

The Times

FLOYD COUNTY

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Volume 82, Issue 134 • 75 Cents



HIGH SCHOOL FOOTBALL

— page B1

briefs

Paintsville workshop focuses on biz startup

Morehead State University's Small Business Development Center will conduct a workshop on "Starting Your Own Business" on Tuesday, Nov. 18, at the Kentucky Highlands Entrepreneur Center.

The free event from 1-3 p.m. will introduce the basic concepts of opening your own business. Topics to be discussed will include: business planning, business types, financing, taxes and licensing.

The Kentucky Highlands Entrepreneur Center is located at 120 Scott Perry Drive, which is off Teays Branch Road.

This workshop is one of many provided by MSU's small business development centers. To register, call the Paintsville SBDC office at (606) 788-6008; or visit online at www.ksbdc.org.

Training programs, sponsored or co-sponsored by SBDC, are available to all individuals without regard to race, color, sex, creed or national origin. Special arrangements will be made for those with disabilities if requested in advance.

For a list of upcoming events, you may visit the MSU SBDC Web site at moreheadstate.edu/sbdc.

2 DAY FORECAST

Today



High: 71 • Low: 42

Tomorrow



High: 57 • Low: 35

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

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

No recount yet requested in board races

by JARRID DEATON
FEATURES WRITER

PRESTONSBURG — It came down to the wire on Tuesday for two positions on the Floyd County Board of Education, and it may not be over yet.

Incumbent District 3 Board Member Jeff Stumbo defeated challenger Wes

Gilliam by only 42 votes, and Gilliam, who ran an extensive advertising campaign in his bid for the position, may be filing for a recount.

According to an employee of the Floyd County Clerk's Office, Gilliam has inquired about a recount, although he has yet to officially file a request.

In the race for board member in

District 4, Rhonda Meade received 32 more votes than Lucy Reynolds, which could possibly lead to another request for a recount.

After the unofficial results were tabulated on Tuesday, Floyd County Clerk Chris Waugh said that there was a good chance that the candidates in the close races for school board would ask for a

recount.

The only district where one candidate received over 100 more votes than the other was in District 5, with Doug Hopkins winning by 295 votes over Kathy Terry.

Based on state regulations, Gilliam and Reynolds have until Wednesday to file their request for a recount.

CALL TO PRAYER



Mark Mills blows a ram's horn on the steps of the old Floyd County Courthouse on Thursday. Mills stopped in Prestonsburg during his "prayer walk" where he is attempting to walk around the border of the entire state. (For more, see story in "Faith & Family," page B8.

photo by Jarrid Deaton

Long list of projects awaits funding

SHELDON COMPTON
STAFF WRITER

PRESTONSBURG — The waiting game for the release of coal severance tax funds in response to so-called "wish lists" from counties across the region is a fairly common situation.

With work still being performed at the state-level to straighten out budget concerns and the current economic climate throughout the entire nation, local governments have grown accustomed to spending what they can now for projects and hoping coal severance money will come later.

However, it could be said that few can claim quite as much optimism and faith as Floyd County Judge-Executive R.D. "Doc" Marshall about this possibility.

"I'm very optimistic and feel we're going to see all of it," Marshall said Thursday. "It's just a matter of waiting for the money to come available and then accessing it."

Marshall also adds that he has complete confidence in local representatives — Sen. Johnny Ray Turner and Rep. Greg Stumbo — in Frankfort to see the county through to receiving what is due.

"Greg and Johnny certainly have a voice in Frankfort," said Marshall. "And as for our priority list we were asked to submit, it is based on the greatest areas of need. We would love to be able to do all the things proposed."

The list for the 2008-09 fiscal year carries a price tag of \$1,189,600, approximately \$70,000 more than the previous fiscal year. The projected total for the upcoming 2009-10 fiscal year, according to fiscal court records, is \$974,600.

County leaders signed off on wish lists this past July for all three fiscal years. Number one on all of those lists were for operating funds for county senior citizen centers, while Marshall said the county's fire departments were also a high priority. The county has asked for \$280,000 for operating costs for senior citizens centers over the three fiscal years and \$10,400 each for the 16 fire departments across the

(See PROJECTS, page five)

Prestonsburg Fire Department gets new masks

by JARRID DEATON
FEATURES WRITER

PRESTONSBURG — Firefighters don a variety of equipment to improve their chances of avoiding serious injury and death while on the job, and for those who risk their lives serving the city of Prestonsburg, things got a little bit safer this week with the arrival of 22 new air masks for the fire department.

"These are the latest, state-of-the-art air masks," said Todd Depriest, with Fire Department Service and Supply out of Louisville. "Each firefighter has to go through training in order to get used to the different features on these updated masks."

According to Depriest, each unit, known as an MSA Firehawk M7 Breathing Apparatus, has a price tag of over \$5,000, but Fire Chief Bobby Carpenter believes that is a small price to pay for what the masks offer.

"It brings our fire department's safety into the 21st Century," Carpenter said. "It was a great investment by the city into its fire department. These are the resources that we need to serve and protect the citizens of this area."

The compressed air bottles that are part of the department's old air masks will still be used, and the best of the old masks will become reserves.

(See MASKS, page five)



Prestonsburg firefighter Shawn Branham tries out one of the new air masks for the fire department during a training session on Tuesday.

photo by Jarrid Deaton

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Obituaries

Jeffrey Allen "Butch" Horn

Jeffrey Allen "Butch" Horn, 49, of Lexington, died Monday, November 3, 2008, at his residence. Born on December 23, 1958, in Prestonsburg, he was the son of Dexter Horn and the late Emma Lou Hunt Horn, who died July 24, 1988. He was a trainer/supervisor at Amazon.com Warehouse.



He is survived by his father, Dexter Horn (Joann) of McVeigh. In addition to his father, other survivors include a son, Jeffrey Scott Horn of Paris; a daughter, Ashley Horn Harris of Paris; two brothers: Phillip Anthony Horn of Prestonsburg; and Randall David Horn of Ashland; and two sisters: Sherry Crum of Martin; and Sandra Renee Hammond of Ashland.

A memorial service will be held Saturday, November 8, at 1 p.m., at the Carter Funeral Home Chapel, Prestonsburg.

Interment will be in Davidson Memorial Gardens, in Ivel.

Visitation is Saturday, 10 a.m., until service.

The family has entrusted arrangements to the Carter Funeral Home. (Paid obituary)



Robert (Bob) F. Knarr

Robert (Bob) F. Knarr, 78, formerly of Prestonsburg, passed away at his home in Frankfort, on November 3, 2008.

He was employed by Hill Engineering Company, during his time in Prestonsburg, from

careful direction of Harrod Brothers Funeral Home LLC, and condolences may be shared via the online guest book at: www.harrodbrothersfuneralhome.com. (Paid obituary)

Clarence "Dad" Stephens

Clarence "Dad" Stephens, age 93, of Allen, husband of Irene Davis Stephens, passed away Tuesday, November 4, 2008, at his residence.

He was born November 25, 1914, in Floyd County, the son of the late Floyd Stephens and Virgie Jarrell Stephens. He was a retired employee of C.&O. Railroad; an U.S. Army, World War II veteran; a member of Allen Baptist Church; John W. Hall, Masonic Lodge No. 950; and a member of the Garrett DAV.

Survivors, in addition to his wife, Irene, include three sons: Clarence (Sallie) Gideon Stephens of Elkton; Anthony O'Dell (Yvette) Stephens of Prestonsburg; and Mark Dwayne Stephens of Allen; three daughters: Charlotte Ann Stumbo of Allen; Sandra Irene (James) Isaacs of Banner; and Lorita Jeanette (Steve) Cassel of Lexington; a brother, Melvin Rodney (Billie) Stephens of Chelsea, Michigan; eight grandchildren: Monica, Pam, Loren Anthony, Angela Dawn, Tracy Waynette, James, Jesse, and Steven II; four step-grandchildren: Ronnie, James, Timothy, and Dennis; 12 great-grandchildren; 9 step-great-grandchildren; and numerous friends, relatives and co-workers.

Arrangements are under the

Funeral services for Clarence "Dad" Stephens will be conducted Friday, November 7, at 1:00 p.m., at the Hall Funeral Home Chapel in Martin, with Clergyman Arnold Turner Jr., officiating.

Burial will follow in the Davidson Memorial Gardens in Ivel, under the professional care of the Hall Funeral Home.

Visitation, after 6:00 p.m., Wednesday, at the funeral home. Masonic services were conducted Thursday evening at 7:00 p.m. (Paid obituary)



Camillia Faye Wright

Camillia Faye Wright, 61, of Laurel Road, Oldtown, went to be with the Lord Tuesday, November 4, 2008, at Community Hospice Care Center in Ashland.

She was born December 15, 1946, in McDowell, a daughter of the late James and Irene Bentley Burke.

She was a retired chef from Greenbo State Resort Park and attended Emmanuel Missionary Baptist Church, in Oldtown.

She was preceded in death by her husband, Glennis Wright; a son, Scotty Wright and a sister, Glenda Sue McCoy.

She is survived by a son, William W. (Carrie) Wright of Oldtown; a daughter, Lisa Wright of Jenkins; seven grandchildren: James Steffon Wright and Destiny Wright, both of Prestonsburg, Faylicia Wright and William Joseph Lee Wright, both of Oldtown, Aaron Scott Wright and Anthony Ray Wright, both of Morehead, and Danielle

Nicole Wright of Jenkins.

A memorial service was conducted 8:00 p.m., Thursday, November 6, at Emmanuel Missionary Baptist Church, in Oldtown, by Pastor John Lybrook.

Visitation was from 6:00-8:00 p.m., Thursday, November 6, at the church. Reed Funeral Home in Greenup is in charge of arrangements. (Paid obituary)

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**In Loving Memory and Honor of
Richmond Slone
on Veterans' Day**

This picture was taken at an airfield in France. Richmond and some of his flight crew were gearing up for a bombing mission.

He was a veteran of World War II, and served in the U.S. Army Air Force from May 21, 1943 - Nov. 24, 1945. He was a Sgt., serving as a flight maintenance gunner on a B-26 Bomber with the 443rd Bomber Squadron. He assisted the pilot in the operation of the multi-engined airplane by maintaining a constant check on its mechanical functioning, and fired aerial gun in combat. He served 12 months in the ETO and was in four major campaigns—Northern France, Rhineland, Central Europe, and Ardennes, flying numerous bombing missions over Germany.

He was awarded the EAME Theater Ribbon w/4 Bronze Stars, the American Theater Ribbon, Good Conduct Ribbon, Pistol Marksman, World War II Victory Medal, Air Crew Member Badge, Air Medal w/2 Oak Leaf Clusters, and the Distinguished Unit Citation.

In his retirement, he maintained a large apple orchard, in which he took great pleasure.

Sadly Missed by Wife and Family

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Rental Central

by TOM DOTY
TIMES COLUMNIST

November got off to a smooth start with an excellent collector's set of classic westerns and a remake of the spy spoofing series "Get Smart."

■ "Get Smart" — Steve Carell and the Rock team for this remake of Mel Brooks and Buck Henry's spy series that poked fun at the super spy genre. It's all in good fun, though you'll be hard pressed

to remember any details about it.

■ "Return to Sleepaway Camp" — Felissa Rose (who played a 13-year-old camper that did in her counselors in the original film) returns for this fourth installment from the slasher series, after skipping parts 2 and 3 to go to college. She returns to camp here and tangles with obnoxious campers, sleazy counselors and the late Isaac Hayes. Vincent Pastore ("The Sopranos") is also featured. This one may be tolerable for fans of the series but it's time to move on.

■ "The Budd Boetticher Collection" — Western fans can rejoice now that these collaborations between Boetticher and Randolph Scott have finally arrived on DVD. These flicks were made as B-features by John Wayne's production company and all clock in at a lean 70 minutes and are backed by excellent scripts, photography and generous helpings of tense action scenes. There are plot twists galore as well and a stable of

supporting actors that include Lee Van Cleef, Richard Boone and Henry Silva. Hats off to the late Mr. Wayne who produced the films and opted to not steal Boetticher for his own films after he and Scott demonstrated they were an excellent team.

The films include:
□ "The Tall T" — Hostage drama meets the old west here with a taut story drawn from Elmore Leonard's novella.

□ "Buchanan Rides Alone" — Here Scott runs into trouble in a corrupt town owned by a ruthless family.

□ "Comanche Station" — Scott rescues a woman from the Comanches and must team up with two gun men of questionable character to get her to safety.

□ "Decision at Sundown" — Scott hits the revenge trail here and rides after the man he believes drove his spouse to take her own life.

□ "Ride Lonesome" — While bringing in an outlaw a lawman finds himself in the company of men who have another agenda for his prisoner. James Coburn makes his film debut here and is well cast as a soft-spoken man of shady character.

The set doesn't include "Seven Men from Now" (their first collaboration), but it is available separately and casts Scott against the always dependable Lee Marvin.

Next week look for Jack Black in "Kung Fu Panda" and welcome the return of Hellboy in "The Golden Army."

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Open House immediately following ribbon cutting ceremony.

In honor of National Hospice and Palliative Care Month, please join us on November 14, at 11:00 am, to learn more about Volunteering for Hospice; and on November 19, at 11:00 am, to learn more about Advanced Directives.

Refreshments will be served both days.

Join us on November 20, from 10:00 am to 3:00 pm, for Volunteer Training. Lunch will be provided for participants.

For the Record

Marriage Licenses

Sheena Renee Skeens, 26, of Wapakoneta, Ohio, to Roy Anthony Robert, 36, of Wapakoneta, Ohio.
 Brittany Nashac Hancock, 19, of Langley, to Chad Edward Conn, 19, of Jacksonville, N.C.
 Samantha Renee Allen, 22, of Prestonsburg, to Bert Arms, Jr., 25, of Auxier.

Civil Suits Filed

GMAC Mortgage LLC vs. Terence Farrell; complaint.
 Mike Johnson vs. Danielle Tackett; complaint.
 Michele Adams vs. John Moore; complaint.
 Rosa Young vs. Billy Robinson; complaint.
 Laurie Kestner vs. Robert Kestner; divorce.
 Green Tree Servicing LLC vs. Estate of Bobby Beckett; complaint.
 Brett Conn vs. Amanda J. Conn; divorce.
 Teresa Lee vs. Jamison J. Chaffins; complaint.
 Lisa Howell vs. Franklin Howell; petition for healthcare insurance.

Small Claims Filings

Speedy Cash Check Advance vs. Michael Roy Ousley; debt collection.
 Denzil Ray Allen vs. John McCreese; debt collection.
 Buy Here Pay Here Furniture and Appliance vs. Patrick Justice; debt collection.
 Buy Here Pay Here Furniture and Appliance vs. David Hall; debt collection.
 Buy Here Pay Here Furniture and Appliance vs. James Rodgers; debt collection.

Charges Filed

Frank Conley, 35, Prestonsburg; alcohol intoxication, disorderly conduct, theft of services.
 Brian Greene, 23, Denniston; alcohol intoxication, disorderly conduct, theft of services.

tion, disorderly conduct, theft of services.

Michael R. Hunt, 24, Stanville; public intoxication, failure to wear seatbelt, two counts possession of a controlled substance, two counts prescription in improper container.

David Shepherd, 36, Prestonsburg; theft by deception.

Mark Anthony Bryant, 28, Dana; public intoxication, possession of a controlled substance, three counts illegal possession of legend drug, four counts prescription in improper container, seven counts use or possession of drug paraphernalia, possession marijuana.

Eric D. Salyers, 36, Salyersville; alcohol intoxication.

Michael Howell, 28, Bevinsville; criminal trespassing.

Jimmy Dale Hall, 38, Printer; fourth-degree assault.

Gina Michelle Hale, 40, Paintsville; theft by unlawful taking.

Everett Salisbury, 31, Harold; fourth-degree assault.

Robert J. McAllister, 50, Dana; terroristic threatening.

Sherry Shepherd, 24, Langley; public intoxication.

Amiee Chaney, 22, Minnie; public intoxication.
 Billy Gene Osborne Jr., 32, Banner; illegal take or pursue deer or wild turkey, resident hunting or trapping without license or permit, hunting with improper shotgun-sized/plugged/etc.

Christopher James Raliff, 28, Huelysville; theft by deception.

Janice M. Hill, 58, Wayland; harassment.

Chris Hall, 28, Wayland; harassment.

Lisa Leann Hagans, 31, Langley; public intoxication.

Nicholas C. Hunter, 25, Printer; fourth-degree assault.

Martina Setser, 34, Prestonsburg; public intoxication.

Edward DeRossett, 41, Prestonsburg; public intoxication, prescription in improper container, three counts possession of a controlled substance, disorderly conduct.

Inspections

Billy Ray's, Prestonsburg, regular inspection. Violations noted: food not protected during preparation, food not protected during service, suitable dispensing utensils not being used by employees for handling food, in use food dispensing utensil not properly stored, lack of effective hair restraints, food contact surface of equipment and utensils not clean, food contact surface of equipment and utensils not free of abrasive, improper storage of clean equipment and utensils, improper handling of clean equipment and utensils, improper storage of single-service articles, improper dispensing of single-service articles, garbage and refuse containers not covered as required, floors not in good repair, light fixtures not shielded as required. Score: 86.

Rite Aid, Prestonsburg, regular inspection. Violations noted: floors not in good repair, floors not clean. Score: 97.

Subway, Prestonsburg, regular inspection. Violations noted: food not protected during preparation, food not protected during service, cloths used for food on non food contact surfaces not stored and rinsed frequently in water sanitizing solution, improper handling of clean equipment and utensils, toilet room doors not self-closing, light fixtures not shielded as required, lighting not provided as required. Score: 93.

El Azul Grande, Prestonsburg, regular inspection. Violations noted: lack of effective hair restraints, cloths used for food and non food contact surfaces not stored and rinsed frequently in water sanitizing solution, improper handling of clean equipment and utensils, improper storage of clean equipment and utensils, improper storage of single-service articles, garbage and refuse containers not covered as required, floors not in good repair, floors not clean, walls, ceiling, attached equipment not in good repair. Score: 92.

Property Transfers

Christopher O. Bailey to Jeremy K. Hayes and Marietta T. Hayes, property located at 3 Oaks.
 Kathryn K. Bailey to Jeremy K. Hayes and Marietta T. Hayes, property located at 3 Oaks.
 Lawrence Baldrige to

Stacy Goble and Vanessa Goble, property not listed.

Martha Baldrige to Stacy Goble and Vanessa Goble, property not listed.

Joyce Ann Bentley to Corbit Hall and Marcia Marie Hall, property located on Left Toler Creek.

Randy Bentley to Corbit Hall and Marcia Marie Hall, property located on Left Toler Creek.

Ronald W. Blackburn to Delilah Youmans, property not listed.

Charles Elmer Shepherd to the City of Prestonsburg, property at Station Branch of Middle Creek.

Georgia Shepherd to the City of Prestonsburg, property at Station Branch of Middle Creek.

Malcolm D. Shepherd to the City of Prestonsburg, property at Station Branch of Middle Creek.

Irene Spradlin to James M. Goble, property located at Spradlin Branch.

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For any information leading to the recovery of these items that were stolen from Martin, KY, on Halloween Night, 10/31/08, between 6 p.m. and 9 p.m. Please call **791-8037 — 791-3862 or 438-5036**. Or call KY State Police or Local Law Enforcement.



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Cinema 2—Held Over
HIGH SCHOOL MUSICAL 3 (G). Mon.-Sat. 7:00; Sun. (1:30) 7:00.
Cinema 2—Held Over
SAW 5 (R). Mon.-Sun. 9:00.
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Cinema 1—Held Over
HAUNTING OF MOLLY HARTLEY (PG-13). Mon.-Sun. 7:15-9:30; Fri. (4:30) 7:15-9:30; Sat.-Sun. (2:15-4:30) 7:15-9:30.
Cinema 2—Starts Friday, Nov. 7
W (PG-13). Mon.-Sun. 6:45-9:15; Fri. (4:15) 6:45-9:15; Sat.-Sun. (1:45-4:15) 6:45-9:15.
Cinema 3—Starts Friday, Nov. 7
SOULMEN (R). Mon.-Sun. 7:10-9:25; Fri. (4:25) 7:10-9:25; Sat.-Sun. (2:10-4:25) 7:10-9:25.
Cinema 4—Held Over
MAX PAYNE (PG-13). Mon.-Sun. 7:05-9:25.
Cinema 4—Held Over
BEVERLY HILLS CHIHUAHUA (PG). Fri. (4:20); Sat.-Sun. (2:10-4:20).
Cinema 5—Held Over
ZACK & MIRI MAKE A PORN (R). Mon.-Sun. 7:05-9:30; Fri. (4:30) 7:05-9:30; Sat.-Sun. (2:05-4:30) 7:05-9:30.
Cinema 6—Starts Fri., Nov. 7
ROLE MODEL (R). Mon.-Sun. 7:05-9:30; Fri. (4:30) 7:05-9:30; Sat.-Sun. (2:05-4:30) 7:05-9:30.
Cinema 7—Starts Fri., Nov. 7
MADAGASCAR 2 (PG). Mon.-Sun. 7:00-9:20; Fri. (4:20) 7:00-9:20; Sat.-Sun. (2:00-4:20) 7:00-9:20.
Cinema 8—Held Over
HIGH SCHOOL MUSICAL 3 (G). Mon.-Sun. 7:05-9:25; Fri. (4:25) 7:05-9:25; Sat.-Sun. (2:05-4:25) 7:05-9:25.
Cinema 9—Held Over
FIREPROOF (PG). Mon.-Sun. 6:45-9:15; Fri. (4:15) 6:45-9:15; Sat.-Sun. (1:45-4:15) 6:45-9:15.
Cinema 10—Held Over
SAW 5 (R). Mon.-Sun. 7:00-9:20; Fri. (4:20) 7:00-9:20; Sat.-Sun. (2:00-4:20) 7:00-9:20.

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Did your candidate lose? Post-election blahs will pass

LEXINGTON — Another election has come and gone, and some people may be swearing they'll move to Canada - or at least the next county.

But a University of Kentucky psychologist suggests those folks may want to wait a while before calling the movers.

"My wife is the same way. She says, 'If my candidate doesn't win, we're moving to Canada,'" says Nathan DeWall, a professor in the UK Department of Psychology.

"Initially, disappointed voters may have the attitude, 'I'm going to be sad for as long as my candidate's opponent is in office,'" he says.

"In reality, people bounce back very quickly after disappointments. In a week, or a month, they'll be fine," DeWall says.

DeWall attributes the emotional recovery from backing losers in elections to a person's "psychological immune system."

"This is a response in the body that helps cheer us up. It gets at the core of mental well-

being," he says.

"The psychological immune system allows us to be resistant against being steeped in a negative emotion," DeWall says.

Another UK psychology professor, Suzanne Segerstrom, says studies have shown that the length of depression after a disappointment often depends on whether the individual was optimistic to start with.

"Some people argue that when you expect the best, you're setting yourself up for disappointment. That's not what I've found," Segerstrom says.

Instead, she says, research indicates that people who gen-

erally are optimistic recover more quickly from disappointments than those whose outlook is pessimistic.

"Being pessimistic didn't protect people," Segerstrom says.

DeWall says the time it takes people to recover from disappointments also may be affected by whether they already were depressed or had low self-esteem.

DeWall bases that view on research into individuals' responses to personal rejection in social situations.

"Those people may not have as strong a psychological immune system, so it can take them longer to bounce back," he says.

Bad List Band

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Democratic Women's Club Dinner a Success

The Floyd County Democratic Women's Club hosted their 4th annual Bert Combs dinner with a buffet on Saturday evening, Nov. 1st, with 140 guests in attendance. Among those in attendance were state senators, state representatives, county and city officials, as well as members of the Pike County and Lawrence County Democratic Women's Clubs. Guest speakers included:



Pictured L-R: Connie Parsons, president FCDWC; former Ky. first lady, Phyllis George; and Susanna French, president of the Ky. Democratic Woman's Club.

- Lt. Gov. Daniel Mongiardo
- Susanna French, Kentucky Democratic Woman's Club president
- Sarah Combs, Chief Justice of the Ky. Court of Appeals, and wife of the late governor
- Phyllis George, former Ky. first lady, and founder of Kentucky Museum of Art and Craft

Door prizes were given and a Silent Auction was held at the event. A dance after the dinner featured music by the Steven Salyers Band from Nashville, Tenn.

Highlands to become tobacco-free on November 20th.

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Viewpoint

Worth Repeating ...

The best way
to keep one's word
is not to give it.

— Napoleon Bonaparte

Amendment 1

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

Guest View

The 'change' election

Barack Obama will be the 44th U.S. president. So declared American voters on Tuesday. This says much about the candidate in whom they invested such faith. It says even more about the American people.

It doesn't say that we are post-racial. It does say that the great American story — that any boy or girl of humble beginnings can become president of the United States — has turned out to be more than just another of those feel-good tales invoked to remind us of our ideals and of a common egalitarian vision that has come under such strain lately.

Obama, the biracial child of a white mother and a Kenyan father, raised by a single mother and his grandparents, restores a bit of that.

Yes, there were people who undoubtedly took race into account in voting for Obama. Those who would criticize this should wonder what it's like to have walked in the shoes of many of those casting their vote with that in mind on Tuesday.

But even for those walking in different shoes, remember, it wasn't that long ago that our cities were ablaze in racial conflict, that too many establishments carried white-only signs, that a Voting Rights Act had to be passed, that "states' rights" gave cover to the inequity of "separate but equal," and that the U.S. Supreme Court felt it necessary to say that state governments shouldn't be in the business of barring interracial marriage.

This is historic and, of course, pride had to have been a factor in the election.

But even if shifting demographics helped Obama, he also was likely elected by many people for whom skin color was, at best, a mere backdrop, an allegory for progress long evident.

It's not that they weren't aware that their votes were making history. It's that they viewed the history to be made as more important and Obama as the change agent to make that history.

Obama carries a heavy burden on this score. And this has to do with the shambles left him by the outgoing president, the unprecedented problems assailing the country and a system of governance that too often can't be distinguished from dysfunction. Naked self-interest helped along by special interest has corrupted too many of the nation's public policy decisions.

In the end, governance will matter more than the historical milestone achieved in Tuesday's election. With the electoral gains made by Democrats in Congress, hubris and a disinclination to listen to contrary views will beckon.

Obama, as the leader of his party, must resist. The nation's pressing problems — from the financial and housing crisis to global warming to two foreign wars waged simultaneously — will demand immediate attention come January.

Immediate, but not precipitous attention. There's a difference.

Fortunately, the maturity, deliberation and steady hand with which Obama waged his nearly two-year-long national campaign are promising signs for how he will govern.

It is said that Obama '08 remade how elections are waged. Our hope is that, as president, Obama remakes how the country is governed.

The last eight years were marked by far more pain and tumult than the country deserved. There was an opportunity after the Sept. 11 attacks for President George W. Bush to forge a new American way, devoid of blind, partisan rancor.

Instead, he failed, even as problems of global proportions came to roost and the nation felt under siege.

Obama has a similar opportunity to unify the nation with a sense of common purpose and shared sacrifice.

He must seize it.

— The Milwaukee Journal-Sentinel

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A victory for race.



The human one.

Guest column

Text of Barack Obama's victory speech

by PRESIDENT-ELECT BARACK OBAMA

If there is anyone out there who still doubts that America is a place where all things are possible; who still wonders if the dream of our founders is alive in our time; who still questions the power of our democracy, tonight is your answer.

Its the answer told by lines that stretched around schools and churches in numbers this nation has never seen; by people who waited three hours and four hours, many for the very first time in their lives, because they believed that this time must be different; that their voice could be that difference.

Its the answer spoken by young and old, rich and poor, Democrat and Republican, black, white, Latino, Asian, Native American, gay, straight, disabled and not disabled — Americans who sent a message to the world that we have never been a collection of Red States and Blue States: we are, and always will be, the United States of America.

Its the answer that led those who have been told for so long by so many to be cynical, and fearful, and doubtful of what we can achieve to put their hands on the arc of history and bend it once more toward the hope of a better day.

Its been a long time coming, but tonight, because of what we did on this day, in this election, at this defining moment, change has come to America.

I just received a very gracious call from Senator McCain. He fought long and hard in this campaign, and he's fought even longer and harder for the country he loves. He has endured sacrifices for America that most of us cannot begin to imagine, and we are better off for the service rendered by this brave and selfless leader. I congratulate him and Governor Palin for all they have achieved, and I look forward to working with them to renew this nation's promise in the months ahead.

I want to thank my partner in this journey, a man who campaigned from his heart and spoke for the men and women he grew up with on the streets of Scranton and rode with on that train home to Delaware, the Vice President-elect of the United States, Joe Biden.

I would not be standing here tonight without the unyielding support of my best friend for the last sixteen years, the rock of our family and the love of my life, our nations next First Lady, Michelle Obama. Sasha and Malia, I love you both so much, and you have earned the new puppy that's coming with us to the White House. And while she's no longer with us, I know my grandmother is watching, along with the family that made me who I am. I miss them tonight, and know that my debt to them is beyond measure.

To my campaign manager David Plouffe, my chief strategist David Axelrod, and the best campaign team ever assembled in the history of politics — you made this happen, and I am forever grateful for what you've sacrificed to get it done.

But above all, I will never forget who this victory truly belongs to — it belongs to you.

I was never the likeliest candidate for this office. We didn't start with much money or many endorsements. Our campaign was not hatched in the halls of Washington — it began in the backyards of Des Moines and the living rooms of Concord and the front porches of Charleston.

It was built by working men and women who dug into what little savings they had to give five dollars and ten dollars and twenty dollars to this cause. It grew strength from the young people who rejected the myth of their generations apathy; who left their homes and their families for jobs that offered little pay and less sleep; from the not-so-young people who braved the bitter cold and scorching heat to knock on the doors of perfect strangers; from the millions of Americans who volunteered, and organized, and proved that more than two centuries later, a government of the people, by the people and for the people has not perished from this Earth. This is your victory.

I know you didn't do this just to win an election and I know you didn't do it for me. You did it because you understand the enormity of the task that lies ahead. For even as we celebrate tonight, we know the challenges that tomorrow will bring are the greatest of our lifetime — two wars, a planet in peril, the worst financial crisis in a century. Even as we stand here tonight, we know there are brave Americans waking up in the deserts of Iraq and the mountains of Afghanistan to risk their lives for us. There are mothers and fathers who will lie awake after their children fall asleep and wonder how they'll make the mortgage, or pay their doctors bills, or save enough for college. There is new energy to harness and new jobs to be created; new schools to build and threats to meet and alliances to repair.

The road ahead will be long. Our climb will be steep. We may not get there in one year or even one term, but America — I have never been more hopeful than I am tonight that we will get there. I promise you — we as a people will get there.

There will be setbacks and false starts. There are many who won't agree with every decision or policy I make as President, and we know that government can't solve every problem. But I will always be honest with you about the challenges we face. I will listen to you, especially when we disagree. And above all, I will ask you join in the work of remaking this nation the only way its been done in America for two-hundred and twenty-one years — block by block, brick by brick, calloused hand by calloused hand.

What began twenty-one months ago in the depths of winter must not end on this autumn night. This victory alone is not the change we seek — it is only the chance for us to make that change. And that cannot happen if we go back to the way things were. It cannot happen without you.

So let us summon a new spirit of patriotism; of service and responsibility where each of us resolves to pitch in and work harder and look after not only ourselves, but each other. Let us remember that if this financial crisis taught us anything, its that we cannot have a thriving Wall Street while Main Street suffers — in

this country, we rise or fall as one nation; as one people.

Let us resist the temptation to fall back on the same partisanship and pettiness and immaturity that has poisoned our politics for so long. Let us remember that it was a man from this state who first carried the banner of the Republican Party to the White House — a party founded on the values of self-reliance, individual liberty, and national unity. Those are values we all share, and while the Democratic Party has won a great victory tonight, we do so with a measure of humility and determination to heal the divides that have held back our progress. As Lincoln said to a nation far more divided than ours, We are not enemies, but friends ... though passion may have strained it must not break our bonds of affection. And to those Americans whose support I have yet to earn — I may not have won your vote, but I hear your voices, I need your help, and I will be your President too.

And to all those watching tonight from beyond our shores, from parliaments and palaces to those who are huddled around radios in the forgotten corners of our world — our stories are singular, but our destiny is shared, and a new dawn of American leadership is at hand. To those who would tear this world down — we will defeat you. To those who seek peace and security — we support you. And to all those who have wondered if Americas beacon still burns as bright — tonight we proved once more that the true strength of our nation comes not from our the might of our arms or the scale of our wealth, but from the enduring power of our ideals: democracy, liberty, opportunity, and unyielding hope.

For that is the true genius of America — that America can change. Our union can be perfected. And what we have already achieved gives us hope for what we can and must achieve tomorrow.

This election had many firsts and many stories that will be told for generations. But one that's on my mind tonight is about a woman who cast her ballot in Atlanta. She's a lot like the millions of others who stood in line to make their voice heard in this election except for one thing — Ann Nixon Cooper is 106 years old.

She was born just a generation past slavery; a time when there were no cars on the road or planes in the sky; when someone like her couldn't vote for two reasons — because she was a woman and because of the color of her skin.

And tonight, I think about all that she's seen throughout her century in America — the heartache and the hope; the struggle and the progress; the times we were told that we can't, and the people who pressed on with that American creed: Yes we can.

At a time when women's voices were silenced and their hopes dismissed, she lived to see them stand up and speak out and reach for the ballot. Yes we can.

When there was despair in the dust bowl and depression across the land, she saw a nation conquer fear itself with a New Deal, new jobs and a new sense of common purpose. Yes we can.

When the bombs fell on our harbor and tyranny threatened the world, she was there to witness a generation

(See SPEECH, page five)

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Kentucky Space to have satellite on NASA mission

MOREHEAD — Kentucky Space announced last week that its first orbital satellite, KySat-1, has been selected by NASA to fly on a mission projected for launch in mid-2009.

"The launch opportunity for KySat-1 is an incredible opportunity," said Dr. Ben Malphrus, Morehead State University professor of space science and director of the Space Science Center. "Its success will give our program viability and excite the next generation of students coming to MSU to study space science."

The selection of KySat-1 comes after a rigorous national review process by the NASA

Launch Services Program of the Flight Projects Office at Kennedy Space Center. Satellites from the University of Colorado and Montana State University also were chosen for the mission.

"This highly innovative Kentucky effort is the epitome of the talent that lies within our state," said Gov. Steve Beshear. "The Commonwealth has been, and will continue to be, aggressive in its pursuit of technological and knowledge-driven economic opportunities."

KySat-1, the first satellite ever built in Kentucky, is a cube shaped pico-class satellite powered by solar energy,

weighs 1 kg and measures 10cm on a side. Once KySat's on-board computers confirm its release into orbit, Kentucky Space ground controllers in Kentucky will operate the satellite for the duration of its expected 18-24 month mission. After proper operation is confirmed, KySat-1 will be made available to K-12 students throughout Kentucky, and the world, to allow them to issue select commands to the satellite and download the data received.

Kentucky has invested approximately \$850,000 over the last three years on this research and development of this project.

KySat is a joint enterprise involving public organizations, colleges, universities and private companies in a student-led initiative for the design, launch and on-orbit operation of small satellites to promote science, technology, engineering, innovation and education.

In addition to MSU, its members are: the University of Kentucky, University of Louisville, Western Kentucky University, Murray State University, the Kentucky Space Grant Consortium, Belcan, the Kentucky Council on Postsecondary Education, Kentucky Science and Engineering Foundation,

Kentucky Science and Technology Corporation (managing partner), and the Kentucky Community and Technical College System.

The KySat team includes students, faculty, and staff from the six participating university systems. MSU team members are: Dr. Malphrus, Jeff Kruth, space science antenna engineer; Michael Combs, telescope operations engineer; and students Jason Smathers of Mt. Sterling; Jessamyn Delgado of Bardwell; Jennifer Carter of Olive Hill; Marc Beck of Owensboro and Badsoden, Germany; and Prabhakara Rao Eluru of Visakhapatnam, India.

A historic first for the program and for Kentucky, this is the first time NASA will launch university built satellites into orbit.

The recommendations made by the launch panel and the NASA Flight Projects Office are being forwarded to NASA Headquarters for final approval and designation of the primary NASA mission. This announcement is expected as soon as December. The KYSat-1 team has been asked to be prepared for a June 2009 launch.

Additional information may be obtained by calling Dr. Malphrus at (606) 783-2212 or visit www.kentuckyspace.com

HCTC Craft Fair set for Nov. 20-21

HAZARD — The 15th annual Hazard Community and Technical College Craft Fair will be held earlier this year — Thursday and Friday, Nov. 20 and 21, from 8:30 a.m. to 5:30 p.m. in the First Federal Center, room 123.

A turkey-and-dressing lunch special

will be available on Thursday, Nov. 20. Also on Thursday, the trolley will transport visitors, at no charge, from the old Wal-Mart parking lot (near the U.S. Post office and WYMT-TV) to HCTC every half hour, beginning at 8:30 a.m.

On Friday, Nov. 21, the grill special

will be lasagna, salad, garlic bread and drink, all for \$6.

For more information, call Cora Hamilton at 606-487-3071 or Rosetta Patterson at 487-3093 or 800-246-7521, ext. 73071.

Masks

Continued from p1

The new masks contain an alarm system that performs in extreme temperatures to let the firefighter know when they are low on air, an updated communications system that allows for clear speech, and virtually bullet-proof electronics.

The new air masks are not the only improvements for the

Prestonsburg Fire Department, as a new \$500,000 truck is scheduled to be delivered in the next couple of weeks.

"We are going to North Dakota to finalize the deal," Carpenter said. "The new truck is going to be a great addition to our fire department."

Projects

county.

The 2008 wish list has, in order of the listed priority, the senior citizens centers, Mud Creek Park development, veteran's cemetery development, a feasibility study for trail rides and funding for fire departments rounding out the top five projects. The entire list is made up of 27 marked items.

Among these are earmarks for projects for Drift and Wayland parks, funding for Mountain Comprehensive Care's Layne House in Prestonsburg, Floyd County Drug Court, a branch library at Minnie and a World War II

memorial.

The feasibility study for trail rides in the county falls into the 2010 priority list and carries a request for \$20,000 to conduct, while development of a veteran's cemetery will carry a cost of \$100,000.

Collectively, the money requested in relation to the Layne House, drug court and drug rehabilitation weighs in at \$290,000. Of that total, \$140,000 will be allotted to alcohol and drug education at the Layne House, \$100,000 is planned for drug court-related projects and operational costs and the remaining \$50,000 for drug rehabilitation.

When funds become available, the Wayland Historical Society will see \$75,000 for the purchase of land to develop an East Kentucky Hall of Fame, while Wheelwright will receive \$65,000 for renovations and repairs at the city's community swimming pool.

There are also a number of projects and funding requests on the priority lists submitted from Floyd officials that fall into the capacity of other governing agencies. These include projects for the cities of Prestonsburg (park improvements, little league operations and the Mountain

Arts Center) and Allen (ball park improvements), as well as the Floyd County Board of Education.

Projects covered on the priority list for the board of education include educational support and athletic equipment for Allen Central High School, Betsy Layne High School, Prestonsburg High School and South Floyd High School. Each school would receive \$100,000 if the request is approved.

Marshall said Thursday that at this time, the county has only received coal severance money to cover the priority projects for the county's senior citizens centers and fire departments.

Continued from p1

Speech

rise to greatness and a democracy was saved. Yes we can.

She was there for the buses in Montgomery, the hoses in Birmingham, a bridge in Selma, and a preacher from Atlanta who told a people that We Shall Overcome. Yes we can.

A man touched down on the moon, a wall came down in Berlin, a world was connected by our own science and imagination. And this year, in this election, she touched her finger to a screen, and cast her vote, because after 106 years in America, through the best of

times and the darkest of hours, she knows how America can change. Yes we can.

America, we have come so far. We have seen so much. But there is so much more to do. So tonight, let us ask ourselves — if our children should live to see the next century; if my daughters should be so lucky to live as long as Ann Nixon Cooper, what change will they see? What progress will we have made?

This is our chance to answer that call. This is our moment. This is our time — to put our people back to work

and open doors of opportunity for our kids; to restore prosperity and promote the cause of peace; to reclaim the American Dream and reaffirm that fundamental truth — that out of many, we are one; that while we breathe, we hope, and where we are met with cynicism, and doubt, and those who tell us that we cant, we will respond with that timeless creed that sums up the spirit of a people:

Yes We Can. Thank you, God bless you, and may God Bless the United States of America.

Continued from p4

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WELLNESS Q&A

Antibiotics not always the answer

by ERNEST BREWER

DIRECTOR OF WELLNESS & REHAB
HIGHLANDS REGIONAL MEDICAL
CENTER
EBREWER@HRMC.ORG

Question: My young child was running a fever last week. I took her to an after-hours care place. The doctor there didn't want to give her antibiotics. This made me mad because my child was sick, and I knew that she needed medicine. Why didn't she want to give my daughter medicine?



Ernest Brewer
Helping you find the answers to your health concerns

Answer: I have two young boys, and when they are sick, I want

them to feel better as fast as possible, too. It is hard to accept, in this day and age of medical advancements and technology, that there isn't medicine that can cure something as simple as fever, running nose, vomiting and cough.

Based upon the information that you have given, I assume that the doctor determined that your child's illness was caused by something other than a bacterial infection. Colds, flu, most sore throats and bronchitis are caused by viruses. Unfortunately, the doctor was right; antibiotics do not help fight virus-

(See WELLNESS, page seven)

DINNER DIVA

Build a nutritional garage for your heart

by LEANNE ELY

If one of your health goals is to keep your family as heart healthy as possible (good move, too - kind of critical in the staying-alive-scheme of things), then you need to know what a human heart needs in the form of nutrients to operate optimally. There are foods that give the heart a nutritional advantage and provide nutritional protection in form of antioxidants.

Free radicals break down our health and naturally occur in the processing and digesting of food, however, there are certain foods that are rich in antioxidants and will promote health. To understand free radicals, think about what happens to a bike left out in the elements - it rusts. Putting your bike in the garage will help prevent that from occurring as much. Eating foods rich in antioxidants is like providing a nutritional garage for your heart.

Foods rich in vitamins A, C, & E (the antioxidants you need), with all their natural corresponding phytochemicals are front and center, the best choices for heart health.

Foods abundant in vitamin A include eggs, dark green leafy vegetables, broccoli and yellow and orange veggies (where you can see the beta-carotene; a precursor to vitamin A).

Vitamin C is associated with citrus fruits, but is also present in

(See DIVA, page seven)

FAMILY MEDICINE

White 'cottage cheese' patches in mouth a sign of thrush — Page A7



Parents who attended the 10th annual Parent University were presented with a wealth of tools and information.

HELP FOR PARENTS

Parent University held at Wilkinson-Stumbo Convention Center

by BEVERLY CRISMAN

COMMUNITY EDUCATION COORDINATOR
FLOYD COUNTY SCHOOLS

PRESTONSBURG — Parents from all Floyd County schools converged at the Wilkinson-Stumbo Convention Center, at Jenny Wiley State Resort Park in Prestonsburg, to attend the 10th annual Parent University.

Each year dozens of parents attend the event offering a host of workshops, prizes and activities just for parents.

This year Supt. Henry Webb opened the program and joined Family Resource Youth Service Center Director Brian Akers in welcoming all in attendance.

Community partners are key resources and their collaboration and insight are essential to building a successful program. Three community partners presented work sessions this year:

■ Vicky Preston with the Kentucky Parent Information and Resource Center (KYPIRC) spoke with parents. KYPIRC provides



research-based curriculum materials and a trainer of trainer program for Kentucky collaborative partners and parent involvement leaders. They also provide local, regional, and statewide support for parents to enhance their involvement in their children's education by implementing effective parental involvement policies, programs and activities that

will improve children's academic achievement.

■ Jane Bond, Floyd County Health Department representative gave parents valuable insight for parents with her message entitled "What Can I Do to Keep My Child Healthy?"

■ Kentucky State Trooper Mike Goble hosted a program segment on

drug prevention, a very relevant topic for all parents and families today.

Several members of the central office staff participated in the informative sessions for parents. This year Roy Johnson, Director of Instruction with Floyd County Schools shared information about the No Child Left Behind program and offerings that are available to students in Floyd County. Lola Ratliff, Floyd County Schools Safe and Drug Free Schools Coordinator offered information on the topic of "How to Drug Proof Your Kids."

We invite parents who may not have been able to attend today's Parent University to visit the KYPIRC website at <http://www.kypirc.org> or the Floyd County School District website, <http://www.floyd.k12.ky.us>.

The Parent University is sponsored by the Floyd County Board of Education, Title I, Title IV and Family Resource and Youth Service Centers. For additional information call the Floyd County Central office at 886-4547 about today's topics.

FLYLADY

Time in a bottle

How many times a day do these words come out of your mouth? "I don't have time!" Just those words and the attitude that produces them wastes the time that we all have; we all have the same hours in a day. It is how we choose to use them that can either help us to feel peace or throw us into a state of CHAOS! We have a choice!

Have you ever noticed that the more hurried you are; the more you forget. Wouldn't it be nice to walk into your bathroom and open up your medicine cabinet and take a dose of time in a bottle! The problem with having time in a bottle would be that we would become addicted to it very fast! That could be fun! The only problem with that is there is no way to manufacture time! OR is there???

I believe that I can help you keep your bottle of time filled to the brim! All it takes is strapping on your wings to FLY! We are going to flit around like little bees gathering tiny bits of time. This is not going to seem like

work at all because we are going to have fun in the process. Time FLYs when you are having fun!

If you were to calculate how much time is wasted every day looking for things in your clutter you would be surprised at how fast the minutes could fill up your bottle. You know the items you are constantly searching for: Car Keys, purse, bills and papers. What about all the things you forget because you are in a hurry! Those minutes cost us precious time too. A few simple routines can help you reap those minutes and you won't even realize it!

We all hate that feeling of running late. It starts when we have trouble getting up. Have you ever noticed that the more hurried you are the less gets done and you stop thinking; so even more time is wasted because you forget things and can't find them. I want to help you get rid of that "I'm late!" and "I don't have time!" habit!

A few minutes in the evening will help you feel calmer in the morning. When you are not stressed you can think and do without the pressure of time! I am going to write you a pre-

scription for more time! You have to fill it though! There is no compounding pharmacy in the world that can give you this bottle of time!

1. After dinner pick out your clothes for tomorrow; the whole outfit!
 2. Go to bed with your sink clean and shiny!
 3. Put items you will need tomorrow on a launch pad!
 4. Set your alarm for 15 minutes before the rest of the family.
 5. Get into bed at a decent hour and go to sleep!
- Then in the morning do these things.
1. Get up when the alarm goes off; no hitting snooze! Put your alarm across the room.
 2. Make your bed as soon as your feet hit the floor.
 3. Go directly to the bathroom, shower and get dressed to shoes. No excuses!
 4. Then eat breakfast, take you

medicine and supplements.

5. Help the rest of the family and walk out the door on time!

With this prescription you will find that your stress level decreases and you will have more minutes and hours! Your before bed routine is the most important of the day! It can put that time back into your bottle and you will be able to use some of those precious minutes for you! Be careful, the peace you feel is very addictive!

When you hear yourself say, "I don't have time!" Change that to say I have 2 minutes and see what you can do! Set your timer! Your perfectionism is the reason you say those words. You really mean! I don't have time to do it right! You do have time to do something! Anything is better than nothing! Are you ready to FLY!



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(See FLYLADY, page seven)



Family Medicine

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

White 'cottage cheese' patches in mouth a sign of thrush

can overgrow and cause an infection. This happens frequently when antibiotics disturb the bacteria/fungi balance by killing the bacteria. Illnesses like poorly controlled diabetes and stress can also upset this delicate body balance. Other things, like dry mouth and wearing dentures can make conditions ripe for the development of thrush. If your mother wears dentures, this could be a factor in her having thrush.

When a patient comes into the doctor's office with thrush, his or her first complaint will often be of a sore mouth or painful swallowing. The diagnosis is fairly straight-forward. An experienced dentist or physician can usually make it by visual inspection alone.

When your health-care provider examines your mouth and throat, he or she will typically see patches of whitish "cottage cheese like" material. When these are removed, the tis-

sue underneath is quite reddened and inflamed. Less commonly, the condition begins as a generalized sore mouth or throat without the classic "cottage cheese like" lesions.

In most healthy people who get thrush, the treatment is easy. In people with weakened immune systems or ongoing health problems, like poorly controlled diabetes, the infection may be more stubborn. In uncomplicated cases, oral medication will usually clear up an infection in a couple of weeks. Reinfection is not uncommon in children.

Prevention is always better than catching anything. Good oral hygiene with frequent brushing is a great place to start. If you suffer from a dry mouth condition, use special dry mouth toothpastes, mouthwashes and lubricants. Also, keep well hydrated and drink plenty of water. Don't smoke.

If you wear dentures and get

thrush, discuss denture cleaning with your dental office. Keep your hands and various non-food items like pencils out of your mouth. If you have a chronic medical problem, see your physician regularly and take your medicines as directed.

□□□

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

Q My mother, who is in her 80s, has thrush. She is generally in good health so this has her concerned. I thought only babies got thrush. Could you give me more information on this problem?

A Thrush — a fungal infection of the mouth or throat — can occur in anyone at any age. It is, however, more common in babies, older adults and people with a compromised immune system. Thrush is caused by a fungus in the Candida family, Candida albicans. This type of fungus can also be referred to as yeast, so in the remainder of this col-

umn I'll use the terms interchangeably.

The C. albicans fungus is also responsible for some skin conditions such as diaper rash, vaginal yeast infections and fungal infections in the fingernails and toenails. It can also affect the esophagus and the digestive tract. In the U.S., we tend to limit the term thrush to refer to Candidal or yeast infection in the mouth or throat.

The Candida fungus is normally present in and on our bodies, but only in small amounts. When something happens to upset the balance of yeast and bacteria in our bodies, the yeast

Diva

large amounts in bell peppers (especially red ones), broccoli, strawberries and kiwi.

Vitamin E is present in leafy greens also and whole grains, nuts and seeds.

You don't need to print this list out and memorize it. These same nutrients will keep you healthy for other things that concern you health-wise, too.

So take heart! Keeping your heart healthy is something you can do by eating a wide variety of healthy foods - so eat up!

And to help you out, here's a great recipe for Cream of Broccoli Soup, good stuff for this time of year.

Cream of Broccoli Soup

Serves 10
1 tablespoon butter
1 medium onion, chopped
1 large bunch broccoli
3 medium potatoes, peeled and diced

6 cups chicken stock
1 1/4 cups milk (lower fat grams by using skim)
1/4 cup grated Parmesan cheese (can use less)

Salt and pepper to taste
1 cup low-fat cheddar cheese, shredded (can use less)

Melt butter in a 4-6 quart soup pot. Sauté onion until softened, about three minutes. Cut broccoli into flowerets and thinly slice tender upper por-

tion of stems. Add to pot along with potatoes and chicken stock. Cover and simmer until potatoes and broccoli are tender, about 20 minutes. Puree mixture in several batches in food processor or blender. Return puree to soup pot and stir in milk, Parmesan cheese, salt and pepper to taste. Gently heat (a hard boil will cause the soup to break and the milk to turn to curds!)

To serve, ladle 8-ounce servings into broiler-safe dishes. Sprinkle each bowl with a little bit of shredded cheddar cheese, put it on the broiler for a second and serve, all hot and bubbly. Your family is going to

love it!

NUTRITION per serving:
234 calories; 15g fat; 10g protein; 15g carbohydrate; 3g dietary fiber; 21mg cholesterol; 1728mg sodium. Exchanges:

1/2 grain (starch); 1 lean meat; 1 vegetable; 0 non-fat milk; 2 1/2 fat. Points: 5

For more help putting dinner on your table check out Leanne's website www.SavingDinner.com or her

Saving Dinner Book series (Ballantine) and her New York Times Best Selling book Body Clutter (Fireside). Copyright 2008 Leanne Ely. Used by permission in this publication.

Continued from p7

Wellness

es. I've heard some parents say that they know that antibiotics don't help with viruses, but like to give them anyway in case there may be some bacterial infection, too. They add, "No harm trying."

This may not be the case, however. Taking antibiotics when you have a virus may do more harm than good. Taking antibiotics when they are not needed increases your risk of getting an infection later that resists antibiotic treatment.

To help us understand better, today I am sharing some information provided by the National Center for Immunization and Respiratory Diseases.

If your child has a cold or flu, bronchitis, sore throat not caused by strep, or runny nose, these virus-created illnesses will not respond to antibiotics. This also is true for most coughs. In all of these cases, antibiotics will not cure the infections, keep other individuals from catching the illness or help you feel better.

Now if your child's illness is bacterial related, such as strep, then an antibiotic is very appropriate. In these cases, you should give it exactly as the doctor tells you. Complete the prescribed course, even if she is feeling better. If treatment stops too soon, some bacteria may survive and re-infect her. This goes for adults, too. Make sure

the adult members of your family take all medication as prescribed, even if they feel better. Throw away any leftover medication once you have completed your prescription.

The information presented so far in this column is important for all of us to take notice of. Antibiotic resistance has recently become a major public health problem. More and more people are being overcome by common infections that once were easily treatable with antibiotics. When antibiotics fail to work, this results in longer-lasting illnesses, more doctor visits or extended hospital stays and the need for more expensive and toxic medications. Some resistant infections can cause death.

So, the next time that your child is sick, question the use of antibiotics if your child demonstrates viral type symptoms, and resist throwing unnecessary medicine at an illness that won't respond to it. This may

ultimately prevent your child from developing a resistant form of bacterial infection.

Ernest Brewer is a physical therapist and athletic trainer with over 20 years of clinical experience. In addition to his experiences in hospital, home health and outpatient settings, he has provided services to high school, college and professional sports including pro rodeo, ballet and basketball. He is the Director of Rehab and Wellness at HRMC. You can email him your questions at ebrewer@hrmc.org.

The information presented is intended to be informative for the general reading audience and not intended to be utilized for creation of a personal treatment plan or replacement of the care of your current health care professionals. In all cases, seek the advice of your physician for a definitive answer for your specific health con

Continued from p7

Fly Lady

For more help getting rid of your CHAOS, check out her website and join her free mentoring group at

www.FlyLady.net or her book, Sink Reflections published by Bantam and her New York Times Best Selling book, Body Clutter published by Fireside. Copyright 2007 Marla Cilley Used by permission in this publication.

Continued from p2

Super Crossword

WEATHER OR NOT

- | | | | | | |
|----------------------------------|---------------------------|----------------------------------|-------------------------------|--------------------------------|-------------------------------|
| ACROSS | 47 "Stroker" — ('83 film) | 99 Part of UCLA | 3 Symbol — nibs | 43 Bathroom fixture | 88 Weaken |
| 1 Collectibles, collectively | 48 Prepared to propose | 100 Cut a cuticle | 4 Hosp. areas | 44 Hwy. | 91 Match |
| 4 "Crocodile Dundee" star | 50 Actress Hagen | 102 RAIN | 6 Sheffield slammer | 45 STORM | 93 Singer |
| 9 "The Hurt" ('59 hit) | 51 Muslim title | 106 Actress Schneider | 7 Frank or Francis | 49 TV's "Empty" — | 96 "Lucky Jim" author |
| 12 Word form for "large" setting | 53 Medical grp. | 107 Heebie-jeebies | 8 "One of These" ('75 hit) | 51 Security grp. | 98 "Comin' — the Rye" |
| 17 Composer Janacek | 60 Feat | 108 Folklore figures | 9 Wager | 52 A shake in the grass? | 100 Successful dieters |
| 19 Persian, presently | 62 Sudden decline | 111 Burro | 10 "— had it!" | 54 Draft status | 101 Medical measure |
| 20 Zsa Zsa's sister | 64 Rover's restraint | 112 Gray matter? | 11 '82 Attentive borough film | 56 Malicious | 103 Pericles' home |
| 21 Mead subject | 66 Barcelona bravo | 113 Annie Oakley's birthplace | 12 Damage | 57 Legal document | 104 Guru's grounds |
| 22 MISTY | 67 Turns soft | 116 Impressive tales | 13 Soul, to Sartre | 59 Actor Cariou | 105 Director Nicolas |
| 24 Perfect score | 68 Compete | 118 Big name in temperance | 14 HEAT | 61 Novocaine target | 106 "— the mouse — the clock" |
| 25 Statistical foci | 69 — Mawr | 121 Sprite | 15 Salad | 63 — podrida | 107 Novotna of tennis |
| 26 Vessel part | 71 FAIR | 124 HURRICANE | 16 Attack | 65 Suggestion | 109 Metric measure |
| 27 Utah city | 74 Like May | 127 Kampala's country | 17 — Tuesday | 67 Robert of "Ryan's Daughter" | 110 Tantrum |
| 29 SHAEF commander | 75 W. Hemisphere grp. | 128 Scand. country | 18 — | 69 Augur | 111 Office-holders |
| 31 Fasten a brogue | 76 Torrid and Frigid | 129 Once more | 19 — | 70 Punjabi prince | 112 London lavatory |
| 32 Lacking principles | 78 Napa Valley vessel | 130 Faxed | 20 Footfall | 72 Chow — | 115 In the twinkling — eye |
| 35 Kid heaven | 82 Neighbor of Ethiopia | 131 Intrinsically | 21 Footfall | 73 Gets what one basks for | 117 Mile, farther south |
| 38 Unisex garment | 84 Park feature | 132 — milk | 22 Calvary inscription | 74 '60s chic | 119 Office-holders |
| 39 SNOW | 86 Half the diameter | 133 "The Haystacks" artist | 23 Hook up with Mir | 76 Bernardo's boss | 120 Lyric poem |
| 42 Pageant prop | 89 Diner patrons | 134 Stephen of "The Crying Game" | 24 Bit | 77 Force out | 122 London computer |
| 43 Word with farm or frog | 90 Shaq's pack | DOWN | 25 Hook up with Mir | 78 Claire of "Key Largo" | 123 Fish babies |
| 46 "Casa-blanca" character | 92 Israeli coin | 1 Charity | 26 Hook up with Mir | 79 "2001" | 125 "Pshaw!" |
| | 94 — Locka, FL | 2 Range rope | 27 Hook up with Mir | 81 Like some eyes | 126 Bankbook abbr. |
| | 95 Magna — | | 28 Bit | 83 Freighter | |
| | 97 Terrier's tidbit | | 29 Hook up with Mir | 85 Coop crowd | |
| | | | 30 Hook up with Mir | 87 News org. | |

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STERN LEHI DDE TIE
AMORAL TOYSHOP VEST
VISUALSTATIC SASH
TREE ILSA ACE KNELT
UTACALIPH HMO ELIDED
BERLIN STUNT NOSEDIVE
LEASH OLE MELTS VIE
BRYN IMPARTIAL MILD
OAYS ZONES VAT ATHOS
DJIBOUTI BENCH RADIUS
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FLOYD COUNTY Sports

Gearheart proves to be go-to receiver

by STEVE LeMASTER
SPORTS EDITOR

PRESTONSBURG — Senior Austin Gearheart wants the football. The receiver got the football Friday night when Prestonsburg needed a score to fend off host Shelby Valley and prevent an upset. Gearheart hauled in his 10th touchdown reception of the season as the Blackcats edged Shelby Valley. Gearheart has caught 38 passes for 803 yards. He is on pace to go over 1,000 yards receiving during his final season.

Prestonsburg signal-caller Michael Burchett reached a 1,000 yards milestone earlier in the sea-

son. Burchett has completed 63-of-121 passes for 1,243 yards and 15 touchdowns. The junior quarterback has been picked off five times.

Burchett has hooked up on passes with six different teammates. Matt Sword has hauled in 12 catches for 327 yards and three touchdowns. Craynon and freshman Joseph Jamerson have one touchdown catch each for the Blackcats (8-1).

Seth Setser has rushed 167 times for 1,036 yards and 17 touchdowns. Allen Craynon, a senior who has battled back from an early-season injury, ranks second in rushing for the

Prestonsburg football team. Craynon has rushed for 469 yards and six touchdowns via six carries.

Sword has rushed 19 times for 177 yards and one touchdown. Other Blackcats who have rushed for positive yardage over the course of the last 10 weeks are Gearheart, Kain Collins, Josh Craynon, Brad Little, Austin McKinney, Josh Blackburn, Trevor Stovall and Alex Griffith.

Setser has scored a team-high 108 points. The Blackcats have outscored opponents 311-149. Gearheart has scored 78 points for the Blackcats.

Senior Clay Jamerson has handled the majority of the kicking

duties for the Blackcat special teams unit. Clay Jamerson has connected on 28 extra point attempts and two field goals.

Defensively, Josh Craynon has a team-high three interceptions for the Blackcats. McKinney is the leading tackler for the Blackcats. One of the state's most underrated defensive players, McKinney has made 63.5 solo tackles and 63 assisted stops.

Prestonsburg will close out the regular-season at home tonight versus Perry County Central. Kickoff for the Prestonsburg-Perry County Central game is slated for 7:30 p.m.



Austin Gearheart has claimed his place as one of the best pass-catchers in the history of the Prestonsburg High School football program. photo by Paula Goble

Comparing UT Orange to UK Blue

by RICK BENTLEY
TIMES COLUMNIST

I've long held that the athletics programs at the University of Kentucky and the University of Tennessee are exactly alike, only opposite.

Perhaps I should explain. Let's pretend we're taking a quiz. Ready? OK. Compare and contrast

Kentucky basketball and Tennessee football.

Got it? OK, next essay: Compare and contrast Kentucky football and Tennessee basketball.

Quiz over. I've proven my point.

Perhaps I should explain. Look, I know my pal Charlie Pinson cringes each time the phrase "UK football" comes up in my column, but let's be honest here, it ain't exactly on par legendarily with Nebraska and Notre Dame. Charlie is a huge UK fan and I'm, well, not.

I have taken umbrage with some of our coaches. Hal Mumme was completely pompous in my book and I have very little positive to say about him. I once heard him chew out a fan — on his radio show for calling out his defensive coordinator.

Anybody remember those powerhouse UK defenses? I didn't think so.

And I've also not been entirely pleased with Rich Brooks, even if he has won back-to-back Music City Bowls. Here's a guy who by all rights should have been fired, then won six or so and decided he knew more football than anybody this side of Vince Lombardi and, even though every other person in the Commonwealth was perfectly content with it, moved the Louisville game off the opening weekend.

The result was, yes, a win, but the result was also a vastly smaller television audience than he'd have gotten — not to mention several weeks less buildup by the statewide media who are bored of summer — but that didn't matter. He wanted to flex his newfound muscle — even telling a television audience it "was nobody's business" when "he" played the Louisville game — and did so.

Anyway, enough of that tirade. I'll stop while Charlie's still speaking to me.

But the comparisons to UT basketball are amazing. Only occasionally have the Vols stepped up and made much of a winter. There was the Ernie and Bernie days of the 1970s — kids,

(See **COMPARING**, page two)



AC features two 1,000 yard rushers

by STEVE LeMASTER
SPORTS EDITOR

EASTERN — Allen Central (7-2) is enjoying its best football season in school history. The Rebels are 7-2 heading into a regular-season finale tonight against Berea. Allen Central has rushed for 3,187 yards as a team. Two different Allen Central players — twins Logan and Hunter Crowder — have each rushed for over 1,000 yards.

Logan Crowder leads Allen Central in rushing with 1,197 yards and 12 touchdowns via 137 carries.

Hunter Crowder has picked up 1,078 yards and scored 11 touchdowns through 138 carries. The Crowder twins provide one of the best one-two rushing punches in Class A. Allen Central, however, features several offensive players/

Justin Jackson has rushed 85 times for 611 yards and five touchdowns. Josh Prater, Mickey Parsons, Chris Stumbo, Travis Adkins, Micah Harlow and Tyler Salyer have also rushed for positive yardage.

Prater has completed 42-of-75 passes for the Rebels.

The Allen Central starting quarterback has passed for 723 yards and 11 touchdowns while throwing just two interceptions.

Stumbo, a player who also has experience under center for the Rebels, has hauled in a team-high 22 passes for 261 yards and six touchdowns.

Jackson and Hunter Crowder ranked second and third, respectively, in the Allen Central receiving department.

Logan Crowder leads Allen Central in scoring with a team-high 98 points. He has scored a total of 15

touchdowns. Allen Central has outscored opponents 354-211 as part of a record-setting season.

Defensively, Logan Crowder has recorded off a team-best six interceptions for the Rebels. Prater has five interceptions and ranks second in the defensive category behind Logan Crowder. Stumbo has picked off three passes for the Rebels.

Kickoff for tonight's Allen Central-Berea game at Don Daniels Field is set for 7:30 p.m.

Maldonado maintains strong pace for Bobcats

by STEVE LeMASTER
SPORTS EDITOR

BETSY LAYNE — For the first time in school history, Betsy Layne is headed to the State Football Playoffs. Leaders are scattered throughout all four classes for resurgent Betsy Layne. Sophomore Dylan Maldonado has led the Betsy Layne offensive charge throughout the season. In nine games, Maldonado has rushed 101 times for a team-high 873 yards. Maldonado has scored three rushing touchdowns.

Casey Adkins ranks as the second-leading rusher for the Bobcats. Adkins has rushed 51 times for 325 yards and one touchdown. Quarterback Nathan Martin and Branton Jarrell have both rushed for over 100 yards, aiding a Betsy Layne offensive unit that has scored 182 points in nine games.

Martin has complimented a strong rushing attack with a stout passing game. The Betsy Layne quarterback has completed 34-of-89 passes for 724 yards and nine touchdowns.

V. Corey Jarrell leads the Bobcats in receiving with eight catches for 169 yards and three touchdowns. Maldonado and Adkins have each hauled in multiple catches for 100 or more yards and two touchdowns apiece. Cody McKay also has a pair of touchdowns.

Defensively, V. Corey Jarrell has intercepted a team-high three passes. R. Corey Jarrell leads Betsy Layne in tackles. He has made 46 solo tackles and 36 assisted stops.

The Bobcats (3-6) will host Beth Haven tonight at 7:30 p.m.

Howell carries offensive load for Raiders

by STEVE LeMASTER
SPORTS EDITOR

HI HAT — South Floyd senior running back Kyle Howell has been a bright spot in an otherwise trying season for the Football Raiders. In Jody Hall's first season at the helm of the Raider football program, South Floyd is 1-8. Opponents have outscored the Raiders 437-187. But Howell has held his own, rushing for 1,327 yards and 16 touchdowns via 154 carries in nine games. He has rushed for more than the rest of his teammates combined.

Before being injured, South Floyd senior Tyler Mitchell had rushed for 357 yards and four touchdowns.

Other running backs who have aided the Raider rushing effort include Mitch Johnson, Brandon Stephens and Brent Reed.

South Floyd quarterback Tyler Moore has completed 25-of-69 passes for 570 yards and five touchdowns. The Raider signal-caller has been intercepted seven times.

David Slone has been the top target for Moore, hauling in seven catches for 172 yards and one touchdown. Mitchell, out for the season, still leads South Floyd in receiving touchdowns with a pair of scores.

Howell has scored 80 of South Floyd's 187 points. The versatile senior has also been a leader on the defensive side for South Floyd.

The Raiders have dropped seven straight games.

South Floyd will conclude its season tonight on the road at East Ridge. Kickoff for the South Floyd-East Ridge game is slated for 7:30 p.m.

Bears set to make season debut

TIMES STAFF REPORT

PIKEVILLE — Head coach Kelly Wells is set to guide the Pikeville College men's basketball team into the 2008-09 season. Highly-touted Pikeville College will open the season tonight at home versus Free Will Baptist College. Tip-off for the Pikeville-Free Will Baptist game is set for 8 p.m.

Pikeville College has an excellent crop of new players poised to lead. These players join six returning members of the Bears.

The returning players are Justin Hicks (5-11 sophomore guard from Hazard); Haakim Johnson (6-7 senior wing from Passaic, N.J.); Ewan Linton (6-9 senior power forward from Kingston, Jamaica); Dan

Penick (6-8 sophomore power forward from Ludlow); Adam Simmons (6-5, junior wing from Huntington, W.Va.); and, Robbie Spears (6-4 senior forward, Shelbyana).

Here's a closer look at the newest Pikeville College Bears

NCAA DIVISION I TRANSFERS:

Jason Smiley — 6-0 senior point guard from Tennessee Tech. "Jason answers our point-guard needs with experience and leadership," said Wells.

Xavier Dawson — 5-10 junior combo guard from Miami Dade Community College and UTEP. "He's a big-time scorer with a calm demeanor," Wells said.

Saihou (pronounced Say-WHO) Jassey — 6-6 junior forward from

Bradley University and SIU-Edwardsville. "He's a very athletic, strong forward with great versatility," the coach said.

Charles Moore — 6-7 senior power forward from Connors State (Okla.) and Tennessee Tech. "Charles is a rebounding warrior with great speed and athleticism," Wells said. "And, he's a big-time interior defender."

Charles Bronson (SR) — 6-10 senior center from Redlands (Okla.) Community College and Xavier University. "He's a highly-touted big man with the skills of a forward," said Wells. "He's a great team guy as well as a go-to interior player."

JUNIOR COLLEGE TRANSFER:

Anthony Smith (Jr.) — 6-

8 junior center from Harford (Md.) Community College. "He's a wide body and an interior presence with great touch and size," Wells said.

SIGNEES OUT OF HIGH SCHOOL:

Kane Belcher (Fr.) — 6-8 freshman forward from Pendleton County High School. "He's a redshirt with great length and versatility," said Wells.

Chris Puckett (Fr.) — 5-11, combo guard from Jenkins HS. "This kid is a big-time shooter," the coach said.

Tim Honaker (Fr.) — 6-1, swing from Pikeville HS. "He's an athletic guard," he said.

Zach Hurt (Fr.) — 5-11 guard from Cordia HS. "Zach was the 14th Region Player of the Year," Wells

DEFENSIVE LEADER

photo by Paula Goble
PRESTONSBURG JUNIOR AUSTIN MCKINNEY has plagued opposing offensive units. McKinney leads the Blackcats in tackles.



HIGH SCHOOL FOOTBALL TONIGHT'S AREA GAMES

Berea at Allen Central, 7:30 p.m.
Shelby Valley at Breathitt Co., 7 p.m.
Morgan County at East Carter, 7:30 p.m.
South Floyd at East Ridge, 7:30 p.m.
Jenkins at Ervinton, Va., 7:30 p.m.
Knott Co. Central at Estill Co., 7:30 p.m.
Boyd Co. at Fairview, 7:30 p.m.
Belfry at Johnson Central, 7:30 p.m.
Letcher Co. Central at Lawrence Co., 7:30 p.m.
Hazard at Lexington Christian, 7:30 p.m.
Magoffin County at Phelps, 7:30 p.m.
Paintsville at Sheldon Clark, 7:30 p.m.
Pike Co. Cent. at Tug Valley, W.Va., 7:30 p.m.

Stumbo edges MCA in A-Team battle

TIMES STAFF REPORT

EASTERN — John M. Stumbo shook a slow start Monday night in the Floyd County A-Team Girls' Basketball Tournament Semifinals. The Lady Mustangs found themselves on the losing end of a 10-5 score at the conclusion of the first quarter. Stumbo, however, battled back. The Lady Mustangs outscored MCA in the second and third quarters en route to a thrilling 38-35 win.

Stumbo clung to a 17-16 halftime lead. Each team had its share of runs in the county tournament tilt.

Carly Hamilton led Stumbo, scoring a team-high 19 points. Hamilton was one of two Stumbo players to reach double figures in the scoring column. T. J. Tackett tossed in 16 points for the Lady Mustangs. Timera Thacker was the third-leading scorer for Stumbo, pushing in seven points. Eddie Akers and Brandy Morrow contributed two points apiece for the Lady Mustangs.

MCA played its best basketball in the third quarter, outscoring Stumbo 14-3. The Lady Falcons toed a 30-22 lead into the final period.

Two players accounted for all of the MCA scoring. Shonda Bailey paced MCA with a game-high 22 points. Kelli Akers netted 13 points — 11 of which came in the second half — for the Lady Falcons.

Stumbo turned up its defensive pressure in the final quarter, outscoring MCA 16-5.

Stumbo, Allen Central advance to C-Team Finals

TIMES STAFF REPORT

EASTERN — John M. Stumbo and Allen Central prevailed Monday night, advancing to the Floyd County C-Team Tournament Championship Game. More on each team's victory follows.

John M. Stumbo 23, South Floyd 5: Brandy Morrow scored a game-high 12 points as John M. Stumbo handled South Floyd in the C-Team Tournament Semifinals.

Timera Thacker tossed in five points, and Chloe Johnson added four in the Stumbo victory.

Eddie Akers added three points as the Lady Mustangs posted the post-season win.

John M. Stumbo held South Floyd scoreless after the opening quarter.

Shiann Hall led South Floyd with three points. Sierra Hall added two points for the Lady raiders.

Allen Central 29, Betsy Layne 13: Breanna Prater paced Allen Central with a game-high nine points. Jeni Dings followed with eight points for the Lady Rebels.

The starting five accounted for all of the Allen Central scoring. Lannah Gibson pushed in six points and Alyssa Moore added four in the Allen Central triumph. Jayla Spurlock rounded out the Allen Central offensive effort, netting two points. The Lady Rebels carried a 12-4 lead into halftime.

Emily Kidd led Betsy Layne with eight points. Katie Tackett followed with four points for the Ladycats. Cali Sode added a free throw for the Betsy Layne C-Team.

Allen Central managed to hold Betsy Layne scoreless in the second quarter.



file photo

PAINTSVILLE AND SOUTH FLOYD are two of the many area high school football teams set to conclude regular-season play tonight.

ATHLETES OF THE WEEK

Hunter Crowder, Allen Central Football
Brittany Hodge, Allen Central Volleyball

Comparing

ask your parents — when Ray Mears was enjoying the SEC without Adolph Rupp, but that was about it.

Since then, there were the Allan Houston days of the early 1990s and that, was about it before Chris Lofton moved south and had a dazzling career.

Now, for the other answer.

Honestly, there are very few things as powerful as Kentucky basketball. I'm no fan of the current coach — let's call it too much inside information — but seriously, Kentucky basketball

is more powerful than the pre-Reagan Soviet machine. And it'll last longer, too.

Sort of like UT football. Kentucky hasn't beaten them since I was a child, and trust me, that ship sailed long ago. Football is a birthright in the state of Tennessee, and they do it up right.

Which brings me to the next eerily spot-on comparison. In March of 2007, Kentucky fans finally got their wish when they ran off the most decent man who ever stood on the side-

lines. Tubby Smith was cucumber cool, a winner and the class of any room.

But all of a sudden, he wasn't winning enough, so they told him and his 1998 national title they didn't need him anymore and he scooted.

Sound familiar, Vol fans?

Phillip Fulmer did something that hadn't been done in a while in Knoxville. He won them a national title in the late 1990s. He was the king of campus, got huge contract extensions, never paid for a meal and

continued whipping on Vandy and UK to end the season with a smile every year.

But now, all of a sudden, he isn't winning enough. So UT fans told him and his 1998 national title they didn't need him anymore and this week, he scooted.

The scary question in Volunteer Country is "what now?"

Here in the Commonwealth, it's basketball season and we're wondering the same thing.

Continued from p1

Eagles post exhibition win over Canadian team

TIMES STAFF REPORT

MOREHEAD — Senior forward Leon Buchanan led a balanced Morehead State University scoring attack with 23 points and propelled the Eagles to an 84-69 exhibition win over Carleton University of Canada Monday (Nov. 3) evening in Johnson Arena.

Carleton came into the game with a 26-2 record in exhibition contests during the summer and fall, and its only losses had been a one-point decision to 2008 NCAA National Champion Kansas in Canada in late August and a 10-point loss at Cincinnati on Saturday.

"I'm pleased that we were able to pick up a big win over an outstanding team such as Carleton University," said MSU Coach Donnie Tyndall. "They have beaten some excellent American college teams and nearly beat our defending national collegiate champions."

"I thought we played extremely hard and unselfish. We made extra passes which was good to see this early in the season. I was proud of our whole team's effort, because we have been nicked up with injuries and the flu bug."

In addition to Buchanan's 23 points, MSU also by 15 points from Kenneth Faried and 13 points each from Maze Stallworth and Robert Murry,

Buchanan had a team-high seven rebounds. Faried blocked four shots and Demonte Harper had a game-high six assists and three blocked shots.

Carleton was led by Stuart Turnbull who scored 19 points. Aaron Doornckamp had 14 points and a game-high eight rebounds.

The Eagles shot 50 percent (22-of-44) from the field to 34.6 percent (18-of-52) for the Ravens. MSU won the rebound battle, 33-to-30.

MSU will open the regular season on Nov. 14 on the road at Louisiana-Monroe.

Pittman posts triple-double, MSU triumphs in overtime

TIMES STAFF REPORT

MOREHEAD — Morehead State University junior center Brittany Pittman posted a triple-double of 12 points, 14 rebounds and 10 blocked shots, and three other players scored in double figures as the Eagles defeated Georgetown College 83-75 in overtime in MSU's first exhibition game of 2008-09. The game was tied

at 73 after regulation, but the Eagles held the Tigers to 1-of-12 shooting and outscored them 10-2 in the overtime period.

Pittman, who ranked second in the nation in blocked shots and set an MSU record with 123 swats as a sophomore last year, had just two blocks at the half but exploded for eight blocks, eight points and 10 boards in the final 25 minutes.

The Eagles were led offensively by sophomore Chynna Bozeman, an all-conference pick as a freshman last season. She was 6-of-13 from the field, including a trio of three-pointers, and finished with 21 points. Freshman guard Ashley Martin came off the bench to net 11 points and grab nine rebounds, while junior transfer Tiffanie Stephens also posted 11 points. Junior Deja Watson started and compiled nine points and seven rebounds. Freshman point guard Abby Steele led the squad with five assists and also pulled in seven rebounds.

Georgetown junior guard Jayme Gilbert led all scorers with 23 points, including 17 in the second half and overtime. Maddie Lewis put in 17 points and had nine rebounds as the 'Tigers' collected 57 total rebounds to MSU's 51.

Each team hit seven three-pointers. MSU attempted 35

from beyond the arc, while GC only launched 15.

The Tigers twice had a two-point lead in the final 1:25, but Bozeman erased that twice as well. She hit a layup to knot the contest at 71 with 1:25 left and hit two free throws with 46 seconds left to ultimately send it into overtime. MSU had a chance with less than a second, but a three-point attempt fell short.

In the overtime frame, Martin hit the first basket to give MSU a 75-73 lead with 4:01 left. She then sank one of two free throws for a 76-73 advantage with 3:15 remaining. Stephens' layup with 2:39 left pushed the lead to 78-73. Lewis drilled a jumper with 2:10 left, but that's as close as MSU let the Tigers creep. The Eagles hit four free throws down the stretch to seal the win. In overtime, MSU hit six free throws while Georgetown missed bot of its attempts.

For the night, MSU shot 35 percent (26-of-75) while the Tigers were slightly higher at 36 percent (28-of-78). Each team scored 34 in the first half and 39 in the second half.

Morehead State has one more exhibition game before its regular season opener Nov. 14. On Monday, Nov. 10, Morehead State will host Kentucky Christian at 7 p.m.

FLOYD COUNTY FOOTBALL



ABOVE: Adams Middle School Blackcats B.J. Holliday and Seth Marcum accepted the Floyd County Conference B-Team championship Trophy earlier in the week. Below: Members of the Adams Middle School C-Team are pictured with the county championship trophy.



Left: Dr. Henry Webb, Superintendent of Floyd County Schools, presented Seth Marcum with the Floyd County Conference B-Team Player of the Year Award.



of Prestonsburg

SPORTS FAN OF THE WEEK



If you are the sports fan circled here... it's your lucky day!

If you are the sports fan circled, you are entitled to a free 8-inch ice cream cake of your choice, redeemable at DAIRY QUEEN OF PRESTONSBURG. When claiming your ice cream cake, present this newspaper.

Alice Lloyd turns back Union, 96-91

TIMES STAFF REPORT

PIPPA PASSES – Visiting Union College battled back at Alice Lloyd College Tuesday, however it was not enough as the host Eagles prevailed 96-91. Of the 91 points, a pair of Bulldogs combined for 61 of the points.

James Johnson led the Union attack with a career-best 32 points. Beau Brown chipped in other 29 points in the scoring tandem.

The Bulldogs fought back and took their second lead of the game halfway through the second half when Clinton Dixon knocked down a three-

pointer. His basket made the score 59-58.

The lead would eventually switch hands ten more times over the next six minutes. Will Dillard put Alice Lloyd in front for good with two of his game-high 36 points with under five minutes remaining. The home team built an eight-point advantage down the stretch.

Alice Lloyd scored the first basket of the contest, from Rodney Mitchell. Brown tied the contest and gave Union a lead with his free throw. Will Dillard gave the lead back to the home team and Alice Lloyd never trailed the rest of the half.

Union watched as Alice Lloyd reeled off six more points to build an early 10-3 lead. Alice Lloyd would lead by as many as 15 points halfway through the half. The Bulldogs clawed back to cut into the deficit. Union scored the last five points of the half to make the score 43-38 to end opening half.

Michael Hester and Dixon scored nine points apiece for Union's cause.

For Alice Lloyd, Mitchell pushed in 22 points. Eric Mullins accounted for 14 points while Corey Dixon recorded a double-double with 10 points and 10 rebounds.

Both teams shot over 50 percent for the game. Union shot 54.5 percent (33-for-66) and Alice Lloyd finished the game at 58.6 percent (34-for-58). The Bulldogs only shot 52.0 percent (13-for-25) from the free-throw line.

The Bulldogs forced 20 Alice Lloyd turnovers while only committing 16.

Union's record moved to 0-3 on the season while Alice Lloyd went to 2-0.

School ties: Before returning to Alice Lloyd to coach, J.R. Hammond played for the Eagles.



photo courtesy of Union College
Host Alice Lloyd defeated longtime rival Union Tuesday night in front of a supportive home crowd.

ALC men's team claims season-opening victory over Kentucky Christian

TIMES STAFF REPORT

GRAYSON – Senior guard Will Dillard poured in 27 points on a nine-for-15 shooting effort and senior forward Corey Harriston added 26 markers to lead the Alice Lloyd College Eagles to a season-opening 94-81 road win Saturday at Kentucky Christian University. After a back and forth first half, Alice Lloyd clung to a slim 39-37 lead at the intermission. The host Kentucky Christian University Knights opened the second half on a 12-2 run paced by seven straight points from Kalen Jones. Kentucky Christian led 49-41 with 15:53 remaining in the contest. Sparked by Dillard and a big three-point basket from

Preston Simon-Spradlin (Betsy Layne), Alice Lloyd regained the lead at the 11:00 mark. Alice Lloyd then picked up its defensive intensity and raced out to a 17-point lead with just over 3:00 remaining to seal the victory. Dillard, a lightning quick native of Beckley W. Va. (Woodrow Wilson High), added five rebounds and five assists as the Eagles prevailed. Fellow Beckley native Harriston went 10-for-14 on field goal attempts in the triumph. He also added three rebounds.

Two Clay County products had supporting roles in the ALC win. Senior forward Rodney Mitchell, returning from a back injury, flipped in 13 points for the Eagles. Freshman guard Justin Hobbs

contributed nine points in off of the bench in his first collegiate game. Sophomore big-man Cory Dixon (Pulaski Co.) was hampered by foul trouble, but still contributed eight rebounds and four points in limited action for the visiting Alice Lloyd College team.

"I was pleased with the way we fought back from the eight-point deficit," commented victorious coach J.R. Hammond. "Anytime you can go on the road in a difficult environment and come out victorious, it speaks well for your kids. The difference in the game was our defensive intensity. We had a stretch when we forced some turnovers and got some stops on defense. This led to some easy transition baskets. We

have a lot of room for improvement but this is a nice start to our season."

Unfortunately for Alice Lloyd, it did get dealt a major setback. Six-foot-five freshman strongman Nick Brumback (Jackson County), suffered a broken hand during the game, and is expected to miss up to six weeks of play.

"It is a shame to lose Nick because he brings such a physical presence to our club," Hammond, a Martin County native, commented. "His teammates have no choice but to step up their production in his absence."

Jones led the Knights in scoring with a game-high 29 points. Svetomir Illic followed with 20 points for visiting Alice Lloyd.



Allen Central senior Brittany Hodge (15th Region) and Perry County Central senior Bree Welch (14th Region) were honored as players of the year in their respective regions during last week's State Volleyball Tournament. Below: Allen Central Coach Larry Maynard was honored as 15th Region Coach of the Year. He is pictured along with Hodge.

Lady Bears turn back Virginia Intermont

TIMES STAFF REPORT

PIKEVILLE – Leading 33-28, Pikeville College scored the first 11 points of the second half as part of a 19-4 run and pulled away from Virginia Intermont College 81-57 Tuesday night in an early regular-season women's college basketball matchup.

The Lady Bears won their regular-season opener thanks to a double-double from Marshall University transfer Natiera Hinton, who tossed in 22 and grabbed 11 rebounds, five of which were off the offensive glass. She also checked in with three steals and two blocks.

Hinton played a key role in the opening minutes of the second half, scoring eight in Pikeville's 11-0 run. By the 12:51 mark of the second half, the lead was 52-32.

Hinton was joined in double figures by three teammates. Sophomores Whitney

Compton and Lakia Bailey finished with 12 markers each, while classmate Lauren Potts finished with 10.

Pikeville (1-0) had some good numbers and some that were not as pleasing. The Lady Bears dominated the glass 55-40, with six different players pulling down at least a half-dozen boards. They also hit 16-of-18 (88.9 percent) from the free-throw line and shot 51.3 percent in the second half, while holding the Cobras to only 22.9 percent over the same stretch.

But they turned it over 24 times while forcing 22 from Virginia Intermont and put the Cobras on the line 26 times, where they made 16 (61.5 percent). And, they managed only 3-of-15 (20 percent) from the arc.

It was, however, a pleasing win for the Lady Bears, who are coming off a 6-24 campaign a season ago.

Virginia Intermont (0-1)

was led by Nicole Collins, who poured in 26 points and pulled down 14 rebounds, half of them off the offensive glass.

Lady Eagles fall in season-opener

TIMES STAFF REPORT

GRAYSON – The Alice Lloyd College women's basketball team, under the direction of Coach David Adams, opened its season Nov. 1 on the road against perennial NCCAA powerhouse Kentucky Christian University. In a game that was not settled until the last few minutes. Host Kentucky Christian defeated Alice Lloyd 65-54. The first half was a nip and tuck affair with the Lady

Knights clinging to a 31-29 lead at halftime. Sparked by the play of seniors Kaylan Richardson and Camille Cook, Alice Lloyd played inspired basketball and led 50-49 with 4:50 remaining in the contest. To their credit, the Lady Knights (1-0) showed why they have been National Champions four out of the last five seasons. Kentucky Christian made big plays down the stretch and hit its free throws late to secure the win. Four Lady Knights reached double figures in the scoring column. Kristin Hecht paced Kentucky Christian with 16 points. Kelsie Thrasher provided a double-double of 15 points and 14 rebounds for the Lady Knights. The Lady Eagles (0-1) were led by the sharp-shooting Richardson, who finished with 15 points and five rebounds. Cook netted 15 points and pulled down nine rebounds for visiting Alice Lloyd.



HIGH SCHOOL FOOTBALL PLAYOFFS (First round pairings, to be played Nov. 14; times TBA)

CLASS A
Kentucky Country Day at Crittenden Co.; Ballard Memorial at Caverna; Bethlehem at Mayfield; Fulton City at Louisville Holy Cross; Trimble Co. at Beechwood; Ludlow at Eminence; Gallatin Co. at Bellevue; Dayton at Frankfort; Clinton Co. at Raceland; Fairview at Campbellsville; Lynn Camp at Lexington Christian; Paris at Williamsburg; Betsy Layne at Hazard; Pineville at Paintsville; Allen Co. Central at Harlan; Jenkins at Pikeville.

CLASS 2A
Todd Central at Trigg Co.; Caldwell Co. at Owensboro Catholic; Hancock Co. at Murray; Heath at Fort Campbell; Fort Knox at Monroe Co.; Metcalfe Co. at Bardstown; Washington Co. at Green Co.; Glasgow at Danville; Newport at DeSales; Carroll Co. at Cov. Holy Cross; Lloyd at Louisville Christian; Owen Co. at Newport Catholic; Knott Co. Central at Prestonsburg; Shelby Valley at Middlesboro; Leslie Co. at Bath Co.; Morgan Co. at Corbin.

CLASS 3A
Adair Co. at Union Co.; Muhlenberg South at Butler Co.; Edmonson Co. at McLcan Co.; Webster Co. at Russellville; Henry Co. at Central; Shawnee at Spencer Co.; Western Hills at Elizabethtown; Moore at North Oldham; Powell Co. at Somerset, Taylor Co. or Wayne Co.; Somerset, Taylor Co. or Wayne Co. at Estill Co.; Harlan Co. at Somerset, Taylor Co. or Wayne Co.; Garrard Co. at Breathitt Co.; Magoffin Co. at Mason Co.; East Carter at Sheldon Clark; Pike Co. Central at Russell; West Carter at Belfry.

CLASS 4A
Russell Co. at Calloway Co.; Hopkins Co. Central at Franklin-Simpson; Warren East at Lone Oak; Muhlenberg North at Allen Co.-Scottsville; LaRue Co. at Valley; Western or Atherton at North Bullitt; Marion Co. at Fairdale; Western or Atherton at Bullitt East; West Jessamine at Harrison Co.; Bourbon Co. at Lexington Catholic; East Jessamine at Franklin Co.; Pendleton Co. at Boyle Co.; Lawrence Co. at Bell Co.; Rockcastle Co. at Greenup Co.; Rowan Co. at Knox Central; McCreary Central at Boyd Co.

CLASS 5A
Barren Co. at Christian Co.; Hopkinsville at Grayson Co.; Warren Central at Owensboro; Ohio Co. at Bowling Green; Jeffersontown at Doss; Iroquois at Anderson Co.; Grant Co. at John Hardin; Waggener at Oldham Co.; Bryan Station at Highlands; Dixie Heights at Ashland Blazer; Woodford Co. at Covington Catholic; Holmes at Johnson Central; Letcher Co. Central at Mercer Co.; Southwestern at Clay Co. or Perry Central; Clay Co. or Perry Co. Central at Pulaski Co.; South Laurel at Whitley Co.

CLASS 6A
Seneca at Daviess Co.; Madisonville at Eastern; Ballard at Henderson Co.; Graves Co. at Trinity; Butler at Greenwood; North Hardin at Manual; Pleasure Ridge Park at Meade Co.; Nelson Co. at St. Xavier; Paul Dunbar at Boone Co.; Ryle at Henry Clay; Bates Creek at Conner; Simon Kenton at Lafayette; Shelby Co. at Males; Bullitt Central at Madison Central; Clark Co. at Fern Creek; Southern at Scott Co.

Kentucky women rout Kentucky State

TIMES STAFF REPORT

LEXINGTON – The University of Kentucky women's basketball team used a 17-0 run in the first half to rout Kentucky State University 99-28 on Wednesday night in an exhibition game in front of 1,098 fans in Memorial Coliseum. Senior Eleia Roddy (Columbus, Ohio) scored 21 points to lead four Wildcats in double figures.

Roddy, who missed the first 12 games of the season last year with injury, came out with the Midas touch in the first half, netting 8-of-8 from the floor for 17 points. She finished 9-of-11 from the floor while also grabbing a team high-tying eight rebounds and blocking two shots. Amani Franklin (Stone Mountain, Ga.) and Carly Ormerod (Louisville, Ky.) added 18 and 14 points, respectively while All-SEC second team selection Victoria Dunlap (Nashville, Tenn.) scored 13 points, grabbed eight rebounds and five steals. All 10 players that saw action scored at least three points, including sophomore Amber Smith who charted eight. It was her first game back after sustaining a season-ending knee injury vs. Tennessee on Feb. 3 of last season.

"I thought we had good transition offense tonight,"

UK Coach Matthew Mitchell said. "If we continue to work hard, that can lead to success. I thought we hustled tonight. We attacked the paint effectively. The press was something that we had not worked on a lot in practice but it showed signs of potential tonight. Overall, I thought it was a good night for us and tonight should help us get ready for this weekend."

Kentucky State, a Division II school picked to win the Southern Interscholastic Athletic Conference, struggled from the floor early, shooting a dismal 15.4 percent in the first half (4-of-26) and just 12.5 percent for the game (6-of-48). Most of the Thorobrettes' points came from the free throw line as they hit 16-of-25.

Roddy scored six straight points to open the second half and Kentucky went on to outscore KSU 52-8 in the final 20 minutes. The Wildcats shot 47.8 percent for the game (38-of-78) and outscored the smaller Thorobrettes' 60-12 in points in the paint. UK also won the rebounding margin 59-33.

"I thought our guards did a really good job of feeding Elcia the ball tonight," Mitchell said. "Our assistant coach Wendy Palmer has really worked hard with our post players to help them develop this year. Roddy has really raised the level of her

game. Coach Palmer has helped our players max their potential and help those players. Roddy is a much better player than a year ago because she works hard and she has put in the time."

Kentucky will concludes its 2008-09 exhibition schedule on Sunday (Nov. 9), when it plays host to Bellarmine of Louisville, Ky. Tip-off in Memorial Coliseum is slated for 2 p.m. and the game will be carried live on the Big Blue Sports Network (radio) with Neil Price. Admission is free.

Dunlap named to All-SEC Second Team

TIMES STAFF REPORT

LEXINGTON – Sophomore Victoria Dunlap (Nashville, Tenn.) was named to preseason All-Southeastern Conference Second Team as selected by league coaches and announced by the conference office Wednesday. The league coaches also picked Kentucky to finish seventh in the standings.

Dunlap is Kentucky's leading returning scorer and rebounder from last season. The 6-1 forward averaged 7.3 points and 6.9 rebounds per game. She ranked 12th in the SEC in rebounding and was

PAGE 4: University of Kentucky freshman Darius Miller is ready to contribute for the Wildcats.

Allen Central Runnin' Rebs enter new roundball era

TIMES STAFF REPORT

EASTERN - New Allen Central High School boys' basketball head coach Mark Martin and his first squad have taken the practice floor. The Rebels have been working hard to learn a new system. Martin became only the fourth head coach in the Runnin' Rebel history and is the first Allen Central graduate to hold the head coaching position. Each of the former head coaches have had an impact on how Martin looks at and teaches the game.

"First of all, I am grateful for the opportunity to lead a program that has a strong tradition of winning and playing hard," said Martin. "I have been a part of the history of the program and have had the luxury of playing and seeing some of the better teams and players throughout the years here."

Martin touched on the fact that all of the former coaches have had an impact on the basketball program at Allen Central.

"Coach Gene Frasure was a successful coach at Maytown before being named as the first head coach at Allen Central," Martin added. "Coach Frasure established the uptempo style of play in which we are known for during his tenure here at Allen Central."

"When you think of Coach Frasure, you think of the good

teams at Maytown with the Talent brothers along with arguably the best passing and scoring guard to come out of this area in Rudy Thacker, who went on to have a great career at Vanderbilt."

Coach Howard Wallen Jr. became the second head coach at Allen Central, replacing Frasure. Wallen, was an All-State player from Johnson County. He experienced a Hall of Fame career at Morehead State University, taking his first head coaching position at Allen Central. He is a coach that valued high conditioning and morals from his players on and off the court. Wallen developed a style of play in which witnessed his teams win 53 games his last two seasons. He had a big impact on the players that he coached.

"Coach Wallen just had such an impact on all of us that played for him," Martin commented. "His impact on the court and the school environment during his time here still is talked about. Even today, people throughout the community still speak highly of him. There were a tremendous amount of community involvement and many of the graduating players of the program followed our group everywhere we played that year during the senior season."

"He put in some much of his personal time to try to get his

teams to the State Tournament. His last team here pretty much had a good regular season (30-6) but, we just did not take care of business during the post season and still to this day members of that team still feel bad that we did not make the trip to the state."

Wallen resigned after the 1979-80 season and took the head coaching job at Garrard County and was replaced by Johnny Martin.

"Coach John enjoyed a tremendous career here," Martin confided. "A legendary coach, who I got to spend a lot of time with during the past year. We have talked a lot about the game."

Coach John Martin guided Allen Central to a 15th Region title and a State Tournament berth in 1993.

Mark Martin - after spending a total of three seasons of leading the girls' basketball program at Allen Central - has inherited a boys' basketball squad that lost two starters along with last sea-

son's top two reserves.

Senior Josh Prater, along with juniors Hunter and Logan Crowder, return from a starting five that won over 20 games and a district title.

"Those three have a lot of game experience and will be expected to come in and show a lot of leadership on and off of the ball court," said Martin.

With many of the returning players still involved in football, Martin has worked with several who expect to contribute to this season's squad.

Martin will have to replace the guard play as Floyd County Conference Player of Year Alex Hammond and sharpshooting guard Aaron Crum have moved on.

"Our pre-season has had a good amount of enthusiasm and since the opening day of practice the boys have worked hard and continue to give good effort," Martin said. "Juniors Brandon Meade and Chad Nelson have had some good days and the young 'guns' have followed their lead."



Another junior that figures to be in the mix for the Rebels is guard Chris Stumbo.

"Chris had a good summer and continues to put in extra time in preparing for the upcoming season," Martin said. "His extra time that he puts into the game is going to pay off in the long run. A disciplined kid who lifts, and works hard daily, Chris could have a big season if he continues to keep the same attitude."

There is a lot of potential in the underclassmen. Sophomores Austin Woods and John Dingus are continuing to improve every day.

"Both come out each day and just play hard and have good attitudes," Martin commented. "I think in time, Austin and John could develop into two solid guards."

Freshmen Tyler Cole, Jon Gibson and Braxton Tackett come to the high school level after experiencing successful junior high careers.

This season's Runnin' Rebel schedule will test the new system and the first-year coach.

"Without a doubt, there's going to be a transition phase and with the make-up of the schedule things could be pretty brutal in the early going," Martin relayed. "A lot of our success will depend on the leadership and how our kids improve individually and as a group as the

season goes along."

The Runnin' Rebel schedule features the Louisville Beth Haven Tournament over the Christmas break along with an appearance in the prestigious WYMT Tournament.

"As a group, we just have to get better as the season goes along," Martin said. "Good leadership from the experienced players will play a big role in our success."

Region wise, Martin agrees with the majority of other coaches, that Shelby Valley is the solid pre-season pick to win the regional title.

"Shelby Valley along with the addition of the Adams kid from Pikeville is going to be a hard team to beat," Martin said. "Valley is going to be a tough match-up for everyone within the region."

In looking at the district play in which features three new coaches, Martin thinks the Rebels will compete for another district title. "It is going to be an interesting year throughout the county with all of the coaching changes," the new Allen Central boys' basketball coach stated. "There are a lot of individual players who could have a big impact on how the district finishes up. I'm excited for the boys and hopefully, we can put things together as the season goes along."

Reigning Mr. Basketball Miller ready to contribute for Cats

TIMES STAFF REPORT

LEXINGTON - Kentucky high school boys' basketball fans will no doubt keep an even closer eye on the University of Kentucky boys' basketball program during the 2008-09 season. Reigning Mr. Basketball Darius Miller is now suiting up for the UK Wildcats. Miller, a Mason County High School graduate, scored 14 points and grabbed seven rebounds in Monday's 111-53 win over exhibition foe Missouri-St. Louis. The former Mason County Royal is making a smooth transition from high school to college.

"The speed of the game is the biggest change from high school," Miller commented

during a postgame interview following Kentucky's win Monday night. "That's definitely the toughest change for me and all the intensity. It's a higher speed and you have to play 110-percent every time."

Miller was in several "big game" situations during his Mason County High School hoops career. Now, he must prepare for college basketball's biggest stage.

"My teammates help me through a lot," Miller commented. "They just talk to me and help me be mentally prepared for the game. After I was out there for a couple plays I started to settle in and just focused on playing."

Miller has fit right in with the veteran UK players.

"We have a lot of great scorers, you've seen Jodie Meeks, Patrick Patterson and Josh Harrelson shooting the ball," Miller confided. "I'm just trying to help them in different aspects. They work so hard every day and give 110-percent, they provide great leadership. I just see how hard they work and how successful they are and I just hope that I can get there too. I feel myself getting better everyday. The coaches push us so hard you don't have a choice but to get better. We go out and we go hard every single day and if you don't go hard Coach Gillispie will let you know about it. He's made me a much better player than when I first came out here."

The Mason County native further honed his skills through much hard work over the summer.

"I think I've improved in every aspect of my game," said Miller. "Coach pushes me to do different things and to play harder every time I step on the court. He sees a lot in me and I think he's gotten the best out of me and he still gets more out of me everyday. I've been trying really hard every time I come out."

Miller and his UK teammates will return to the hardwood tonight at home in a second and final exhibition game versus Ouchita Baptist. Tip-off for the Kentucky-Ouchita Baptist game is slated for 7 p.m.

Doderer closing in on rushing milestone

by **STEVE LeMASTER**
SPORTS EDITOR

PAINTSVILLE - Paintsville junior running back Nehemiah Doderer is on pace to rush for over 1,000 yards in his third varsity season. Doderer has rushed for 899 yards and 10 touchdowns on 101 carries for the Tigers. Doderer leads a balanced Paintsville offensive unit in rushing. He has 40 more carries than any other Paintsville running back.

Senior quarterback Tyler Deaton, a player who is drawing interest from several college football programs, ranks as the second-leading rusher for the Tigers. Deaton has rushed 61 times for 324 yards and seven touchdowns.

Dillon Brown (19 carries for 243 yards, three touchdowns) and Trent Burchett (15 carries for 139 yards, two touchdowns) have also made strong contributions on the ground for the Tigers.

Deaton has completed 46-of-85 passes for 549 yards and eight touchdowns. Brown has filled in some at quarterback for the Tigers, completing 10-of-20 passes for 142 yards.

Patrick Butcher leads Paintsville in receiving yardage. Burchett has hauled in 17 catches for 373 yards and three touchdowns. Cory Adams has grabbed 22 catches for 232 yards and four touchdowns. Brown - another proven pass-catcher - has 14 catches for 192 yards and one touchdown.

Deaton leads the Tigers in scoring. Doderer and Adams rank second and third, respectively, scoring-wise for Class A, District 7 member Paintsville.

Defensively, Doderer, Adams, Brett Reynolds, Seth Jarrell and Berry Ward each have one interception for the Tigers. An active Paintsville defensive squad has five players - Deaton, Adams, Cody Reynolds, Andy Penix, Mark Nordin - who have received two fumbles apiece.

Paintsville is 5-4 under the direction of first-year head coach Jason Kinner. The Tigers have faced non-district foes Prestonsburg, Johnson Central and Raceland as part of a challenging schedule.

Paintsville will visit Sheldon Clark tonight for a regular-season finale. Kickoff for the Paintsville-Sheldon Clark game is slated for 7:30 p.m.

Kentucky defensive end in contention for Lott Trophy

TIMES STAFF REPORT

LEXINGTON - Kentucky defensive end Jeremy Jarmon has been named a quarterfinalist for the Lott Trophy as the national defensive player of the year.

Jarmon is one of 20 quarterfinalists for the award, which equally recognizes athletic performance and personal character attributes.

Jarmon has made 23 tackles this season, including 6.5 tackles for loss and three quarterback sacks. He also has two pass breakups and has recovered a fumble. Off the field, he has a major in political science and plans a career in public service. He also contributed to life on campus last spring as a lead actor in the UK Theatre production of the play, "Weak/Side/Help."

The Lott Trophy is sponsored by The Pacific Club

Foundation of Newport Beach, Calif. It is given to a player who exhibits the characteristics of Integrity, Maturity, Performance, Academics, Community and Tenacity. UK's Wesley Woodyard was a semifinalist for last year's award.

Lindley touted as finalist for Jim Thorpe Award

Kentucky cornerback Trevard Lindley has been named a semifinalist for the Jim Thorpe Award as the nation's best defensive back.

Lindley, a junior from Hiram, Ga., is one of 13 semi-

finalists. He leads the Southeastern Conference and ranks sixth nationally in total passes defended. He has four interceptions and nine pass breakups this season. He returned one pickoff for a touchdown against South Carolina and his interception of Florida's Tim Tebow is one of only two picks sustained this year by the Heisman Trophy winner. Although only a junior, Lindley already is UK's career leader for pass breakups (32).

The award is sponsored by the Jim Thorpe Association of Oklahoma City, Okla. Thorpe, an Oklahoma-born Native American, was a great all-around athlete, playing pro football and pro baseball while winning gold medals in the 1912 Olympics decathlon and pentathlon.

Georgia tickets available: Less than 100 tickets for the

Georgia game are available from the unclaimed student allotment. Tickets are \$40 each.

COLLEGE FOOTBALL SCHEDULE

Saturday, Nov. 8

Georgia at Kentucky
WKU at Troy
Louisville at Pitt
Kansas at Nebraska
Ohio State at Northwestern
Wyoming at Tennessee
Cincinnati at WVU
Clemson at FSU



file photo

SOUTH FLOYD SENIOR RUNNING BACK KYLE HOWELL ranks as one of the leading rushers in Class A.

East Kentucky Miners season tickets remain on sale

TIMES STAFF REPORT

PIKEVILLE - East Kentucky Miners fans still have an opportunity to secure their tickets for the 2008-09 campaign. Miners season tickets remain on sale. Tickets for the 2008-09 season went on sale Saturday, Oct. 18. East Kentucky will play 16 home games inside the state-of-the-art East Kentucky Expo Center as part of a 32-game schedule during the 2008-09 season. There's a season ticket package suitable for all fans. Four different seating levels - Courtside (\$384

Season Ticket), Sections 103-106, 118-121 (\$256 Season Ticket), Sections 101-

102, 122-123, 111-113, (\$192 Season Ticket); and All Upper Arena Seats (\$105 Season Ticket) - are available. East Kentucky Miners season tickets are available through the team's office, the East Kentucky Expo Center and TicketMaster.

Fans who visited the East Kentucky Expo Center for a Miners game during the 2007-08 season were treated to an exciting brand of basketball second to none in the Bluegrass State. The Miners led the CBA in scoring with a 111 points per game scoring average.

The Continental Basketball Association (CBA) recently announced the schedule for its

63rd season. The CBA's 63rd season is scheduled to tip off on Friday, Dec. 12. Four games are scheduled for the season's opening weekend.

The Miners will face CBA foes Albany, Lawton-Fort Sill, Minot and Pittsburgh during the upcoming season in the five-team league. The 14-week CBA season is scheduled to conclude Sunday, March 15. The CBA Playoffs are slated to start Wednesday, March 18. East Kentucky will host Minot in its home opener Sunday, Dec. 14. The Miners will travel to rival Pittsburgh for a season opener Friday, Dec. 12.

Much excitement surrounds the 2008-09 version of the East Kentucky Miners. East

Kentucky recently signed University of Kentucky legend Wayne Turner. One of the top UK players of all-time, Turner holds the NCAA record for most games played. The former Wildcat played in the NBA for the Boston Celtics - the league's most storied franchise.

East Kentucky veterans Jason McLeish and Mike Crain and former NBA D-League player Jermaine Blackburn have also signed with the Miners. East Kentucky ended the 2007-08 regular-season 26-22. The Miners reached the playoffs in their debut season. For more information on Miners season tickets, call 606-437-9715.



photo by Greg Moore

BELFRY competed in the State Volleyball Tournament held last week in Louisville.

The Times

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NAME _____
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(approximately 18 letters per line)

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The FLOYD COUNTY TIMES does not knowingly accept false or misleading advertisements. Ads which request or require advance payment of fees for services or products should be scrutinized carefully.

AUTOMOTIVE

Wheels/Misc

For Sale : 2003 Cadillac Escalade. Pearl white. Loaded. \$12,000. Call 454-0071.

For sale: 1998 Toyota Tacoma 4 wd. Call 886-1728 or 339-9068.

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

Employment

LCSW- Needed locally. Work independently and earn a great salary. Unique treatment setting. No substance abuse counseling involved. Call 606-231-4469.

Wanted: LPN's or RN's to work in casual environment for elderly lady. Call 606-226-6243 or 606-226-1324.

Immediate opening in pediatricians office for front desk / billing. Experience with Medicaid & private insurance preferred. Interested applicants should send resume to PO Box 607, Prestonsburg, Ky 41653 or fax to 886-7680.

Heavy equipment mechanic needed. Experience with Terex mine trucks a plus. 2 positions avail. Candidate will have 5+ or 10+ years exp. Salary \$16-\$24 / hour plus benefits. Call 813-286-0650 for additional information or e-mail resume to frontdesk@geleasing.net.

Needed: Cook for Baptist learning center. Apply in church office. Call 886-8681 Glenda Blackburn.

Community

Connections is hiring for a medical assistant. There is a 15.00 application fee for a background check that is required for positions. Apply in person at Community Connections 4663 US 23 South lvel, Ky 41602. Phone Number 606-874-1900.

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.

News paper route available. From Allen to Wheelwright \$1,200 profit potential. Must be able to be bonded. Call 1-800-999-8881 or 606-634-5713.

Community Connections is hiring for a Direct Care Providers. Paid training, all shifts available. There is a 15.00 application fee for a background check that is required for positions. Apply in person at Community Connections 4663 US 23 South lvel, Ky 41602. Phone Number 606-874-1900.

Miller Bros. Coal, LLC is seeking qualified applicants for the position of Surface Mine Planning Engineer. Mining Engineering degree and experience required. Competitive salary and benefits package. Interested applicants should send their resume in confidence to 1801 Watergap Rd Prestonsburg ky 41653. Phone inquiries not accepted.

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

Services

If you need brick, block, stone or fireplaces built. Call 606-424-2969.

NEED A TUTOR FOR YOUR CHILD? I have ten years experience teaching children aged 2-18, have successfully tutored children with both emotional

and learning disabilities and have assisted a child with autistic spectrum disorder. I believe in finding each child's unique learning style and helping them to reach their greatest potential. If you would be interested in seeking my assistance for your child, please feel free to call Tonya at 606-230-0235 or email me at tonya1@hotmail.com.

Animals

REWARD!! 2 Missing spitz puppies. One male and one female. In the McDowell, hi hat area. Belongs to a six year old. They do need medicine. Call 438-5152 or 436-3839. Reward offered no questions asked.

REWARD!! Lost Begal family pet East point area. Name toffee. Call 886-8108.

For sale: AKC register labs. Blonde & Red. 2 boys and 2 girls. \$300 each. Call after 5:00 606-437-0367 or 794-4077 before 5:00.

Appliances

Murrell's Appliance Good used refrigerators, ranges, washers, dryers, & more with 90 day free warranty. Delivery available. Stone Coal Rd Garrett, Ky. 606-358-9410

Furniture

For sale: 8' Antique Couch-curved back. Recently recovered in beige fabric w / 6" fringe around

For rent: extra nice 3 br, 2 ba 1/2 baths. Located 5 miles from US 23 at Harold. No pets allowed and references required. Call 606-478-2820 for more information.

the bottom. Very good condition \$350. Call on weekends at 874-4822.

Misc.

NEEDED: Part time house cleaner. Must be animal friendly. 9 miles outside of Prestonsburg. Toward Salyersville. Call 606-886-8761.

Trouble climbing stairs? We install stairlifts. Free estimates. Call 606-329-1344.

For Sale : Full size pickup load of firewood. \$75.00. Free delivery. Call 285-0523 or 377-1118.

For sale: Double stroller-\$25, infant car seat with base - \$10, winnie the pooh activity saucer paid \$75 asking \$25, brand new mini video recorder paid \$90 asking \$50. Also have 15 cans of liquid good start soy baby formula will sell for \$20. Call 358-0286.

Firewood for sale. \$75 a pickup load. Oak, hickory, and beechwood. Call 259-1356 or 886-6848.

REAL ESTATE

Houses

House for lease on Trimble Branch in Prestonsburg. 3 br with central heat and air. No pets and no HUD. \$650 per month plus deposit and utilities. Phone 874-9976 after 5 pm.

Government funds available for home

buyers who own land. Call toll free 877-310-2577 for preapproval.

Jack and Doris Hyden Estate, downtown Prestonsburg, at 1428 and S. Central Ave. 3 Houses/ lots. Asking \$499,000. Serious inquiries call 259-3453 or 886-9668.

Brick home for sale in Prestonsburg. 1/2 mile up Spurlock creek across for the MAC. 1st brick on the right. 3br, 2 ba. 2,200 sq ft. .75 acre, fenced in yard, carport and fireplace. Sm garden spot. Excellent location. Price reduced to \$169,000. Call 889-0544 after 6 pm.

RENTALS

APARTMENT

2 br townhouse for rent. Located on Abbott. Hardwood floors very nice. Call 886-0893.

1 br townhouse for rent. Located on Abbott. Hardwood floors very nice. Call 886-0893.

Town house apartment for rent. 2 br, 1/12 bath, stove, fridge, w/d hook up, dw, city limits at US 23 & Hwy 80. \$650 mth plus utilities with \$350 deposit. No pets. 1yr lease. 606-237-4758.

2 BR apartment for rent. Located in Prestonsburg.



NEW HOUSE FOR SALE Located just off US 23, at Mare Creek. 3 Bed, 2 Bath, Hardwood Floors, Cherry Custom Cabinets, Formal Dining Room, 2-Car Garage, 10 ft. Ceilings, Professionally Landscaped, 2550 sq. ft. including garage. Call 606-478-8100 for more details!!

\$750 per month includes utilities. Call 794-0249.

1 BR, apartment for rent. Utilities & Appliances furnished. Located between Prestonsburg & Paintsville. No pets. No parking. \$525 per month \$250 deposit. Call 791-6016.

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

For rent: Furnished apartments. No drugs or pets allowed. Ready to occupy, very clean, private and quiet. Good location near Prestonsburg & Jenny Wiley Lake. Suitable for 2 working people. Out of state workers, pipeline, railroad all welcome. Rent reasonable. Call 886-3941 or 205-0215.

Houses

House for rent. Excellent neighborhood, gated community. 4 br, 2ba, 1,800 sq ft. Built in vacuum system. Stove, ref, with w & d. House completely remodeled. No animal, non smoking, heat pump. Total electric. Located in Knott Co. Deposit required. \$620 + per month plus

deposit. Call 438-6104.

1 Br cabin for rent. \$350 per month. \$200 deposit. No hud. Located at Cow creek. Call

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.

Mobile Homes

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.

2 BR mobile home for rent. Located at Betsy Layne. \$425 month. HUD approved. Call 432-9110.

Special FHA Finance Program

\$0 Down if you own land or use family 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

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

Mobile home for rent: Nice 16 x 80. With 3 br, 2 bath with fridge/stove, washer dryer & partially furnished located in Emma. \$500 month plus utilities. Call 606-

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

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.

Double wide for rent. Located at Auxier. All city utilities. \$600 per month \$200 deposit. Call 367-1169 or 789-8881.

Mobile home for rent in Prestonsburg. Call 874-1991.

For rent: extra nice 3 br, 2 ba 1/2 baths. Located 5 miles from US 23 at Harold. No pets allowed and references required. Call 606-478-2820 for more information.

For Rent: 3 br, 2 bath double wide on Town Branch. Walking distance to downtown Prestonsburg. Has back deck & privacy fence. \$ 500 deposit plus \$550 per month on rent. Call 226-1624, 226-0380 or 886-0047.

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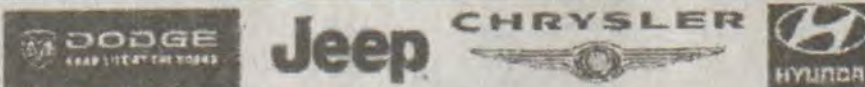
Highlands Regional Medical Center has an opening in the Support Care unit. The Support Care nurse is responsible for assessing the patient's condition and nursing needs, sets goals and prescribes appropriate nursing actions to meet those goals. Implements and documents elements of the nursing process in order to provide the highest quality of care based on assessed patient needs. Assist team members in giving care to patients or administers direct care when professional nursing skills and judgment are indicated.

Graduate of accredited nursing program and currently licensed in the state of Kentucky. Must have successfully completed HRMC's RN staff nurse orientation program. Must be able to stand or walk for long periods. Heavy lifting required.

- * Nine (9) Paid Holidays
- * Retirement Plan
- * Medical/Dental Insurance
- * Life Insurance

Interested applicants may apply to the Human Resources Department, HRMC 5000 Ky. Rt. 321, Prestonsburg, Ky. 41653 (606) 886-7530 • Fax (606) 886-7534 E-mail: tclark@hrmc.org Highlands is an equal opportunity employer.

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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

House for rent. Excellent neighborhood, gated community, 4 br, 2ba, 1,800 sq ft. Built in vacuum system. Stove, ref, with w & d. House completely remodeled. No animal, non smoking, heat pump. Total electric. Located in Knott Co. Deposit required. \$620 + per month plus deposit. Call 438-6104.

Legals

NOTICE OF INTENTION TO MINE Pursuant to Application Number 836-0342 NW

In accordance with KRS 350.055, notice is hereby given that Frasure Creek Mining, LLC, 4978 Teays Valley Road, Scott Depot, WV 25560, (304) 204-1455 has applied for a permit for a surface coal mining and reclamation operation located 1.7 miles northeast of Hippo, Kentucky in Floyd County. The proposed operation will disturb 373.34 surface acres and will underlie 4.92 acres, and the total area within the permit boundary will be 378.31 acres. The proposed operation is approximately 0.8 miles south from KY 1210 junction with Alum Lick Road and located 0.2 miles southwest of Caney Creek. The proposed operation is located on the Martin USGS 7 1/2 minute quadrangle map. The operation will use the mountaintop removal and auger methods of the surface area to be

disturbed is owned by George Thornsby, et al, Evie Thornsby, et al, Shade and Patricia K. Pitts, Lou Ellen Pitts, et al., Big Branch Holding Company, LLC, Chris Damron, Danny Ousley, Rosie Reffitt, Craig Ousley, et al, Betty Litsey, Charles Gordon Ousley, Donald and Brenda Ousley, Adrian Bradley, James and Rose Marie Bradley, Sally R. Kessie, Charles E. Bradley, Amy Bradley, Abby Bradley, Adam Bradley, Johanna L. Silveus, Kenneth Silveus, Earl and Peggy Stephens and Sianna Risner, Mont Ousley Heirs, Edward L. and Sadie Shepherd, J.T. and Anna Lea Thornsby, Phyllis Reffett, Glen Hurd Estate, Curt and Anna Howard and Harrison D. Reffett. The operation will underlie land owned by Shade and Patricia K. Pitts, Lou Ellen Pitts, et al., Big Branch Holding Company, LLC and Mont Ousley Heirs. The application has been filed for public inspection at the Department for Surface Mining and

Enforcement's Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, KY 41653. Written comments, objections, or requests for a permit conference must be filed with the Director of the Division of Permits, #2 Hudson Hollow Complex, U.S. 127 South, Frankfort, Kentucky 40601.

This is the final advertisement of the application. All comments, objections, or requests for a permit conference must be received within 30 days of today's date.

NOTICE OF INTENTION TO MINE Pursuant to Application No. 836-5522

In accordance with KRS 350.055, notice is hereby given that FCDC Coal, Inc., 587 North Lake Drive, Prestonsburg, KY 41653, has applied for a permit for underground coal mining operation, located 1.5 mile southwest of Dana, in Floyd County. The proposed operation will disturb 27.7 surface acres, and will underlie 964 acres, and the

total area within the permit boundary will be 971.7 acres.

The proposed operation is approximately 0.2 mile west of KY Route 1426's junction with Orchard Branch Road, and located 0.20 mile east of the Orchard Branch. The proposed operation is located on the Harold U.S.G.S. 7 1/2 minute quadrangle map. The surface area to be disturbed is owned by Melissa Stevens, James Johnson and John George. The operation will underlie land owned by Claude and Tommy Ryan, Thomas and Emagene Hamilton, Eva Hamilton, Billy Ray & Vickie Compton, Jerome Kinzer, Fair Bentley Estate, Clyde & Mary Conn, James & Emily Allen, Michael Bryant, Teddy Ray Akers, Melissa Stevens, James Johnson, John George, Romey Spears, Bessie Samons, Lowell & Mary Samons, Paul Patton, Kenis Hall, Thomas Kelly, lodella Bartrum, Everett Crisp, Phillip West, Roger Dale Barnette, Earl Branham, Glenn Akers, Bethel Click, Shannon Click, Edward Webb, Frasure MFG, John

Gordan Stephens, Gary & Donna Crum, Wyvonna Giles, Bud & Bonny Morris, Merrilyn Hurd, Robert Mulkey, Rita Kay Howell, Leonard Akers Jr., Leonard Akers, Nathan Innis Jr., Clyde Boyd, Lowell Samons, Burgess Akers, Patty Jones, Jimmy & Ernestine Carr, Phillip & Lisa West, Douglas Goble, Rodney Conn, Byron Coburn and Mac Akers.

The operation will affect an area within 100 feet of public road, KY Route 1426. The operation will not involve relocation or closure of the public road.

The application has been filed for public inspection at the Department for Natural Resources, Mining Division, Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, Kentucky 41653. Written comments, objections, or requests for a permit conference must be filed with the Director, Division of Permits, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601.

NOTICE OF INTENTION TO MINE

Pursuant to Application Number 898-0828 A#1

In accordance with KRS 350.055, notice is hereby given that Viking Mining, LLC, 800 North Side Drive, Suite 27, Summersville, WV, 26651, has applied for an amendment to an existing surface and underground coal mining and reclamation operation located 1.25 miles southwest of Hartley in Pike & Floyd Counties. The amendment will add 65.47ac. of surface disturbance and will underlie an additional 10.00 ac. making a total area of 204.01 acres within the amended permit boundary. The proposed operation is approximately 4.5 miles southwest from KY State Route 1469's junction with KY State Route 610. The proposed operation is located on Turkeypen Br. of Indian Ck. of Long Fork of Shelby Creek. The proposed operation is located on the Wheelwright USGS 7? minute quadrangle map. The operation will use the surface contour and area, methods of mining. The surface area to be disturbed under this operation is owned by Collins and Mayo Collieries Company. The application has been filed for public inspection at the Department for Natural Resources Pikeville Regional Office, 121 Mays Branch Road, Pikeville, Kentucky 41501. Written comments, objections, or requests for a permit conference must be filed with the Director, Division of Mine Permits, #2 Hudson Hollow, U.S. 127

South, Frankfort, KY 40601.

COMMON-WEALTH OF KENTUCKY FLOYD CIRCUIT COURT DIVISION I C.A. No. 08-CI-00773 Chase Home Finance LLC Plaintiff vs. Tommy Lewis, et al. Defendants NOTICE OF COMMISSIONER'S SALE

BY VIRTUE OF Findings of Fact, Judgment, and Order of Sale, referring to Master Commissioner of the Floyd Circuit Court, entered on the 23rd day of October, 2008, in the Floyd Circuit Court, in the above-styled action, in the principal sum of \$88,555.84, together with interest, costs and fees, I shall proceed to offer for sale at the Old Floyd County Courthouse Door, South Central Avenue, Prestonsburg, Kentucky, (behind the new Floyd County Justice Center), to the highest bidder, at public auction, on Thursday, the 20th day of November, 2008, at the hour of 9:15 a.m., the following described real estate, lying in Floyd County, Kentucky, and more particularly described as follows: All of Lot #11 and Part of Lot #12 of Frasure Hill Estates as shown of Plat #447 of the Floyd County Clerk's Office. The portion of Lot #12 to be conveyed consists of a strip of property 25 feet in width and 129.17 feet in length, said strip of

property being that portion of Lot #12 lying adjacent to Lot #11.

Being the same property conveyed to Tommy Lewis and Patty Lewis, husband and wife, by deed dated July 23, 2007, of record in Deed Book 537, Page 698, in the Floyd County Clerk's Office.

Terms of Sale: (a) At the time of sale, the successful bidder, if the other than the Plaintiff, shall either pay cash or 20% of purchase price, with the balance on credit for thirty (30) days.

(b) The successful bidder shall be required to execute a bond with good surety thereon for the unpaid purchase price of said property, if any, bearing interest at the rate of twelve percent (12%) per annum, from the date of sale until paid, having the force and effect of a judgment.

(c) The property shall be sold subject to any easements and restrictions of record in the Floyd County Clerk's Office, and such right of redemption as may exist in favor of the United States of America and/or the record owners thereof, pursuant to 28 U.S.C. 2410 or KRS 426.530.

(d) The purchaser shall be required to assume and pay all city and county ad valorem taxes for the year 2008, and all subsequent years which are not yet due and payable. Any and all delinquent city and county ad valorem taxes will be paid from the sale proceeds.

(e) In the event the Plaintiff is the purchaser of the above described property, for an amount equal to, or less than, its first lien, it shall take a credit against said lien for the amount of the bid, and no bond shall be required of the Plaintiff, and it shall only be obligated to pay court costs, the fees and costs of the Master Commissioner, and any real estate taxes assessed

against the real estate.

Any announcements made on date of sale take precedence over printed matter contained herein.

Hon. William S. Kendrick Floyd Master Commissioner

NOTICE OF INTENTION TO MINE Pursuant to Application No. 836-5502, Renewal No. 2

In accordance with KRS 350.055, notice is hereby given that FCDC Coal, Inc., 587 North Lake Drive, Prestonsburg, KY 41653, has applied for a Renewal of a permit for an existing underground mining operation, affecting 15.8 acres of surface disturbance and underlies 588.14 acres, for a total permitted acreage of 603.94 acres, located 0.25 mile east of Drift, in Floyd County.

The operation is approximately .50 mile northeast from KY 1101 junction with KY 122, and located .10 mile east of Left Beaver Creek. The latitude is 37 degrees, 29 minutes, 18 seconds. The longitude is 82 degrees, 45 minutes, 25 seconds.

The operation is located on the Wayland and McDowell 7-1/2 minute quadrangle maps. The surface area is owned by Harry and Reba Martin. The operation underlies land owned by Harry and Reba Martin, Reba Martin, H.D. Martin, Clinnon Martin, Pete Butler, and Robert Martin.

This application has been filed for public inspection at the Department for Natural Resource's Prestonsburg Regional Office, 3140 South Lake Drive, Prestonsburg, KY 41653. Written comments, objections, or requests for a permit conference must be filed with the Director, Division of Mine Permits, No. 2 Hudson Hollow Complex, Frankfort, KY 40601.

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ADVERTISEMENT FOR BIDS
The City of Prestonsburg is accepting bids for the leasing of the grill located at StoneCrest Golf Course. Please contact Sharon Schoolcraft at City Hall, 606-886-2335, for a copy of the lease specifications and requirements. Sealed bids will be due, 12:00 p.m., on Friday, November 14, 2008. The City of Prestonsburg reserves the right to accept or reject any or all bids.



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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

 SOLD! 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	 SOLD! 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 sun-roof, V6, Gas Saver!! Call AB Motors 606-886-1922 606-434-5551



Faith and Family



A LONG ROAD: Man walks, prays around state

by JARRID DEATON
FEATURES WRITER

PRESTONSBURG — Mark Mills walked up the steps of the old Floyd County

Courthouse on Thursday, took off his backpack, raised a ram's horn to his lips, and trumpeted his arrival in Prestonsburg to all those who were around to hear him.

Mills, 50, is trekking his way through what he calls a "prayer walk" around the border of Kentucky, stopping at all county seats to blow the horn and read a declaration.

"I'm just praying for everybody in Kentucky as I walk," Mills said. "I pray for the all the schools I pass, all the water plants, everything. I want to inspire Christians to come out from their four walls and get prepared to go into the harvest field."

Ivan Mills, father of Mark Mills, supports his son's endeavor, but he had his doubts when he first learned about the walk.

"I told him when he started this thing that he was crazy," Ivan Mills said. "But it's really been great for him and the people that he has met. It's a spiritual revival."

Mills walked 21 miles yesterday, which is the most he has traveled in a single day so far.

"I've walked over 300



photo by Jarrid Deaton
Mark Mills, right, spoke with locals during his stop Thursday in Prestonsburg. Mills is 300 miles into a journey to walk and pray around the state.

Pikeville, then it is on to Jenkins, where a formidable mountain stands in his path.

"I'm both dreading and looking forward to tackling the mountain," Mills said.

During his stop in Prestonsburg, Mills was approached by numerous people asking what he was doing, and he was quick to engage them in conversation.

"After blazing through a few cities when I first started the walk, I realized I needed to slow down and stop and talk with people," Mills said. "It's been a really interesting journey and I have met a lot of good people. I have many more miles to go and many more people to meet."

A resident of Fleming County, Mills is the pastor of the Chariot of Fire Fellowship in Ewing.

For more information on the church and on Mills' walk, visit <http://www.kyprayer-walk.com>.

miles, starting in Frankfort," Mills said. "The entire trip will be over 1,200 miles, and I think I can make it. When God first put the idea in my spirit, I thought it was too big. I've

made it a lot farther than I really thought I would when I first started. I see it as being completed."

The next stop for Mills after leaving Prestonsburg is

KIM'S KORNER

Sugary descriptions of sin

Besides the seven hateful sins listed by the wise man, other Bible writers give long categories of special sins that God despises.

Paul provides us with an alarming collection of fleshly practices and declares that "they which commit such things are worthy of death." What were they? "Being filled with all unrighteousness, fornication, wickedness, covetousness (to want what others have), maliciousness; full of envy, murder, debate, deceit, malignity (intense hatred or a desire to do harm), whisperers, backbiters," Romans 1:29, 30, 32.

You will notice that the tongue is well represented in all those carnal excesses. The whisperers and backbiters are catalogued right alongside murderers and haters of God. Inspiration decrees that show those who misuse the power of speech can be destroyed for it. To speak evil of others is a very, very serious violation of God's law.

Jacob identified backbiting as the harassing sin of his son Dan. "Dan shall be a serpent by the way, an adder in the path that bites the horse's heels, so that his rider shall fall backward." Genesis 49:17.

Ten of Dan's brothers had similar weaknesses, but they, by God's grace, overcame their sins. Their names are recorded in the book of Revelation as overcomers, who will be the spiritual representatives of all who pass through the gates of the New Jerusalem. But Dan's name, along with Ephraim, is not there. His backbiting was never conquered, and God cannot take that sin into heaven. God had declared, "Whoso secretly slander his neighbor, him will I cut off." Psalm 101:5.

David asked the question, "Lord, who shall abide in thy tabernacle? Who shall dwell in thy holy hill? He that walk uprightly, and work righteousness, and speak the truth in his heart. He that backbite not with his tongue, nor does evil to his neighbor, nor takes up a reproach against his neighbor." Psalm 15:1-3.

Dan's name will not be inscribed on any of the twelve

gates through which all the redeemed must pass. None who fail to claim the victory over a slanderous tongue will be permitted to inhabit those mansions of light. Not one of the favored 144,000 will be identified with the tribe of Dan.

What a dramatic illustration that this sin is not just a harmless weakness of the flesh! It is a disease of the soul which will cause millions to be left out of the kingdom. God's people must claim the victory over a lying tongue, an exaggerating tongue, and a backbiting tongue. There will be no gossip in heaven!

You might say, "But I don't say things that aren't true about my neighbor, or my brother, or my sister; all I say about him is true." But why say anything if you can't find something good to say? How often do you pray for that erring neighbor, sister or brother? I think we can allow ourselves to speak about our erring brothers and sisters to men just as much as we pray for them to God.

Do you realize that many people treat their animals better than they treat other human beings? I've often thought what a heaven this world could be if people only behaved to their fellow man as they do to their dogs. I've observed the petted, pampered lifestyle of many a little poodle. No human neighbor would be given such consideration. I'm not criticizing dog owners (I am one), but I do make a plea for equal treatment toward members of our own genetic kind. It seems that civilized man cannibalizes his own family members by devouring them verbally and traumatizing them spiritually.

The Bible says this kind of devouring of each other must cease, or we may despair of eternal life. God will not immortalize a cankerous spirit. Gossip and slanderous inferences will never enter the City of Light. False representation, exaggeration, and insinuations, are simply sugary descriptions of sin. The Bible calls it lies, also, and declares that none who speak them or love them will go through the gates of Paradise.

'Til next week, God bless.



Kim Little Frasure

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