got her good looks. This time Kim, as well as her mother, wore the traditional costume of dress over pants. The men wore slacks with shirts and no ties. They all seemed older, as if they were a collection of uncles. I looked to the side of the room where the men were engaging in what seemed to be a wedding game of some kind. Most importantly, the groom was there as the center of attention.

Kim's new husband was tall and thin and wore a dark blue suit and tie. He looked very young. Somehow he looked intelligent, like the young men who score high on the military screening tests and are sent into the medical corps. He looked like a first year college student or someone who would enter college right out of the army. He was not a man in the sense of Kim's true love. He was, rather, a youth with a lot of promise. The young American was in the center of a group of thin, Vietnamese men who were much shorter than he was. The Vietnamese men were vigorously chanting something together. The young American looked a little dazed. He did not smile or join the chanting. He seemed to be trying to concentrate and was finding it difficult to do so. The American held a small liquor glass in his hand. At the high point of the chant, he tipped the glass up and his head back and drank it all at once. The group cheered. His eyes closed. Almost imperceptively, he swayed. He looked as if it were a great effort to remain standing, as if he had the flu, but he managed. The object of the wedding game seemed to be to get as much alcohol into the new member of the family as possible and still leave him capable of standing up.

Leaving Kim and her family in the inner room, Ed and I returned to the outer room and took a seat at one of the tables. Each table held about eight small, thin men. There did not seem to be any women. I did not know whether this was usual or not at weddings. The other weddings I had attended had been for our translators and had been held at restaurants

rather than private homes. Women were always present. The men at these tables resembled the pedicab drivers I saw all the time. They seemed like workmen rather than the educated, English speaking translators. Few people spoke. Dishes were brought to the table and everyone ate.

At the end of the meal one dish remained on the table. It was a small chicken lying alone and ungarished on an oval white platter. It was an entire chicken. It still had its little feet, its head, its little wings and its tiny, stubby tail. It was like any chicken except it had no feathers. But more than that, it was blue. It wasn't the clear, bright blue of the bachelor's buttons of my home state of Michigan in the summer. It was not the chalky blue of a deceased human before the mortician's make up. It was a muddy, darkish blue of a dead chicken which had probably been dyed. It was clearly a delicacy.

Ed leaned over and whispered in my ear, "The head is for you."

I maintained my composure. At the same time, I immediately, strongly, and decisively concluded that there were limits to cross cultural sensitivity. I would not eat any part of the blue chicken, particularly the head.

The chicken continued to lie there. One of the small, thin men delicately touched the chicken with his chop sticks. Possibly he regretted being deprived of a treat so near and yet so far. Perhaps he was plotting how he might sneak into the kitchen after the party or have a word with the host or hostess. Perhaps the other small, thin men were thinking the same things. I didn't care. I paid no further attention to the blue chicken and left it to my hosts and their guests to work out a solution to this challenge to their tradition.

Then came the time for the photographs. The wedding party of bride, mother, father, and groom made the round of the tables with the photographer. The party posed first behind one group at a table and then another, moving around the table so that

everyone at the party would have a photograph of the honored family which included himself and other guests.

After the photographs the party was pretty much over. Ed and I left the house and caught a pedicab for the trip back. It was a non-motorized one. The driver looked like all the other drivers in town. He wore a black, collarless, long sleeved shirt/jacket which buttoned down the front, black shorts and sandals. His two legs showed how he made his living. They were a pedaling machine. Each wood-hard muscle in them was clearly delineated beneath the light brown skin. They looked like a sun tanned illustration from an anatomy textbook.

Ed and I got into the seat and floated through the warm velvet night with the driver behind, looking over our heads. Ed confided that he thought the mother was sexier than the daughter.

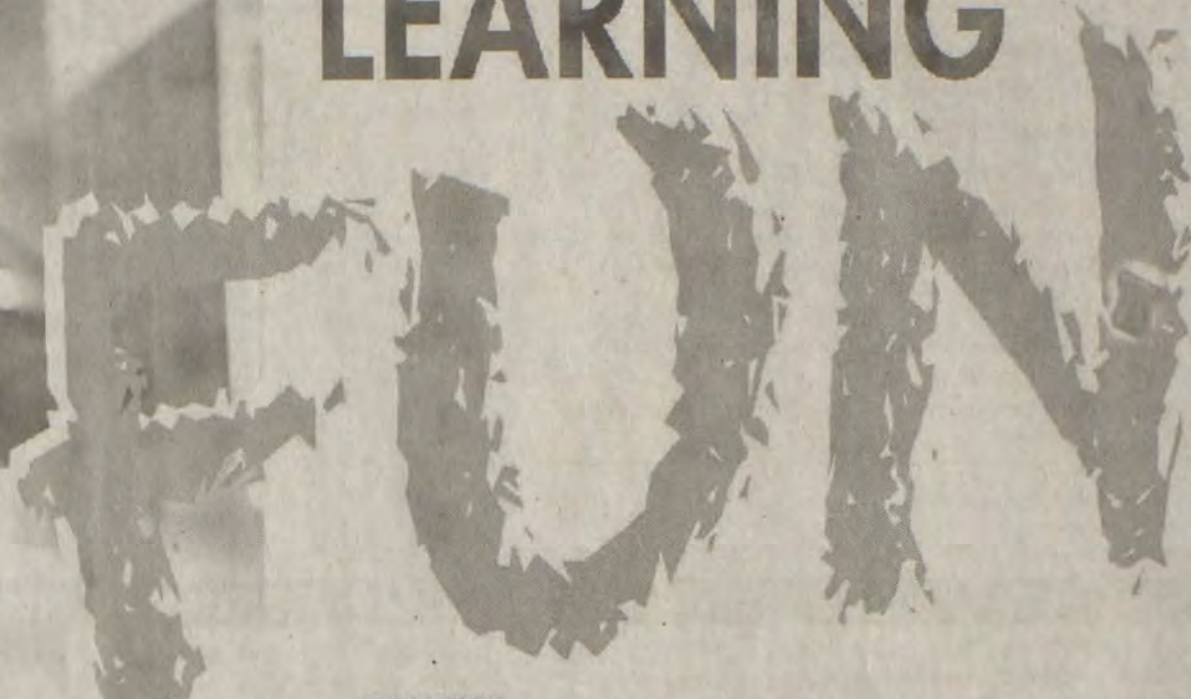
I never saw Kim again. She never came back to visit me at my office in the galeric. At the end of the year I returned home to the US. Since then, I have often wondered what happened to my friend Kim. When I met a young Vietnamese girl in a legal aid office arranging a divorce from her American GI husband, I wondered whether this had happened to my Kim. When I met a soldier who worried about his Vietnamese wife becoming bored while he was away on duty for long stretches, I wondered whether that was happening to the husband in the blue suit with the drink in his hand. Did Kim ever get to the US at all? Was her family able to profit from its connection with an American as it hoped? We don't always know the endings to stories.

About the author: Dr. Phyllis Puffer is a professor of sociology at Big Sandy Community and Technical College. She served in the US Army during the Vietnam War era. She remains an avid fan of travel and frequently visits locations outside the United States, bringing entertaining tales of adventure back with her.

Continued from p5



MAKING LEARNING FUN



FAMILY FEATURES

Kids are born curious. Their young brains are sponges that greedily soak up all the practical knowledge needed to learn to walk and talk. Yet when it comes to the process of formal education, sometimes the sponges lose their thirst for knowledge.

Experts say that children have different learning styles, but regardless of style, they must remain engaged and interested to learn effectively. In other words, the challenge is making learning fun.

A Maryland middle school reading teacher started her Monday morning class by asking who had seen a movie over the weekend. Knowing the students were less than enthused about the book assigned, comparing it to a popular Hollywood blockbuster seemed a great way to engage them in a discussion. It worked!

Just as teachers have their tricks, there are lots of fun ways for parents to help their kids succeed at school. Internet searches reveal sites with free educational games, downloadable worksheets, activities, books and countless other resources.

The joy of reading

Educators advise that reading proficiency is key to academic success, and families who read together create good readers. It's never too young to start making reading fun!

- Reading daily to babies and young children can be special time together.
- Read a few pages a day of chapter books like "Charlotte's Web" to elementary-school-aged children.
- Encourage big brothers and sisters to read to younger siblings.
- Subscribe to a children's magazine.
- Visit the library regularly and sign up for story hour and summer reading clubs.
- Turn off the TV and have "family reading hour."
- Kids just not into reading? Maybe they haven't found the right book. Whether joke books, comics, sports, sci-fi or horses, appealing to their interests helps.

Making learning fun at home

Here are some activities for parents and kids just for the fun of learning:

- Have kids pay the restaurant bill, including figuring the change and the tip.
- Work on the newspaper crossword or word scramble together as a family on Saturday or Sunday morning.
- During family television time, check Discovery Channel and PBS options first. Shows like those on Animal Planet are fascinating for all ages.
- Pay kids' allowance in different denominations of bills and coins; for instance, use all quarters one week.
- Search the Web for "making learning fun" to find loads of free interactive educational games and downloadable options.
- Watch a movie that relates to the period of history being studied at school.
- Have the kids plan a "virtual vacation" by researching a destination online that relates to a book they're reading or a topic of study in school.
- At the dinner table, discuss the fun fact or word of the day using a page-a-day calendar, a Web site, or The World Almanac for Kids Puzzler Decks as a source.

Weird science at home

Take a weird science tip from the chem teacher and try one of these wacky recipes for fun:

Egg Float

1. Put an egg into a glass of water. The egg will sink.
2. Pour in two heaping teaspoons of salt and stir it around the egg.
3. Keep stirring in salt, two teaspoons at a time, until the egg starts to rise.

Why does this happen? Salt water is denser than fresh water. When water becomes salty enough, the egg weighs less than the water so it floats to the top.

Sink or Swim?

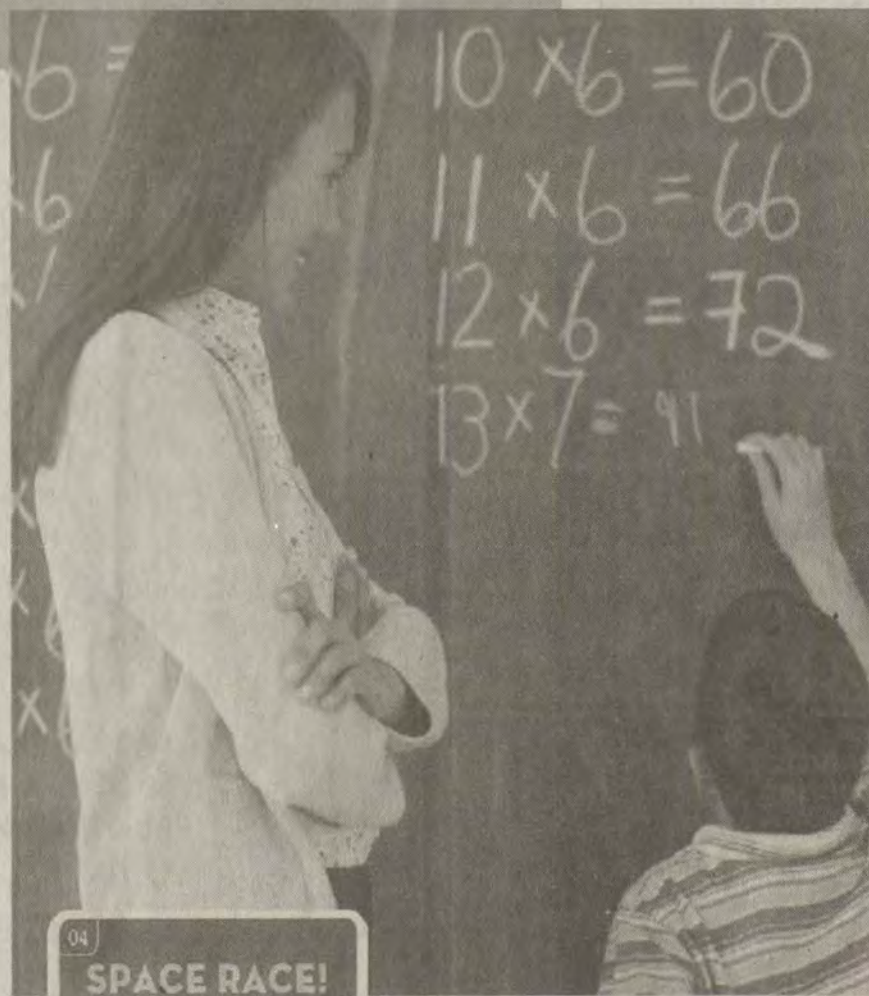
1. Put three parts water and one part vinegar in a clear container.
2. Slowly add one teaspoon of baking soda. (If you add too much at once it will all bubble over the top.)
3. When the bubbles settle, slowly add another teaspoon of baking soda.
4. After the bubbles settle again, add a few drops of food coloring. The liquid will move and quickly mix in the color.
5. Find various items (rice, raisins, other dried fruit or vegetables, broken bits of spaghetti, fresh grapes cut in half, etc.) to add. Will the items float or sink?
6. If the movement slows down, add another teaspoon of baking soda.
7. Usually items will sink to the bottom. A few minutes later they will rise to the surface, then sink again. Rice seems to dance.

What's happening? The chemical reaction of mixing vinegar and baking soda produces carbon dioxide. The carbon dioxide bubbles build up on the surface of the object. When enough bubbles attach to the object, it floats to the surface and releases the gas. Then it sinks back to the bottom to start the process again.

Freezing Hot?

1. Fill one foam cup with cold water and another with the same amount of very hot tap water.
2. Immediately place both cups in the freezer.
3. Check the cups every 15 minutes. The hot water freezes first!

Why? Hot water evaporates faster than cold water. During evaporation, a great deal of heat energy is lost. The hot water freezes first because its temperature drops at a faster rate than that of the cold water.



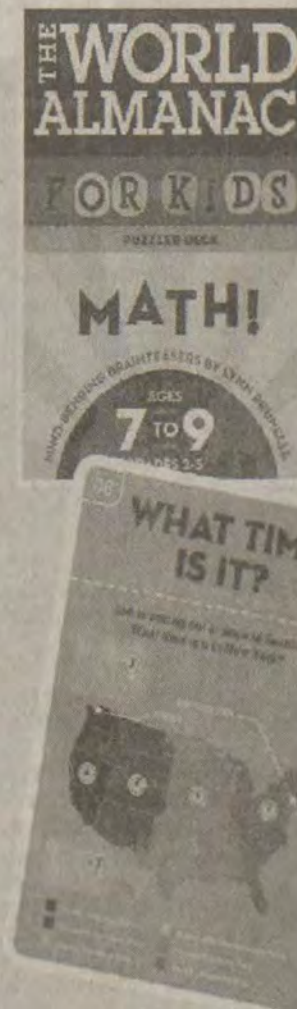
Fun learning is in the cards

One former teacher has applied her tricks of the trade to create a fun new resource for home or the classroom — the World Almanac for Kids Puzzler Decks — packs of mind-bending brain teasers cards. The author, Seattle-based Lynn Brunelle, is an Emmy Award-winning writer and illustrator whose accomplishments range from contributing to The Discovery Channel, to the board game Cranium to PBS's "Bill Nye the Science Guy."

Brunelle has taken the education-rich content of the top-selling kids' almanac and morphed it into a series of entertaining decks of cards packed with all-new brain-engaging games, puzzles, riddles, fascinating facts and more. There are 75 to choose from tailored by age and subjects like reading, math, science and geography. The decks sell for under \$10 and are found wherever books are sold. For more information, visit www.chroniclebooks.com/worldalmanac or call (800) 722-6657.

"Vegetables that taste like candy," is how Brunelle describes the new World Almanac for Kids Puzzler Decks. "They're fun and good for you, too," she says.

So serve up some tasty tidbits of knowledge that your kids are sure to remember.



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2. Fax: (606) 886-3603
3. E-mail: classifieds@floydcountytimes.com
4. Stop by: 263 S. Central Avenue, Prestonsburg
5. Mail: P.O. 390, Prestonsburg, KY 41653

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- Begin with a key word (item for sale, etc.)
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NAME _____
 ADDRESS: _____
 PHONE #: _____

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

CREDIT CARD: _____

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The FLOYD COUNTY, TIMES does not knowingly accept false or misleading advertisements. Ads which request or require advance payment of fees for services or products should be scrutinized carefully.

AUTOMOTIVE

Wheels/Misc

HICKS AUTO SALES DAVID ROAD

Look here for a GREAT DEAL!!!!
 '98 Cherokee Classic, \$3,795 4.0, automatic.
 '96 Toyota Avalon, 140,000 miles. Extra sharp. \$3,700
 98' GTP GrandPrix 92 Pathfinder, 80,000 miles \$3,800 automatic, \$1550.
 96' Buick Century \$1,100.
 Chevy c60 Dump truck 14 foot bed \$3800.
 1995 GMC Conversion VAN \$3800
 886-2842
 886-3451.

For Sale 2002 Pontiac Sunfire. 2-door, white automatic with sunroof. \$6,200 Call 874-2745 or 874-9703.

For Sale 1991 Chrysler Imperial. V6 auto runs good \$800. Also 2006 Dodge Caravan 42,000 miles. Stow & go, power seats, doors and cd player. \$16,000. Call 349-4966

2001 Volvo S80. 78,000 mi., garage kept, all maint. records from Quantrell Volvo. Beautiful, well-maintained car. Contact Gary Frazier. 886-1878 (H), 886-9100 (W), 226-1375 (C). \$12,500

2006 Harley Sporster Custom 1200cc, 1400 miles - \$7,200.00 and a 2006 Harley Dyna Lowrider 1600 miles - \$10,400.00. Both excellent condition. (606) 377-2028 or (606) 377-6229.

FOR SALE Submersible deep well Meyer pumps. Half 3 quarter and 1 horse power. Call 358-2000.

EMPLOYMENT

Employment Opportunity Experienced oil & gas well service operator. Must have a minimum of 5 years experience. References mandatory. Drug testing required. Salary negotiable. Please send resume to P. O. Box 474, Salyersville, Ky. 41465

Now Hiring RN's and LPN's to work in home for agency. Call 874-8322.

MAKE A TURN FOR THE BETTER Full Benefit Pkg. & Outstanding Home Time. Now Accepting Recent Graduates! Min. of 23 yrs. old, 1 yr OTRCDL-A. SMX takes you the right direction for success! (866) 322-1899 www.smx.com

The Kentucky River Title V Senior Community Service Employment Program is seeking participants for a position in a training program in Breathitt, Leslie, Letcher, Knott, Pike, Floyd and Perry counties. Applicants must be 55 years of age and low income. If you would like more information or an application please contact The Kentucky River area Development district at 606-436-3158.

ASAP Plumbing is looking for Licensed electricians and hvac. Pay based on Experience. Call 886-6046 for more info.

Brown's Ford has a sales position available. \$40,000-60,000 yearly. Demo, insurance, 401-k, paid vacation. Call 789-5301 ask for Jerry

Customer service Positions available with Esco Express. Looking for responsible individuals to work flexible hours under minimum supervision. Please call 306-351-0140.

Mountain Manor of Paintsville is taking applications for C.N.A. positions. Excellent wages and benefits. Apply in person at 1025 Euclid avenue, Paintsville, Ky. Monday-Friday from 8:00A.M. to 4:00P.M.

MARKET PLACE: Taking applications for cashier and dell worker. Apply direct.

AVON Sign up for 10.00 and Receive Free gift. Earn pocket or career money, you decide. Call Jency at 886-2082

Human Resource Director - We are looking for the right person to be a part of the management team who has a track record of building a culture of team work. The successful candidate will have human resource experience preferably in health care experience and be certified as a PHR or

SPHR or whose combination of education and experience will give them the best opportunity for success. Interested candidates should send their resume to: Pikeville Healthcare Center David R. Baumgartner, S P H R "mailto:dbaumgartner@hqmmail.com" dbaumgartner@hqmmail.com (859) 806-1517 Fax (859) 523-5564 PO Box 910844 Lexington, KY 40591-0844

Employees needed for Dental Office- Part time Computer experience would be helpful but not necessary. Send resume to 415 N. Lake Dr. Ste 201 Prestonsburg Ky. 41653

Miller Bros. Coal, LLC is seeking qualified applicants for the position of Surface Mine Planning Engineer. Mining Engineering degree and experience required. Competitive salary and benefits package. Interested applicants should send their resume in confidence to P.O. Box 990, Allen, Ky. 41601. Phone inquiries not accepted.

Job Openings Goodwill Industries of KY will open a Donated Goods Center in Prestonsburg in November. Job Openings will include a Center Manager, Assistant Center Manager, Production clerks and a Baler/Material Handler. To apply for positions, mail or fax or email resumes to Karen Cogdill, Donated Goods Manager Goodwill Industries at 370 S Hwy 27 Suite 9-A Somerset, KY 42501. Fax # 606-678-4185 or e m a i l kcogdill@gwik.org Closing date when positions are filled. Goodwill Industries of Kentucky EOE

100 Workers needed. Assemble crafts, wood items. To \$480/wk. Materials provided. Free information Pkg 24 Hr. 801-428-4649.

Heavy Equipment Steam Cleaning Company needs employees. Must have valid drivers license and up to date surface mining papers. Mine Emergency Tech. is a plus. Call Mon. Thru Fri. 9:00 a.m. to 5:00 p.m. (606) 886-1759 If no answer leave message.

Job Opening Renos Roadhouse in Prestonsburg is now hiring for all positions. Shifts-

Day and Night. Apply in person only.

Services

Wanted: Someone to help with elderly person 20 hrs a week. Call 285-9368. 1wk 10/26

Merchandise

BOOK FOR SALE Korners of inspiration (A collaboration of Kim's Korner). Priority mail \$13.30, shipping UPS \$20.00, allow 2-4 weeks for delivery. To order send check or money order to Kim Frausre 955 Abbott Mountain Road Prestonsburg Ky 41653, or email klfrasure@bell-south.net

For Sale: Beautiful Maggie SoHero wedding gown size 12 original cost \$1600, selling \$500. Call 606-886-9626. If interested please leave message and number.

BOOK FOR SALE

Universal Well Services Inc. HAS AN OPENING FOR A DISPATCHER. Hours are from 10:00 p.m. until 10:00 a.m. 4 days on duty, 4 days off duty. Interested parties, please apply in person at Universal Well Services Inc. 5252 Rt. 1428 Allen, Ky, between the hours of 8:00 a.m., and 5:00 p.m. No phone calls, please.

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 No phone calls, please.

A book by Donald Crisp "Growing up on Bucks Branch". In Floyd county, on sale now!!! \$12.50 plus shipping and handling. Contact Donald at 285-3385.

Yard Sale

Yard Sale: Nov 1, 2, 3, Huge lot of fall & winter girls clothes, shoes, & coats. All in great shape. Toys, furniture, toddler bed, & what knots. Too many things to list. At green acres community building across from Jerry's restaurant. 8:00am-? each day.

Misc.

For Sale: Large selection of flea market items, furniture, books, magazines, toys and other mis items. Call 874-2042 after 6:00 pm.

Would like to buy 20 or more acres in Floyd or Johnson Co. Prefer small

hollow or land near old strip job. Call (606) 478-8139 or (606) 791-6571.

Repo Buildings**

Factory has (3) arch style steel buildings for immediate sale 30x38 / 45x72. Must sale. Call Bill @ 1800-941-1140.

REAL ESTATE

Houses

Land for sale located on Rt 979 Teaberry, Ky. Land has coal on it but not leased out. Asking 20,000. If interested please call Marybelle Bradley 440-288-2689.

For Sale : 2003



HOUSE FOR SALE
 Nice 3 bedroom / bath. Carport, total electric, nice fenced in yard, location at Right Fork of Bull Creek. Halffield Estate, Prestonsburg, Ky. By appointment only. 889-0036 \$99,000

SERVICE COORDINATOR
 Seeking a team oriented Coordinator with attention to detail and strong work ethic. Duties include parts inventory, data entry, pick up/delivery of vehicles, minor shop duties, mount/balance tires, replace batteries/bulbs, assist Techs as needed. CDL required. M-F, benefits, \$10-\$11/hr. to start. Background check and drug test required.
 Contact Misty: mgreen@butler.com 800-307-5993. EOE/M/F/V/D

mobile home. 3 br, 2 bath. 16x80. **Must be moved.** Call 886-0794.

3 Story House for sale

with 1/2 acreland. 4 br, 1 bath. 3000 sq ft. Asking \$50,000. **No land contracts.** Call 285-9340.

Brick & Stone House for Sale.

Four bedrooms, two and a half baths. 2900 square feet. Desirable location in Trimble Branch. Reasonably priced. Call 886-2020

For Sale: 4Br house.

2 acers of land on 979 between the old and new post office at Teaberry. With large living room. Also has a barn

Park Place Apartments

"Fall special" First months rent FREE with paid security deposit. Offer valid through October 21, 2007. Rents starts at 1 BR \$280 2 BR \$304. Please call Judy for more information. Monday, Wednesday, Friday at 886-0039.

HELP WANTED MANAGEMENT

We are looking to fill Manager and Assistant Manager positions for a convenience store in our Prestonsburg, Kentucky, market area.

Applicants must be determined and strong leaders with a team-oriented personality. Attention to detail and strong work ethics are also required. We offer great benefits and competitive salaries for those willing and able to lead. Please send your resumé and job history to:
Management Position
 P.O. Box 390
 Prestonsburg, KY 41653

LABORATORY WORKER NEEDED

Must be attentive to details, accurate, methodic, thorough, and good in math. Must know Microsoft Excel and Word. Dependable and can work unsupervised. Good phone communication skills. High School Diploma with good math scores. Non-smoking work environment.

Good Pay & Benefits

Please send resume with references to: Laboratory Worker P. O. Box 2688 Pikeville, KY 41502

EMPLOYMENT OPPORTUNITY
 Highlands Home Health is recruiting for:
Home Health Aides
 Highlands Home Health is a good place to work, offers a competitive and generous benefits package including:

- Seven (7) Paid Holidays
- Vacation
- Life and Accident Insurance
- Retirement
- \$500 Sign-on Bonus

Interested Applicants may apply to the Highlands Home Health P.O. Box 757 188 Collins Circle Drive Prestonsburg, Ky. 41653 Contact: Belina Elkins, R.N. Nurses Aide Supervisor (606) 889-9967 Fax (606) 886-7633 Email: bilened@hrmc.org
 Highlands Home Medical is an Equal Opportunity Employer

DRIVER
 We are seeking a full-time Driver at our Manton, KY location, to operate company vehicles to transport products to and from specified destinations. This position is responsible for operating company equipment at the job-site under the direction of the Location Manager, performing duties of load/plant crew or shot service crew and/or assisting the Location Manager.
 Must possess a current class A CDL with Hazmat endorsement, high school diploma or GED, and 2+ years' driving experience. Tanker endorsement is a plus.
 Please forward your response information to Austin Powder Company, FAX: (606) 285-5171, Call: (606) 285-5166, or email: humanresources@austinpowder.com

port. 2 lots, fenced in. Asking \$65,000 call 606-358-4137 for appointment

For Sale 1981 Schultz Mobile Home. 2 Br 1 bath new laminate flooring in kitchen. Almost new berber carpet in living room and hallway. Electric box and pole included. Window air conditioner included. Must be moved. If interested call 285-3907 or 285-4814.

For Sale: 35 acres of land, one story house with 1,600 sq.ft of living space, partial basement located at Hi Hat, Ky. Two acres of flat land with house, space for garden or two more residences. The home place of the late Cecil and Edna "Sweetie" Meade. Appraised value \$65,000. Price non-negotiable. Contact Mike Mullins at 606-785-5475 (8:00 a.m. - 5:00p.m. weekdays) or 606-251-3414.

HOUSE FOR SALE Newly constructed house for sale located at Abbott Creek. Vaulted living room ceiling, 3 BR, bonus room, fireplace, with cherry hardwood floors and cabinets with spacious attached garage. Located 4 miles from us 23. Panoramic view located in new subdivisions. \$210,00 asking price Seller willing to help with closing costs! Call 606-285-0054 606-791-0719, evenings 606-377-6042

Sale or Lease

Established business with 240 ft. road frontage, 2 adjoining lots available on main road through town, close to courthouse. 606-791-3663.

Prestonsburg business for lease. Great location on the main road, close to downtown and the courthouse. lease as is or change, many possibilities, ie restaurant, sports bar, office complex-ample parking. May consider selling. Call 791-3663.

FOR RENT Beauty shop equipt with 3 stations and tanning bed. Would consider renting for commercial use other than beauty shop. Rt. 122 1 mile South of Martin across from Garth Technical School. Must have references. 285-9112.

Commercial property 12 acres next to Walmart & McDonald's in Prestonsburg. 886-3023 after 5pm.

Land For Sale on Route 194. 4 acres M/L with unfinished building. Call 606-874-1433. Leave a message.

FOR SALE Property for sale between Prestonsburg and Painstville. Also, double wide for rent. \$500 plus deposit. Call 606-789-6721 or 792-792-6721. No pets.

FARM FOR SALE Floyd county 75 acres more or less, rt. 1100 off US 23 East Point Upper Little Paint. Lum Derossett Branch. Call 606-325-4430 or 606-325-2809. Level- Sloping and timber. HUNTERS PARADISE!! Could be made into a subdivision.

RENTALS Trailer for rent at

Allen. Call 874-2805

For Rent: 3Br house 2 full baths located 2 miles south of Martin on old Hite rd, left beaver creek. \$600.mo plus utilities. \$300 security deposit required. All electric must furnish references. Call 285-9112

APARTMENT

Apartment for rent 2 bedroom, 1 bath. Located above Unisign at Ivel on U.S. 23. \$350.00 per month rent, \$350.00 security deposit, 1 year lease and no pets. Call (606) 478-8100

Townhouse 2 BR 1 Bath w/d hookup 2 car garage \$575 per month plus utilities plus deposit. Call : 606-522-4122 or 606-477-2783

1 Br apt for rent in Prestonsburg. NO PETS. Call 886-8991.

Apt. For rent: 1 and 2 BR apartments on Rt. 321 near Porter school. Central heat and air, washer and dryer hookup. \$375 per month plus references and deposit. Seniors welcomed! Call 789-5973.

Houses

House For Rent - 3 BR, at Allen, Ky. \$800.00 per month + security deposit. Call 794-0249

BUILDING FOR RENT 50X90, 18" Ceilings, 12X12 Garage Door, \$450.00 per month. Martin, Ky. 285-3368 9/26

2 BR HOME AT COW CREEK FOR RENT! Call 874-9132.

HOUSE FOR RENT EXCELLENT NEIGHBORHOOD 1600 Sq ft house 3 BR 2 bath, kitchen, utility room, heat pump, built in vacuum. Gated community, references and deposit required. Located in Knott County. \$535 per month. call 438-6104.

3BD,2 bath, Log Home in Oaklawn, Hager Hill. Central H/A low utility bills. Large covered deck, big storage barn, acres of privacy. \$990 OBO Ava. October. per month 850-222-2222 Leave message. See pix at www.YesFLA.com

Mobile Homes

3 BR MH for rent NO HUD NO PETS. Call 874-0267.

2Br mobile home for rent. HUD approved. Near Garrett. Call 432-9110.

1 Br mobile home for rent. Large living room fully furnished w/d, microwave, private lot. Located at Garrett, Baptist Bottom. Call, 606-226-8788 or 740-534-9116. 1 wk

3 BR 2 bath MH for rent with large deck. Located at 315 Adams Cemetery Road. Call 791-8617 or 791-4471. \$450 per month.

LEGALS

NOTICE OF INTENTION TO MINE Pursuant to Application Number 836-

0317

In accordance with KRS 350.055, notice is hereby given that Matt/Co, Inc., 439 Meadows Branch, Prestonsburg, Kentucky 41653 has applied for a permit for a surface coal mining and reclamation operation located 3.6 miles northeast of Lancer in Floyd County. The proposed operation will disturb 454.15 surface acres and 165.26 acres of underground area, making a total permit area of 619.41 acres.

The proposed operation is approximately 2.9 miles east from Corn Fork Road's junction with KY 3 and is located on Corn Fork of the Levisa Fork.

The proposed operation is located on the Lancer USGS 7 1/2 minute quadrangle map. The surface area to be disturbed is owned by Clark Pergem and Jesse Rudd, Steven Todd and Bonnie Harris, and Bill Monroe Thompson, and Bill Monroe Thompson Heirs. The permit area will underlie land owned by Floyd Harris Heirs, Clark Pergem and Jesse Rudd, Steven Todd and Bonnie Harris, Bill Monroe Thompson, Bill Monroe Thompson Heirs, Holly Rose, Mike and Teresa Stratton, Evan and Mary Rose, John Hunt, Lewis and Emma Hunt, Mary Lucille Willis, Jewel Crider, Donald L. and Joyce Goble, Rhonda Gail Goble Ousley, Ransom Hunt, and Lewis Hunt. The operation will use the area, contour, underground, and a uger/high wall methods of mining.

NOTICE OF INTENTION TO MINE Pursuant to Application Number 836-5521

In accordance with the provisions of KRS 350.055, notice is hereby given that Homer Short Company, Inc., 7766 Route 321 South, Hager Hill, Kentucky 41222, has applied for a permit for an underground coal mining operation, located 0.01 mile north of Ivel, in Floyd County. The proposed operation will disturb 26.08 surface acres, and will underlie 291.38 acres, and the total area within the permit boundary will be 299.90 acres.

The proposed operation is approximately 0.20 mile north from Davidson Branch Road's junction with U.S. 23, and located 0.01 mile north of Davidson Branch.

The proposed operation is located on the Harold U.S.G.S. 7-1/2 minute quadrangle map. The surface area to be disturbed is owned by S.P. Davidson Heirs. The operation will underlie land owned by S.P. Davidson Heirs, and Marshall Davidson.

The application has been filed for public inspection at the Department for Natural Resources Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, Kentucky 41653. Written comments, objections, or requests for a permit conference must be received within 30 days of today's date.

NOTICE OF INTENTION TO MINE Pursuant to Application Number 836-

and 0.75 mile north-east from Puncheon Camp Branch's junction with Line Camp Branch, and located 2.10 miles southwest of Middle Creek. The latitude is 37°39'26". The longitude is 82°54'44".

3) The operation is located on the Iynton U.S.G.S. 7 1/2 minute quadrangle map. The surface area to be disturbed by the amendment is owned by Charlie Prater Estate C/O Ezra Allen Jr., Richard and Bernice Risner, Alma Land Company, Fork Farm Inc., C/O Della W. Burke, Johnnie C. and Linda Adams. The operation will use the area mining method of surface mining.

4) The application has been filed for public inspection at the Division of Mine Permits, Department for Surface Mining Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, Kentucky 41653, phone (606) 889-1746. Written comments or objections must be filed with the Director, Division of Permits, No. 2 Hudson Hollow, U.S. 127 South, Frankfort, KY 40601.

5) This is the final advertisement of this application; all comments, objections and/or requests for a permit conference must be received within thirty (30) days of this

NOTICE OF INTENTION TO MINE Pursuant to Application Number 836-5521

In accordance with the provisions of KRS 350.055, notice is hereby given that Homer Short Company, Inc., 7766 Route 321 South, Hager Hill, Kentucky 41222, has applied for a permit for an underground coal mining operation, located 0.01 mile north of Ivel, in Floyd County. The proposed operation will disturb 26.08 surface acres, and will underlie 291.38 acres, and the total area within the permit boundary will be 299.90 acres.

The proposed operation is approximately 0.20 mile north from Davidson Branch Road's junction with U.S. 23, and located 0.01 mile north of Davidson Branch.

The proposed operation is located on the Harold U.S.G.S. 7-1/2 minute quadrangle map. The surface area to be disturbed is owned by S.P. Davidson Heirs. The operation will underlie land owned by S.P. Davidson Heirs, and Marshall Davidson.

The application has been filed for public inspection at the Department for Natural Resources Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, Kentucky 41653. Written comments, objections, or requests for a permit conference must be received within 30 days of today's date.

PUBLIC SALE Date and time of Public Sale:

October 26, 2007, at 11 a.m.

Type of collateral: 1998 Chevy PU S/N 4380

Contract date: 11/29/04

Location: First Commonwealth Bank, 311 North Arnold Ave., Prestonsburg, KY 41653

Any questions, call Mike Haney, 606-424-6453, or 606/886-2321, ext. 1269.

COMMONWEALTH OF KENTUCKY FLOYD CIRCUIT COURT DIVISION No. II CIVIL ACTION No. 07-CI-1023 Popular Financial Services, LLC Plaintiff Vs. Notice of Pending Action Rosie Brown, et al. Defendants

By virtue of the Order of the Floyd District Court, dated September 13, 2007, the undersigned was appointed to serve as Warning Order Attorney to notify the Unknown Defendant, Spouse of Willie Brown on 10/28/98, of a pending debt collection action secured by a mortgage of the following property:

A certain tract or parcel of land situated on Tink Fork of Big Mud in Floyd County, Kentucky, and being bounded and described, more particularly as follows:

Beginning at creek thence up the creek joining Edgar Howells property J.D. Hamiltons line thence up the Drain with said property to the main Coal Road thence left handed with Coal Road joining John D. Hamiltons line thence back down the Drain to the Beginning. Containing one fourth more acre.

Being the same property that Rosie Brown obtained title to by Deed of Conveyance dated November 5, 1998, executed by Willie Brown, divorced of record in Deed Book 427, Page 254, in the Floyd County Court Clerk's Office.

Notice is given that the Unknown Defendant, Spouse of Rosie Brown, if any, and the Unknown Defendant, Spouse of Willie Brown on 10/21/98, if any, is directed to come forward and advise the undersigned of their name and/or address and come forward and present any defense they may have to the current complaint or be forever barred.

NOTICE OF INTENTION TO MINE Pursuant to Application Number 898-0779 Am. No. 3

In accordance with KRS 350.070, notice is hereby given that CAM Mining, LLC, P.O. Box 1169, Pikeville, Kentucky 41501, has applied for an

amendment to an existing surface coal mining and reclamation operation, located 1 mile northwest of McCombs, in Pike County, Kentucky. The amendment will add 699.68 acres of surface disturbance, making a total area of 1,001.22 acres within the amended permit boundary.

The proposed amendment area is approximately 0.5 mile west of the Bevins Branch Road junction with KY 194, and located 0.2 mile west of John's Creek. The latitude is 37-39-59. The longitude is 82-35-48.

The proposed amendment is located on the Thomas USGS 7 1/2 minute quadrangle map. The surface area to be disturbed by the amendment is owned by Cliff Blackburn, Alma Land, Denzil Allen, E.J. Blackburn, Appalachian Land

Company, Nick Cooley, Bluebird Collieries, William Foley, DFM, Inc., and the Fraley Heirs. The operation will use the area and contour methods of mining.

The amendment application has been filed for public inspection at the Division of Mine

Reclamation and Enforcement's Pikeville Regional Office, located at 121 Mays Branch Road, Pikeville, Kentucky 41502. Written comments, objections, or requests for a permit conference must be filed with the Director, Division of Mine Permits, No. 2

Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601.

This is the final advertisement of this application; all comments, objections, or requests for a permit conference must be received within 30 days of this date.

BOO

CALL TODAY TO PLACE YOUR HAPPY HALLOWEEN AD

We have a **SPOOKY** offer for you!!

Is there any one you would like to wish a Happy Halloween to? Maybe put in a picture of your little one dressed up in a Halloween costume? **Call Donnetta today for the SCARY cheap price of \$10.00.** Your ad will run on Halloween in a 2x2 Display ad.

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CCDW CLASS (Concealed Weapons Permit covering Kentucky plus 30 other states) Saturday 8am-5pm. October 27th in Prestonsburg. To Register - Call (606)-226-3825.

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Eyes

since I don't play), I don't see much hope of that happening anytime soon. With two kids in college and one keeping me in a sweat about ever getting there, there's simply too much work to get done before any vacation plans can get made.

In the meantime, though, there's always the movies. Now, if one would just come around without blood, guts, horror and vampires and such, maybe I'd go.

Which reminds me, have a Happy Halloween!

See you guys next week (and perhaps in the meantime, I will have managed to at least have one of those "soak-in-the-tub-and-pretend-you're-on-a-sun-kissed-beach" mini-vacations. Keep your fingers crossed for me!)

■ Continued from p5

Diva

blood pressure.

During mosquito season here in North Carolina, I double up on my garlic supplement to avoid becoming a human buffet for those bloodthirsty pests. It's true! Garlic keeps away little, flying vampires. It's supposed to work on animals too, although I cannot figure that one out considering the fact that dogs and cats pant when hot, and don't sweat.

People who are prone to cold sores, athlete's foot and any kind of fungal infection, would do well to include a garlic supplement in their diet, as well as cooking with garlic. The Caesar salad recipe that will not only help you get more raw garlic in your diet, but give you an enjoyable way to do it.

Just remember to make this a family affair. That way, no one will be offended by your gar-

licky "presence."

Very Garlicky Chicken Caesar Salad
Serves 4

3 to 4 ounces of chicken per person (use whatever you have on hand—leftovers are fine or you can grill some)

1 head romaine lettuce, chopped
Generous handful of croutons (make yourself with stale bread-recipe included)

2 cloves garlic, pressed
2 teaspoons lemon juice
1/2 teaspoon Dijon mustard
1 (2 ounces) can anchovy fillets, drain oil off

1/4 cup grated Romano cheese (I use Romano over Parmesan because it's stronger and you can use less)

2 tablespoon red wine vinegar
1/3 cup olive oil

1 teaspoon Worcestershire sauce
Salt and pepper to taste

Croutons: Make croutons by

chopping up stale bread, brushing with olive oil and sprinkling with garlic powder. Toast in 350 degree oven till brown — probably no more than 10 minutes. Check them often, though!

Salad directions:
Wash romaine and chop into bite-sized pieces. Normally, you only want to tear lettuce, but if you are going to be serving it quickly — chop away and save yourself some time.

In a bowl, combine oil, vinegar, Worcestershire, salt and pepper to taste, garlic, lemon juice, anchovies and mustard. Or use your food processor. (That's what I do)

In a large bowl, toss lettuce and dressing and half the cheese together, along with your tasty croutons. Serve on individual plates and top with your chicken and remaining cheese.

■ Continued from p5

Fly Lady

part of me. Now that they are established, my body goes through the motions without even thinking about them. This is how my home now practically cleans itself.

Learn to use your timer for most everything you do. This gives you a feeling of accomplishment as well as giving you permission to not overdo and burn out. If you find yourself resetting the timer after your 15-minutes are over then, STOP IT! It is your perfectionism in you making you try to follow the "FlyLady Way to a T"; while still being entrapped by that same perfectionist drive

to "keep going till it's done." Practice quitting! You will come back to it.

The reason that you will come back is because you have not burned yourself out.

When we have let our bathrooms go till we can't stand it any longer; then we get in there and spend three hours cleaning. After you have finally finished, you don't want to see another bathroom to clean for a while, so you don't! Then it goes on again until it is totally disgusting and you wouldn't dare let your mother in there, right? I want this crash and burn attitude to go away forever.

My bathroom never has to be marathon cleaned, because I clean just a little each time I am in there. A little swish and swipe and it is done. Having a presentable bathroom is a gift to you and it really doesn't have to kill you to keep it that way. It is all just a habit, to pick up after yourself while you are in there and do a few seconds worth of cleaning each time you are in there. If you are not visiting your bathroom every hour or so then you are not drinking enough water. I won't go there right now, but you have to take care of yourself, too.

■ Continued from p5

Do You Need A Change?

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Riverview Health Care Center
has the following full-time openings:

- CNA - 3-11 and 11-7 shifts
- Nurses - RN and LPN, 12 hour shifts
7A - 7P and 7P - 7A
- Staff Development Coordinator - must be a RN. This is a management position.

If you like making a difference in someone's life, then you are what we are looking for!

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Riverview Health Care Center,
79 Sparrow Lane,
Prestonsburg, KY 41653
Attn: Human Resources

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 ONLY \$17,900 '04 Chevy Ex Cab 4x4 Spray-in bedliner. This truck looks brand new! Never smoked in!	 ONLY \$14,900 '03 Toyota Rav-4 One owner, like new. 50,000 miles.	 ONLY \$12,900 '00 Cadillac Deville One owner, like new. Only 40,000 miles.	 ONLY \$9,900 '99 Toyota Solara SLE V6, leather, sunroof, spoiler, low miles.	 ONLY \$9,900 '99 Cadillac Concourse Only 70,000 miles, top of the line.	 ONLY \$7,900 '98 Cadillac Deville Only 90,000 miles, full top, best color.


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