



The Times

FLOYD COUNTY

www.floydcountytimes.com

One Voice for Eastern Kentucky

Member, Kentucky Press Association

In brief

Pike teen killed in wreck

by **SHELDON COMPTON**
STAFF WRITER

KIMPER — A Phelps teen was killed in a two-car collision at Kimper in Pike County Thursday, Sept. 18, when, according to police, she lost control and struck on oncoming vehicle.

Police reports state that Priscilla A. Hunt, 19, of Snake Road in Phelps was driving her 1991 Pontiac Bonneville east on Route 632 when she collided at approximately 6:30 p.m. Thursday evening with a 2008 Chevrolet Silverado drive by Gary Duty, 35, of Stopover.

Duty's wife, Debbie Duty, 40, and their child were passengers in the vehicle, police said.

Hunt, who was not wearing a seat belt according to the police report, was pronounced dead at the scene by Pike County Deputy Coroner Zebu Hampton.

Duty was airlifted to Cabell-Huntington Hospital where he was treated and has since been released. His wife and child were taken to Pikeville Medical Center and were also treated and released.

The accident remains under investigation by Kentucky State Police Trooper Jimmy Anderson. No charges have yet been filed.

Federal inmate facing familiar charge

by **SHELDON COMPTON**
STAFF WRITER

PIKEVILLE — Eric Christopher Eymard, an inmate at the Big Sandy United States Penitentiary at Inez, was indicted in federal court Thursday for allegedly beating another inmate.

Eymard was indicted in United States District Court in Pikeville Thursday on a single count of assault with intent to murder.

According to the grand jury charges

filed Thursday, Eymard allegedly assaulted a fellow-inmate on Nov. 4, 2007.

A motion for arraignment was filed along with the indictment. Eymard is scheduled to appear for arraignment on the charge in Ashland's federal court on Sept. 29 at 10 a.m. before Judge Edward B. Atkins.

Eymard, 27, is currently scheduled for a projected release date of 2028, according to Federal Bureau of Prisons records.

However, this most recent case is not Eymard's only federal indictment.

According to federal court records, the 27-year-old has been indicted in four prior federal indictments, bringing his total to five indictments in various federal jurisdictions.

While incarcerated in the Federal Processing Center for inmates in Oklahoma City, Okla., a November 2006 federal indictment stated Eymard assaulted another inmate in April of that year with a toothbrush with the

handle sharpened into a knife.

He was again the subject of a federal indictment the same year when it was charged that on Aug. 6, again in Oklahoma City, Okla., Eymard, who is listed as having the alias "Taliban," assaulted Jesse Soria with a razor blade at a federal transfer center for inmates.

In another indictment, a federal grand jury in the Western District of Missouri charged that while being held

(See **INMATE**, page three)

FOLK FEST FUN



photo by Jarrid Deaton

Students from area schools participated in a variety of events, including sack races, at the Highland Folk Festival in Prestonsburg on Friday. For more information, see page A5.

County gets new software for emergencies

by **SHELDON COMPTON**
STAFF WRITER

PRESTONSBURG — Floyd County Emergency and 911 Director Bill Dotson is currently working to install the agency's own software onto the laptops of emergency responders around the county.

Dotson told members of the Floyd County Fiscal Court and members of the public Friday that the software will afford responders

with laptop capability far more resources than in the past.

"This will be our own software, and those with laptops will be able to access our applications and files through this program," Dotson said.

The applications and software, known as Pictometry, will be invaluable, Dotson said.

Floyd County Judge-

(See **SOFTWARE**, page three)

Three charged in Johnson meth bust

by **SHELDON COMPTON**
STAFF WRITER

THEALKA — Three Eastern Kentuckians were arrested in Johnson County Thursday on drug-related charges by the Johnson County Sheriff's Deputies.

Ryan Selvage, 19, of Inez, Jack "Brent" Crace, 44, of Salyersville, and Lawana Heinlein, 36, of Staffordsville, were taken into custody by Lt. Tom Wyatt on individual charges of unlawful possession of

methamphetamine precursors and drug paraphernalia use or possession.

Heinlein and Crace were additionally charged with possession of methamphetamine and tampering with physical evidence.

According to reports from the sheriff's office, deputies responded to complaints of possible drug trafficking in the Boyd Branch area of Thealka.

When they arrived at the

(See **METH**, page three)

Drug court holds graduation

by **JARRID DEATON**
FEATURES WRITER

Nine people sat in the courtroom of Floyd County District Judge Eric Hall on Thursday. Nine people, all of them facing at least a year in prison for drug related charges. But this courtroom appearance was a time for celebration, and the only reason that any of the nine were nervous is because they had to do a little bit of public speaking. These nine people were all graduates of the drug court program, giving them a new chance at life.

"Everyone here has completed the terms of their probation," Hall said. "As soon as they are

eligible, their prior criminal charges can be expunged and their record can be wiped clean."

The drug court program lasts no less than 14 months, and those enrolled in the program must attend three Narcotics Anonymous meetings per week, meet with Judge Hall three times per week, and have three drug screenings per week among other requirements.

According to Hall, drug court is the most successful method of dealing with drug offenders that he has been a part of.

"There's nothing that comes close to drug court as far as success," Hall said. "We've have zero felony convictions from the

people that have graduated drug court. The recidivism rate is very, very low. I want to commend all of our graduates, because it is a tough program to get through."

Hall got to know all of the graduates through his involvement with drug court, and he introduced each of them with kind words about their individual personalities and strengths.

"This is such a fantastic group of people," Hall said. "I'm so proud of all of them."

Deputy Chief Justice Will T. Scott praised Judge Hall, the drug court program, and the graduates.

(See **GRADUATION**, page three)



photo by Jarrid Deaton

Floyd County District Judge Eric Hall and Deputy Chief Justice Will T. Scott spoke at a drug court graduation ceremony on Thursday night.

2 DAY FORECAST

Today



High: 85 • Low: 57

Tomorrow



High: 88 • Low: 58

Get up-to-the-minute weather forecasts at floydcountytimes.com

The Floyd County Times is printed on 100 percent USA recycled paper

inside

- Regional ObituariesA2
- Opinion.....A4
- Lifestyles.....A5
- Sports.....B1
- Classifieds.....B4



1 83176 00010 1

We know Construction Loans from start to finish!

www.ctbl.com

Call Today!
1-800-422-1090

Loan to Value (LTV)
up to 89.9%

Easy Application Low Closing Costs!

Member FDIC

Community Trust Bank
building communities...built on trust

*Subject To Credit Approval. Property Insurance Required.

Regional Obituaries

FLOYD COUNTY

■ Bobby Bradford, 50, of Prestonsburg, died Thursday, September 11, at the Pikeville Medical Center. He is survived by his wife, Rebecca Hall Bradford. Funeral services were held Monday, September 15, under the direction of Nelson-Frazier Funeral Home.

■ Sam Stevie (Bird Dog) Burchett, 36, of Prestonsburg, died Tuesday, September 16, at Cabell-Huntington Hospital. He is survived by his wife, Linda Bradley Burchett. Funeral services were held Saturday, September 20, under the direction of Nelson-Frazier Funeral Home.

■ Kenis Sanford Burchett, 71, of Prestonsburg, died Tuesday, September 16, at his residence. He is survived by his wife, Reka Joe George Burchett. Funeral services were held Friday, September 19, under the direction of Nelson-Frazier Funeral Home.

■ Bobby Dean Combs, 42, of Prestonsburg, formerly of Leburn, died September 7, at home. Funeral services were held Wednesday, September 10, under the direction of Nelson-Frazier Funeral Home.

■ Rev. Roy Lee Cosby, 73, of Wheelwright, died August 30, at Highlands Regional Medical Center. Funeral services were held Friday, September 5, under the direction of Nelson-Frazier Funeral Home.

■ Jacob (Jake) Crum, 78, of Martin, died Sunday, September 14, at the Hazard Nursing Home. Graveside services were held Wednesday, September 17, under the direction of Nelson-Frazier Funeral Home.

■ Olive Hall Cox, 75, of Garrett, died Sunday, September 7, at the Hazard ARH. Funeral services were held Thursday, September 11, under the direction of Nelson-Frazier Funeral Home, Hindman.

■ Juanita Cox, 90, of Garrett, died Wednesday, September 17, at her residence. Funeral services will be conducted Sunday, September 21, at 2:00 p.m., under the direction of Hall Funeral Home.

■ Jacob (Jake) Crum, 78, of Martin, died Sunday, September 14, at the Hazard Nursing Home. Graveside services were held Wednesday, September 17, under the direction of Nelson-Frazier Funeral Home.

■ Emma Lou Goble Gray, 70, of Prestonsburg, died Friday, September 12, at her residence. Funeral services were conducted Monday, September 15, under the direction of Nelson-Frazier Funeral Home.

■ Gardner Johnson Sr., 64, of Elizabethtown, a Floyd

County native, died Wednesday, September 10, at Hardin Memorial Hospital. He is survived by his wife, Grethel Mae Johnson. Funeral services were held Monday, September 15, under the direction of Brown Funeral Home.

■ Luke Kidd, 85, of Harold, died Sunday, Sept. 14, at Pikeville Medical Center. Arrangements, under the direction of J.W. Call & Son Funeral Home.

■ Charles Martin Jr., 60, of Vinton, Ohio, formerly of Floyd County, died Tuesday, September 16, at his residence. He is survived by his wife, Chaddie Halbert Martin. Funeral services were held Friday, September 19, under the direction of Nelson-Frazier Funeral Home.

■ Donald Patton, 88, of Langley, died Monday, September 1, at home. Funeral services were held Thursday, September 4, under the direction of Hall Funeral Home.

■ John Paul Sexton, 30, of Garrett, died September 4, at home. Funeral services were held Sunday, September 7, under the direction of Nelson-Frazier Funeral Home.

■ Nora Stumbo, 87, of McDowell, died Sunday, September 14, at the Lexington Country Place, in Lexington. Funeral services were conducted Wednesday, September 17, under the direction of Hall Funeral Home.

■ Mary Evelyn Goble Wells, 79, of Paintsville, a Prestonsburg native, died Saturday, September 13, at Mountain Manor Nursing Home, Paintsville. Funeral services were held Tuesday, September 16, under the direction of Nelson-Frazier Funeral Home.

■ Sue West, 61, of Clyde, Ohio, a Prestonsburg native, died Sunday, September 14, at her residence. She is survived by her husband, Joseph West. Funeral services were held Thursday, September 18, under the direction of Foos and Foos Funeral Service, Bellevue, Ohio.

PIKE COUNTY

■ Irene Belcher, 90, of Pikeville, died Saturday, September 13, at her home. Funeral services were held Monday, September 15, under the direction of Lucas & Son Funeral Home.

■ Odie Bentley Jr. 76, of Beechide of Dorton, died Saturday, September 13, at his home. He is survived by his wife, Wanda Bentley. Funeral services were held Thursday, September 18, under the direction of Hall & Jones Funeral Home.

■ Robert C. Billips, 82, of Pikeville and Lexington, a Wheelwright native, died Saturday, September 14. He is

survived by his wife, Jean Billips. Memorial services were held Friday, September 19, at the Lexington Cemetery Scattering Gardens. J.W. Call & Son Funeral Home was in charge of arrangements.

■ Walton Burke, 85, of Rockhouse, died Monday, September 15, at Pikeville Medical Center. He is survived by his wife, Eva Burke. Funeral services were held Thursday, September 18, under the direction of Lucas & Son Funeral Home.

■ Michael Dean Burnette, 50, a native of Pikeville, has died in Port Charlotte, Fla. A memorial is planned for a future time.

■ Judy Carol Callihan, 57, of Millard, died Monday, September 15, at Pikeville Medical Center. Funeral services were held Thursday, September 18, under the direction of Lucas & Son Funeral Home.

■ Billy Edward Cochran, 80, of Huddy, died Thursday, September 11, at Trinity Healthcare, Williamson, W.Va. Funeral services were held Monday, September 15, under the direction of R.E. Rogers Funeral Home.

■ Barbara Elaine Edmiston, 57, of McAndrews, Tenn., formerly of Pikeville, died Tuesday, September 16, at the University of Kentucky Medical Center, Lexington. Arrangements, under the direction of R.E. Rogers Funeral Home.

■ Lucy "Dolores" Webber Forsyth, 87, of Memphis, Tenn., formerly of Pikeville, died Monday, September 15. Funeral services were held at the Presbyterian Church, 508 Cedar Creek Road, Pikeville, Saturday, September 20. J.W. Call & Son Funeral Home is in charge of arrangements.

■ Paul David Holland II, 27, of Elkhorn City, died Thursday, September 11, at his home. Funeral services were held Monday, September 15, under the direction of Bailey Funeral Home.

■ Maric Maggard, 83, of Robinson Creek, formerly of Three Mile, died Sunday, September 14, at Pikeville Medical Center. Funeral services were held Thursday, September 18, under the direction of Hall & Jones Funeral Home.

■ Kathleen Morrison, 78, of Zebulon, died Sunday, September 14, at Pikeville Medical Center. Funeral services were held Wednesday, September 17, under the direction of Community Funeral Home.

■ Dacic Mullins, 76, of Long Fork of Virgie, died Saturday, September 13, at Pikeville Medical Center. Funeral services were held Tuesday, September 16, under the direction of Hall & Jones Funeral Home.

■ James Hassil Mullins, 81, of Crestview, Fla., a Pike

County native, died Monday, Sept. 15. He is survived by his wife, Alma Lillian Mullins. Funeral services were held Thursday, Sept. 18, under the direction of Brackney Funeral Service, Crestview.

■ Harry Kenneth Reed, 88, of Meta, died Tuesday, Sept. 16, at Pikeville Medical Center. He is survived by his wife, Mildred Leslie Reed. Funeral services were held Friday, Sept. 19, under the direction of J.W. Call & Son Funeral Home.

■ Matt Greenie Slone, 69, of Lower Pompcy, died Monday, September 8, at Pikeville Medical Center. He is survived by his wife, Lois Slone. Funeral services were held Thursday, September 11, under the direction of Community Funeral Home.

■ Elzie Tackitt, 82, of Indian Creek, a native of Melvin, died Sunday, September 14, at his home. Funeral services were held Wednesday, September 17, under the direction of Lucas & Son Funeral Home.

KNOTT COUNTY

■ Tommy Caudill, 73, of Hindman, died Monday, September 15, at the Whitesburg ARH. Funeral services were held Thursday, September 18, under the direction of Nelson-Frazier Funeral Home, Hindman.

■ Riley Jay Dobson Collins, 3 months old, of Topmost, died Sunday, September 14, at home. Funeral services were held Thursday, September 18, under the direction of Nelson-Frazier Funeral Home, Hindman.

■ Ricky Paul Cornett, 32, of Mallie, died Saturday, September 6, at home. Funeral services were held Wednesday, September 10, under the direction of Nelson-Frazier Funeral Home, Hindman.

■ Karen "Susie" Calhoun Ford, 40, of Blue Rock, Ohio, formerly of Knott County,

died Wednesday, September 3, at the Good Samaritan Hospital in Ohio. Funeral services were held Sunday, September 7, under the direction of Nelson-Frazier Funeral Home, Hindman.

■ Opal Halcomb, 86, of Hindman, died Sunday, August 31, at her home. Funeral services were held Wednesday, September 4, under the direction of Hindman Funeral Services.

■ Florine Hall, 73, of Oakwood, a native of Garner, died Sunday, September 7, at St. Vincent Mercy Medical Center, Toledo. Funeral services were held Thursday, September 11, under the direction of Heitmeyer Funeral Home, Martin.

Anna (Annie) Hampton, 93, of Lexington, formerly of Knott County, died Saturday, September 6, at home. Funeral services were held Wednesday, September 20, under the direction of Nelson-Frazier Funeral Home, Martin.

■ Elder Lovel Williams, 82, of Redfox, died Monday, September 1, at the Hazard ARMC. Funeral services were held Sunday, September 7, under the direction of Hindman Funeral Services.

MARTIN COUNTY

■ Arthur Booth, 74, of Hode, died Thursday, September 4, at Highlands Regional Medical Center, in Prestonsburg. Funeral services were held Sunday, September 7, under the direction of Richmond-Callahan Funeral Home.

■ IG Jude, 71, of Pilgrim, died Friday, September 5, at Highlands Regional Medical Center, in Prestonsburg. He is survived by his wife, Pat Jude. Funeral services were conducted Monday, September 8, under the direction of Wilson Funeral Home.

MARTIN COUNTY

■ Dortha Mae Morrison Scott, 83, of Pilgrim, died

Wednesday, September 10, at Highlands Regional Medical Center, in Prestonsburg. Funeral services were held Saturday, September 13, under the direction of Richmond-Callahan Funeral Home.

■ Mabel Stepp, 82, formerly of Martin County, died Thursday, September 4, at Indianapolis, Indiana. A memorial service was held Monday, September 8, at Harry Moore Funeral Home, in Indianapolis.

■ Leonard M. Timms, 47, of Incz, died Saturday, September 6, from injuries sustained in a motorcycle accident. He is survived by his wife, Almetta Muncy Timms. Funeral services were held Monday, September 8, under the direction of Richmond-Callahan Funeral Home.

JOHNSON COUNTY

■ Curtis Blair Jr., 79, of Staffordsville, died Thursday, September 18, at his residence. He is survived by his wife, Nora Blair. Funeral services were held Sunday, September 21, under the direction of Phelps & Son Funeral Home.

■ Scottie Lee Blanton, 56, of Staffordsville, died Sunday, September 7, at Highlands Regional Medical Center, in Prestonsburg. He is survived by his wife, Sheila Ward Blanton. Funeral services were held Thursday, September 11, under the direction of the Jones-Preston Funeral Home.

■ Betty Lou Meade Burchett, 84, a native of Paintsville, died Tuesday, September 16, at Hospice Care Unit in St. Joseph Hospital, Lexington. Funeral services were held Saturday, September 20, under the direction of Jones-Preston Funeral Home.

■ Ina Richardson McFaddin, 84, of Paintsville, died Tuesday, September 16,

(See OBITUARIES, page three)

FCT ONLINE POLL

RESULTS FOR WEEK OF SEPTEMBER 7 - SEPTEMBER 14, 2008

What do you think of John McCain's choice for running mate?

- I am more likely to vote for him now. (63 Votes, 33%)
- I am less likely to vote for him now. (98 Votes, 51%)
- The running mate makes no difference in how I vote. (30 Votes, 16%)

Go online today and answer this week's question!

Which presidential candidate do you think will be better able to address the nation's economy?

- John McCain
- Barack Obama
- Neither

FCT ONLINE POLL

Back to School Subscription Special

IN COUNTY \$47.20
 OUT OF COUNTY \$60.80
 OUT OF STATE \$64.80
 20% SAVINGS!



TAKE ADVANTAGE OF THIS SUBSCRIPTION PRICE, TODAY!

Call Leighann Williams, Circulation Manager

606-886-8506

or mail payment with form below

Name _____

Address _____

City _____ State _____ Zip _____

Mail to: The Floyd County Times
 P.O. Box 390, Prestonsburg, KY 41653

We accept M/C, Visa, & American Express

Software

Executive R.D. "Doc" Marshall and the other members of the fiscal court heard this news during Dotson's scheduled report to the court and took the time to also tout the recent developments in Pictometry mapping efforts. Dotson and his department have been working on

As have neighboring counties such as Pike, Floyd County officials began exploring Pictometry as a multifaceted option to replace the old mapping system earlier in the year. Pictometry imaging provides detailed aerial photography taken at a 40-degree angles from low-flying airplanes and

can bring vast improvements to counties or cities across the departmental boards, including maintenance and work for roads, economic development, emergency and safety concerns and even property assessment. "I've had a chance to look at the Pictometry imaging here several times," Marshall said

Friday, "and it's a great tool that will be very helpful." A variety of measurements can be taken directly from the new system of imaging, including height, distance and area, as well as elevation and bearing. The photographs show buildings, infrastructure and land from all sides and

directly overhead. With this approach, emergency responders, property assessors and other county officials or departments can have up to some 30 images of the same location. The program is exclusively issued through Pictometry International, a Rochester,

N.Y.-based company. Pictometry International estimates, based on the work they have completed for their clients, many of whom are governmental officials, that approximately 70 percent of the United States population is covered by this type of imaging.

For Dotson's purposes, and perhaps of most benefit to citizens, will be the increased efficiency in public safety. Emergency responders can use the system in coordination with 911 calls to pull up locations for events such as structure fires to provide better information for responding.

ANNOUNCEMENT
regarding Social Security Disability or SSI Claims. It is no longer necessary for Floyd County residents to travel to Prestonsburg or to Pikeville to sign up for your Social Security Disability/SSI.

You can now sign up your Original Claims for Social Security/SSI at Kirk Law Firm, McDowell or at the Prestonsburg office where your new claim will be filed electronically for you at no cost to you and where we assist you to acquire your medical records to get your claim approved as soon as possible. That's

KIRK LAW FIRM
Prestonsburg • McDowell
Paintsville • Pikeville • Inez
Ashland • Lexington • Louisa
www.kirklawfirm.net
Call 886.9494; 377.7785
This is an advertisement

Inmate

at the United States Medical Center for Federal Prisoners officials discovered Eymard with a nine-inch metal rod with a sharpened point. The metal rod, according to the indictment, was wrapped with rubber bands at one end for a makeshift handle. Eymard first made headlines in 2000 at the age of 19

in Topeka, Kan. when it was reported that he stabbed fellow inmate Michael J. Harrison, 49, in the neck with a pencil while housed in the Shawnee County Jail. According to reports published in the Topeka Capital-Journal shortly after the attack, which took place in November 2000, Eymard was being held

at the jail as a federal inmate on a probation violation. He had been arrested and given an 11-month sentence for assaulting a law enforcement officer and attempting to elude police, as well as being in possession of a Glock .40 caliber handgun. Eymard was found guilty and sentenced to 120 months

at the conclusion of his January 2005 case and was later handed down a judgment of an amended sentence of 60 months following a November case later the same year. He pleaded guilty in both cases. Two other indictments, both of which reached conclusion in March of 2007, saw Eymard again plead guilty and

receive a concurrent sentence of 105 months. If convicted following this most recent federal indictment, Eymard would face up to 20 more years in federal prison and a fine of \$250,000 as well as three years of supervision upon his release.

Meth

scene, officers said they stopped two trucks matching the description of one given during the called in complaint. The trucks were attempting to leave the area. The three consented to a search of the trucks at which time officers say they discovered several methamphetamine precursors, assorted drug paraphernalia and methamphetamine. The additional charges filed against Heinlein and Crace for tampering with evidence came about after the arresting officers said the two

had thrown from the window of the truck a quantity of meth and syringes used to inject drugs. Also assisting at the scene were Deputies James Preston, Matt Ferguson and Paintsville Police Officers Sgt. James Stamper and Officer Jerry Wiley. The case remains open and under investigation by Johnson County Sheriff Bill Witten and Wyatt.

Graduation

"This is a fabulous program," Scott said. "The basis for most of the crimes going on right now is addiction, and Judge Hall volunteers his time because he really believes in drug court, and that these men and women are the future." Thursday's graduation marked the seventh class to complete drug court since its inception in Floyd County in 2004. The class was also the largest group to graduate from the program.

lies, telling them that they needed to be ready to serve as leaders and to expect people to come to them for advice and help. "These graduates have fought a long and vigorous battle," Scott said. "They have done what many of us would not be able to do. They have overcome themselves."

"Drug court is here to give these folks an alternative to jail, and in some cases, death," Hall said. As each graduate spoke, they all credited drug court with saving their lives and giving them another chance to live without the burden brought on by drugs and alcohol. During the testimonies of the graduates, many of their family members fought back tears as they listened to the apologies and thanks offered by their now drug and alcohol free relatives. Justice Scott also addressed the graduates and their fami-

Internet
SERVING PRESTONSBURG
Unlimited Hours. No Contracts!
\$9.95 per month
No Credit Card Required
• FREE 24/7 Technical Support
• Instant Messaging - keep your buddy list!
• 10 e-mail addresses with Webmail!
• Custom Start Page - news, weather & more!
Express
Surf up to **6X faster!**
just 3.3 more
Sign Up Online! www.LocalNet.com
Call Today & Save!
LocalNet 886-0565
Reliable Internet Access Since 1994

Obituaries

in Mountain Manor Nursing Home in Paintsville. Funeral services were held Thursday, September 18, under the direction of Jones-Preston Funeral Home.

Springfield, Ohio. Funeral services were held Saturday, September 20, under the direction of Jones-Preston Funeral Home.

under the direction of Magoffin County Funeral Home.

■ Robert Lamar Roman, 58, of Paintsville, died Thursday, August 21. He is survived by his wife, Janie C. Blair Roman. Private memorial services were held under the direction of the Jones-Preston Funeral Home.

MAGOFFIN COUNTY
■ Willie D. Howard, 59, of Marion, Ohio, formerly of Magoffin County, died Saturday, September 13. Funeral services were held Wednesday, September 17,

LAWRENCE COUNTY
■ Gary Wayne "StreetHawk" Strobel, 67, of Louisa, died Saturday, September 13, at his residence. Funeral were held Wednesday, September 17, under the direction of Wilson Funeral Home.

■ Audrey Earl Horne Rowland, 74, of Staffordsville, died Sunday, September 14, at King's Daughters Medical Center in Ashland. Funeral services were held Wednesday, September 17, under the direction of the Jones-Preston Funeral Home.

■ Jessie Tackett Jr., 74, of Paintsville, died Wednesday, September 17, at Paul B. Hall Regional Medical Center, in Paintsville. Funeral services were held Saturday, September 20, under the direction of Preston Funeral Home.

■ Lemuel VanHoose, 71, of Hager Hill, died Monday, September 15, at his residence. He is survived by his wife, Evelyn Little VanHoose. Funeral services were held Friday, September 19, under the direction of Jones-Preston Funeral Home.

■ Hobert J. Wells, 88, of Cincinnati, Ohio, a Johnson County native, died Tuesday, September 16, at Springfield Regional Medical Center, in

Come Catch The Spirit!
FLOYD COUNTY YOUTH FALL HAPPENING
September 21, 22, & 23, 2008
HIGHLAND AVENUE FREE WILL BAPTIST CHURCH
Annex Building in Prestonsburg, KY
WORSHIP LEADER IS BROTHER RON BALL of Lexington, KY
BATTLE LINE
will be performing Sunday and Tuesday—**JUSTIN HARRIS** will be singing on Monday
ALLEN BAPTIST YOUTH PRAISE TEAM will lead congregational singing nightly
Meal will be provided nightly beginning at 6:00 p.m. Services will begin at 7:00 p.m.

BEIGE, BROWN & WOODGRAIN WINDOWS ALSO AVAILABLE
White Vinyl Welded Double Hung Replacement WINDOWS
Window World, inc.
Simply the Best for Less!
Any Size! **\$189** INSTALLED
TOLL FREE 888-874-3004
Call For A FREE In-Home Estimate! www.windowworldinc.com
6509 Rt. 1428 • Allen, KY 41601 606-874-3004

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.
Afterschool programs
Helping kids find the hero within.
www.afterschoolalliance.org

1st Annual
COALFIELDS TELEPHONE
Customer Appreciation Day
TODAY!
Everyone welcome in the Coalfields service area
2 p.m.-4:30 p.m.
Come meet our staff, and enjoy hot dogs, drinks, prizes, and goody bags.
Top prize—
2 Trips to Gatlinburg
COALFIELDS TELEPHONE
Harold, KY
Call 478-9401

expression

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 hiccup in time

To most of us, energy policy means figuring out how much \$4-a-gallon gas to put in the tank and still have money left over to buy school clothes for the kids. It means paying higher prices for just about everything, including food, because the cost of shipping has gone through the roof. It means working harder to not fall behind and worrying that it won't be hard enough.

Our leaders' task is to recognize and somehow address those very real and wrenching human situations while, at the same time, addressing the momentous, long-term energy challenges facing America and the world.

The U.S. House of Representatives addressed them this week in its vote approving an expansion of offshore oil drilling for the first time in decades. If that bill eventually becomes law, it could affect the psychology of the international oil market and at least restrain the growth of prices, even if it can't produce immediate and dramatic drops.

The bill also addressed big-picture energy problems. It would provide funding for long-term development of alternative energy technologies. That, not more drilling, is what offers true hope for solutions to our many-faceted energy problems.

The "drill, baby, drill" mantra that has become a Republican campaign slogan is a dangerous fantasy when it comes to achieving genuine American energy independence. No matter how many times the slogan is repeated, the numbers cannot be made to work:

Americans use about 20.7 million barrels of oil every day. We pump roughly 5 million barrels from domestic wells. If, say, the entire Arctic National Wildlife Refuge were opened up to drilling, in 10 years or so we could boost that to about 7 million barrels. The additional 2 million barrels of supply might produce somewhat lower gas prices, but only if the rest of the oil production in the world — and consumption levels — remained the same. The nations of OPEC, which are determined to keep oil prices high, simply could cut production by 2 million barrels a day.

The more likely scenario is that by that time, global demand would have increased so substantially — with millions of newly minted middle-class families in India and China buying into an American-style energy-intensive good life — that a 2 million-barrel increase in supply simply would prove meaningless.

Pulitzer Prize-winning journalist Thomas Friedman argues that we're entering a new age in which renewable clean-energy technology will transform the world economy the same way information technology transformed it during the 1980s and 1990s.

America either can lead the way into this new age by capitalizing on our innovative strengths and the jobs it will create — or get in line behind the countries that do it sooner and better. If we lead, we secure our economic future. If we follow, we cede world economic leadership to others.

Whatever the political maneuvering behind it, the House energy bill approved this week is a step in the right direction, even though it falls far short of ushering in the new energy age.

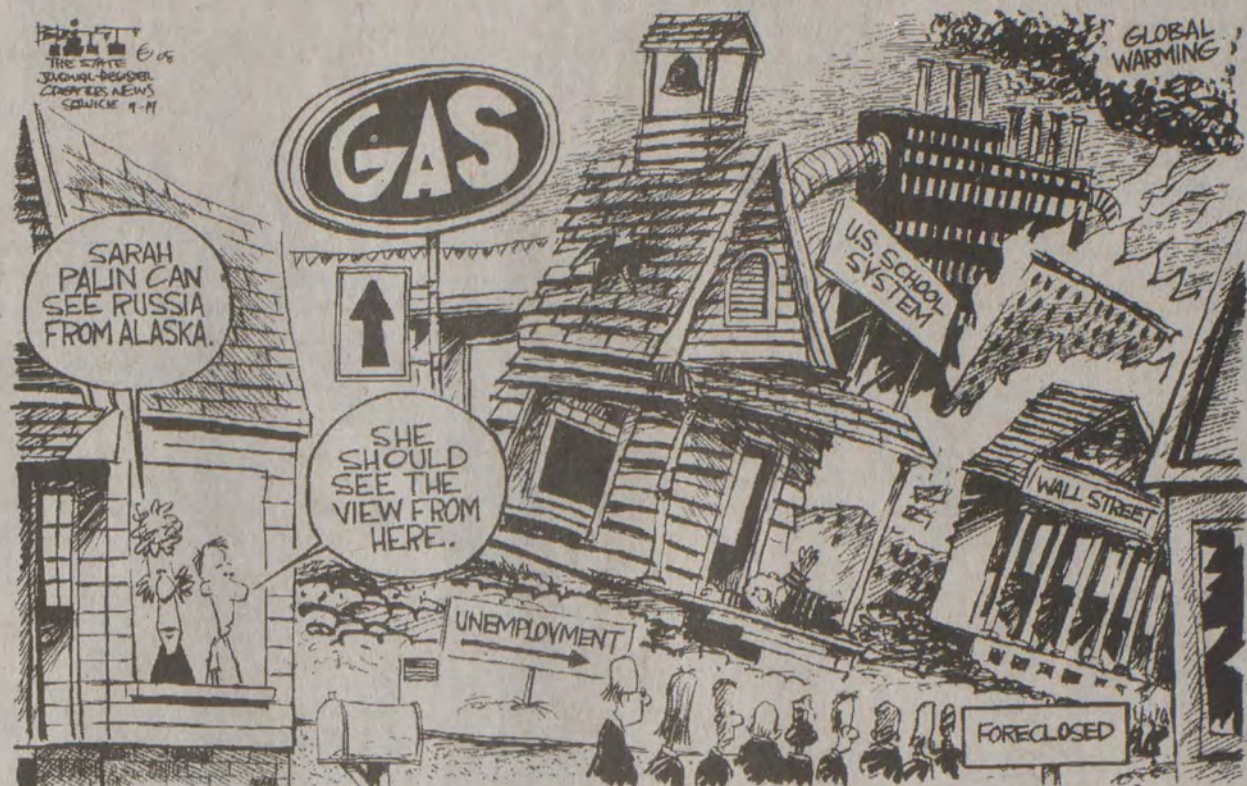
With just two weeks until Congress adjourns, the Senate now takes up the challenge. The first thing it needs to do is extend the \$17 billion in clean-energy tax incentives that are set to expire at the end of the month. They are crucial to maintaining the momentum of the young American solar and wind power industries as they work to become economically competitive with older technologies.

Even if the Senate extends those incentives and approves something resembling the House bill, there are questions about whether President George W. Bush would sign it into law. Bush has argued that it doesn't go far enough to encourage offshore drilling. But killing the bill would do nothing but cripple our progress toward a sustainable energy future, and it certainly wouldn't help working families.

The longer we regard oil drilling as an energy policy, the longer we'll remain at the mercy of oil-producing states that are fundamentally opposed to American national security and economic interests.

The House bill, imperfect as it is, at least keeps us from backsliding toward the unsustainable oil-based energy systems of the past.

— The St. Louis Post-Dispatch



Chuck Norris

The coming revolution

I believe a revolution is coming to America. Just as Hurricane Ike slammed into my home state of Texas, I am more and more convinced as every year passes that a needed voter revolution is brewing and will arrive imminently at America's shores and ballot boxes.

The birth pains for this voter revolution can be seen through the highs and lows of current political polarities. I believe it was felt through the surge of the constitutional community supporting Rep. Ron Paul. I believe it was felt in evangelicals' and conservatives' frustration with our present presidential picks. I believe it is felt in the heightened responses to John McCain's "Hail Mary throw" for vice president in Sarah Palin. And I believe it is felt in Americans' virtually unanimous disapproval rating (roughly 91 percent) for Congress.

Of course, America has some good congressmen and senators, such as Ron Paul and members of the "gang of 10" (which has grown to 20), who are hoping that both chambers will vote to "drill here, drill now" and immediately set a course for producing alternative energy. But the fact is those good politicians are few and far between. The majority of them need to be replaced, and the rest of them need our help to do it.

A voter revolution would usher in

politicians who make sweeping and radical changes, including disposing of the unconstitutional Internal Revenue Service and replacing it with a "fair tax." These are leaders who genuinely commit to the America established by our Founders, drastically cut government waste, immediately stop pork-barrel spending, reject political perks and lobbyists, quit borrowing from other nations (such as China), cease imperialism and nation building, lessen the flow of so much government aid overseas, and bring back production and pride in American commerce, etc.

The way I see it, there are three major common-sense steps toward a voter revolution:

First, examine your representatives from the top down, and ask yourself: Do they represent the people? Do they stand by the Constitution? Do they reduce big government, taxes and our deficit? Are they working to protect our borders and sovereignty? Will they stand up to governmental status quo and gridlock? Do they have the type of character that can resist the temptations of political power and special interest groups?

Second, if your answer is "no" to any of the above, get them out of office. Petition their dismissal; publi-

cize their political problems; and muster community consent in order to vote others in. Call them by name on blogs, and explain to people why they should be ousted; then do it. No more talk. Stay the course, no matter how long it takes.

Third, fight to vote in solid, reputable, law-abiding, Constitution-honoring representatives. Half our problem today is that we have been duped to vote into office individuals who have no integrity. A politician's integrity must precede our interests because if leaders are above reproach, then they are more likely to do what they've promised. And if you

can't find a more upstanding citizen than you are, then consider running for public office. It's time to get out of the bleachers and onto the battlefield.

You know the words of the British orator Edmund Burke, "Evil flourishes when good men do nothing." Well, evil has flourished for too long. It's time for the good people to rise up in another voter revolution. Don't be like the 90,000 people who ignored the evacuation orders as Hurricane Ike approached. Don't just sit back and hope it turns out OK. Get involved. Start in your community. Fight for your country and state. And

(See NORRIS, page six)



Chuck Norris

beyond the beltway

Making 'more of the same' sound like change

by DONALD KAUL
MINUTEMAN MEDIA

John McCain is running for the presidency of the United States because, he says, it's time for a change.

On the face of it, that's bizarre. After all, McCain is a Republican. Republicans have occupied the White House 20 of the past 28 years. During much, if not most, of that time they've also controlled the House and Senate.

So if you believe it's time for a change, it's Republicans you should want to change from. Right?

Apparently not. Mr. McCain says the country is in trouble and has gone so far as to run an ad saying, "we're worse off than we were four years ago."

Makes your head spin, doesn't it? Somehow a campaign rallying cry of "We've done a lousy job; re-elect us" doesn't seem to make a lot of sense.

Which would be true if McCain were running as a Republican, but he's not. He's running as a "maverick," that is, a candidate who carries no man's (or party's) brand.

And a maverick McCain's been. He's often opposed President George W. Bush.

Except, of course, on the invasion of Iraq, which he promoted before the fact and has supported without fail ever since.

And Bush tax cuts that flow most copiously to the richest among us.

And energy policy where his "drill here, drill now, drill forever"

approach is indistinguishable from the Bush-Cheney philosophy.

And a woman's right to choose, which he denies.

And stem cell research, which he opposes.

Outside of those few trivial issues, he's gone his own way — nearly 10 percent of the time.

Actually, Republicans have a track record as agents of change. Consider the nation when George Bush was elected in 2000:

- We had an annual budget surplus.

- The stock market was at an all-time high.

- Prosperity bloomed, even for the middle class.

- Our elected officials were expected to honor the Constitution.

- We didn't torture people.

- We had the respect of the world.

The Republicans 'changed all of that. Perhaps their campaign slogan should be:

"Elect us and you'll have it as good as you had it when Democrats ran the country."

That won't be the slogan, of course. The Republican campaign machine is too slick for that. As a matter of fact, I'm willing to admit that it is the most brilliant election machine since James Farley ran things for Franklin Roosevelt in the '30s.

How could anyone predict that making a Nobody From Nowhere McCain's running mate would be a stroke of genius? The Machine did, and my hat's off to it.

The Republican National Convention — from which people like myself had to turn away their

eyes lest they suffer permanent brain damage — was a huge success. It gave McCain a big bump in the polls. Mainly because of Palin.

I can understand the people at the convention liking her. They are weird people, rightwing nuts for the most part. You think I exaggerate?

A "New York Times"-CBS News poll put together a profile of the delegates to the political conventions, comparing their views to the country at large.

They found that 79 percent of Republican delegates approved of the job President Bush is doing, compared to 29 percent of the public. Fifty-seven percent thought the economy is "very or fairly good," as against 80 percent of everyone else who thought it was "bad or fairly bad."

Eighty percent thought the Iraq war was a good idea, while only 37 percent of all voters agreed.

You would think a party that out of touch with America would have a hard time selling their product.

No problem. They just run out an old codger who doesn't know much about economics and an unknown who doesn't know much about anything and they make them seem like the Perfect Couple, ready to lead from Day One.

I only wish the Republicans were as good at governing as they are at getting elected.

Don't 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.

The Times

Published Sunday, Wednesday and Friday each week

263 SOUTH CENTRAL AVENUE
PRESTONSBURG, KENTUCKY 41653

Phone: (606) 886-8506

Fax: (606) 886-3603

www.floydcountytimes.com

USPS 202-700

Entered as second class matter, June 18, 1927, at the post office at Prestonsburg, Kentucky, under the act of March 3, 1879. Periodicals postage paid at Prestonsburg, Ky.

SUBSCRIPTION RATES PER YEAR:
In Floyd County: \$59.00
Outside Floyd County: \$76.00

Postmaster: Send change of address to:
The Floyd County Times
P.O. Box 390
Prestonsburg, Kentucky 41653

PUBLISHER

Joshua Byers
jbyers@heartlandpublications.com

MANAGING EDITOR

Ralph B. Davis
web@floydcountytimes.com

ADVERTISING MANAGER

Jamie VanHoose
advertising@floydcountytimes.com



INSIDESTUFF

- Sports.....page B1
- Classifieds.....page B4

CAR TALK:

Water coming from tailpipe is no big deal

see pg. A6

www.floydcountytimes.com

"The BEST source for local and regional society news"

Email: features@floydcountytimes.com

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.

Until this week, Dewey Lake was the hottest fishing spot in all Kentucky. The water temperature was 82 degrees.

WHAT'S THE USE?

I have, this day, indited an editorial about what is happening at Dewey Lake, and at the conclusion thereof, was tempted to add these words:

"I could have spent my time as well baying at the moon."

WILL MR. CASSADY REPORT?

Arnold Cassady was back home from Michigan, last week, and he expressed an interest in having an interview with Lenna Moore, on the Watergate affair. Wonder if he caught up with Moore. Also wonder if he did find him, if Moore has yet completed his "few remarks" on the subject?

MISSING STATISTICS

Across this somewhat cluttered desk flows a stream of information from a wide variety of sources. Even vital statistics. And none of these disclose just how many men we've lost making those television commercials, in which a man shaves with two swipes of the blade.

WHEN WE FAIL

The following which we reprint from an unidentified publication, should say something to all of us.

When the polls are open and I stay at home, I cast my vote for tyranny.

When the polls are open and I go uninformed about the issues or candidates, I cast my vote in ignorance.

When my representative faces a decision about which I have a moral conviction, and I neglect to write him a letter, I give my silent consent to the opposite position.

When my community needs my voice to speak about fair housing and better schools, and I am too busy, I neglect my responsibility as a citizen under God.

HAVE YOU RE-REGISTERED?

Having printed that, we ask—Have you re-registered to vote? September 24 is the deadline. And please don't say, "So what?"

SOUNDS OF THE SEASONS

The seasons bring changes that are more than merely visual. The sounds change, too. In the spring everything bursts into bloom and every wood is a choir-loft. It is then that every stream or pool comes alive with the cacophony of peepers. This summer, the cardinals around our place made life worth living. Now, with fall only a few days away, the more raucous jays are chattering away, and there is at evening, a constant din in the

(See ALLEN, page six)



Over 1,000 children from local schools attended the opening of the Highland Folk Festival in Prestonsburg on Friday.

photos by Jarrid Deaton

A FESTIVE TIME

Highland Folk Festival entertains all ages

by JARRID DEATON
FEATURES WRITER

The first thing that you notice at the Highland Folk Festival are the sounds. From the laughter of children to the strumming of a banjo, it takes a moment for the ears to adjust to so many things going on at once. That's what the festival provides to those who stop by the parking lot of the Mountain Arts Center in Prestonsburg.

Visitors to the festival are able to take advantage of the multiple booths with arts and crafts, food, singing and dancing, and numerous other opportunities for both entertainment and education.

Khrys Varney, director of arts education for the Mountain Arts Center, said that the festival is off to a great start.

"It's going fabulous so far," Varney said. "The kids have been having a great time learning about clogging, dulcimers, furniture making, and all sorts of other things."

According to Varney, over 1,000 students from local schools visited the festival during its opening day on Friday. Many of the students stopped by each booth at the festival to look at the crafts, and in some cases, get a hands-on demonstration of how they are created.

In one booth, Ladonna Goble, with the Mountain HomePlace in Staffordsville, was spinning wool to make yarn. The Mountain HomePlace is a working farm in the



Frances Whitaker, a basket maker from Blackey, demonstrated her craft at the Highland Folk Festival on Friday.

style of the 1850s.

"I've seen a lot of kids so far, both boys and girls," Goble said. "I think it's great that they are here to learn about their culture. We're so far away from it now, with satellites, cell phones, computers, but it's not that far in our past. Many of the kids don't know that we were making our own clothing, canning food, killing hogs, we are just a little step away from that."

The children also flocked to the booth of Frances Whitaker, a basket maker from Blackey.

"All of the children have really enjoyed helping to make the baskets," Whitaker said. "That's why I am here. I think it's a great thing to involve the children."

The festival was open for the schools at 9:30 a.m. on Friday. At 2 p.m., it opened to the general public and remained open until 9 p.m. The same opening and closing times were also scheduled for Saturday.

The Highland Folk Festival is under the direction of the Arts and Education Division of the Mountain Arts Center.

MOVIES FROM THE BLACK LAGOON

'Otis'

by TOM DOTY
TIMES COLUMNIST

"Silence of the Lambs" meets "Heathers" when a serial killer collides with an average American family in this sharp satire that proves, once again, that horror cinema is far from dead and can be merged with other genres.

The film starts out like your average thriller with a young woman, in a glimmering prom dress, getting a phone call while still in bed. You are immediately plunged into a nightmare when you realize that the young lady has been captured and it's her tormentor on the line. The guy, see the title for his handle, wants to know if she's looking forward to prom night, but this lass hasn't caught the boogie fever and she promptly tells him to stuff it before running around the room and smearing Vaseline on all of the video cameras which record her every waking second in this dungeon. Otis comes smashing through the door and it all ends horribly for the victim.



Tom Doty
Times Columnist

Meanwhile, we meet the Lawsons. They're a blue-collar family eking out a slice of the American dream where they both have to hold down jobs to support their teenaged son and daughter. We also meet said offspring, which include Riley, the daughter, and Reed. Riley is first glimpsed preening after a shower but her good cheer is soon deep-sixed by her nihilistic brother who is caught videotaping her primping routine for a future run on his "YouTube" page.

It all leads to a family sit-down wherein dad expresses his frustration with a son who sells pills in school and manufactures throwing stars in shop class. Mom writes it off as a stage of development and the whole scene comes to a close when dinner arrives in the form of a pizza. Unfortunately it's Riley who gets to pay the guy and he, of course, turns out to be none other than Otis (who lights up, literally, when he spies Riley).

Riley is snatched by the hulking Otis on her way to school and it isn't long before we learn the extent of the big guy's rituals which include forcing his victim to adopt the name of Kim, getting her used to the idea that it is now the 1980s and she's to be a cheerleader with a mad crush on good old Otis, and it will all culminate with a trip to the prom which will be simulated in Otis' living room (which comes fully equipped with a disco ball).

At the same time the Lawson's are also victimized by the FBI which moves into their home hoping to catch the killer. The team is led by a smug, and highly insensitive, profiler named Hotchkiss who causally states that the other five victims were viciously murdered and that the killer is way off the sanity trail.

(See LAGOON, page six)

The turn of the page

by LEXIE MATTHEWS

"AMERICAN IDOL" FAN
"CHICKEN SOUP FOR THE AMERICAN IDOL SOUL"

My 4-year-old son cuddled closer to me. It was afternoon nap time, and he had asked me to lie with him as he fell asleep. He always wanted me to be close while he slept. I was tired too. My husband's random tirade the night before had made sleeping in the house impossible once again.

I had learned long ago that the only way to survive was to become invisible. I had learned to hide my real self away so that my husband's

angry words and actions no longer hurt me. After a while, I became invisible even to myself.

My son drifted off quickly. He hadn't gotten enough sleep the night before either. As his soft breath became even and I knew he was deep in the cherished peace of slumber, I saw a rare opportunity to temporarily bring myself out of the shadows.

I retrieved Clay Aiken's autobiography from the bottom of a drawer where I had carefully hidden it. My husband had told me that I wasn't allowed to read Clay's book. He hadn't given a reason, but the less of a reason he had, the louder he yelled,

and I knew not to argue.

As I opened the book, a wave of relief washed over me. I wasn't completely invisible just yet. There was still a spark that gave me the confidence to defy orders — if only for a few precious moments. I sighed in silence and opened the book to a random page.

As I read Clay's words that told of the abuse he and his mother suffered at the hands of his biological father, I nearly stopped breathing. I began to tremble as he shared the account of the strength his mother had to find in order to leave the man who had oppressed her and her son for so long — and how that act of strength helped Clay to become the man that he grew into, that wonderful young

man who has inspired millions with his own strong and gentle spirit.

I shut the book quietly so as not to wake my son, sleeping so innocently beside me. As he lay in the refuge of his dreams, I looked into his beautiful face. In that face, I was two futures laid out before him, one dramatically different from the other. And in that moment, before his nap had ended, I had made up my mind. Like Clay's mother, I would find the strength to make a better life for the two of us.

The next morning, while my husband still slept, I quietly and tri-

umphantly packed a few of our belongings into my car. I buckled my son into his seat, took a deep breath and started the journey toward our chosen future.

Several months after our escape, my son and I celebrated our newfound freedom by attending a Clay Aiken concert. Tears streamed down my face as I held my son's hand and we watched Clay perform.

But these were no longer tears of fear or sadness or hopelessness, but rather tears of gratitude — gratitude for this man who will never know how the turn of a page changed our lives forever.



Water coming from tailpipe is no big deal

by TOM and RAY MAGLIOZZI

Dear Tom and Ray:
I recently purchased a used '06 Subaru Outback. It was a rental car that came from the Tahoe, Nev., area. I have noticed water coming out of my tailpipes, and there is a lot of it. At times, it looks like rain. Should I be concerned? I live in Iowa and didn't know if the change in altitude would cause something like this, or if it might be something else. — Shannon

TOM: Shannon, what the heck are you doing snooping around behind your car? Cut it out!

RAY: Yeah. No good can possibly come from it, Shannon. Especially if the neighbors catch you.

TOM: Actually, the water is nothing to worry about. Water is a natural byproduct of combustion, and seeing it come out of the tailpipe means that the engine is running nice and clean.

RAY: The water might be most noticeable after a series of short trips. Short trips allow water to condense in the cooler exhaust system and accumulate in the muffler.

TOM: On a four-cylinder car, the water will sometimes spray out in spurts that coincide with the firing of the cylinders. I'm assuming that's

what you mean when you say it looks like rain. If you're actually seeing a torrential downpour with little bolts of lightning that go from the tailpipe down to the ground, then you may want to get a second opinion.

RAY: But in general, having water come out of the exhaust pipe is perfectly normal. Unlike whatever you're doing snooping around back there.

Did cables get crossed on jump-start?

Dear Tom and Ray:

Can you use a hybrid vehicle to jump-start another car? Recently when my girlfriend was visiting me in Cleveland from D.C., her car wouldn't start. The first thing I tried was jump-starting it from my hybrid. Before I knew it, there was smoke coming out of both cars! Naturally, I panicked and quickly disconnected the cables. I soon realized that the insulation on the cable's pincers was melting and generating the smoke. I'm sure the cables were connected to both 12-volt batteries correctly. Any idea what might cause this? Did I do something wrong? Nobody I talked to knew, and I hoped the Car Talk guys would know the answer. Happy ending: Eventually, we got my girl-

friend a new battery, and she was safely on her way home to D.C. — Tim

TOM: Tim, you might be sure that you hooked up the cables correctly, but we're not.

RAY: Actually, we DO believe you, Tim. If you mixed up the positive and negative terminals, there would not only be smoke, but probably fire, too. And you didn't report any fire.

TOM: Plus, your girlfriend drove away under her own power, and she's still talking to you. Neither of those would have been the case had you crossed the cables. You would have fried a bunch of important electronics in her car — and yours too. So, I think we can eliminate human error as the cause of the smoke.

RAY: Which leads us to believe that you used a cheap set of jumper cables. If you use really thin cables and send lots of current through them, they're going to get hot. There are ways in which you can exacerbate the situation and make them get VERY hot.

TOM: If your girlfriend's car is much bigger than yours, her battery will try to draw a lot of current from yours. That'll generate extra heat. So will a failing starter motor; if her

starter is giving out, it will keep trying to draw current until it either starts, melts or fries the wiring, whichever comes first.

RAY: And all that heat can set some frayed insulation a-smokin'.

TOM: It's possible that if you had left things alone, her car would have started before the fire did. But if you're not a mechanic, and you see smoke coming from the site of a repair you're attempting, abandoning ship is exactly the right thing to do.

RAY: Just to be sure, we checked with Toyota, which sells more hybrid vehicles than any other manufacturer, and it said that there are no restrictions against using the Prius, for example, to jump-start another car.

TOM: The Prius, like most other hybrids, has a 12-volt battery, in addition to its larger, hybrid battery pack. It's a small 12-volt battery, and it's located in the trunk. But there's a pair of jumper terminals, marked

with plus and minus signs, under the hood, to allow the car to jump-start or be jump-started.

RAY: As long as that 12-volt battery is in good working order, and is properly charged, it should have done a perfectly adequate job of jump-starting your girlfriend's car.

TOM: But despite that, you did exactly the right thing, Tim. You saw smoke, gave up on doing it yourself and threw money at the problem. Women like that. It shows that your judgment is stronger than your ego. I'm sure it added to your girlfriend's confidence in you.

RAY: And that will pay dividends long after this small, smoky stain on your self-esteem has faded away, Tim.

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.



Allen

ears as a myriad of insects compose a choir invisible.

But a few weeks more and the whirr will depart. Some night, what the copy books

personify as Jack Frost, will clamp down his own type of freeze, and after that the bark of a dog will be a welcome relief from those other sounds

which are always with us—the clanking of gears and the roar of motors.

Yea, verily, the melancholy days are come—almost.

Continued from p5

Norris

together, we can reawaken our country.

It's time we all revive the revolutionary spirit of America's Founders and reinvigorate their legacy. I've experienced a renewed sense of appreciation and commitment to them, and in my new book, "Black Belt Patriotism," I talk about how a spark of their passion can turn into a raging cultural fire:

"It doesn't take many people to foster a revolution. Jesus did it with twelve disciples. George Washington did it with his few suffering troops at Valley Forge. And we can do it

today. We can set a new direction for America with people like you and me, who through our efforts in our communities and at the ballot box and in our personal lives can make this country everything it should be, everything our nation's Founders wanted it to be. America has fallen asleep at the wheel and it's time for her to wake up before it's too late. It's up to us; and this book is my way of showing where we can start."

I heard once that it only took 2 percent of our population to create our nation and that it still would take only 2

percent to change it today. If you don't like what you see in America, then join me by being a part of the new 2 percent. If you're with me, then you know the road ahead will not be easy and the war will not be won easily, but the rewards (I promise you) will be ultimately glorious.

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.

Continued from p4

Lagoon

All this time Riley proves her mettle by playing along with her captor's fantasy until she can hatch an escape plan. Her efforts pay off but things don't go predictably as her parents admonish her to feign amnesia while they take justice into their own hands along with the aid of a basement stocked with suburban sprawl power tools. It's a powerful scene that delivers on the grisly thrills but is also a fiendish reminder that revenge and justice often fail to intersect. Satire is a tough genre to do but the writers here are up to the challenge and wisely choose to develop the characters of Riley and Otis with the most detail.

Everyone else borders on caricature but that's fine as a splendid cast is brought together to flesh out their

roles. Daniel Stern and Illeana Douglas totally rock as the parents. Stern is all middle-aged angst while Douglas rules as the lioness who gets her fur up when her daughter is threatened. Kevin Pollock also brings his A-game as Otis' angry older brother while Jere Burns contributes a sharp turn as Agent Hotchkiss but the film belongs to Ashley Johnson and Bostin Christopher who soar as Riley and Otis. Johnson manages to present a teen heroine who acts heroically but she never condescends to playing her as a tough woman, merely one who is toughened up by her situation.

Christopher excels by never allowing you to write Otis off as a psycho. He's deeply troubled for sure but his scenes with Johnson allow him to

peel away the character's layers and show the guy he might have been had life dealt him another hand.

It's all made possible by the writers who refuse to deliver a formula thriller and instead shanghai the thriller formula to make comments on our culture which includes a jab at twenty-four hour news networks which bleed a human interest story dry while exploiting tragedies for higher ratings. All this plus you get a final scene that is as hilarious as it is stunningly violent. Great stuff that proves direct to video films are the new frontier for cutting edge cinema.

Best line: "I've already smashed him in the face with a shovel. I've hot wired his rectum."

2008, unrated.

Continued from p5

KENTUCKY CAMP MEETING

GLORY IN THE MOUNTAINS

MAC MOUNTAIN ARTS CENTER

Friday, Saturday, Sept. 26, 27, 2008

Friday, Sept. 26
7:00 p.m.
SHAWN BAKER

Saturday, Sept. 27
2:00 p.m.
DAVID VanKOEVERING

Saturday, Sept. 27
7:00 p.m.
RAY HUGHES

Sunday Morning Service, 11 a.m., Sept. 28

Praise & Worship/Drama

FREE ADMISSION

Everyone Welcome!

GROUPS CONTACT (800)-MAC-ARTS or 606-889-9125



DO YOU SEE A RAFFLEFIELD?

THEN YOU SEE THE POWER OF COMMUNITY COALITIONS.

They help community groups organize resources and fight to keep kids away from drugs. Contact a community coalition and find out what your group can do.

www.helpyourcommunity.org
or 1-877-KIDS-313

YOU GET MORE WHEN YOU GET TOGETHER

Office of National Drug Control Policy



Riverview Health Care Center

"Honoring Our Community
One Resident at A Time"



SPIRITUALITY

- Church Services
- Morning Worship
- Afternoon Services
- Tuesday, 10:15
- Wednesday, 10:15
- Thursday, 10:15/11:15
- Friday (3rd), 2:00
- Sundays, 2:00

QUALITY OF LIFE

- Bowling
- Picnics
- Mall Shopping
- Baseball Games
- Dining Out with Friends
- Bingo
- Theme Days

NURSING

- Vacation Bible School
- Bible Study
- On-site Chaplain
- 24-hr. Chapel
- IV Therapy
- Wound Care
- Enteral Feedings
- 24-hr. Nursing Care
- Respiratory Care
- Diabetes Care
- Nutritional Services

THERAPY

- Neuromuscular re-education
- Therapeutic exercise
- Wheelchair management
- Orthotic and prosthetic training
- Ultrasound and electrical stimulation
- Adaptive equipment utilization
- Daily living re-education
- Orthopaedic rehabilitation
- Speech language and swallowing
- Cognitive retraining
- Therapeutic activity
- Gait training

Riverview Health Care Center

79 Sparrow Lane,
Prestonsburg, KY 41653
606-886-9178

FLOYD COUNTY Sports

Inside

NASCAR • B3

UK football staff focuses on recruiting

TIMES STAFF REPORT

LEXINGTON — The Wildcats took a couple of days off, but head coach Rich Brooks and his staff stayed busy.

The team won't take the field again until it hosts Western Kentucky on Sept. 27, but Brooks said his focus was on recruiting while his players enjoyed some leisure time.

The coach said Thursday that this year's recruiting class will have more commitments than the Wildcats have seen during his tenure. Brooks was-

n't specific about players, but said the players he was scouting were primarily defensive.

The coach also said that freshman quarterback Randall Cobb is out indefinitely with a high ankle sprain.

The Wildcats will get back to practice today. Brooks acknowledges the Wildcats' offense hasn't played like a well-oiled

machine through the first three games.

He's working to change that, though.

Brooks said after practice Wednesday that he will use the time off from this week's bye to fine-tune a variety of positions, including receiver and offensive line.

The young receiving core has been criticized a number of times for missing routes and not blocking. However, Brooks reported progress

Wednesday. He predicted a breakout soon from receiver T.C. Drake, who made some critical plays in the Wildcats' win over Middle Tennessee State.

Brooks said the line will start to look better once the other problems on offense are corrected.

WILDCAT FOOTBALL
SATURDAY, SEPT. 27
VS. WKU,
AT COMMONWEALTH
STADIUM, 7 P.M.



RICH BROOKS



SOUTH FLOYD RUNNING BACK KYLE HOWELL picked up yardage Friday night versus the Betsy Layne defense. A recap of the game will appear in Wednesday's edition.

Rebel boys' program seeks freshmen coach

by STEVE LEMASTER
SPORTS EDITOR

EASTERN — The Allen Central High boys' basketball program is seeking an individual to take over the responsibilities of freshmen coach. This position is a paid position and the duties are to include coaching the boys' freshmen team and assisting varsity head coach Mark Martin.

Allen Central alumnus Larry Hodge has been hired an assistant coach on Martin's staff.

"Larry Hodge is a hard worker," said Allen Central Coach Martin. "One characteristic that everyone thinks of when they reflect back on his career here at Allen Central was what a hard worker and hustler Larry was. I'm excited for him and I think the kids will benefit from his role playing and work ethic."

Martin is seeking the right candidate to fill the freshman coach role.

"This freshman coaching position is a very important role for us to fill," said Martin. "Hiring someone that has a passion for the game and a considerable amount of time to give are two important characteristics that we are looking for."

Individuals interested in the ACHS boys' freshman coach position should contact Allen Central High School at 358-9543 or 205-4798.

Madness tickets scheduled to be distributed

TIMES STAFF REPORT

LEXINGTON — Tickets for the 2008 Big Blue Madness at Rupp Arena will be available Saturday, Sept. 27, at 7 a.m., at the Memorial Coliseum ticket windows on Euclid Avenue and online at UKathletics.com and Ticketmaster.com. Madness, the first open practice opportunity for Kentucky's 2008-09 men's and women's basketball teams, is Friday, Oct. 10, at 10:30 p.m. Fans will be allowed to enter Rupp Arena beginning at 9 p.m. the night of Big Blue Madness.

Tickets are free again this year, and there will be a limit of four tickets per person at Memorial Coliseum. Online orders will have a minimal service fee attached, and there will be a limit of four tickets per household.

At the request of campus public safety officials, fans wishing to line up ahead of time at Memorial Coliseum are asked to do so no earlier than 7 a.m., Wednesday, Sept. 24. The Athletics Department will provide portable restroom facilities, but safety concerns will prohibit the use of permanent, wooden-type structures, and propane tanks or other open flames used in cooking.

This will be the fourth time Madness has been held at Rupp Arena, where over 23,000 fans have attended each of the last three years.



THE EAST KENTUCKY MINERS PROFESSIONAL BASKETBALL ORGANIZATION held its second annual charity golf outing Friday at StoneCrest Golf Course. Proceeds from the event went to Children's Miracle Network and Eastern Kentucky FCA.



The East Kentucky Miners are scheduled to host a CBA Draft party on Tuesday at Applebee's of Pikeville. The draft party is slated to get underway at 7:30 p.m.



Bow season for deer arrives

by HAYLEY LYNCH
KENTUCKY AFIELD

FRANKFORT — Cooling weather sends both deer and hunters into their fall patterns. Although many bowhunters haven't climbed into their tree stands yet, as temperatures drop into the 70s and below, it starts to feel more like archery season.

Bachelor groups of bucks are beginning to break up, as shorter days trigger hormone changes in deer. This means that even hunters who scouted during pre-season must do some additional homework now.

"In summer they're keyed in on crops and green fields. As summer progresses into fall, acorns are starting to drop and deer are changing their feeding and bedding patterns," said Chris Garland, assistant director of the Kentucky Department of Fish and Wildlife Resources' Wildlife Division. "A lot of patterns you observed in summer have changed. Now is the time to update your stand sites."

Garland recommends hunters search for natural funnels where deer travel, such

as a saddle between two ridges, an overgrown fencerow between two forested areas, a power line right-of-way or a river corridor. "Even small changes in topography can create an area where a deer feels comfortable travelling," he said.

Look for rubs where bucks are signposting, or marking their territory. "Lots of early season rubs are found in open areas or along field edges and serve to remove the velvet from antlers," Garland said. "The rubs found this time of year and into October are related to bucks marking their territories and letting does know they are there."

Be careful when you scout this time of year, however. Tina Brunjes, Kentucky Fish and Wildlife's big game program coordinator, cautions that hunters may spook deer if they spend too much time walking in the woods.

"Scouting may consist of glassing fields from your truck, or just sitting in a tree stand with your bow, finding out what's going on," said Brunjes. "This time of year, when you see a deer trail, you shouldn't be walking down it to see where it goes. You

should already know where it goes, from doing your pre-season scouting. You're looking to see if it's being used now."

Set up your stand close to areas where you've observed deer sign, but don't put the stand right where you think deer will travel. "Back off of the area about 30-50 yards," Garland advised. "When deer come to scent-check the area, this will still put you in position for a shot instead of being detected by your scent."

Don't put your stand in a place where you will be silhouetted against the sky. To conceal yourself from deer, try to find a tree that provides leaf cover and make sure there is foliage or other cover behind the tree to break up your outline. If you clear shooting lanes near your stand, Garland advises not to alter the landscape too much, as deer may notice the changes and avoid the area. Finally, pay attention to where you set up your stand in relation to nearby hills. You don't want to end up sitting at eye-level to an approaching deer.

There are a wide variety of scent-blocking products

available to hunters nowadays. Both Garland and Brunjes emphasize that while these products may help, nothing substitutes for being still and paying attention to the wind.

"With camo and scent protection, how much you need is in direct proportion to your ability to sit still," said Brunjes. "As far as scent, if the wind isn't blowing towards the deer, the deer isn't going to smell you. You've just got to know what the wind is doing."

Scouting, good tree stand placement and hunting according to the wind will all increase your chances in the woods during bow season. Add plenty of practice with your bow, and you'll be ready when the first deer steps out in front of your stand.

Kentucky's archery deer season is open now statewide and continues until January 19, 2009. For complete season regulations, including bag limits, licensing and hunter education requirements, pick up a copy of the 2008-09 Kentucky Hunting & Trapping Guide, available at fw.ky.gov and wherever hunting licenses are sold.



CONTACT: A Prestonsburg player and a member of host Johnson Central's team collided during their recent match. The match was a regional contest.

The Region 16 girls' soccer records are as follows: South Laurel, 8-3-1; Middlesboro, 7-0-0; Pikeville, 7-2-0; Paintsville, 6-1-1; Letcher Central, 5-2-2; Johnson Central, 5-2-2; Perry Central, 4-3-1; Belfry, 4-4-4; Corbin, 3-3-1; North Laurel, 3-7-0; Prestonsburg, 2-2-5; Pike County Central, 2-4-2; Hazard, 2-7-0; Sheldon Clark, 1-8-0; Buckhorn, 0-3-0; Shelby Valley, 0-9-0

EK Miners Coach Keathley to speak at PC coaching clinic

TIMES STAFF REPORT

PIKEVILLE — East Kentucky Miners Coach Kevin Keathley will be one of the speakers at the 2008 Pikeville College Basketball Coaching Clinic on Saturday, Oct. 4 at the PC Gymnasium. Pikeville College will host the basketball coaches clinic in conjunction with team practice sessions. Session 1 of the clinic will begin at 10 a.m. Session 2 is scheduled to get underway at 5 p.m. Keathley will join Pikeville College Coach Kelly Wells, Centre College Coach Greg Mason and South Laurel High School Coach Steve Wright as speakers during the clinic.

"I'm looking very forward to speaking during the Pikeville College coaching clinic," said Keathley. "It's a great opportunity to have the chance to speak and meet some of the area coaches."

Keathley guided the East Kentucky Miners to a 26-22 regular-season record and an all-time single game record for points scored (194) during the team's debut season. The Miners also reached the CBA Playoffs, under Keathley's guidance.

Wells and Wright have each coached teams to KHSAA state championships. Greg Mason is a veteran college coach. Before returning to his alma mater — NCAA Division III member Centre — Mason was an assistant at NCAA Division II powerhouse Kentucky Wesleyan. He has the highest winning percentage in Centre school history.

"I'm excited to be able to join Coach Wells, Coach Mason and Coach Wright as part of the clinic," Keathley added. "Both Coach Wells and Coach Wright won Kentucky high school state championships. And Coach Mason has established himself as one of the top coaches in NCAA Division III."

The cost of the clinic is \$50 per coach or an entire staff for \$40 per coach. Coaches interested in the clinic should contact Wells (phone: 606/218-5352, email: kwells@pc.edu), for more information.

HIGH SCHOOL FOOTBALL SCOREBOARD

Friday's Games
P'burg 19, Lawrence Co. 13
Paintsville 42, Allen Cent. 14
Belfry 47, Shelby Valley 6
Sheldon Clark 58, E. Ridge 8
Johnson Cent. 36, Shelby Co. 29
Ashland 36, Russell 10
Bell Co. 38, Rockcastle Co. 0
Breathitt Co. 7, Estill Co. 6
Hazard 47, Harlan 7
Powell Co. 33, Fleming Co. 0
Corbin 31, South Laurel 21
Harlan Co. 34, Lee, Va. 14
Boyd Co. 39, Pike Cent. 15
Raceland 37, Fairview 12

For more coverage, see Wednesday's edition.

Colorado beats No. 21 West Virginia in OT

by PAT GRAHAM
ASSOCIATED PRESS

BOULDER, Colo. — Aric Goodman made a 25-yard field goal in overtime to give Colorado a 17-14 victory over No. 21 West Virginia on Thursday night.

The Mountaineers had the ball first in overtime, but Pat McAfee's 23-yard attempt clanged off the left upright.

Cody Hawkins threw two first-quarter touchdown passes and Rodney Stewart ran for 166 yards, the most ever by a Colorado freshman, to help the Buffaloes improve to 3-0 for the first time since 2004.

West Virginia quarterback Pat White ran for two touchdowns and 148 yards, and Noel Devine finished with 133 yards on the ground.

The Mountaineers (1-2) have lost consecutive road games for the first time since 2003. They lost at East Carolina, 24-3, on Sept. 6.

After winning the overtime coin flip, Colorado elected to go on defense first. West Virginia stalled out after driving to the 6 and McAfee missed for the first time this season. He was 3-for-3 coming into the contest.

The Buffaloes ran four plays and then trotted out Goodman for the kick. He knew it was good the moment he hit it, running down the sideline as the crowd began to storm the field.

White, the two-time Big East offensive player of the year, scored on runs of 6 and 39 yards, giving him 30 rushing touchdowns in his last 23 games.

White has 3,814 yards in his career, moving him into third place on the NCAA's quarterback rushing list. He vaulted by Kent State's Joshua Cribbs with a 12-yard run in the first quarter. White is 476 yards away from breaking former Missouri star Brad Smith's mark.

The left-handed throwing White was held in check through the air, finishing with just 43 yards, his lowest output since also throwing for 43 against Maryland on Sept. 14, 2006. He had minus-5 yards at halftime.

Hawkins came out firing the football, throwing touchdown passes to Josh Smith and Patrick Devenny in the first 4:50, the fastest pair for Colorado to start a game in nearly seven years.

Smith got behind the West Virginia secondary for a 38-yard touchdown on the opening drive, and Devenny beat a linebacker on a pattern straight up the middle for a 13-yard touchdown, giving the Buffaloes an early 14-0 lead.

White got West Virginia on the board with a 6-yard touchdown run, the Mountaineers' first rushing score of the season.

The Buffaloes had two first-half drives into West Virginia territory and with turnovers. Hawkins had a pass picked off by Reed Williams, and the quarterback later fumbled when he was sacked by John Holmes.

West Virginia linebacker J.T. Thomas was injured 20 seconds into the game when he tackled Colorado's Maurice Cantrell. Thomas remained on the ground, a back brace and cart brought out for him. But Thomas got up and was helped to the locker room. He spent the rest of the game, roaming the sideline and yelling encouragement to the defense.

Before the game, there was a tribute for Eddie Crowder, the former Colorado football coach and athletic director who died last week of complications from leukemia.



photo courtesy of Pikeville College

RUNNING BEARS: The Pikeville College men's cross country team is in the middle of the 2008 season. Head coach John Blery guides the PC cross country program.



photo by Chris Gibson

SOUTH FLOYD entertained Betsy Layne Friday night in a district football matchup.



photo by Paula Goble
PRESTONSBURG GOALKEEPER LINSEY FIELDS made a key save during a recent match.

Pujols homer lifts Cardinals over Reds

THE ASSOCIATED PRESS

CINCINNATI — Kyle Lohse wouldn't recommend using a suspension as a wakeup call. Serving one, however, certainly didn't hurt the St. Louis right-hander.

In his first start after sitting out for five games, Lohse pitched just well enough to get his first win in more than a month as the Cardinals snapped a season-high seven-game losing streak with a 5-4 win over the Cincinnati Reds on Thursday night.

Albert Pujols hit a three-run homer to help Lohse (14-6) match his career high for wins with his first victory since beating Philadelphia on Aug. 1.

"It feels good to win," said Lohse, who served the suspension from Sept. 10-14 for throwing a pitch near the head of Reds pitcher Edinson Volquez — his opponent Thursday — on Aug. 17 at St. Louis. "It's been a while."

Lohse was 0-3 in seven starts since his last win. The former Reds right-hander, who won 14 games for Minnesota in 2003, gave up six hits and three runs — two earned — with two walks and five strikeouts in 6 2/3 innings.

"He rose to the occasion," St. Louis manager Tony La Russa said. "We were on a long losing streak, and he had to make a lot of tough pitches."

Volquez (16-6) lost for the first time in eight starts since Aug. 5. He was 3-0 with four no-decisions before Thursday.

Volquez gave up four runs and three hits with six walks — matching his season high — and five strikeouts while failing for the fourth time to earn his 17th win.

"I know I'm going to get it before the end of the season," Volquez said. "Right now, it's tough, but I've got two more (starts)."

Pujols, 0-for-8 in the first two games of the series, followed walks to Cesar Izturis and Skip Schumaker in the third with a line drive that landed five rows deep in the seats just to the right of center field. It was his 34th homer of the season and first since Sept. 9.

"You know, sooner or later, Albert's going to do something," Reds manager Dusty Baker said. "We were holding him in check the last two days. The walks hurt."

"I threw him the wrong pitch," Volquez said. "Three-and-one, I probably should have thrown it in the dirt and walked him. You make a mistake with him and he'll make you pay."

The Reds took a 1-0 lead in the second. Jolbert Cabrera reached on shortstop Izturis' two-base throwing error with one out, went to third on a wild pitch and scored on Adam Rosales' single to left.

After Pujols gave St. Louis a 3-1 lead, the Reds cut it to 3-2 in the third when Jerry Hairston Jr. walked and scored from first on Jeff Keppinger's double into the left field corner.

Felipe Lopez got that run

back in the fifth by driving in Aaron Miles from second with a two-out single.

Joey Votto led off Cincinnati's sixth with a bloop double down the left field line and scored on Cabrera's groundball single to center. But St. Louis got consecutive doubles from Troy Glaus and Adam Kennedy against Josh Roenicke with two outs in the eighth.

The Reds added a run in the ninth on Hairston's two-out single off Chris Perez before Jason Motte came in to earn his first career save by getting Keppinger to fly out.

Notes: Eleven of Pujols' last 16 hits have been for extra bases. ... Rosales' RBI was the first of his career. He added his first stolen base in the same inning. ... Lopez batted in the No. 4 slot for the first time this season, and Kennedy made the first start of his career in right field. ... Reds RF Jay Bruce made his first career start in Cincinnati's cleanup slot.

Civil Rights Game moving to Cincinnati

THE ASSOCIATED PRESS

CINCINNATI — The Cincinnati Reds will host the majors' first two regular-season Civil Rights Games.

Major League Baseball made the announcement on

Thursday at Great American Ball Park. The Reds' game against the Chicago White Sox on June 20 will serve as the first one to be held during the season, followed by another to be played in Cincinnati in 2010.

The first two Civil Rights Games, intended to raise awareness of the civil rights movement and baseball's part in it, were held before the season in Memphis, Tenn.

"When we went to Memphis, we always knew we'd grow this into a major league game," Jimmie Lee Solomon, executive vice president of baseball operations in the commissioner's office, said.

MLB started looking at potential sites in July and decided on Cincinnati in late August, Solomon said. One of the main reasons Cincinnati was chosen was the National Underground Railroad Freedom Center, which is located next door to the ballpark and was a major part of the Reds' presentation.

"It's pretty exciting that they're having the game here, especially when you've got the Freedom Center right next door and the history of the town," said Reds manager Dusty Baker, who is black.

Smoltz joins TBS crew:

John Smoltz, the Braves right-hander who had season-ending shoulder surgery on June 10, will be part of the TBS team of broadcasters for the network's post-season coverage. Smoltz will work as an analyst for TBS.

Dallas vs. Green Bay: Cowboys get to see Rodgers again

by DAVE GOLDBERG
ASSOCIATED PRESS

Green Bay was trailing Dallas 27-10 last Nov. 29 when Brett Favre injured his right elbow and separated his left shoulder early in the second quarter. In came Aaron Rodgers for his first significant action as a pro, and a little more than a quarter later, the Packers were within three points in a game Dallas finally won 37-27.

With Favre gone to the Jets, Rodgers starts Sunday night in Green Bay against the only team that's already had a good look at him. Just as it was last season, it's a marquee matchup — the teams were 10-1 when they met last season and each are 2-0 now.

It's also a marquee matchup of young quarterbacks: Rodgers and Dallas' Tony Romo, who is in his third season as a starter. Rodgers was a first-round draft pick and Romo an undrafted free agent, but both got their first major playing time by being thrown in on prime time with little warning. Romo did do on a Monday night two years ago against the Giants when Drew Bledsoe was pulled.

After two games this month, Rodgers has completed 70 percent of his passes, hasn't thrown an interception in 42 attempts and has a superior passer rating of 117.8.

"He's making good decisions and he's being accurate with the football," coach Mike McCarthy says. "He hasn't taken many chances, and that's all part of good quarterback play. He needs to continue to do that."

Romo, who grew up in Wisconsin, has a lot of Favre in him. He can make big plays out of nothing, but he can also get himself into trouble, as he did Monday night in the 41-37 win over the Eagles, fumbling in his end zone to give Philadelphia a touchdown, in part because he tried to make a play instead of conceding a safety.

He's looking forward this week to performing in a historic venue.

"I'm a nostalgic person in a sense that I enjoy traditional things. I enjoy watching great players or great sporting events at a great atmosphere," Romo said. "Lambeau Field obviously has great history and it's going to be fun to go up there and be part of that a little bit."

Although this is a glamour game, there's not as much urgency as last year, when it was to decide home-field advantage in the NFC. As it turned out, Green Bay lost, yet got the advantage because Dallas lost the game that really counted, its opening playoff game.

But this is a chance to make a statement.

"You've got to play well in September to get to December," Dallas coach Wade Phillips says. "You can look back at a lot of teams that didn't play well enough early and didn't make it. It's not only the last few games. It's the first games that count, too. They count them all."

In other games Sunday, Houston is at Tennessee; Oakland at Buffalo; Carolina at Minnesota; Kansas City at Atlanta; Tampa Bay at Chicago; Arizona at Washington; Miami at New England; Cincinnati at the New York Giants; St. Louis at Seattle; Detroit at San Francisco; New Orleans at Denver; Cleveland at Baltimore; Jacksonville at Indianapolis; and Pittsburgh at Philadelphia.

The New York Jets are at San Diego on Monday night.

Jacksonville (0-2) at Indianapolis (1-1): The Jaguars were a chic pick to end the Colts' run of five straight AFC South titles. After losses to Tennessee and Buffalo, they just need a win. The problem is injuries on the offensive line. The Jags depend more than most teams on the run, but both Fred Taylor and Maurice Jones-Drew are aver-

aging less than 3 yards per carry.

The Colts also have a banged-up OL. But Peyton Manning, harassed by the Vikings early in last week's game, threw two late touchdown passes, then drove his team into range for Adam Vinatieri's field goal that gave it 18-15 win. Credit the defense, too, for holding Minnesota without a touchdown.

Pittsburgh (2-0) at Philadelphia (1-1): A 4-point loss in Dallas is no dishonor for the Eagles, especially since they outplayed the Cowboys for long stretches. They also have a deep threat in rookie DeSean Jackson, the first player since 1940 to start his career with two 100-yard receiving games. Although Andy Reid and his staff have to cure him of WSS (Wideout Showboat Syndrome) before it becomes a habit.

Pittsburgh already is in position for another AFC North title after winning in Cleveland. That was one of the weird weather games the Steelers often seem to play, although the forecast for Sunday in Philly is decent.

Carolina (2-0) at Minnesota (0-2): Congratulations to John Fox for getting through two games against good opposition without Steve Smith, in part because Jonathan Stewart, one of a pack of good rookie running backs in the NFL, has averaged 5.4 yards per carry. And because Jake Delhomme is back in form after elbow surgery.

The Vikings are in desperation mode, benching 25-year-old QB Tarvaris Jackson for 37-year-old Gus Frerotte. Brett Favre would have been a better solution for a team that spent millions elsewhere, but kept a youngster at QB. That was never going to happen.

Houston (0-1) at Tennessee (2-0): The Texans' enforced week off was hardly a vacation, thanks to Hurricane Ike. "I feel very

lucky," said DE Mario Williams, Houston's top defensive player. "My area is very bad. There's tons of trees that are down, lots of trees that fell through houses, but thank goodness no one was injured."

The Titans have allowed just 17 points in wins over Jacksonville and Cincinnati and are efficient enough with Kerry Collins that he may remain the starter when Vince Young is ready. Collins, who needs 90 yards to become the 15th QB to reach 35,000 yards passing, is part of the '90s revival — Gus Frerotte and Kurt Warner also are starting.

Cincinnati (0-2) at New York Giants (2-0): The Giants have been inconsistent on offense, but have outscored Washington and Cincinnati by a combined 57-20 and are getting back the respect they earned during their Super Bowl run. Eli Manning's passer rating of 131.4 against St. Louis was the second best of his career; he was a point higher in the playoff win in Dallas last January.

Carson Palmer is last in the NFL at 37.1, although to be fair, last week's loss to Tennessee was played in 50 mph winds. The wide receivers, T.J. Houshmandzadeh and the guy who changed his name, have only 11 catches between them.

Cleveland (0-2) at Baltimore (1-0): The Ravens were the party of the second part in the hurricane-forced postponement of last Sunday's game in Houston. It gave time off that allowed a few players to heal, but it means there will be no bye later, when more players are likely to be banged up.

The Browns are another of those 0-2 teams with high expectations that suddenly find themselves facing a turning point in the third week. They have scored just 16 points in home losses to Dallas and Pittsburgh after averaging 25 per game in a 10-6 season a year ago.

Regulation change set for Kentucky commercial fishing license

TIMES STAFF REPORT

FRANKFORT — Commercial anglers who fish for roe-bearing species such as paddlefish and shovelnose sturgeon must now purchase a Roe-Bearing Fish Harvester's Permit before the roe-bearing commercial fishing season opens this fall.

"This new permit system is in conjunction with a set of

new regulations to better manage the paddlefish commercial fishery," said Benjy Kinman, director of fisheries for the Kentucky Department of Fish and Wildlife Resources. "Kentucky Fish and Wildlife has worked closely with the commercial fishing industry on strategies to sustain the harvest of the species and simultaneously maintain the livelihood of the commercial

anglers. Most importantly, a minimum size limit and harvest season have been established."

The permit must be purchased in addition to the Kentucky commercial fishing license. "You must possess a Roe-Bearing Fish Harvester's Permit to harvest, transport or sell roe-bearing fish or their roe," said Gerry Buynak, assistant director of fisheries

for the Kentucky Department of Fish and Wildlife Resources. "Without this permit, commercial anglers must release all shovelnose sturgeon and paddlefish they catch."

The permit costs \$500 for eligible resident commercial anglers and \$1,500 for eligible non-residents. "These permits will only be sold to eligible commercial anglers between October 6 and November 5,

2008," Buynak said. "They may be purchased in person at the Kentucky Fish and Wildlife Headquarters in Frankfort or mailed in to us. They must be postmarked by November 5."

The new permit went into effect Sept. 12. The commercial fishing season for shovelnose sturgeon opens Oct. 15, 2008, and closes May 15, 2009. The commercial fishing

season for paddlefish opens Nov. 1, 2008, and closes April 30, 2009.

With the exception of the Ohio and Mississippi rivers, paddlefish may be harvested by trotlines in all waters open to commercial fishing from Nov. 1, 2008 to May 31, 2009.

FISHING LOCALLY: Dewey Lake and Paintsville Lake.

Busch still feeling sting of New Hampshire debacle

by JENNA FRYER
ASSOCIATED PRESS

CHARLOTTE, N.C. — Excuse Kyle Busch if he's a little cranky these days.

A disastrous opening race in the Chase for the championship clinimated his cushy lead in the standings, and Busch is rather irritated about his current position. He finished 34th last week in New Hampshire, dropping him from first in the standings to eighth.

"I am highly frustrated," Busch admitted. "Everything in the regular season is now a waste. All that work we put in to win races and have an advantage in the Chase is just gone and now we've got to play catch up."

Busch's day went awry early Sunday, when a bolt became loose on his sway bar moments after the race began. It caused the suspension to fail on Busch's Toyota and it was all he could do to keep his car off the wall as he tried to nurse it to the mandatory lap 35 caution.

"It was harder running the top groove and trying to stay out of everyone's way," he said of the trying 35 laps. "The bottom groove was slow, but easy

to drive. So it was a little hard to figure out where I needed to be and how to stay out of everyone's way. Once I figured it out, it wasn't too bad."

But the time it took to repair the broken part, plus a pit-road penalty, dropped Busch two laps off the pace and guaranteed him a terrible finish. A later wreck compounded the problem, and Busch was stuck running at the back of the field all day.

Riding around counting laps is not an easy task for the aggressive 23-year-old, who has won a series-high eight Cup races this season and has grown accustomed to setting the pace.

"It's awful. You pretty much know that you are going to have to count on attrition, hope some other guys fall out, to gain as many points as you can," Busch said. "So you are driving around, pretty much taking your lumps and it sucks pretty bad because you want to win and run well, and you know you ain't got a chance in flying hell to do anything like that."

"So you are stuck out there all day just riding it out, knowing for the rest of the Chase you have to play catch-up."

The first step toward getting over the disappointment is getting back in a race car, which Busch did Tuesday during a Goodyear tire test at Atlanta. It was there that his Joe Gibbs Racing crew showed him what happened with the sway bar, and the group began to move past New Hampshire.

"The mood was fine. Everybody was there working and doing their jobs," he said. "They showed me what happened and told me they were working on the things that happened so that it won't happen again."

Now the focus turns to Sunday's race in Dover, Del., where Busch won the Cup race in June. He expects his mood will be sour all weekend, possibly even past the checkered flag.

"I know I need to have the mind-set to forget about it and try to concentrate on the task at hand, and we're going to a place where we won last time," he said. "But we were so much further ahead over most of the competition, and we had a great shot at getting way ahead, and now it's gone."

"The pain will be easily erased with success, but I've got to find that success first."

Busch's Q&A with AP Auto Racing Writer Jenna Fryer:

Q: How frustrated were you after the race?

KB: I was highly frustrated and highly angry. It's hard for me to not think that everything in the regular season is now a waste.

Q: Is that why you didn't talk to the media after the race?

KB: I didn't talk because everyone knew what happened, everyone heard it on the radio and everyone probably had a better idea of what happened than I did at that point. And I didn't want to have to stand there and listen to stupid questions about 'Does this ruin your chances for the championship.' There was no point in me standing there in the mood I was in.

Q: How do you know what the questions would be?

KB: Because it's the same old stuff. Everybody is discounting us for the championship now, and we have to go out there and prove everyone wrong.

Q: Jimmie Johnson and Rick Hendrick both said you were in no way out of the championship after one bad race.

KB: The media does.

Q: Are you?

KB: No, I don't think we're out of it. Not by any means.

Q: Does it help that people like Rick and Jimmie said after the race that you'll be back?

KB: Not really. It's pretty much well known that I don't give up, and I am going to keep driving the wheels off of that thing.

Q: How long is it going to take you to get over New Hampshire?

KB: It will probably take a couple weekends. I'm going to need to get back on the track and get some results, and that's going to take some time.

Q: Is there anything Joe Gibbs or anyone else can say that makes it any easier for you?

KB: No. Nothing.

Q: This mood you are in, if you can't shake it and take it with you into Dover, is there any chance it can snowball and sink the entire Chase?

KB: It can. You can try to forget about it, but it's still there and it still hurts. All I can do now is go run well at Dover, but I'm still that far behind and I know I shouldn't have been. Kansas, if we can run well, maybe we can get back toward

the front, at least back to where we're back in it. It's just so hard because I should have had at least a 30-point advantage through the whole Chase. Now we are 74 points behind, we shouldn't be in that position, and we've got a lot of work to do."

NASCAR SPRINT CUP DRIVER STANDINGS

1. Carl Edwards, 5,220 (tie)
2. Jimmie Johnson, 5,220
3. Greg Biffle, 5,190
4. Dale Earnhardt Jr., 5,170 (tie)
5. Jeff Burton, 5,170
6. Denny Hamlin, 5,148
7. Tony Stewart, 5,147
8. Kyle Busch, 5,146
9. Clint Bowyer, 5,137
10. Kevin Harvick, 5,134
11. Jeff Gordon, 5,121
12. Matt Kenseth, 5,043
13. Kasey Kahne, 3,177
14. David Ragan, 3,118
15. Martin Truex Jr., 2,964
16. Brian Vickers, 2,917
17. Ryan Newman, 2,908
18. Kurt Busch, 2,772
19. Jamie McMurray, 2,705
20. Bobby Labonte, 2,621

A glance at NASCAR Sprint Cup Chase drivers

by WILL GRAVES
ASSOCIATED PRESS

A glance at the 12 drivers competing in NASCAR's Chase for the Sprint Cup championship heading into this weekend's race at Dover International Speedway (in order of points):

DRIVER: Carl Edwards — **CHASE POINTS:** tied for first, 5,220; **CAR:** No. 99 Office Depot Ford; **TEAM:** Roush Fenway Racing; **POSITION CHANGE:** Plus 1; **CAREER DOVER STARTS:** 8; **BEST DOVER FINISH:** 1st (spring 2007).

LAST WEEK: Edwards took advantage of points leader Kyle Busch's struggles, taking third-place behind teammate Greg Biffle. Not bad for a driver who admits his car was "terrible" in practice. Has plenty of momentum heading to Dover, where he finished second in the spring race.

CHASE CHATTER: "It's a huge relief to have finished this race without any issues," Edwards said. "My guys did awesome."

DRIVER: Jimmie Johnson — **CHASE POINTS:** tied for first, 5,220; **CAR:** No. 48 Lowe's Chevrolet; **TEAM:** Hendrick Motorsports; **POSITION CHANGE:** Plus 2; **CAREER DOVER STARTS:** 13; **BEST DOVER FINISH:** 1st (3 times).

LAST WEEK: The hard-charging Johnson appeared ready to win his third straight race, leading 96 laps in New Hampshire. A couple of late cautions, however, bunched the field and opened the door for Biffle to slip by with 12 laps remaining.

CHASE CHATTER: "The last three or four months we've been making a lot of progress," Johnson said. "At Brickyard we were able to show that when we get it right, we can go out and race for these wins and in some cases do it in a dominating fashion. So the million-dollar question is: Can we do it during this final 10 (races) and over a long enough period of time during this final 10 to be the champions?"

DRIVER: Greg Biffle — **CHASE POINTS:** third, -30; **CAR:** No. 16 3M Ford; **TEAM:** Roush Fenway Racing; **POSITION CHANGE:** Plus 6; **CAREER DOVER STARTS:** 12; **BEST DOVER FINISH:** 1st (spring 2005).

LAST WEEK: This year's Clint Bowyer? Biffle stunned the field in New Hampshire, sweeping by Johnson for the lead to pick up his first win of the season to surge from ninth to third in the standings. The schedule gets friendly too. He'll soon head back to Kansas, his last victory before winning at New Hampshire.

CHASE CHATTER: "I felt like we were a definite threat for the Chase if we made it because of the momentum we've had and how good the (Chase) race tracks are for me," Biffle said. "There were some that I was a little nervous about, and one was Loudon. We've gotten through the one a little better than I expected, which is here, so I feel like we're definitely the dark horse."

DRIVER: Dale Earnhardt Jr. — **CHASE POINTS:** tied for fourth, -50; **CAR:** No. 88 AMP Energy-National Guard Chevrolet; **TEAM:** Hendrick Motorsports; **POSITION CHANGE:** None; **CAREER DOVER STARTS:** 17; **BEST DOVER FINISH:** 1st (spring 2001).

LAST WEEK: Steady as usual, Earnhardt ran up front most of the day, leading twice for 79 laps but couldn't bring it down the stretch on his way to a fifth-place finish, his ninth top-five this season. Heads to a track at Dover where he hasn't won in seven years.

CHASE CHATTER: "I told Dale Jr. before the race in New Hampshire if he finishes fifth every week from here on out, we'll be sitting at the head table," crew chief Tony Eury Jr. said.

DRIVER: Jeff Burton — **CHASE POINTS:** tied for fourth, -50; **CAR:** No. 31 Cingular Wireless Chevrolet; **TEAM:** Richard Childress Racing; **POSITION CHANGE:** Plus 2; **CAREER DOVER STARTS:** 29; **BEST DOVER FINISH:** 1st (fall 2006).

LAST WEEK: Fell back a little early, but looked strong on long green-flag runs on his way to a fourth-place finish in New Hampshire. Just another day in the office for one of the Sprint Cup's most consistent drivers.

CHASE CHATTER: "It's just too early to be, you know, deciding who is going to win, and who is not going to win," Burton said. "It's just way too early."

DRIVER: Denny Hamlin; **CHASE POINTS:** sixth, -72; **CAR:** No. 11 FedEx Chevrolet; **TEAM:** Joe Gibbs Racing; **POSITION CHANGE:** None; **CAREER DOVER STARTS:** 5; **BEST DOVER FINISH:** 4th.

LAST WEEK: Concerns about fuel mileage forced Hamlin to pit off sequence at New Hampshire, and a pair of late cautions allowed the field to make late fuel stops. Hamlin finished ninth, his 15th top-10 this season.

CHASE CHATTER: "It's a tough way to end, but we got

a top-10 and that keeps us right in the middle of the Chase," Hamlin said. "We know we can build on that and we know we are running really well right now."

DRIVER: Tony Stewart; **CHASE POINTS:** seventh, -73; **CAR:** No. 20 Home Depot Chevrolet; **TEAM:** Joe Gibbs Racing; **POSITION CHANGE:** Plus 1;

CAREER DOVER STARTS: 19; **BEST DOVER FINISH:** 1st (twice).

LAST WEEK: "Smoke" gained a spot despite an erratic day in New Hampshire. Was among the leaders early, but dropped back after bumping into Johnny Sauter while leaving the pit box. His eighth-place finish means he's still winless on the season.

CHASE CHATTER: "I got a drive-through penalty that got us way behind," Stewart said. "We had some bad luck and then I made our problem worse with the speeding penalty. To fight back to eighth I'm pretty happy with that."

DRIVER: Kyle Busch; **CHASE POINTS:** eighth, -74; **CAR:** No. 18 M&Ms Toyota; **TEAM:** Joe Gibbs Racing; **POSITION CHANGE:** Minus 7; **CAREER DOVER STARTS:** 7; **BEST DOVER FINISH:** 1st (spring 2008).

LAST WEEK: Busch's first postseason start began with a whimper and a clang. A broken bolt on his front sway bar sent him to the back of the field early, and things didn't get any better when he spun out later in the race on his way to a 34th-place finish.

CHASE CHATTER: "(Crew chief) Steve (Addington) and all the guys have given me great stuff this year, so one problem isn't going to deter me," Busch said. "I believe in these guys. Whenever we've had a bad race, we've been able to put it behind us the next week."

DRIVER: Clint Bowyer; **CHASE POINTS:** ninth, -83; **CAR:** No. 07 Jack Daniels Chevrolet; **TEAM:** Richard Childress Racing; **POSITION CHANGE:** Minus 4; **CAREER DOVER STARTS:** 5; **BEST DOVER FINISH:** 8th.

LAST WEEK: The last man into the Chase hoped to repeat his stunning win in New Hampshire last fall. It never happened. He muddled through and avoided a major mistake on his way to a 12th-place finish, but hardly looks like a threat to get crack the top five.

CHASE CHATTER: "I'll

be honest, I'm disappointed to have finished 12th," Bowyer said. "I think we had better car than that. Our pit strategy didn't work out as well as we hoped. We'll be better next week at Dover."

DRIVER: Kevin Harvick; **CHASE POINTS:** 10th, -86; **CAR:** No. 29 Shell/Pennzoil Chevrolet; **TEAM:** Richard Childress Racing; **POSITION CHANGE:** Plus 1; **CAREER DOVER STARTS:** 15;

BEST DOVER FINISH: 3rd.

LAST WEEK: Struggled early with control problems, and even worried that he wouldn't be able to keep the car on the track until the competition caution on lap 35. Managed to fight the car to a 10th-place finish.

CHASE CHATTER: "(Crew chief) Todd (Berrier) and the guys kept working on our Shell-Pennzoil Chevrolet all race long, but we just couldn't quite get it where we needed to be," Harvick said. "We were in trouble on the restarts. It is a top-10 but it is not what we wanted."

DRIVER: Jeff Gordon — **CHASE POINTS:** 11th, -99; **CAR:** No. 24 DuPont Chevrolet; **TEAM:** Hendrick Motorsports; **POSITION CHANGE:** Minus 1; **CAREER DOVER STARTS:** 31; **BEST DOVER FINISH:** 1st (four times).

LAST WEEK: Gordon could get nothing going in New Hampshire, stumbling to 14th place. Needs to make a move quickly to have any shot at getting back in it, a daunting task considering he still hasn't won this season.

CHASE CHATTER: "We shake off every race that is behind us — whether we win or finish 40th," Gordon said. "We are a dangerous organization and we enter each race thinking we can win. And that's what we hope to do at Dover."

DRIVER: Matt Kenseth — **CHASE POINTS:** 12th, -177; **CAR:** No. 17 DeWalt Tools Ford; **TEAM:** Roush Fenway Racing; **POSITION CHANGE:** None; **CAREER DOVER STARTS:** 19;

BEST DOVER FINISH: 1st (spring 2006).

LAST WEEK: Kenseth entered the Chase saying he wasn't sure if he could be competitive. He wasn't in New Hampshire, struggling in the middle of the field before being taken out in a crash on his way to a 40th-place finish and his first DNF of the season.

CHASE CHATTER: "We just really have to approach it one week at a time and work as hard as we can every week to get our cars better," Kenseth said. "If we can get our cars better and run up front, most of the time things like this won't happen."

AT WALTER REED: NASCAR drivers humbled by Iraq veterans

THE ASSOCIATED PRESS

WASHINGTON — Kyle Busch, Greg Biffle and other NASCAR drivers and team owners visited soldiers Thursday at the Walter Reed Army Medical Center.

They walked through the hospital wards and talked with the wounded, signed autographs, posed for pictures, and for Biffle, gained perspective.

"Everytime I come here, it's a pretty overwhelming experience," said Biffle, the winner last week at New Hampshire. "This is my fifth year in a row coming. To see the dedication that these men and women have that have served our country and continue to serve our country, it makes you feel pretty small."

"Compared to what they have done and what they do for us ... its a pretty grounding experience I think for all of us," Busch, whose No. 18 car was on display at the hospital, said it was honor to visit the men and women who allow drivers to perform on Sundays.

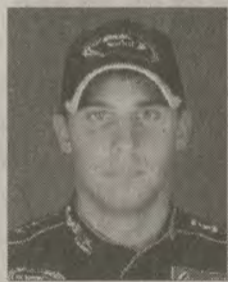
"It's a great event that we are able to come out here and see them and put some smiles on their faces," he said. "And see that they are not only ready to get back at it, but they are disappointed they are not where they want to be."

Claudia House-De Alba, injured in Iraq, was able to get a look under the hood and inside Busch's car along with Mark Martin's Army-sponsored car.

"Its pretty cool because you only get to see them when they are on TV, so its nice to see them in person and see how the driver can get out of the car after really bad crashes," House-De-Alba said.

Following the tour of the hospital, Biffle, Busch, and other drivers including Ryan Newman and Scott Riggs, signed autographs before a dinner event.

"Instead of playing with GI Joe's when I was growing up, I was playing with catalytic convertors and torque wrenches," said Kevin C. Miller Jr., a member of the New York Army National Guard out of Troy, N.Y., who sustained a severe leg injury while serving in Afghanistan this past July. "My father taught me about racing ever since I was little and I'm a single father, too, so I teach my son about cars as well."



DENNY HAMLIN



photos by Paula Goble

GIRLS' HIGH SCHOOL SOCCER

KATY PETRY, a standout soccer player for Prestonsburg, battled against opposing players from Johnson Central during a recent match.



photo by Austin Casebolt

POSTSEASON HOPES: The Pikeville High School volleyball team is gearing up for upcoming district tournament competition.

The Times CLASSIFIEDS work for you!

sell — buy — rent — hire — find

Local Rates Include Online

only \$5.50 for the first three lines, \$1.00 each additional line
Bargain Basement - Items under \$100 - 3 lines, half price
Yard Sale Ads - 1 Day \$5.00 - 3 days \$12.00 (30 words or less)

"For Sale Special"
3 lines/
3 days only

\$16

Over 18,000 Readers every issue!

5 Easy ways to place your ad:

1. Call: (606) 886-8506, LeighAnn Williams
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

Our hours: 8 a.m.-5 p.m.

DEADLINES:
Wednesday's paper @ Mon., noon
Friday's paper @ Wed., 5 p.m.
Sunday's paper @ Thurs., 5 p.m.

Visa - MC - Discover
Check

The Best Way To Write An Ad:

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

NAME _____
ADDRESS: _____
PHONE #: _____

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

CREDIT CARD:

Our CLASSIFIEDS Will WORK For You!!!

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
Chevy c60 Dump truck 14 foot bed \$3800.
1995 GMC Conversion VAN \$3200
1998 S-10 Blazer. 4 dr, 4 wd \$3,000
2001 S-10 Blazer loaded \$3,395
Mark Dump truck \$3,200
2001 S-10 \$4,195
2000 Dodge Dakota Quad cab
2001 Jeep Cherokee sport loaded \$4,595
98 Jeep \$3195
2000 Sunfire, moon roof, automatic \$3000
2000 Toyota corolla auto, 116,000 miles \$3,200
98 Jeep Cherokee Sport, loaded \$3,195
2001 GT Mustang convertalbe, front end damage \$2500.
886-2842
- For Sale: 2000 Isuzu Trooper. For

information contact 606-478-3100.

For Sale: 1992 Dodge Dakota. 2 WD v-6 (as- is). \$1,000. Call 886-3836

For sale: 2002 Mitsubishi Montero Sport. Asking payoff. 88,000 miles. Call 874-0752.

2002 Pontiac Sunfire. Mileage 80,000. Price \$4,800. Phone 874-1007.

EMPLOYMENT

Experienced parts specialist needed. Apply in person only Napa at 810 South Lake Drive in Prestonsburg. Full benefits package. Pay commiserates with experience. Ask for Eddie.

A very busy cardiology office has an opening for a registered nurse, physicians assistant or nurse practitioner to help rotate at the hospital. The position will mainly consist of inpatient, but occasionally will work with out patients in the office. Please fax resume to 606-886-9746. Call 606-886-0892 or 606-922-0005 to schedule and interview.

Small Company has opening for Accounting Position in Prestonsburg area. Oil & Gas Experience a plus. Must be organized

& able to complete tasks with little supervision. Send resume to PO Box 390 Prestonsburg, Ky 41653.

HELP WANTED
Wanted : concrete finisher. Must have 5 yr experience , transportation and hand tools. Good starting pay, all work local. Call 886-8373 or 477-9307.

OPENING
Executive secretary - 60 wpm. \$12.50 hr. Reply PO Box 1746, Prestonsburg 41563.

Network Technician - Network Technician responsible for providing onsite and remote IT support to users. 2+ years experience is required in general networking and server and desktop support. Must be able to take responsibility for small projects, report back on status, and work with and without direct supervision. Excellent pay and benefit package. Please send resumes to: Human Resource Dept, P.O. Box 1169, Pikeville, KY 41502. An Equal Opportunity Employer - M/F/D/V.

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 electric over hydraulics, repairing small engines, tools, and equipment, and maintaining repair and service records for all equipment. The successful candidate will have a C I 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,

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 contact Eddie @ 606-886-3181 for more details..

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

and to apply. EOE in confidence to P.O. Box 990, Allen, Ky. 41601. Phone inquiries not accepted.

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

Dietary Aides: Mtn Manor of Paintsville has Dietary Aide positions available. Comparable wages and benefits. Apply in person at 1025 Euclid Avenue, Paintsville, Ky from 8:00 am to 4:30 pm, Monday-Friday.

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

much more starting at \$80.00. Call Bruce at 886-8534 or 791-7830.

Services

Will do house & office cleaning. 20 yrs experience with excellent references. Call 226-4000 or 377-2701.

Merchandise

Book for sale, by Donald Crisp, "DEATH AND HOW TO PREPARE FOR IT". Call or write Bucks branch rd, Martin, Ky 41649. Phone 1-606-285-3385. \$5.00 each plus shipping.

Misc.

For Sale: Yamaha Kodak 4 wheeler. Loaded up with wench, floor boards, CB radio, and back up lights. Asking \$3,000 or best offer. Call 874-9834 or 226-0982.

Computer for sale. Call after 5 pm. 886-0920.

B & K Leathers a variety of motorcycle accessories including: saddlebags, toolbags, sissy bar bags, shoulder bags and

300-8 Foot fluorescent light out of Tackett Furniture Building of Martin.

REAL ESTATE

Houses

Call 285-0899. 3 Br house for sale. 2 1/2 miles up Arkansas Creek. Call 285-0045.

For Sale: located at 340 Toms Fork at Bevinsville. 3 Br, 1 ba, lg living room, lg kitchen. 15 X 24 above ground pool. 10 +/- acres. \$35,000 firm. No land contracts. Serious inquires only. Call 452-4644

Rentals

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.

APARTMENT

For Rent: One & two bedroom apartment. Two bedroom 1 1/2 bath townhouse. Three bedroom duplex located on Abbott @ country lane. Call 886-8991. No pets.

1 Br furnished apt for rent. 5 miles from Martin on Rt 1210. \$450 month plus \$200 deposit. Utilities included. No pets. Call anytime. Call 285-3641.

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

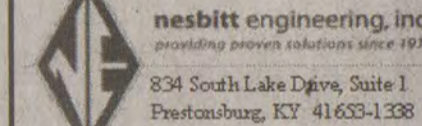
For Rent: Nice

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

For rent: New town house apartment. 2br, 1 1/2 bath, stove, fridge, dishwasher, w/d hook up with in city limits at intersection of US 23 & hwy 80. \$650 month plus \$350 deposit and utilities. No pets. 1 yr lease. Call 237-4758.

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



AutoCad Technician needed in Prestonsburg, KY

Duties include operating CADD work station, plotters, printers, and other associated equipment to develop designs for engineering and surveying projects. Minimum 1 year experience required, certificate from a college or technical school indicating CADD proficiency a plus. Full-time position with excellent salary and benefits.

Email resume to www.tholland@nei-ky.com or call (606) 886-8883



www.wrightconcrete.com
Wright Concrete & Construction, Inc. and Wright Concrete Underground, LLC

are accepting applications for the following positions:

- Project Superintendent
- Concrete Form Carpenters
- Welders/Fabrication
- Crane Operator
- General Laborers (For Installing Mine Seals and other Underground Construction)
- Crew Leaders (For Installing Mine Seals and other Underground Construction)
- Construction Foremen
- Concrete Finishers
- Mechanics
- Construction Laborers

Excellent Working Environment with Top Pay & Benefits: Health, Dental, Vision & 401K Retirement

Fax or Mail your resume to:
Wright Concrete & Construction, Inc.
9430 US HWY 23 S, Pikeville, KY 41501
FAX: (606) 639-4482 or Call: 800-670-6965
Equal Opportunity Employer

Automotive Service Manager – Multi-line Dealership

A rare management position opening due to retirement. A growing dealership is looking for a highly motivated and experienced individual with great organizational and leadership skills, that is committed to 100% customer satisfaction.

We offer: Great pay and compensation plan with benefits such as retirement, health insurance, paid vacation, holidays and personal days, training and a great working environment.

If you are wanting a true management position where you make the decisions, send your resume' to: P.O. Box 1213 Paintsville, Ky. 41240 or e-mail to servicemanagerapply@yahoo.com

Private Duty Nursing to provide care in a home setting

- SITTER up to \$9.50/hr.
- CNA up to \$11.00/hr.
- LPN up to \$16.00/hr.
- RN up to \$20.50/hr.

Now accepting applications for Pike, Floyd, and Magoffin counties.

All applicants must have current CPR certification, valid driver's license, and car insurance.

Call: (606) 439-0262
(877) 439-0262
for more information.

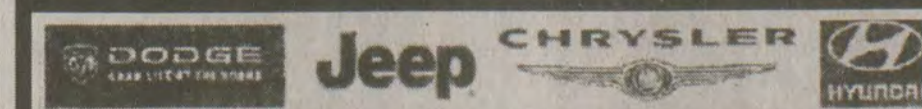
EOE

WELDING POSITIONS AVAILABLE EXCELLENT PAY. Drug screen required. Call Monday-Friday between 8 a.m.-5 p.m. 285-9358

"No Way - Yes Way"
Park Place Apts.
First Month Rent Free!
Valid 9-30-08
1BR-\$280; 2BR-\$304
All electric—HUD Accepted.
Call: 886-0039

EQUAL HOUSING OPPORTUNITY

CAREER OPPORTUNITY



NOW TAKING APPLICATIONS SERVICE TECHNICIAN

WE OFFER 401K, VISION PLAN, DENTAL, HEALTH. STARTING PAY DEPENDS ON EXPERIENCE. WE WILL PROVIDE ALL THE NECESSARY TRAINING FOR HYUNDAI & CHRYSLER CERTIFICATIONS. PREFER ASE CERTIFIED.

Apply in person at Deskins Motors. No calls, please!
See Gary Kidd, Monday-Friday • 8 a.m.-5 p.m.

Deskins Motors Deskins Drive Pikeville, KY

IMMEDIATE OPENING:

Local Industrial Distributor requires the services of a delivery truck driver/warehouse attendant for its Pikeville area operation. Class B CDL minimum with 2-3 years tandem experience is preferred.

Qualified individual should have forklift experience. High School grad with computer knowledge is helpful. This is a full-time position (M-F) (local deliveries only) with excellent benefits, including health, dental, life insurance, 401(k) and bonuses.

Send resume or letter detailing experience to:
Delivery Truck Driver
PO Box 100
Banner, KY 41603
EOE, M,F,D,V

WANTED

Employment Manager for established Coal Company in the southern West Virginia area

This position will provide support for production operations in all aspects of employment, recruiting, benefits, workers compensation, etc. The successful candidate will have 2 to 5 years of varied practical experience in these areas. A Bachelor's Degree in an appropriate discipline will be a plus. General computer skills required with experience in Excel a plus. General office environment with excellent benefits.

Submit resume and salary requirements to Tuck Management Group, Inc PO Box 536, Kingsport, TN. 37662-0536 Phone 423-230-4606.

Or submit a resume and salary requirements in confidence to: CharlesATuck@cs.com

An Equal Opportunity Employer M/F/H

Houses

For rent: 3 br, 2 1/2 bath brick house. 1 mile above May Valley school. Central heat & air. \$650 mth plus \$300 deposit and security deposit. Call 358-3370 or 285-3902.

Comfortable 3 br, country home for rent. Located in Abbott Creek area. No pets. \$400 per month plus deposit, references and 12 month lease required. Contact Elizabeth at 886-3199.

2 1/2 story cedar A-frame home on 5 acres of land. Located 2 1/2 miles out of Prestonsburg city limits on Spurlock creek. City water, 3br, w/d, dish washer, 2 full baths, hardwood floors, full underground basement, security system, 16x36 carport and outside storage. No pets. \$850 month. Shown by appointment only. Call 606-785-0770. Leave message.

House for rent on Arnold Ave. No pets and no HUD. \$500

per month plus deposit and utilities. Phone 874-9976 after 5pm.

New 3 Br house for rent. \$650 month plus deposit. Call 889-9265 or 886-6563.

House for rent. Excellent neighborhood, gated community, 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. \$595 + per month plus deposit. Call 438-6104.

MobileHomes

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.

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.

Special FHA Finance Program \$0 Down if you own land or use family land. We own the bank your approved. Call 866-597-2083

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

Mobile home lot for rent. 5 min from Highlands hospital, about 8 min from Porter grade school. 5 min from Dewy lake. Call 614-876-4516.

Legals

NOTICE OF BOND RELEASE

(1) In accordance with KRS 350.093, notice is hereby given that Koch 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 approxi-

mately 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. Approximately 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. 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.

PUBLIC NOTICE

Notice is hereby given that Lois Mae Long of 434 Rigdon Rd., Wallingford, Ky. 41093, has filed an application with the Natural Resources and Environmental Protection Cabinet to install a drain pipe, one mile up Akers Branch off Highway 1426 into Akers Branch. Any comments or objections concerning

this application shall be directed to: Kentucky Division of Water, Water Resources Branch, 14 Reilly Road, Frankfort Office Park, Frankfort, Kentucky 40601. Phone: (502) 564-3410.

PUBLIC NOTICE

Notice is hereby given that Kathleen Stumbo Prater, P.O. Box 111, McDowell, KY 41647, has filed an application with the Natural Resources and Environmental Protection Cabinet to fill in where the flood washed her off. The property is located on Left Beaver near Minnie and McDowell on Ky. Rt. 80 to Ky. Rt. 122, McDowell. The latitude/longitude is 37°27'52.66" 82°45'20.58". Any comments or objections concerning this application shall be directed to: Kentucky Division of Water, Water Resources Branch, 14 Reilly Road, Frankfort Office Park, Frankfort, Kentucky 40601. Phone: (502) 564-3410.



A Plus Security Systems
978 Riverside Dr.
Prestonsburg, KY 41653
Be Safe and Secure
Tel: 1-866-374-1838
Fax: 1-606-886-9903
Office: 1-606-886-9904
Authorized Brinks Dealer
• FREE ESTIMATES •
Kirk Ramsey, Owner
BRING IN THIS AD AND RECEIVE A DISCOUNT!

Sun Valley Construction Inc.
Building with Distinction
OUR SERVICES INCLUDE:
• New construction
• Remodeling your current home
• Adding to your current home
• All types of roofing • All types of flooring
Residential & Commercial
Contact us for free estimates at:
Phone: 886-9605 • Cell: 205-1237
Email: sunvalleyconstruction@hotmail.com
Registered builder-Licensed-Insured

THE ELECTRIC WORKS
Residential • Commercial
Installation & Maintenance
• Free Estimates •
James Warrix (Licensed)
(606) 874-9123

J & L
Electrical Contracting
Residential & Commercial
Electrical Services
Home Improvements and Repairs
Free Estimates • Reliable
Ph: (606) 886-2785
Pager: (606) 482-0229
John K. Lewis, Master Electrician
Licensed: ME8643, CE8644

Mine Safety & First Aid Training
Newly Employed
24 hr. Class (surface)
40 hr. (underground)
8 hr. refresher (surface & underground)
Also Drug Testing
285-0999
Train at your convenience.

NOW HIRING
FULL Time Manager Trainee Position in LOCAL area. \$35-\$40K first year. FULL Benefit Package! Complete paid training.
Call Ms. Raymer TODAY 606-432-2545

COMBINED INSURANCE
NOW HIRING
2 Full Time positions in local area. Full Benefits and Complete Paid Training
Call 859-229-7133
Sandy Raymer

H&R BLOCK
Learn to prepare taxes and earn great seasonal income.
Free training begins in October
Call 1-866-891-1950 today for an interview and begin a rewarding career with H&R Block.

Chesapeake ENERGY AT WORK
OIL & GAS PROFESSIONALS
Chesapeake Appalachia L.L.C., a division of Chesapeake Energy Corporation, is seeking talented professionals for the positions listed below in our Southwest District office at our Honey Branch (Debord, KY) office. Chesapeake is the largest independent producer of natural gas in the U.S. and the most active driller of new wells in the U.S. In 2008 Chesapeake was added to FORTUNE Magazine's 100 Best Companies to Work For list. Ideal candidates should be self-motivated team players and possess excellent interpersonal skills. A high degree of analytical ability and excellent oral and written communication skills are necessary for success in our fast-paced and rewarding environment.
Production Foreman - Honey Branch, KY
Responsibilities include evaluating and optimizing well production, diagnosing problems, and well surveillance. Utilizes a Well Analyzer in order to shoot and evaluate fluid levels and provides dynamometer analysis for pumping units. Provides hands on training on various fluid removal techniques to district personnel in order to maximize production. Installs and sets-up various plunger lift systems including conventional and automated. Supervises service rig production related work. Candidate must have analytical skills and an understanding of bottom-hole pressure. Previous well tending, well automation, training, swabbing, and service rig experience is a plus. Must be proficient in the use of Microsoft Office products. Prefer 5+ years of production related experience.
Chesapeake Appalachia L.L.C. offers excellent compensation and benefit packages including a very generous equity compensation plan. For immediate and confidential consideration, interested applicants should apply on-line no later than September 29, 2008 at:
www.chkappalachia.com
Chesapeake Appalachia L.L.C. is an affirmative action and equal opportunity employer.
PUREENERGYPUREOPPORTUNITY

Back to School Subscription Special

IN COUNTY \$47.20
OUT OF COUNTY \$60.80
OUT OF STATE \$64.80
20% SAVINGS!



TAKE ADVANTAGE OF THIS SUBSCRIPTION PRICE, TODAY!
Call Leighann Williams, Circulation Manager
606-886-8506
or mail payment with form below

Name _____
Address _____
City _____ State _____ Zip _____

Mail to: The Floyd County Times
P.O. Box 390, Prestonsburg, KY 41653
We accept M/C, Visa, & American Express

Deals on Wheels



Send a photo with description, along with check or money order, or credit card, for only \$50, and your Deals on Wheels will continue to run until Sold.

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



1994 Dodge 350 Extended Cab Van
All shelves, Reese hitch, ladder rack, new tires, and air conditioning. A good work van!
\$1,995.00
Open Road Auto 886-9220



Beautiful 1980 Corvette T-Tops
Air conditioning.
\$5,995.00
Open Road Auto 886-9220



2001 Toyota Tundra Extended Cab
Rino bedliner, power windows and steering.
\$12,500.00
Open Road Auto 886-9220



2004 Ford Mustang
\$10,800.00.
40th Anniversary Edition.
V6, Gas Saver!!
Glossy Red.
Call AB Motors 606-886-1922 606-434-5551



2005 Dodge Ram 4x4 SLT
\$17,900.00. NADA price \$19,300. Local, 1-owner, 4-door, 4-WD, auto. Looks brand new, inside & out, charcoal in color.
Call AB Motors 606-886-1922 606-434-5551



2002 Toyota Sienna
\$9,999.00. NADA price \$12,000. Local, 1-owner, Carfax certified, champagne in color. Heated leather seats with sunroof, V6, Gas Saver!!
Call AB Motors 606-886-1922 606-434-5551

10-minute workout, but does it make a difference?

by MEGAN K. SCOTT
ASSOCIATED PRESS

NEW YORK — Stephen Lowrie has gotten the message to squeeze in exercise wherever he can. He parks far from the entrance, takes the stairs — even lifts weights at his desk.

"I don't do all these things all the time every day," said Lowrie, 47, of Bedford, N.H. "If I did I'd be in great shape."

Perhaps, Lowrie's piecemeal fitness regimen is something that's been encouraged as even videotaped exercise routines shrink to mere minutes. But as enticing as such programs sound, getting into shape is generally going to take more than a session of 8-minute abs, said Jillian Michaels, a personal trainer on "The Biggest Loser."

"Ten minutes?" said Michaels. "Forget it. What are you going to burn? A hundred calories. A pound is 3,500 calories. I'm so tired of sending Americans a false message. 'Hey just take the stairs.'"

The American College of Sports Medicine and the American Heart Association recommend for adults under age 65 a minimum of 30 minutes of moderately intense cardio (such as brisk walking) per day five days a week or 20 minutes of vigorously intense cardio (such as running) three days a week. Strength training should be done as part of the routine twice a week.

To lose weight or maintain weight loss, 60 to 90 minutes of physical activity may be necessary, according to the Centers for Disease Control and Prevention.

Still, micro-workouts are everywhere, from Jorge Cruise's "8 Minutes in the Morning" to Tracey Mallett's "Sexy in 6," a fitness program with six-minute workouts.

Studies show that breaking workouts into mini sessions is as effective as continuous workouts. And considering time is one of the biggest reasons people give for not exercising, the mini-sessions make sense.

"The key isn't really how long the duration or short," said Tamilee Webb, best known for "Buns & Abs of Steel." "It's the intensity and the consistency."

Over the years, efficient exercises have shortened workouts, said Kathy Smith, whose "Tummy Trimmers"

DVD includes short ab workouts. For example, she said a squat with a bicep curl works more than one muscle.

The DVD method has also made it easier to package multiple workouts, said Denise Austin, who has more than 80 DVDs under her belt. People don't have to fast forward and rewind, she said. And the short workout means people can't make excuses.

"The nicest part about it is they are ready to do 10 but stay and do a little more," said Austin, whose newest DVD

Best Belly Fat-Blasters is a series of ab workouts. "'For 10 minutes I can do this.' The next week they can do 20 minutes and then they're on their way to a healthy habit."

For Hiu Chung So, 26, of Arcadia, Calif., breaking up his workouts works. He does 10 minutes of weights in the morning and another 20 to 30 minutes of cardio in the evening.

"It makes it a lot less daunting compared to saying you need to do an hour of exercise," he said.

The American College of Sports Medicine doesn't recommend mini sessions shorter than 10 minutes. And David Kirsch, author of the "The Ultimate New York Diet" questions how only 8 minutes in the morning is enough to increase the heart rate, tone the muscles and bring about an overall feeling of wellness.

Ten minutes toning a muscle is long enough, said Ben Quist, founder of Form and Fitness in Grafton, Wis. But for someone who wants to get in shape, 10 minutes three

times a week is probably not going to produce the change people are hoping to see.

And once you look closely at those 10-minute routines, some do require more than you'd think. With Mallett's, the idea is to do more than one 6-minute session (three is ideal) plus cardio and change your diet. Austin herself said she does 30-minutes of straight cardio.

"10, 10, 10 is less than ideal," said Michaels. "You need a longer period of exercise to improve endurance."

But any exercise is better than nothing.

Katie Feuer, 35, of Summit, N.J. said her 12-minute abs routine works. She has been doing Denise Austin's "Super Stomachs" since high school and said when she stops, she gains weight.

"If I get lazy and haven't been working out, that's what I go back to," said Feuer, a mother of two, who also runs and bikes. "Maybe it's the familiarity of it. I know what to expect. When it's only 12 minutes, that's not bad."



Switch to the network with
the best coverage.
More bars in more places.

Wildfire

Beware & Prepare

Prepare your home, family & community for survival.

- Keep flammable vegetation and leaves at least 30 feet away from your house.
- Keep dry grass and brush cut short.
- Clean roof and gutters of flammable materials and leaves.
- Have an evacuation plan ready.
- Remember backfiring is illegal.

In a wildland fire emergency, call 9-1-1, your local Fire Department, or your local Division of Forestry district office.



\$99.99

after \$100 mail-in rebate debit card and \$100 instant rebate with data package purchase, minimum \$39.99 voice plan and 2-year wireless service agreement

BLACKBERRY® Curve™ 8310
Integrated GPS with AT&T Navigator
Personal and business email access



\$99.99

after \$100 mail-in rebate debit card and \$100 instant rebate with data package purchase, minimum \$39.99 voice plan and 2-year wireless service agreement

PALM® CENTRO™
Palm OS™ touchscreen
Full keyboard and 2.2" touchscreen display



BUY ONE FOR
\$49.99
GET ONE
FREE

after \$90 mail-in rebate debit card with feature package purchase and 2-year wireless service agreement per phone

LG SHINE™
AT&T Mobile Music™
2.0 megapixel camera with video

Best Coverage claim based on global coverage.

More bars in more places™

The new  **at&t**
Your world. Delivered.

FREE SHIPPING | 1.866.MOBILITY - ATT.COM/WIRELESS - VISIT A STORE



Exclusive wireless provider of the Southeastern Conference®

RETAIL STORES

KENTUCKY
*Pikeville 4565 North Mayo Trail, (US 23 North)

Prestonsburg 250 S US HWY 23, (Wal-Mart kiosk)

AUTHORIZED RETAILERS

KENTUCKY
Elkhorn City Jamco Sales, 130 E Main
Prestonsburg AB Wireless, 505 University Dr.

TENNESSEE
Pikeville 203 Cumberland Ave., (423) 447-2121

*Open Sunday

*AT&T also imposes monthly a Regulatory Cost Recovery Charge of up to \$1.25 to help defray costs incurred in complying with State and Federal telecom regulation; State and Federal Universal Service charges; and surcharges for customer-based and revenue-based state and local assessments on AT&T. These are not taxes or government-required charges.

Early Termination Fee: None if cancelled in the first 30 days; thereafter up to \$175. Some agents impose add'l fees. Offer available on select phones. **Limited-time offer.** Other conditions & restrictions apply. See contract & rate plan brochure for details. **Subscriber must live & have a mailing addr. within AT&T's owned wireless network coverage area.** Up to \$36 activ. fee applies. Equipment price & avail may vary by mkt & may not be available from independent retailers. **Rebate Debit Cards:** Blackberry® CURVE™ 8310 price before data package purchase, mail-in rebate debit cards, instant rebate, and with 2-year wireless service agreement is \$299.99. Minimum \$30.00 data package purchase required. Palm® Centro™ price before data package purchase, mail-in rebate debit cards, instant rebate, and with 2-year wireless service agreement is \$299.99. Minimum \$30.00 data package purchase required. LG Shine™ prices before mail-in rebate debit card, feature package purchase, and with 2-year wireless service agreement per phone are \$149.99 and \$99.99, respectively. Minimum \$19.99 feature package purchase required. Allow 60 days for fulfillment. Card may be used only in the U.S. and is valid for 120 days after issuance date but is not redeemable for cash and cannot be used for cash withdrawal at ATMs or automated gasoline pumps. Card request must be postmarked by 11/20/2008; you must be a customer for 30 consecutive days to receive card. **Sales tax** calculated based on price of unactivated equipment. **Offnet Usage:** If your mins of use (including unlt'd svcs) on other carriers' networks ("offnet usage") during any two consecutive months exceed your offnet usage allowance, AT&T may at its option terminate your svcs, deny your cont'd use of other carriers' coverage, or change your plan to one imposing usage charges for offnet usage. Your offnet usage allowance is equal to the lesser of 750 mins or 40% of the Anytime mins incl'd with your plan (data offnet usage allowance is the lesser of 6 MB or 20% of the KB incl'd with your plan). **Unlimited voice svcs:** Unlt'd voice svcs are provided solely for live dialog between two individuals. No additional discounts are available with unlimited plan. Service provided by AT&T Mobility. ©2008 AT&T Intellectual Property. All rights reserved. AT&T, the AT&T logo, and all other marks contained herein are trademarks of AT&T Intellectual Property and/or AT&T affiliated companies. All other marks contained herein are the property of their respective owners.

