

The Times

FLOYD COUNTY

Rebels
win 13
page B1

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In brief

MACED says small biz needs help

Times Staff Report

Small Business owners need help, according to a new study released by Mountain Association for Community Economic Development (MACED).

"For too long Kentucky has neglected the important role of entrepreneurs of all kinds in building a stronger and more resilient economy," said MACED President Justin Maxon. "This report provides important insights and policy recommendations on how to build a true entrepreneur support system in our state."

According to the report, businesses with less than 100 employees represent 99 percent of the business in Kentucky, yet entrepreneurs account for only 16 percent of non-farm employment in Kentucky. The nationwide figure is 18.2 percent.

"It's increasingly evident that Kentucky must turn more of its attention to building our economy from within," said Maxine.

"MACED's 32 years of entrepreneur support has helped us see the tremendous economic potential that lies in the untapped talents of Kentucky's people. Much more could be done to help them start their own enterprises and advance the small business that already exist."

(See MACED, page three)

2 DAY FORECAST

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photo by Joshua Byers

Roy Harlow, Chad Hall, Wayne May and Henry Napier, representing MTS team 1A, scoped out the greens Thursday during the 12th annual Highlands Golf Classic. The golf tournament, which was expanded to two days this year, raises funds for the Highlands Foundation. This year, 78 teams competed, and proceeds, after tournament expenses, will go toward the Highlands emergency department expansion currently underway.

Union calls for ban on belt shafts for ventilation

by TIM HUBER
AP BUSINESS WRITER

CHARLESTON, W.Va. — The United Mine Workers renewed its long-standing call for a federal ban on using conveyor belt shafts to ventilate underground coal mines Tuesday.

The federal Mine Safety and Health Administration has allowed mines to use belt air for years and proposed rules would allow mines to continue the practice, which the labor

union calls inherently dangerous. During a belt fire, ventilation equipment could shove smoke and carbon monoxide directly at miners.

"I just can't believe that we're sitting here today discussing putting belt air on the face of coal mines," UMW member George Hill said during a public hearing on the proposed rules. "Coal miners are going to lose their lives."

Belt air ventilation offers several advantages to mine operators, including preventing

cave-ins in deep mines and making it easier to dilute heavy concentrations of methane in gassy mines. Additionally, using belt air allows mines to save money by digging fewer tunnels.

Patricia Silvey, director of MSHA's Office of Standards, Regulations and Variances, said the proposed rules are consistent with a report on belt air issued last December. The panel endorsed the continued

(See SAFETY, page three)

Pike man indicted for bank robberies

by JACK LATTA
STAFF WRITER

LONDON — A Pike County man accused of robbing a Community Trust Bank on August 12 was indicted Wednesday on two robbery charges in U.S. District Court in London, after being linked to a similar robbery in Bell county.

According to court records, on August 11, Jason Lee Robinson, 29, of Pikeville, allegedly robbed a Community Trust Bank in Bell County of \$3,313, before hitting the Community Trust Bank in Pikeville the next day. Robinson allegedly took nearly \$4,000 from the Pikeville bank.

According to the indictment, "In committing such an offense, (Robinson) did assault and put in jeopardy the life of another person by the use of a dangerous weapon."

According to Pikeville Police, they responded to a robbery at the Community Trust Bank on Town Mountain Road at 11:30 a.m. on Tuesday, August 12. Video surveillance

recorded a male subject, who was later identified as Robinson, entering the bank wearing jeans, a gray t-shirt, a baseball cap and sunglasses. The man then handed the teller a note demanding money or he would shoot them.

Robinson fled the bank, and according to witnesses, got into a white minivan which was being driven by a female, later identified as Amanda Eplin, 31, of Betsy Layne, and left the scene.

Robinson was located a short time after the robbery by Pikeville Police at the local KFC, and arrested. Eplin reportedly turned herself in to police later that day.

According to police, evidence was found at Robinson's home linking him to the Middlesboro robbery.

If found guilty, Robinson could receive up to 25 years in prison and up to \$500,000 in fines.

Pikeville Commonwealth's Attorney Rick Bartley said he was waiting to see if Eplin was indicted

(See ROBBERIES, page three)

UNITE to mark recovery month

by JARRID DEATON
FEATURES WRITER

PRESTONSBURG — The battle against drug addiction is never-ending, and families and addicts have to deal with the pain and suffering brought on by the disease every day. That's why the Floyd County Community Against Drug Addiction Coalition (CADA) and Operation UNITE are sponsoring an event in observance of National Recovery Month.

"We are taking time to recognize the suffering that has gone on over the years and invite those individuals

whose lives and families have been affected by drug addiction to to celebrate their recovery and continuing journey," said Mike Vance, chairman of Floyd County CADA. "We want everyone to know that we will be providing more services, more treatment, and more intervention."

Floyd County CADA, formerly the Floyd County UNITE Coalition, offers lifeline counseling, referrals to treatment, education programs and prevention programs.

"The coalition has taken a new step," Vance said. "It

(See UNITE, page three)

Officials try to stop munching moths on the move

by P.J. DICKERSCHIED
ASSOCIATED PRESS

CHARLESTON, W.Va. — Having nibbled the leaves off 75 million acres of hardwood forest in the Northeast since 1970, European gypsy moths are munching their way across U.S. forests while the even more destructive Asian gypsy moth has been detected in western states.

While officials say the voracious plant-eating European gypsy moth eventually will reach as far across the country as Georgia and Minnesota by

2025, the federal government is devoting about \$5 million this year in a program to eradicate and suppress the insects' development.

Yet officials say that's a small price to pay to blunt the movement of insects that the federal Department of Agriculture estimates causes \$30 million in economic losses each year, mostly from quarantines on timber and agricultural products.

"It's money well spent," said Don Sachs, spokesman for the federal agriculture department's Animal and Plant Health Inspection Service in Riverdale,

Md. The battle against the European gypsy moth spans a 1,200-mile frontier from Wisconsin to North Carolina, said Rob Mangold, director of forest health protection at the U.S. Forest Service.

The Slow the Spread program in Illinois, Indiana, Kentucky, Michigan, Minnesota, North Carolina, Ohio, Virginia, West Virginia and Wisconsin is reducing the moths' southward progress to 7.5 miles a year from 12.5 miles per year.

The program, which uses federal, state and local funds, includes traps,

insecticides and mating-disruption techniques such as female-scented flakes that confuse male moths to help control the population. It started in 1992 in just eight of the "moth frontier" states but was expanded to all ten in 1999.

European gypsy moths, which were brought to New England in 1869 in a misguided attempt to breed silkworm, feed off the leaves of 250 plants and trees, but they especially like oaks. They didn't really start spreading until

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Moths

the 1940s or '50s as society became more mobile.
A single caterpillar can eat a square meter of foliage dur-

ing its 12-week life, weakening plants and trees and making them more susceptible to other pests and diseases.

Multiple defoliations can kill plants.
This year, the mid-Atlantic region — which includes

Maryland, New Jersey, Pennsylvania, Virginia and West Virginia — is experiencing especially bad pockets of infestations.

"They have returned with a vengeance," said Elaine Lidholm, spokeswoman for the Virginia Department of Agriculture and Consumer Services.

The moths defoliated 112,340 acres in Virginia, an increase of almost 39,000 acres over last year's total, Lidholm said.

West Virginia Agriculture Commissioner Gus Douglass said the moths haven't lost their taste for his state's hardwoods, having devoured about 81,000 acres of forest, up from nearly 78,000 acres last year. In the western U.S.,

forestry officials have been taking a no-nonsense approach against an even more destructive insect — the Asian gypsy moth, which has been detected five times in California and once in Idaho, Oregon and Texas, Sachs said.

Compared to European gypsy moths, the female Asian variety can fly, develops more quickly and has an appetite for 600 types of trees and shrubs.

Whenever an Asian gypsy moth is found, the USDA takes \$1 million from an emergency fund to spray a square mile area where the moth was trapped, followed by a three-year monitoring and spraying program to ensure none survive, Sachs said.

"So far they have been 100 percent effective. No Asian

gypsy moths are firmly established in our country," he said.

The government also has an aggressive monitoring program of all ships entering U.S. ports, said the U.S. Forest Service's Mangold.

Sachs said officials are especially vigilant for imports from Japan, Russia, China and South Korea — areas that bring a high risk of importing the Asian moths.

Yet as global trade and personal travel increase, so does the potential for new pests to enter the U.S.

"It's a big pest for us, but it's just one of them," Mangold said.

Continued from p1

Safety

use of belt air, as well as safeguards aimed at making the practice safer by improving fire detection and prevention.

"One of the things we tried to do in the proposal was to look not just at the recommendations," Silvey said. Rather, MSHA also looked at the panel's discussions to determine its intent.

MSHA also has proposed requiring flame-resistant belts and carbon-monoxide detectors in place of heat-sensing fire alarms. Smoke detectors would be required once MSHA approves models for use in underground mines.

The new rules are required by federal safety legislation adopted after a series of high-profile fatal accidents in 2006, including a conveyor belt fire that killed two West Virginia miners. They're partly based on recommendations from an

MSHA panel of outside experts.

Tuesday's hearing was the third of four MSHA plans to hold on the proposal. The final hearing is set for Thursday in Birmingham, Ala. MSHA expects to adopt a final version of the rules by the end of 2008.

While the UMW prefers a belt-air ban, union representatives conceded that's unlikely because the practice is already allowed.

Instead, they suggested a series of changes to the MSHA proposal, including having MSHA require smoke detectors immediately and require mines that use belt air to justify that it's a necessity because it alleviates other safety problems, such as high levels of methane gas or unstable ground.

In the past, MSHA has allowed mine operators to use

belt air with little justification, which isn't good enough, said UMW consultant Jim Weeks, a member of the MSHA panel that recommended ways to make belt air safer.

"The panel did not give a blanket endorsement for using belt air. That's important to recognize," Weeks said. "Otherwise it's using an inferior practice and an unsafe practice for ventilating mines."

Beyond the UMW, Tuesday's hearing drew little response. An official with Abingdon, Va.-based coal operator Alpha Natural Resources, which mines in Virginia, Kentucky, Pennsylvania and West Virginia, asked MSHA to clarify several definitions and questioned proposed requirements dealing with methane gas levels and nonflammable materials in belt entries.

Continued from p1

UNITE

was time for us to take on our own identity."

One of the initiatives that Floyd County CADA helped to start is a drug treatment program at the Floyd County Detention Center, and Vance and others provide counseling to the inmates who are in jail on drug related charges or that are battling addiction.

Floyd County Judge-Executive R.D. "Doc"

Marshall will speak at the event, along with Prestonsburg Mayor Jerry Fannin. Marshall and Fannin will sign a proclamation for National Recovery Month, and Judge Eric Hall will speak about his work with drug court. After personal stories from two people whose lives were changed by help from Floyd County CADA and the support of family members, a candle light vigil will

be held to remember those lost from drug and alcohol addiction.

The event is scheduled to begin at 7 p.m. at Archer Park in Prestonsburg. Hot dogs will be provided by Southeast Telephone for those in attendance.

"Drugs and alcohol keep us in darkness," Vance said. "We want to remove the clouds of addiction."

Continued from p1

MACED

According to the report, Kentucky has much of what is necessary to create a successful support system. What is reportedly lacking, is an "adequate" commitment to invest in efforts of entrepreneurs, and offer the kind of leadership to help the various programs.

The study recommends the following actions:

■ An increase in the share of state economic development resources that go into entrepreneurship and small business development.

■ The creation of a state commission to raise the profile of entrepreneurship, conduct research and convene and annual summit.

■ A new system of expanded performance-based investments in existing and new entrepreneurship and small business programs across Kentucky.

■ A new state role in helping coordinate and connect the various public, nonprofit and private programs across the state.

According to the report, and number of states including North Carolina, Georgia, Kansas, and Nebraska, have taken the lead in creating strong entrepreneurial support systems.

The report was commissioned by MACED as part of the High Road initiative which

was part of a joint effort with Kentuckians for the Commonwealth to promote new and better approaches to economic development in Kentucky.

The report was written and submitted by Rural Police Research Institutes Center for Rural entrepreneurship.

Continued from p1

Robberies

Continued from p1

by a federal grand jury before presenting his case. "I will speak to the local officers here, and we'll decide whether to go forward on her or not," said Bartley.

Bartley said it was still unclear whether or not Eplin had been involved in the Middlesboro robbery or not.

According to police officials, evidence was found at Robinson's home linking him to the Middlesboro robbery.

If found guilty, Robinson could receive up to 25 years in prison and up to \$500,000 in fines.

No one was injured during the robbery, and the investigation is still ongoing.

An indictment is not a verdict, and all parties are presumed innocent until proven guilty.

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Freedom of the press is not an end in itself but a means to the end of [achieving] a free society.
— Felix Frankfurter

Guest view

A lack of oversight

On paper, the project looked like a great idea. Spending nearly \$5 million to expand the market for Kentucky farm products seemed like an excellent way to spend a portion of the state's tobacco settlement money. After all, for years agriculture experts had been advocating that farmers raise alternative crops to tobacco, and creating markets for those new crops was an essential step in helping farmers kick the tobacco habit.

In practice, however, the marketing program never came close to living up to its promise, reports a new audit by the office of Auditor Crit Luallen. State oversight of Allied Food Marketers West of Louisville — the company that received \$4.9 million in tobacco settlement funds over two years — was so lax that state auditors were “unable to quantify Allied's cost-benefit to the state,” Luallen said.

Luallen's office concluded that the state's contract with Allied “did not adequately protect the commonwealth's interest and found a lack of documentation and monitoring of the project's scope and expenditures.” Allied's contract with the state expired in July.

So how was the money spent? Well, here are a few of the ways auditors found Allied spent the money:

- \$56,000 for charitable contributions and sponsorships for golf tournaments and the booster club donations to a high school attended by one of Allied's officers.
- \$33,600 for 56 retail employees — including 26 who did not live in Kentucky — to attend a meat cutters training school. How that helped farmers market their products is beyond us.
- \$3,882 on meals between one Allied officer and his wife, a subcontractor for the project. Those expenditures included a \$70.49 tip for a \$44.51 meal and a \$70.03 tip for a \$29.97 meal.

Just as important as such seemingly wasteful expenditures, Luallen said her office could find no evidence of farmers benefiting from any of the program's expenditures.

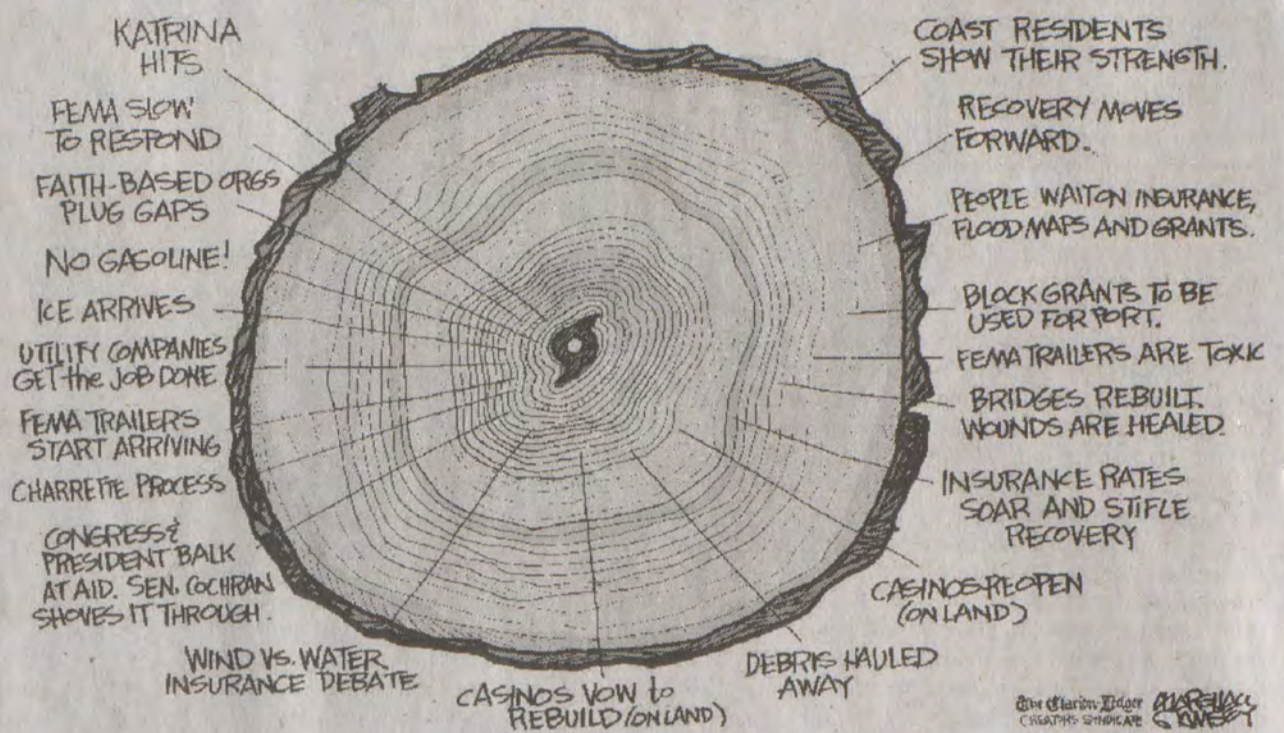
The Governor's Office of Agricultural Policy (GOAP) and its board, the Kentucky Agricultural Development Board (KADB), awarded the grants to Allied in 2005 and 2006. The GOAP requested the audit. ...

Over the years we have heard all sorts of ideas for alternative crops to tobacco, including goats, catfish, fruits and vegetables, and sheep. The only constant is that all those crops need to establish a stronger market in Kentucky.

That was the idea behind the grants to Allied Food Marketers West. The fact that those markets never materialized makes it that much more difficult for farmers to raise alternative crops.

— The Daily Independent, Ashland

CROSS SECTION of a GULF COAST LIVE OAK



— Chuck Norris 100 more bottles of beer on the wall and campus

by CHUCK NORRIS

Last week, about 100 college presidents (including some from the most prestigious universities) recommended that the U.S. lower the drinking age to 18. Their reasoning? They say dropping the legal age would lessen the appeal and underground culture of college drinking. They believe it also would reduce binge drinking and prompt 18- to 20-year-olds to be more moderate in their alcohol consumption. Are they joking?! Do they also suppose that fraternity parties will turn into tea-sipping study sessions?

Leading the pack with this so-called Amethyst Initiative is John McCordell, who challenged Vermont in 2005 by saying in The New York Times, “The 21-year-old drinking age is bad social policy and terrible law.” McCordell recently added, “All the data show that by the time (students) go to college, they have already experienced alcohol, so how can anyone say the law is working?” So is the remedy lowering the drinking age to accommodate juvenile jugging? Do we really think giving young people, who are eager to experience life outside the boundaries and rules of home, the right to drink

would aid their and society's progress?

For the record, the drinking age was established at 21 in 1933, after Prohibition was repealed. In 1971, when the voting age was lowered from 21 to 18, several states reduced the drinking age, too. In 1984, however, with the National Minimum Drinking Age Act, all U.S. states were required to return the drinking age to 21. Ever since, alcohol-related fatalities have dropped 56 percent (except for a spike during the past decade). And now 100 college presidents want to raise those lethal statistics again? As it is, according to the National Institute on Alcohol Abuse and Alcoholism, 1,700 college students die annually from alcohol-related incidents, not including the non-drinking victims also killed in those occurrences.

It's no surprise that organized opposition to dropping the legal drinking age is rising up all over the country, including from the International Association of Chiefs of Police and Mothers Against Drunk Driving. Jeffrey Levy, who is on MADD's board of directors and has suffered through the death of his own 20-year-old son from an alcohol-related car accident, responded: “We think (the college presidents') first concern should be the health, welfare

and safety of the students, and it certainly isn't. Their facts are terribly wrong. They want to take themselves off the hook. If they change the law, it's not their problem.” As if America's universities don't have enough problems already, now their administrative leaders want to compound them by adding more alcohol consumption to the mix? I think parents, students and citizens across this land should find out whether their local college president belongs to this “gang of 100” and play “100 Fewer Bottles of Beer on the Campus” by petitioning and voting them out one by one!

We must do and believe better for the Millennial generation — roughly those between the ages of 6 and 26 — than merely to secure their ability to guzzle gin or use beer bong legally. On the contrary, we must equip them to change our country and the world positively. Empowering young people is why I committed an entire chapter to them in my new (Sept. 7 release) book, “Black Belt Patriotism,” now available for pre-order through Amazon.com.

Here's a first-see glimpse from Chapter 7, titled “Calling all Millennials!”

“It's easy to criticize the inadequa-

(See NORRIS, page 16)



Chuck Norris

— beyond the beltway The Olympics, through jaundiced eyes

by DONALD KAUL
MINUTEMAN MEDIA

What ever happened to Michael Phelps? He was all but ubiquitous just a week or so ago — he and that nice Dara Torres (with the curious first name of “41-year-old”) — and now they're nowhere to be found.

Sic Transit Gloria, I guess. (My high school teachers always told me Latin would come in handy, and now it has.)

Like many people, I watched the Olympics. And watched it and watched it. Don't ask me why.

I really don't care that much about swimming; I've always thought it could be improved by putting an alligator in the pool. And while I enjoy watching women's beach volleyball, what's the ball for? But I am passionately devoted to those events compared to synchronized diving. (I'll admit it's hard to do, but what's the point?)

As a matter of fact, I hate all sports that are judged — diving, figure skating, gymnastics, all of them. They're inherently unfair, if not outright crooked.

Women's gymnastics, for example, seems to exist solely for the purpose of cheating the American girls of medals they've rightfully won. In the recent competition every time an American would wobble a bit on a landing, the judges would knock three points off her score. Every time a pre-pubescent Chinese kid would land on her caboose, the judges

would say: “Wasn't that cute? See how gracefully she falls.”

It was a sham and a mockery.

Phelps' feat of winning eight gold medals (they called it “historic” but then again what isn't?) stirred debate over whether he was the greatest Olympic athlete of all time. Some said he was, some favored others.

I favored others. Eight gold medals is a lot but don't forget he was lucky in two of the races. He won one gold in a relay because a teammate swam an incredible anchor leg and he was all but beaten in the 100-meter butterfly until the leader missed the wall by a fingernail.

How does that performance compare with Jesse Owens at the 1936 Berlin Games or Carl Lewis in the 1984 Los Angeles Games, both of whom won 100-meter, 200, 400-meter relay and long jump medals?

Running being a more competitive and arduous sport than swimming, I figure Phelps loses by a fingernail.

But my favorite all-time Olympian by far is the Czech distance runner, Emil Zatopek. Already a gold medal winner in 1948 (in the 5,000-meter run), he won both the 5,000- and 10,000-meter races at the 1952 Helsinki Olympics. (That's roughly nine miles of winning right there.) Then, almost on a whim he decided to enter the marathon, a 26-mile race that he'd never run before.

One of the great marathoners of the day was Jim Peters of England. He decided to set a fast pace at the start of the race to sucker the inexpe-

rienced marathoner Zatopek into overextending himself.

After a few miles Zatopek drew abreast of Peters and said:

“Peters. I've never run one of these before. Is this a proper pace? It seems slow.”

Peters assured him it was a proper pace and immediately felt a stitch in his side. Later in the race, he dropped out.

Zatopek cruised into Olympic stadium alone and had crossed the finish line before the second-place finisher had entered.

Zatopek went home as a national hero but in 1968, during the ill-fated insurrection against Soviet rule known as “the Prague spring,” he sided with the rebels, was arrested and sentenced to work in a Uranium mine for the next nine years. Eventually regime-change came to the Czechoslovakia and he was rehabilitated.

But that was a great Olympian. Actually, my hero of this year's games was not Phelps but Usain Bolt, the insouciant Jamaican sprinter. His victories in the 100- and 200-meter dashes were among the most remarkable athletic feats I've ever seen. Sprints are won by lunges at the tape, not by guys who look as though they're running alone.

And the best part about it was: no judges.

□ □ □

Don Kaul is a two-time Pulitzer Prize-winning Washington correspondent who, by his own account, is right more than he's wrong. Email him at dkaul2@earthlink.net.



Donald Kaul

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Hole in car needs bigger fix than Bondo

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This Town, That World

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

If you want to be scientific about it, it's the cicada that's ruling the sound stage, these late summer evenings, but no name is more accurate than jarfly. All I've ever got out of listening to them is this idle thought:

Jarflics and barflics have one thing in common. They both sing before the fall.

MR. 'ANON WRITES

As a rule, we toss anonymous letters into the wastebasket, but this one escaped. It reads:

"Sir, I just now learned that they killed an alligator down at Hilton Head, South Carolina, and it had 16 dog tags in it. They shouldn't have killed that gator. They oughta brought him to Floyd County and made him dog warden.

THE CLINCHER

The old preacher had given the congregation what-for. He cited individual and collective transgressions, and as he spoke, he saw eyes harden and necks stiffen. Undismayed, he wound up with the clincher.

"Begins to look like I've tromped on several toes, this morning. But I might add that if I've tromped on so many toes, there must be some heels around."

CRIPPLING BLOW

Saw Jack Carter, navigating with the help of a cane, after having an ankle broken while working at the coal tippie which he operates. I'm not unsympathetic, but sight of him reminded me of the time when the late Jim Hatcher, one of the brightest minds eastern Kentucky has produced, arrived at a coal meeting in a Lexington hotel, some years ago. Mr. Hatcher suffered from rheumatism or arthritis, and it was obvious as he limped in, that he was in pain. Up jumped a friend to inquire. "What's the trouble, Mr. Hatcher?"

"Oh, nothing," was the answer, "except the price of coal fell on me."

SO - O INTERESTING...

Every time some starry-eyed youngster goofs off with some remark to the effect that newspaper work is "so-o interesting." I am tempted to sit down and count the ways it sometimes becomes a bit too interesting. "Snooks" Crutcher, who is smart enough to unchain himself from the desk, but who still writes a column for The Morehead News when he feels like it, tells this "interesting" experience.

A few years back, this Publisher wrote a news story, referring to one local office holder as a "lame duck."

The man referred to was infuriated, as was his wife. They came into our office, then located in the Sample Building next to the Trail Theatre, with loudly shouted claims that we had slandered his

(See ALLEN, page six)

MAKING A MARK

Area artist selected for distiller's art showcase

by JARRID DEATON
FEATURES WRITER

Maker's Mark is known for its whiskey and John Haywood is known for his art, and the two recently came together in an oil painting titled, "Old Kentucky Whiskey," that was selected by Maker's Mark as one of 54 works commissioned from 120 applicants for its "The Mark of Great Art" exhibit.

Haywood, a native of Floyd County, found that the subject of whiskey had the type of history that he likes to portray in his art.

"I am greatly honored to be selected by Maker's Mark," Haywood said. "It also pleases me that a big company like Maker's Mark is choosing to use Kentucky artists for this, when many huge companies could very easily get some big city artist. The only thing that has concerned me about doing this project is wondering how people would react near home."

Haywood took an informed look at what whiskey means to Kentucky and was able to come to terms with it as a subject for his painting.

"I think it can be abused just as much as somebody might abuse cigarettes, food, or television," Haywood said. "All things could be equally devastating to the soul if not used responsibly. Whiskey making has a long history to it as well, and is extremely fascinating. This is why I chose to focus on a subject matter that is more historical, not only because it fit within my current body of work, but that it focuses on tradition, which Kentucky is full of."

Growing up near Martin, Haywood was encouraged by his grandparents to develop his interest in singing and drawing. Later, he studied under Tom Whitaker, renowned folk artist and former art instructor at Big Sandy Community and Technical College. After graduating from Morehead State University, Haywood moved away for around seven years.

"I finally got the opportunity to move back to the mountains when my good friend George "Buzz" Gibson offered me an old house at the head of the creek he grew up on in Knott County," Haywood said. "Since moving back, I have been very productive



John Haywood's oil painting, "Old Kentucky Whiskey," was one of 54 works commissioned by Marker's Mark for its "The Mark of Great Art" exhibit.

and inspired, and hope that I am passing on something to my children that is more precious than anything money can buy."

Haywood will debut his painting at the show opening in the gallery of the Maker's Mark distillery in Loretto, Kentucky on September 5.

"I was also honored when they asked if I would come and play the banjo at the opening," Haywood said. "My two greatest passions in life have always been music and art, and it's great when you get the opportunity to showcase both. It has been through my artwork and banjo playing that I have tried to preserve many of the different ways of life that make us East Kentuckians so unique."

The show will be comprised of 115 pieces of artwork that will be

broken up into eight mini-collections after the initial opening. The pieces will then travel to bars and restaurants in Louisville, Lexington, Chicago, Seattle, San Francisco, New York, London, England, and Madrid, Spain where they will remain indefinitely. All who visit the Maker's Mark Gallery between September 6-21 can place a vote for their favorite piece. The art can also be viewed and voted for online at <http://www.themarkofgreatart.com>. The three artists that receive the most votes will win monetary prizes from Maker's Mark.

Haywood invites everyone to view his art at his studio on Little Doubles Creek in Knott County, or online at <http://www.haywoodart.com>.

MOVIES FROM THE BLACK LAGOON

'The Cottage'

by TOM DOTY
TIMES COLUMNIST

A kidnapping gets terribly botched in this crime/horror film that one-ups Murphy's Law by showing that everything that can go wrong will, as well as horrible stuff that you never even saw coming.

This one starts out with two brothers (David and Peter) repairing to a country cottage in England. They fix tea, bicker and fuss with each other, but otherwise everything appears normal until you realize they have left a bound and gagged woman in their trunk while they get the cabin warmed up.

We soon learn that David is in charge and he has opted to take a shortcut to his dream of living on a boat by strong arming his meek brother into helping him kidnap his boss's daughter, Tracey. The problems are many for this pair, as Peter is a white collar schmuck with absolutely no criminal skills. David has to rely on Peter to do the talking as their victim would recognize his voice, but that doesn't last long as Peter promptly refers to him by his given name in front of their hostage.

It doesn't help matters that their third partner, Tracey's half-brother, shows up with the ransom bag but has failed to check it. Turns out it was filled with tissue paper and the poor dope also failed to spot the two Asian hit men who followed him all the way to his destination. Luckily, the killers are under orders to observe and wait until Arnie, the mobbed up dad of Tracey, can arrive.

David realizes that his cover is blown and decides to make the next ransom demand himself. Here is where the film begins its descent into horror with David's call, from a pay phone, attracting the local villagers who marvel at his appearance in their sleepy burg and proceed to warn him about venturing too far off from his dwelling at night, or he may never be seen again. Said warning is entirely credible as its offered by Doug Bradley, better known as "Pinhead" from the "Hellraiser" movies.

Unfortunately, the warning comes too late. David arrives back to learn that his hostage has escaped and taken his brother as a human shield. David sets off with Tracey's useless brother in tow and stumbles across some good news — the corpse of one of the Asian assassins. However it's a mixed blessing as whoever killed him is still out there.

Meanwhile, Tracey drags Peter into a nearby farm house and the film firmly enters horror mode as the resident turns out to be a psychotic farmer who has taken to harvesting humans for their faces after losing his in an on-the-job accident that wasn't covered by the good folks at Allstate.

The next half-hour breezes by, as all of the characters become united in their shared interest in staying alive.

(See LAGOON, page six)

Courage on the court

by SANDY GREEN

"CHICKEN SOUP FOR THE CHILD'S SOUL"

Andy has a lot of courage. He's never wrestled a bear. He's never hiked 10 miles in a blizzard. He's never saved a cat stuck in a tree. Not yet. But he has stood up to something scarier: The guys on his basketball team. And that was when he was only 10 years old.

Last season, Andy's basketball team, the Blues, came from behind in an amazing finals playoff. You know who the coach was? A high-school

player. Very cool.

As the season went along, Andy's team had lost more games than they had won and were in sixth place out of eight teams. In the finals, they had to go against the tough, third-ranked Green team. But the Blues were hungry for a win when they played the first round of finals. They started out scoring the first basket and wouldn't let the Green team catch up. That was their game plan - squash and score, and it worked. Andy's team outscored the Green team by 12 points, and they went through to round two.

Their next game in the finals was the following Saturday. Andy's pretty tall, so he always did the tip-off. But the Yellow team guy he faced was as tall as Andy's dad - without even jumping. He just stood there with his arm raised like he was answering a question in math class and tapped the ball to another Yellow guy, who took it down the court and scored.

It went downhill from there. None of the guys on the Blue team could make their baskets. It was as if the rims were smeared with grease. The Blue team lost by nine points. But it wasn't over, yet. They still were able to play another team that had lost. They were still able to take third place and a trophy.

The next Saturday, Andy and the

rest of the Blue team got to the gym extra early. They were playing the Red team, and Andy knew a lot of those guys from being on their teams from other seasons. He even had the coach of that team two years before.

The gym was so quiet at tip-off, Andy heard the kid facing him breathe. The ref blasted her whistle. Andy's fingers scuffed the ball, but the Red player managed to knock it to his Red teammate.

The numbers on the scoreboard jumped back and forth just like the basketball. Andy managed to make a couple of baskets. Even though he wore his lucky basketball shorts, Blue had slipped behind by one.



Fifteen seconds were left, and Blue team had the ball. They could still win. Suddenly, the ball was out of bounds.

"Blue ball," the ref said. "I didn't see who touched it last."

As a Blue player hopped over the line at center court to throw the ball in, Andy later said it was one of those moments that lasted only a second, but felt like forever. The ref hadn't seen who had touched it last, but Andy had.

Andy, like the rest of his teammates, wanted to win — badly. If Blue got the ball and made a basket,

(See SOUP, page six)

Hole in car needs bigger fix than Bondo

by TOM and RAY MAGLIOZZI

Dear Tom and Ray:
I have a huge rust spot on my car, a '95 Subaru. It is not really a rust "spot," but rather a missing part of my car that has rust around it. I tried to sand it down and put Bondo on it and repaint the car, and it actually looked pretty good for a while! As impressive as my Bondo job was for a first-timer, the Bondo soon fell off, and now the huge rust hole is back. I am wondering if there is any other option besides replacing the whole part of the car. Thanks so much. — Shannon

RAY: That's interesting, Shannon. You have a hole in your car with a little bit of rust around it. My brother has a big pile of rust with a little bit of car around it!

TOM: Well, the first mistake you probably made was not removing the rust completely. Bondo is pretty amazing stuff, and it'll stick to just about anything. But if you left some rust around the edges, the edges would continue to corrode, and the patch job would eventually fail. As it did.

RAY: So, you have to sand the area surrounding that hole down to bare, shiny metal. Then, what body

shops will do is they'll tack-weld a piece of sheet metal over the hole and hammer it in so it's somewhere between flush and concave. Then they'll grind down the welds so nothing's sticking up. And then there's actually some BODY there to do WORK on!

TOM: Well, we should clarify: That's what body shops do for old heaps like yours, Shannon. If this were a 2005 Subaru, they'd just replace the whole panel.

RAY: But you don't need it to look perfect. It's an old car. You just want to keep it from looking decrepit.

TOM: I suppose it's too late to do that for my car?

RAY: Way too late. Anyway, if you're handy, Shannon, you can add the sheet metal yourself, then slap the Bondo over that and paint it. That should hold.

TOM: Or you might be able to find a local body shop that'll weld on the metal for you, and then you can do your Bondo art, at which I'm sure you're now an expert.

RAY: The other thing you can do — which I've done on some of my old cars — is just take a larger piece of sheet metal and rivet it right over the whole area. Then you paint it, and from 500 yards or so, at night, it'll

look good as new.

TOM: Actually, I like that idea. The "rugged, armor-plated" look is in these days. You may like that so much, Shannon, that you'll want to do the same thing on the other side!

If spark-plug wires get crossed, watch out!

Dear Tom and Ray,
My husband and I changed the oil, spark plugs, wires, cap and rotor on our '92 Chevy Blazer yesterday — something we've done many times with no problem. When trying to restart the car, the engine literally exploded, flames came up out of the throttle body, smoke came out of the valve covers, and seals were broken. What could possibly have gone wrong — and should we donate or scrap our car? Many sincere thanks! — Jackie

TOM: This is why we always keep marshmallows on hand at the garage.

RAY: You made a very simple mistake, Jackie, but as you now know, it led to some very flammable repercussions. You reattached the spark-plug wires incorrectly.

TOM: The spark plugs fire one at a time. They're all timed precisely, so they fire at exactly the right moment the spark is needed in that cylinder. If

you put the wire for, say, spark plug 1 onto the top of spark plug 4, spark plug 4 is now going to fire at the wrong time. And if it fires when the intake valve is open, it could set fire to the fuel-and-air mixture that's waiting in the intake manifold and the throttle body. This will lead to a distinctive sound, best described as a "phoomph," followed by a nice, Christmassy yule scene under the hood.

RAY: The reason the explosion continued into the valve covers is because you have a faulty PCV valve. That's a check valve that's supposed to prevent flames from a backfire from traveling into the valve-cover area.

TOM: So, next time you work on the car, in addition to making sure you label the spark-plug wires very carefully, add a PCV valve to the things you need to replace.

RAY: The good news is that you probably didn't do any serious damage to the engine. You might need a

valve cover gasket or two if you blew out yours. And in the worst-case scenario, if you put all the wires on wrong, and then cranked the engine for a long time, you could have created an explosion in the crankcase, which could have blown out a crankshaft seal. But even that's easy to replace — at least the front one is. The rear one's also easy to replace, once you have the engine out!

TOM: So, start by hooking up the wires correctly. You'll have to find the proper firing order for your particular engine so you can get the engine running again. Then, after that, you can assess the long-term damage to your car — and your self-confidence.

□□□

Got a question about cars? Write to Click and Clack in care of this newspaper, or e-mail them by visiting the Car Talk Web site at www.cartalk.com.



SOCIAL SECURITY NEWS

America's number-one protection program

by JENNIFER HOPKINS
SSA SERVICE REPRESENTATIVE

Did you know that August 14 marks 73 years since President Franklin Delano Roosevelt signed the Social Security Act? Today, more than 164 million workers are protected by the program. And more than 50 million people receive retirement, survivors or disability benefits. One in three beneficiaries is not a retiree but a disabled worker, the dependent family member of a disabled worker or the survivor of a deceased worker.

Over the next two decades, nearly 80 million Americans will become eligible for Social Security retirement benefits. That means about 10,000 are becoming eligible to apply for benefits every day.

Social Security has expanded and changed quite a bit since 1935. For example, the Social Security Amendments of 1939 broadened the program to

include payments to dependents and survivors of retirees. In 1956, Congress created the disability program. The Social Security Amendments of 1958 expanded the program by including benefits for dependents of disabled workers.

The Social Security Amendments of 1961 permitted all workers to elect early retirement at age 62. In 1965, the Medicare bill was signed, providing medical protection for Social Security retirees. Later amendments extended Medicare coverage to Social Security disability beneficiaries.

The most significant aspect of the Social Security Amendments of 1972 created the Supplemental Security Income (SSI) program. Funded from general revenues, the SSI program was intended to provide a supplement to people with limited income who have attained age 65 or are blind or disabled.

Social Security benefits are

essential to the economic security of today's older Americans. The annual cost-of-living adjustment ensures that seniors will have an inflation-proof benefit they can count on for as long as they live.

Social Security is a compact between generations. Today's workers are paying for the benefits that their parents and grandparents receive. Over the years, Social Security has become America's number one family protection plan.

For more information about online services just call your local Social Security Office in Prestonsburg at (606) 886-8525. The office is located at 1897 Kentucky Route 321, in Prestonsburg, KY. Representatives are available to answer questions.

And remember, we have representatives available to give presentations and speeches about Social Security Programs. Contact the office for more information.

Lagoon

The deformed farmer, however, is a tough customer and the odds become slimmer as he hacks into the cast with various barnyard tools.

This one works due to some dark humor and a solid cast. Andy Serkis anchors the film as David and he's quite good in that rare role that doesn't require him to don make up as he did to play Gollum, in the "Lord of the Rings" trilogy, or the title role in "King Kong."

The screenplay is serviceable but way too reliant on the F-bomb to add emphasis to dialogue.

The special effects offer up plenty of gruesome deaths (via farm implements) as well as gaping wounds, which slow the cast down and make it easier for the farmer to do his dirty work.

This is that rare DVD

which includes deleted scenes that are actually good. They were obviously cut for pacing purposes, but include expanded characterizations, more gore and even a character who was cut from the film.

This one also offers a double whammy ending but stick around for the end credits if you want to see what happens when Arnie finally shows up.

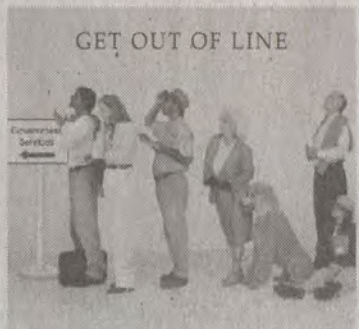
This was released in May alongside two other features

Continued from p5

that center on hoods who run afoul of psychos and, surprisingly, they are all worth your time. Check this out alongside "Botched" and "Frontiers" for a triple dose of crooks on the lam who should have seen "Silence of the Lambs."

Best line: "If you whinge, cry or do anything to let the owners of this house know that I'm going to kill you, I'll kill you."

2008, unrated.



Norris

Continued from p4

cies of young people. It's far more difficult to invest in kids, but much more rewarding. It's even much harder to tell them, 'We need you to help us reawaken America and rebuild what our Founding Fathers started.' But that's exactly what we, the Builder and Baby-Boomer generations, need to say to them. If you're a Millennial, consider this an invitation. We need your help. I need your help to join me and millions of others in a revolution (or, if you will, a rebellion), not to abandon the principles of the past but combine them together with social action in the present to build a better tomorrow. In other words, it's time to make some noise!

"It sounds kind of canned, but I truly believe that there is a hero in all of us. We all were designed by God to be a blessing to others — a champion to someone. And our kids today need champions. They need heroes. And don't think you can't be that hero. You might not be called

upon to save someone's life. But all of us can make a difference for the better in someone's life. You might teach them a skill that will enrich their lives. You might remind them of who they are (a child of God) and what they can offer (love and understanding). Every one of them needs to know someone loves them, someone cares for them, God has a plan and purpose for their life, and their life is the most priceless thing on this planet."

"If we're going to win the culture war, we need the Millennials to do it. There is no way around it. We need to reengage with our young people and plug them into America's glorious past so they can build a brighter future."

To find out more about Chuck Norris and read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate Web page at www.creators.com.

Allen

Continued from p5

is lame which he ain't," the woman shouted. "But that's not as bad as putting in the paper that he's a duck and is waddling around."

Finally, the irate husband and wife were quieted, and then, carefully choosing our words and in a consoling voice we explained that "lame duck" is the accepted and appropriate definition for an office holder whose term has not expired, but did not

seek re-election. We showed them the dictionary definition. Fortunately, that morning's metropolitan newspaper had printed a story that the then Governor of Kentucky was a lame duck, which we showed them.

They were pacified to an extent, but on departing the man said over his shoulder, "We've always liked you and your newspaper. But, if you ever again call me a crippled duck I'll cook

your goose."

□□□

Don't know why they blame little girls with such remarks, but the Masonic Home Journal printed this one recently:

"Little girl asked preacher if he would pray for floating kidneys, this week, as he had prayed for the loose livers, last week."

Soup

Continued from p5

they would win by one point. And they had time, if Andy kept quiet.

"Ref, it hit my foot." Andy confessed.

"Thank you," the ref said as she took the ball back from Blue and handed it to Red. There was some major groaning from the Blues.

Although it was close, Blue team lost by three points. But

the boys still wound up with shiny, fourth-place medals on red-white-and-blue ribbons. Everyone thought that was cool.

Andy's old coach from the Red team came over to him before he left the gym.

"Andy, what you did in there," he nodded toward the court, "made me proud of you. And I'm not talking about your

playing. You know what I mean?"

When Andy was asked if he had been afraid of what his teammates would say when he confessed, he shrugged. "They were mad, but I knew they wouldn't hate me. But if I didn't say anything, I knew I would hate me for a long time afterward."

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FLOYD COUNTY Sports

Inside

■ Bengals • B2

VanHoose inducted into Marshall Hall of Fame

Former Kentucky Mr. Basketball helped Paintsville win 1996 state title

by STEVE LeMASTER
SPORTS EDITOR

HUNTINGTON, W.Va. — Paintsville native J.R. VanHoose was among the former student-athletes inducted

into the Marshall University Hall of Fame during an induction ceremony held Friday night in the Don Morris Room of the Marshall University Memorial Student Union.

VanHoose played back at Marshall University from 1998-2002. He ranks second all-time in rebounding and fifth in scoring in Marshall basketball history.

The banquet started at 7 p.m. with Keith Morehouse of WSAZ TV-3 as master of ceremonies. HOF introductions were made at the football game with Illinois State.

The MU Hall of Fame, started in 1984 by Dr. Sam Clagg and former AD/golf coach Whitey Wilson, is celebrating its 25th Anniversary Year in 2008.

The newest induction class also includes Lawrence County Phil Ratliff, an All-American lineman from 1989-1992 for the Marshall football team; Jim Donnan who served as head football coach from 1990 to 1995 and helped Marshall to its first national championship in 1992; Byron Carmichael (1999-2002), a three-time All-

Mid-American Conference player and leading scorer all-time in men's soccer; Anna Mitina, one of the best-ever in women's tennis from 1999-2002, and the first women's tennis player to be elected to the Hall; and Tom Kies, a three-time All-Southern Conference player for men's golf, and 1988 All-American, playing from 1985-89.

VanHoose helped lead Marshall to 70 wins in four seasons and the 2000 team advanced to the MAC Tournament semifinals, MU's only trip that far in eight sea-

sons, before falling to Miami, Ohio. He led MU to a victory over West Virginia in a 81-79 win in Charleston in February of 2002. His senior season, VanHoose won the Leo Byrd, Charlie Slack and Hal Greer awards. In 2002, he was drafted by North Charleston Lowgators of the NBDL in the seventh round. Later in 2002, he played for the Charleston (W.Va.) Bombers in the USBL. In April of 2006, VanHoose signed at West Virginia Wild of the IBL, and averaged 25.2 points per game, 15.5 rebounds, shot

54 percent from the floor and 30 percent from the three-point line that season. VanHoose, currently teaches and coaches girls' high school basketball at Phelps High School.

VanHoose helped to lead Paintsville High School to the 1996 state championship. VanHoose was named the 1998 Mr. Basketball. He chose Marshall over several other NCAA Division I schools. VanHoose chose Marshall in part because it was so close to his family in Paintsville.

Grutza leads Cincinnati over Eastern Kentucky

by JOE KAY
ASSOCIATED PRESS

CINCINNATI — Steady, not flashy. Dustin Grutza was exactly what Cincinnati wanted in its opener.

Grutza made the Bearcats' quarterback transition go smoothly Thursday night, throwing for three touchdowns and running for another in a 40-7 victory over Eastern Kentucky that eased their biggest concern — at least for now.

They didn't miss Ben Mauk on this night.

A few hours after Mauk appealed to an NCAA committee for another season of eligibility, his backup had a career night. Grutza set a career high with his three touchdown passes in the first half, helping Cincinnati (1-0) get off to a fast start.

"That's the kind of clean work, the high percentage that we've talked about from day one," coach Brian Kelly said. "If he can stay in that kind of rhythm, we'll be in pretty good shape."

The senior threw touchdown passes 15 and 47 yards to Mardy Gilyard, who had never caught more than one in a game. The last one came off the same type of play that Mauk ran so well last year, a play-action rollout that let Gilyard get behind the coverage.

"He did some very good things," Kelly said. "He always has the ability to make plays outside the pocket. He threw the ball OK in the pocket. He's got to get better there."

Eastern Kentucky (0-1), the defending Ohio Valley Conference champs, had trouble against a defense that was one of the nation's best last season. The Bearcats were missing tackle Terrill Byrd, suspended for the opener because of a marijuana citation.

Perry County native Allan Holland, the OVC's offensive player of the year last season, was 12-of-17 for 141 yards, including a 61-yard touchdown pass to Cody Watts after the Colonels trailed 40-0. Sophomore running back Aaron Bradley hurt his right knee in the first half and didn't return.

"Games like this show what we need to work on," Holland said. "They have a great defense."

Cincinnati allowed only 195 yards — 61 of them on that one pass — and eight first downs.

"I think we're pretty happy with how we played," said defensive end Connor Barwin, who had a sack. "Our main objective was to stop the run and not give up any big plays. The one big play they had was against the backups."

Grutza was the starting quarterback in 2006, but lost his job late that season and never got it back. Mauk led the Bearcats to 10 wins and a No. 17 final ranking last year, then set about trying to gain one more season of eli-

(See COLONELS, page two)



Photos by Brandon Marson

SOUTH FLOYD defeated Prestonsburg 2-1 Wednesday in a 58th District/Floyd County Conference match. A schedule of upcoming matches for the South Floyd volleyball team follows.

SOUTH FLOYD VOLLEYBALL UPCOMING MATCHES

- Sept. 2 at Magoffin County, 6 p.m.
- Sept. 4 Allen Central, 7 p.m.
- Sept. 8 Betsy Layne, 6 p.m.
- Sept. 16 Magoffin County, 6 p.m.
- Sept. 18 at Hazard, 6 p.m.



Floyd Youth Squirrel on Kentucky Afield TV

TIMES STAFF REPORT

FRANKFORT — The importance of introducing kids to hunting at an early age is the focus this weekend Kentucky Afield television.

While deer and elk are our state's prize game animals, helping youth to appreciate hunting's role in managing wildlife is the reward in the eyes of the members of the Dewey Lake Fish and Game Club in Prestonsburg. Kentucky Afield cameras join the group's Johnny Lafferty as he introduces youngster Michael Blackburn to squirrel hunting and to a future in conservation.

The Emmy Award-winning Kentucky Afield television show is a production of the Kentucky

Department of Fish and Wildlife Resources. It is the longest continuously-running outdoor television show in the nation. The program airs Saturday at 8:30 p.m. Eastern /7:30 p.m. Central and is repeated Sunday at 4 p.m. Eastern/3 p.m. Central on KET 1.

Boating fatalities to date lowest in five years: Five people lost their lives so far this year on the state's waters, making boating fatalities for 2008 the lowest at this point of the season in the last five years.

"These lower statistics are what we love to see," said Sgt. John Anderson, boating education coordinator for the Kentucky Department of Fish and Wildlife Resources. "This trending toward a historically low accident and

injury fatality rate is the kind of information that makes law enforcement professionals happy."

Through nearly the first eight months of 2008, Kentucky boaters have reported 41 accidents with 26 injuries. These accidents cost five lives.

By comparison, 71 accidents occurred on Kentucky waters in 2007 with 13 fatalities.

"Reports from our officers indicate a good boating season so far," Anderson said. "The change is that 2008 is a much safer season than in years past."

The Keep It a Safe Summer boating safety campaign combined with intensive patrol efforts have contributed to these positive changes, Anderson said. "We are putting this

word out for people to continue to be safe this Labor Day weekend," he said. "We want people out enjoying our waterways and having good stories to tell when they get home, not tragedies."

Anderson reminds boaters to avoid drinking alcohol while operating a boat. Take frequent breaks when driving a boat to avoid fatigue. Wear a personal floatation device or lifejacket when the boat is under power. Be aware of other boaters and pay close attention at all times when on the water if operating a boat.

"The waters of Kentucky are a safer place to be this year," Anderson said. "We hope Kentucky boaters and visitors keep this up."

Beets, Adams likely to start for Wildcats

TIMES STAFF REPORT

LEXINGTON — University of Kentucky Coach Rich Brooks updated a couple of position battles following Thursday morning's practice, indicating that offensive guard Jess Beets and wide receiver E.J. Adams were likely to see starting assignments in today's season opener at Louisville.

Beets, a senior from

Dove Canyon, Calif., has been contending with sophomore Brad Durham and redshirt freshman Stuart Hines at right guard. If Beets indeed begins the game, it will be the first UK start for the former junior-college transfer. Adams, a junior from Stone Mountain, Ga., is one of several receivers contending for the starting nod opposite Dicky Lyons. It would be Adams' first start

as a wide receiver after switching over from cornerback last spring.

Brooks also indicated that the starting tight end had not been decided, with juniors T.C. Drake and Maurice Grinter being the finalists for that role.

Pryor, G. Williams are Game Captains: Defensive tackle Myron Pryor and offensive tackle Garry Williams will be the game captains for the season

opener at Louisville, Coach Rich Brooks has announced.

Game captains are normally selected on the basis of performance in the previous game, or in this case, for the previous season, offseason and preseason activities.

Pryor and Williams, who are both seniors from Louisville, will join permanent captains Tony Dixon and Braxton Kelley at the pregame coin toss.

East Kentucky during the team's debut season as he ultimately earned an All-CBA Rookie Team nod.

"The CBA Draft is essentially our kickoff to the new season," said Miners Coach Kevin Keathley. "I'm extremely excited about some of the potential prospects I'm looking at for this upcoming draft. I thought last year we did a good job of identifying players that would fit into our organization. Marcus Heard made an immediate impact for us. He earned ALL-CBA rookie Honors last year for us. Look for us to draft guys who will be good representatives of the East Kentucky Miners both on and off the

Rebels beat Betsy Layne for 13th win

by STEVE LeMASTER
SPORTS EDITOR

EASTERN — Allen Central hit a season-best .491 Thursday night in two-game sweep over Betsy Layne. The win was Allen Central's 13th victory of the season.

Led by outside hitter Brittany Hodge, who registered a team-high 10 kills on .526 hitting percentage and slapped in 12 service aces, Allen Central defeated Betsy Layne 2-0 (25-17, 25-19) sweep of Betsy Layne in its second conference match of the season.

The Rebel squad, which improved to 13-1 overall and 2-0 in the conference, never trailed, playing an aggressive match.

AC outside hitter Tiffany Clark posted eight kills on .500 hitting as part of a powerful Allen Central offensive attack. Defensively, middle blockers Kimbo Blevins and Brittany Clark stifled the Bobcat attack, blocking seven and five, respectively. Tiffany Clark dug up a team-high 14 digs and defensive specialist Brittany Smith added eight scoops. Setter Koko Martin dished out nine assists. Sophomore Leigh Williams set up seven kills in the match.

Allen Central will entertain Johnson Central Wednesday at J.E. Campbell Arena. First serve of the freshman match is scheduled for 6 p.m.

EK Miners preparing for upcoming CBA Draft

TIMES STAFF REPORT

PIKEVILLE — Shortly after the conclusion of the 2007-08 season, head coach Kevin Keathley started evaluating talent for the second edition of the East Kentucky Miners. This year's CBA Draft will be held Tuesday, Sept. 23. The draft will be comprised of players fresh out of the college ranks. East Kentucky drafted six players in the 2nd Annual Continental Basketball Association Draft held on Sept. 25, 2007. In the second round of last year's draft, East Kentucky picked DePaul University forward Marcus Heard with the 13th overall pick. Heard was a solid contributor for

East Kentucky during the team's debut season as he ultimately earned an All-CBA Rookie Team nod.

"The CBA Draft is essentially our kickoff to the new season," said Miners Coach Kevin Keathley. "I'm extremely excited about some of the potential prospects I'm looking at for this upcoming draft. I thought last year we did a good job of identifying players that would fit into our organization. Marcus Heard made an immediate impact for us. He earned ALL-CBA rookie Honors last year for us. Look for us to draft guys who will be good representatives of the East Kentucky Miners both on and off the

(See DRAFT, page two)

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- For Sale:** 1992 Dodge Dakota. 2 WD v-6 (as-is) \$1,000. Call 886-3836.
- For Sale:** 1995 Camaro. V6. 5 speed. Great gas mileage. \$3,000. Call 874-2055 or 874-0414.
- 2005 Black Ford Mustang for sale.** Automatic, 6cy, purchased extended warranty. \$12,500 or best offer. For more information call Tonya at 230-0235.
- For sale:** 2002 Mitsubishi Montero Sport. Asking pay-off.. 88,000 miles. Call 874-0752.
- 2002 Pontiac Sunfire.** Mileage 80,000. Price \$4,800. Phone 874-1007.
- 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.

Battery Repairman / PT driver. Class A CDL & mining certification required. Call 606-377-2032.

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 This is an exciting opportunity for an LPN to join a NEW team in a NEW practice. The position is full time and involves general LPN duties under the supervision of a Physician. We are looking for someone with a minimum of 1-year experience in a physician environment. You will need to be motivated, enthusiastic and willing to help grow the practice. You must also be a team player and have good organizational and interpersonal skills. We are offering a pleasant working environment, benefits and competitive salary. If interested in this exciting opportunity, please forward your resume and covering letter to the address below. Please include a copy of your Kentucky State License. Eastern Kentucky Family Medicine P.O. Box 829 Paintsville, Kentucky 41240 An Equal Opportunity Employer Eastern Kentucky Family Medicine P.O. Box 829 Paintsville, KY

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a NEW practice. The position is full-time and involves general physician office duties (front desk, phones, scheduling, billing and accounts receivable follow-up etc). We are looking for someone with a minimum of 2 years office experience. You will need to be motivated, enthusiastic and willing to grow the practice. You will need to be a team player and have good organizational skills. We are offering a pleasant working environment, benefits, and competitive salary. If interested in this exciting opportunity, please forward your resume and covering letter to the address below. Eastern Kentucky Family Medicine P.O. Box 829 Paintsville, Kentucky 41240 An Equal Opportunity Employer Eastern Kentucky Family Medicine Paintsville, KY

Mechanic and Backhoe Operator
 Star construction, LLC has an immediate opening in their Banner, Ky office for a mechanic and experienced backhoe operator. The mechanic position will be responsible for maintaining all trucks and heavy equipment at the Banner and Flatlick, KY locations, diagnosing and repairing electrical over hydraulics,

repairing small engines, tools, and equipment, and maintaining repair and service records for all equipment. The successful candidate will have a C l a s s A CDL license, be certified in air brake repair, have minimum of three years experience in the above responsibilities, have welding experience, and have good decision making abilities. The successful candidate for the back hoe operator position will have a Class A CDL license, and have experience digging around underground utilities. Star construction offers competitive wages and benefits, to include medical insurance, dental, vision, disability, life insurance, 401 (K) paid holidays and vacation. Interested individuals should contact Harold Adkins at the Banner office at 606-874-1263 for more information about the position and to apply. EOE

Diesel Mechanics needed. Level 1 or 2. Full and part time up to 27 per hour depending on experience. Call 791-8238 or 863-984-4101.

Experienced Diesel Mechanic Needed. Will be working with a progressive and growing company. Full time positions available. Insurance and

retirement available. Must be able to pass a drug and background screening. Also need at least one year experience. Please contact out HR department to schedule an interview. To apply please call 606-437-1777.

Post office Now Hiring! Avg pay \$20/hr, \$57k/yr, incl Fed ben, OT. Placed by ADSOURCE not USPS who hires. Call 1-866-668-5257.

Local shop needs: Experienced metal fabricator / welder. Underground equipment mechanic / electrician. 1st and 2nd shift jobs available. Wages depend on experience. If interested call Fannin Enterprises, Inc. at 606-874-6441 or come by our shop at 4766 Ky Rt 1428 Allen, Kentucky to fill out an application.

RN's or LPN's: Are looking for a 3pm-11pm or 7pm- 7am shift? Mtn Manor has positions available now. Comparable wages and benefits. Apply in person at 1025 Euclid Avenue, Paintsville, Ky form Monday - Friday between 8:00 am - 4:30 pm.

Truck drivers wanted. Local and long distance hauling. Must have RGN and rigging experience. Call 863-984-4101.

Kentucky Oil is now hiring for the following positions: Crude Oil well tenders, and truck drivers. Those applying for truck-driving jobs must have a class A and B Hazmat with tanker endorsement CDL license. Pay will be discussed in interview. For more information call 606-478-9501 during the hours of 8:00am to 5:00pm. Monday through Friday.

Job opening for cook at Baptist learning center. First Baptist church. Call 886-8681 Glenda Blackburn for more information.

Want to help people? Transit Drivers needed. Sandy V a l l e y Transportation Services, Inc. (SVTS) is seeking qualified applicants for the position of a Transit Driver in the Floyd County area. Must be at least 21 years old, pass drug test, D.O.T. physical examination, driving history, conviction record and other qualifications listed with Application for Employment. Benefits for eligible employees include: health, dental, life, vision insurance, retirement plan, credit union, holiday, sick, and vacation days. Phone 1-800-444-

RIDE / 7433. or write to SVTS at 81 Resource Court., Prestonsburg Ky 41653-7850 for an Application for Employment and more information. SVTS is an equal employment opportunity employer M/F/D/V.

Immediate opening for experienced crew chief with underground and surface surveying. Must have all necessary papers. We offer an excellent benefit package. Application may be picked up at Abbott Engineering, Inc. 3073 Ky Rt 321 or call 886-1221.

Security guard position \$7.50 per hour at HRMC. Apply within at HRMC security dept ask for Del or call 886-7579.

Experienced ONLY Tower Climber needed for local work. Job also includes two way radios and car kit installs. Must have valid driver's license and pass drug screening. Must have references! Excellent benefits Package available. Please send resume to PO Box 873, Prestonsburg, Ky 4165

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.

100 Workers needed. Assemble crafts, wood items. To \$480/wk. Materials provided. Free information Pkg 24 Hr. 801-428-4649.

Animals

Miniature Dachshund puppies for sale. AKC registered. Call 606-226-6177. 8/24 1wk

Yard Sale

3 Family Yard sale. Fri, Sat, Mon. August 29, 30 and Sept 1st. Located by highlands hospital, on Wyoming st. Many various items. Kids, women's purses, treadmill, and craft items.

Big Multi Family yard sale. At 3rd street in Allen. Looks for signs. Sale Friday 29 through Monday Sept 1st.

Large church yard sale & bake sale. Spurlock old regular baptist church. Next to highway 23 above old Holiday Inn. Clothes, dishes, what nots, pop, hotdog's, cake, pies, candy, soup beans & cornbread. Sale Sept 3, 4, 5, & 6. 9 am - dark.

Misc.

52 inch Hitachi big screen for sale. Call 358-9351.

For Sale: Taylor icecream, Vulcan grill & deep fryer, Hobart meat slicer, Henny Penny fryer, exhaust hood, bakers pride pizza oven and much more equipment available. Also have John Deere HD 45 commercial for \$1,500. Call 791-7046.

For Sale: 5 ft Balwin Baby Grand

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LPN for local Physician's Office
 Current license required and minor surgical experience preferred.
 Send résumé to:
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Progressive engineering consulting firm located in Stanville, Kentucky has immediate openings for a CADD Technician, a Geologist, and an Environmental Scientist.
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ATTENTION: EXPERIENCED COAL MINERS
 TECO Coal Corporation is seeking applicants for 1st class surface mine equipment operators to staff a new surface mine spread at its Premier Elkhorn Coal Company location at Myra, KY. Applicants must be able to operate at least one of the following pieces of equipment: Dozer, Drill, Excavator, Grader, 992-G Loader, or Backdump. Surface Mechanic and Blaster positions are also available. KY experienced miner certification required. CDL required for Mechanic and Blaster. State & Federal certifications required for Blaster. MET & EMT certifications are a plus.
 TECO Coal Companies offer an excellent wage and benefit package, that includes 100% medical coverage for in-net-work medical services, after a nominal co-pay; dental, vision and prescription coverage, paid sick, vacation, holidays, and life insurance, long-term care insurance, short- and long-term disability benefits, company paid retirement, plus 401K savings plan with a company match, and an Employee Assistance Program.
 Applications are being accepted at:
 Kentucky Department for Employment Services
 138 College Street, Pikeville, KY 41501
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Employment

piano-Ebony-artist bench-like new. \$3,900. Also formal dining room table plus 6 chairs plus china cabinet. \$500. Call 367-7751 or 1-859-0464.

For sale: 2 800 Watt Max 10" subwoofers Volfenbag. Also Boss Amp 400 w X 2 Revolution series. \$ 200. Call 789-8792 or 792-8657.

floors and cabinets with spacious attached garage. Located 4 miles from us 23. Panoramic view located in new subdivisions. \$210,000 asking price Seller willing to help with closing costs! Call 606-285-0054 606-791-0719, evenings 606-377-6042

Sale or Lease

REAL ESTATE

House for sale. 572 Riverside Dr in Prestonsburg. 3 br, 1 bath. Quite neighborhood. In the process of being remodeled. Current price 48,000 or make offer. Call 859-294-7010 or 859-229-1916.

3 br, 2 ba brick home for sale. Located in Prestonsburg 1/2 mile from the MAC at Spurlock Creek. First brick with fenced in yard, carport, .75 acre, fireplace, and a garden spot. Price reduced \$175,000. Call 889-0544 after 6pm Monday - Friday. Or call 791-3742.

For sale: Manufactured Home at Valley View estates, Langley. 3 Br, family room, living room, dining room, kitchen has lots of cabinets. 2 full baths one has a jacuzzi tub and utility room. It sits on around 2 acres. Price \$ 95,900. Call 606-285-9694.

3 Bd house for sale. 1 1/2 bath new kitchen & app. Commercial bldg also located on property. Located on Middle Creek. Call 8886-2699.

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

HOUSE FOR SALE Newly constructed house for sale located at Abbott Creek. Vaulted living room ceiling, 3 BR, bonus room, fireplace, with cherry hardwood

S Curve property, for lease for sale. Existing business with 2 adjoining lots near downtown and close to courthouse; 240 ft road frontage in busy traffic area. 606-791-3663.

Barn for rent or lease. Located in the CowCreek area. If interested call 226-0528.

Giovanis building in Martin will soon be vacated. Ideal for another restaurant. Reasonable rent. If interested call 285-3025 Monday - Saturday 9am - 5 pm.

Land for sale: 1/4 acre, exiting septic, city water located at lvel between Prestonsburg and Pikeville. Call 606-422-1862.

Building for rent: approx.2500 square ft. Former John P. Wells garage. Equipped with mechanics lift. Located on South Lake Dr Prestonsburg, Ky. Call 886-9690 for more info. t

Beauty Shop For Rent: fully equipped located on South Lake Dr Prestonsburg, Ky.

Ready to move in! Call 886-9690 for more info.

FARM FOR SALE Floyd county 75 acres more or less, rt. 1100 off US 23 East Point Upper Little Paint. Lum Dorsett Branch. Call 606-325-4430 or 606-325-2809. Level- Sloping and timber. HUNTERS PARADISE!! Could be made into a subdivision.

Rentals

3 Br 2 full bath apartment for rent. Located at Martin. Utilities not included. \$600 mth plus \$300 deposit. Call 285-1000.

For Rent: Nice clean 1 Br unfurnished apartment for near NEW food city. Lease and deposit required. No pets, no HUD. \$ 425 per month. Call 886-3565.

2 Br, townhouse for rent. Located on Rt 1428. 3 miles from Prestonsburg. Newly renovated. Call 358-9483 after 6 pm.

APT FOR RENT Branham height Apt Wheelright KY, is now accepting applications for one bedroom Handicap accessible Apt. rent is based on income. Contact Kathy 452-4777

For rent: Furnished apt and mobile home. No drugs or pets allowed. Ready to occupy, very clean, private and quiet. Good location near Prestonsburg & Jenny Wiley Lake.

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Houses

3 Br, 1 bath house for rent. Private drive, References required plus deposit. Call 874-9955. \$500 month plus utilities.

2 Bedroom house for rent. Located at Goble Branch. Single or couple. \$400 month plus utilities. Must have ref. No pets. Call 874-8931.

3 br, 1 bath private drive. References required. Plus deposit. \$500 mont plus utilities. Call 874-9955.

House for rent: 3 Br, 1 bath. Located at 735 Kelly Lane in Prestonsburg. \$625 per month. Call 226-0669.

4 Br Brick house for rent. Carport, central heat & air. 3 miles from Prestonsburg city limits. On Rt 404 in David. \$700 mth price negotiable. Call 886-2842.

House for rent. Excellent neighborhood. 4 br, 2ba, 1,800 sq ft. Built in vacuum system. Stove, ref, with or w/o w & d. House completely renewed. No animal, non smoking, heat pump. Total electric. Located in Knott Co. Deposit required. Call 438-6104.

House for rent: 1,500 sq ft. 2 Br, 1

bath fully furnished. All utilities. Located on US23 between Prestonsburg & Pikeville. \$795 deposit & \$795 month. Call 606-422-1862.

2 BR Duplex for rent, central heat and air. 1 mile North of Prestonsburg. No pets, references and security deposit required. Call 889-9747 or 886-9007.

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New federal lending program for landowners. No down payment & low monthly payments. Complete improvement packages available. Will also remove existing homes. Call 866-597-2083.

Mobile home for rent. Meade rentals. Single and double mobile homes. 3 br only. Located at Auxier. Call 789-8881 or 367-1169.

Extremely nice 2 Br mobile home for rent. Washer / dryer hook up. With central heat & air. Located at

the right fork of Bull Creek. \$475 month plus deposit. Call 889-0036.

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LOTS FOR RENT Dwale Mobile home Park. off US 23 near Prestonsburg. Nice quiet community. Restrictions apply. 606-377-2357

2 Mobile homes with land for sale. Located at Cliff side. Approx 2 miles from town for more info contact 791-3727.

For rent: Small furnished mobile home for rent. Just off of Mountain Parkway on old 114. Call 886-8724.

2 Br, total electric mobile home for rent. Located in the Martin area. Call 285-3980.

Nice 2 br Mobile home for rent. Located in Prestonsburg Call 874-0875

2- 2br Mobile homes for rent. Located on Cliff road. Call 886-3047 or 226-3047.

2 Br mobile home for rent. Located at Auxier. Behind county line liqueur. Deposit & first month rent required. Call 886-6518 after 5 pm. 8

2 Br mobile home for rent. Between Allen & Prestonsburg. nice neighborhood. With washer / dryer, water, garbage and basic cable included. Must have references. \$475 month plus \$250 deposit. Serious inquires only. 606-262-4296.

For Rent: 2 - 2 br mobile homes. Floyd Johnson county line. No HUD or No PETS. Call 886-3151 after 6 pm.

For Sale: 32 x 40 Clayton doublewide. 2 br. 2 bath. Has all appliances. Brand new, never been set up. Asking \$35,000. Call 874-8104 leave a message if there is no answer.

Legals

NOTICE OF BOND RELEASE

(1) In accordance with KRS 350.093, notice is hereby given that Kqch Victory, a Division of the C. Reiss Coal Company, 2525 Harrodsburg Road, Suite 130, Lexington, KY 40504, has applied for a Phase III bond release on permit number 836-5289, which was last issued on 6/16/93. The application covers an area of approximately 42.12 acres, located 0.45 mile southwest of Dema, in Floyd County. (2) The permit area is approximately 0.20 mile south from KY 7's junction with Bradley Branch Road, and located on Bradley Branch of the Right Fork of Beaver Creek. The latitude is 37 degrees, 24 minutes, 57 seconds. The longitude is 82 degrees, 48 minutes, 40 seconds. (3) The bond now in effect for the permit is a surety in the amount of \$3,000.00. Approx-

mately 15 percent of the original bond amount of \$26,000.00 is included in the application for release. (4) Reclamation work performed includes: final grading and revegetation, which was completed on 11/25/97. (5) Written comments, objections, and requests for a public hearing or informal conference must be filed with the Director, Division of Field Services, 2 Hudson Hollow, Frankfort, KY 40601-4321, by 11/3/2008. (6) A public hearing on the application has been scheduled for 11/4/2008 at 9:00 a.m., at the Department for Natural Resources, Division of Mine Reclamation and Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, KY 41653-1410. The hearing will be cancelled if no request for a hearing or informal conference is received by 11/03/2008.

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Contact: Donnetta Mullins, 606-886-8506, today, or mail to P.O. Box 390, Prestonsburg, KY 41653

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All shelves, Reese hitch, ladder rack, new tires, and air conditioning. A good work van!
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2002 Toyota Sienna
\$9,999.00. NADA price \$12,000. Local, 1-owner, Carfax certified, champagne in color. Heated leather seats with sun-roof, V6, Gas Saver!!
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Picture this: Soon, a lucky few seniors will move into beautiful new low-income apartments in San Francisco. No more living in garages. No more choosing between medicine, food and a place to live. All because neighbors are uniting and saying yes to affordable housing. Today, 37 million people live in poverty. But hope is building. For easy ways you can help, visit www.povertyusa.org.



One in ten seniors lives in poverty. One neighborhood said no.



San Francisco Organizing Project, San Francisco, CA

Spice Up Summer

VEGGIE STYLE

FAMILY FEATURES

Summer is the perfect time to take the party outdoors — longer days, warmer weather and plenty of seasonal ingredients to plan a menu around. Creating a relaxed backyard bash is easy! Professional chef and Food Network personality Cat Cora has recipes that can stand the heat and are great for any casual outdoor gathering.

Chef Cora uses colorful and tasty ingredients to whip up the ideal summer meal in minutes. She offers some sizzling recipes that are easy to prepare and save time in the kitchen.

For a Mediterranean take on the classic burger, Chef Cora recommends blending Kalamata olives, fresh scallions and tangy feta with veggie burgers.

"Nothing says summer like burgers on the grill, and the Greek Veggie Burgers with Olive Sauce are my absolute favorite — extra flavorful and juicy," said Chef Cora. "This recipe can easily be doubled or tripled when serving crowds, and you can make these burgers on an outside grill while enjoying the party."

If your guests crave more than burgers, add a bit of sophistication with a spicy Asian mango stir-fry — complete with crisp vegetables, Thai chili, toasted almonds and Morningstar Farms Asian Veggie Patties. Or try Chef Cora's veggie steak and spinach salad with a lively soy-lime dressing. It's a refreshing complement to any summer meal.

For more quick recipes and fun food ideas, visit www.seeveggedifferently.com.



Greek Veggie Burger With Olive Garlic Sauce



Spicy Mango Stir Fry

Spicy Mango Stir Fry

Prep Time: 40 minutes

Time to Table: 40 minutes

Yield: 8 cups stir-fry mixture; 4 to 6 servings

- 4 Morningstar Farms Asian Veggie Patties (1 package), thawed
- 1 Thai chili pepper, birdseye chili pepper, small red Serrano pepper or jalapeño pepper, seeded and thinly sliced*
- 1/4 cup reduced-sodium soy sauce
- 1 teaspoon grated gingerroot
- 2 cloves garlic, minced
- 1 tablespoon sesame oil or vegetable oil
- 1 medium onion, chopped (about 1 cup)
- 1 cup broccoli florets
- 1 large carrot, bias-sliced (1/2 cup)
- 1/2 cup sliced yellow, red or green bell pepper
- 3 mangoes, peeled, pitted and sliced
- 1/2 cup fresh snow peas, trimmed
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon sliced green onion (optional)
- 1 tablespoon slivered almonds, toasted (optional)

Cut each veggie patty into 4 strips. Place in 9 x 9 x 2-inch baking dish. Sprinkle with chili pepper.

In small dish, stir together soy sauce, gingerroot and garlic. Pour over patties. Cover and refrigerate for 30 minutes.

In large nonstick wok or skillet, heat oil over medium-high heat until hot. Stir-fry onion in hot oil for 1 to 2 minutes. Add broccoli, carrot and bell pepper. Stir-fry for 2 to 3 minutes or until crisp-tender. Stir in mangoes. Add snow peas, patty strips and marinade. Cook and gently stir for 1 to 2 minutes or until heated through. Stir in cilantro. Garnish with green onion and almonds, if desired. Serve immediately.

*Note: Using the jalapeño pepper decreases the spicy hotness of the stir-fry. Since hot chili peppers contain volatile oils that can burn your skin or eyes, wear disposable or rubber gloves when working with them. If your bare hands do touch the chili peppers, wash your hands with soap and water.



Professional chef and Food Network personality Cat Cora

Greek Veggie Burgers With Olive Garlic Sauce

Serves 4

- 4 Morningstar Farms Grillers Original Veggie Burger Patties

Sauce

- 2 tablespoons plain low-fat yogurt (strained if you like)
- 1 clove garlic, minced
- 1/3 cup Kalamata olives, chopped
- 1 tablespoon chopped scallion
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 teaspoon fresh oregano, chopped
- 2 tablespoons crumbled feta

Rolls and toppings

- 4 onion hamburger rolls, split and toasted
- 4 lettuce leaves, washed and dried
- 4 tomato slices
- 4 cucumber slices (optional)
- 4 thin slices red onion (optional)

Place frozen veggie burger patties in non-stick skillet. Heat burgers, covered, over medium heat for 7 to 7 1/2 minutes, turning burgers halfway through cooking time.

While burgers cook, stir together yogurt, garlic and all remaining sauce ingredients. To serve, place each burger on a roll, spoon on a little garlic sauce, and top with lettuce, tomato, cucumber, and onion slices to your taste.

Asian Spinach Salad

Prep Time: 20 minutes

Time to Table: 20 minutes

Yield: 12 cups salad; 4 to 6 servings

- 1/4 cup lime juice
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon chopped fresh cilantro
- 1 teaspoon brown sugar
- 2 small cloves garlic, minced
- 3 tablespoons olive oil, divided
- 10 cups fresh baby spinach leaves (about 8 ounces)
- 1 medium red onion, halved and sliced 1/4 inch thick
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 package Morningstar Farms Meal Starters Veggie Steak Strips
- 2 tablespoons dry roasted unsalted peanuts (optional)

In small bowl, combine lime juice, soy sauce, cilantro, brown sugar and garlic. Whisk in 2 tablespoons of the oil. Set aside.

In large salad bowl, place spinach. In large nonstick skillet heat 1 teaspoon of the remaining oil over medium-high heat. Add onion. Cook, stirring occasionally, about 3 minutes or until tender. Stir in salt and pepper. Spoon on top of spinach in bowl.

In same skillet, heat remaining 2 teaspoons oil. Add veggie steak strips. Cook and stir for 2 to 3 minutes or until heated through. Remove from skillet. Keep warm.

Add lime juice mixture to hot skillet, stirring to remove any bits of steak strips. Heat through. Drizzle over spinach and onions. Arrange steak strips on top. Garnish with peanuts, if desired. Serve immediately.

All recipes courtesy of Cat Cora



Asian Spinach Salad