



HIGH SCHOOL FOOTBALL

— page B1

briefs

Bluegrass benefit planned

HINDMAN — A bluegrass benefit show for Dusty Owens' family will be held at the Beckham Combs Community Center in Knott County, on Saturday, Nov. 15, at 5 p.m. Tickets are \$8.

Owens died Oct. 14 from complications that developed following a motorcycle accident.

Bands performing are Lowerball Regular Baptist Singers, C.J. the DJ from WSIP Radio in Paintsville, Mountain Melody, Marcus Williams and New Cut Grass, Allen Amburgey and Kentucky Mountain Grass.

The Community Center is located at 450 Vest Talcum Rd. at Vest on Route 1087. Turn onto Route 160/1087 at the Hindman red light on Route 80 in Hindman. East bound on Route 80 turn left, West on 80 turn right. The community center is between three and four miles on the right.

For more information, contact Bubba Slade at (606) 791-3390 or bubbas_bluegrass@yahoo.com

All ticket sales go to the Family for medical expenses.

2 DAY FORECAST

Today



High: 68 • Low: 45

Tomorrow



High: 46 • Low: 30

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

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AIRING GRIEVANCES



photo by Sheldon Compton

Federal prison guards staged an "informational" picket at the base of the hill leading to the United States Penitentiary Big Sandy yesterday. The guards are highlighting a series of recent assaults at the hands of inmates as a key reason for the move.

Prison guards protest safety at USP Big Sandy

by SHELDON COMPTON STAFF WRITER

DEBORD — After weeks of planning, USP Big Sandy guards and their supporters lined up along Route 3 in Martin County to stage an informational picket.

Billy Farthing, the president of the local union, had been organizing the picket for most of the past month after fellow guard, Bryan Adkins, was stabbed five times by an inmate with a makeshift knife.

The goal, says Farthing, is to

let people know about the working conditions at the prison.

"The community needs to understand what's going on up here," Farthing said. "They don't know what kind of monster is

(See PICKET, page two)

Losing candidate to continue challenge

by JARRID DEATON FEATURES WRITER

PRESTONSBURG — Jeff Stumbo has officially regained his position as board member for District 3 of the Floyd County Board of Education after a canvass of votes on Thursday, but challenger Wes Gilliam isn't throwing in the towel.

According to Floyd County Clerk Chris Waugh, the results of the canvass were exactly the same as the numbers from election night, with Stumbo defeating challenger Wes Gilliam by 42 votes.

"It took about an hour to canvass the votes and the results were the same," Waugh said. "We only had to focus on the one race because Mr. Gilliam is the only one that requested it."

Gilliam, who had representation at the canvass, is currently seeking legal representation to challenge the electoral process in Floyd County, citing an issue with electioneering outside of the polls.

"There were some problems in the precincts that I am raising a flag over," Gilliam said. "I have statements from voters about electioneering, and things like that can change voting results. This is probably going to be a long, drawn-out process."

Although the race for board member in District 4 was also close, with Rhonda Meade receiving 32 more votes than Lucy Reynolds to fill the seat that will be vacated by outgoing board member Carol Stumbo, Gilliam was the only candidate to file a request 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 for the position currently held by Sherry Robinson, who is not running for reelection.

Stumbo and Gilliam were the only two candidates for the board seats that ran advertising campaigns that utilized the media.

Stumbo currently serves as the chairman of the Floyd County Board of Education.

Board reviews improvement plan

by JARRID DEATON FEATURES WRITER

MARTIN — Supt. Henry Webb received a positive response during a meeting of the Floyd County Board of Education at May Valley Elementary on Tuesday, as board members reviewed the district's goals and discussed the future of the county's school

(See BOARD, page two)

Local businesses, leaders discuss smoking bans

by SHELDON COMPTON STAFF WRITER

PRESTONSBURG — Smoke-free. It's a trend that has gained momentum in the past couple of years with a number of businesses, and on Nov. 20 at least two more will join that group.

Highlands Regional Medical Center and St. Joseph's of Martin will both go smoke-free on Nov. 20, according to spokespersons for both hospitals yesterday.

The announcement was made by Highlands spokesperson Stephanie Damron and St. Joseph's spokesperson Neva Francis at a forum held at May Lodge at Jenny Wiley State Resort Park.

The forum, aimed at policymakers, was part of a day-long list of such events held yesterday spanning from 9 a.m. until 3 p.m. at the lodge.

"As the daughter of a smoker, we're approaching this with sensitivity," said Damron. "... We're sensitive to the many reasons people start smoking."

Also on hand for the forum was Floyd County Judge-Executive R.D. "Doc" Marshall. Marshall gave a two-sided slant on the idea of policies that police smoking — as a health professional and also from a political standpoint.

"I started my practice at a time when cigarettes were paramount," Marshall, a

(See SMOKING, page two)



Stephanie Damron spoke during a forum for smoke-free issues at Jenny Wiley State Resort Park yesterday. Damron, who is director of marketing and public relations for Highlands Medical Center, said the hospital will be going smoke-free on Nov. 20.

photo by Sheldon Compton

Advertisement for Big Sandy Heating & Cooling, featuring Lennox products, 24-hour emergency service, and contact information: 1-888-297-HEAT, www.bigsandyheating.com.

UK shares latest cardiology research at AHA sessions

LEXINGTON — Depression triggered by negative thinking may play a bigger role in predicting how well heart failure patients fare, while in a separate clinical trial, patients taking a common heartburn medicine seemed to have a higher risk of heart problems.

These studies are among a slate of new findings being presented by University of Kentucky researchers this week at the prestigious American Heart Association Scientific Sessions in New Orleans. The sessions highlight important studies and issues for those involved in understanding, diagnosing, preventing and treating heart disease.

Trends this year include an emphasis on potential new therapies and treatments as well as practical applications for caregivers and patients.

The question about medicine used to block stomach acid in patients with heartburn, reflux, and ulcers may warrant further study, according to Steven Dunn, a pharmacist at UK and assistant professor at the UK College of Pharmacy. Dunn will present a substudy

of research from the CREDO trial, which involved a study of the antiplatelet "blood thinner" clopidogrel in procedures such as stenting and angioplasty to open blocked heart vessels.

"Recent data has indicated that proton pump inhibitors like omeprazole (Prilosec) may interfere with the antiplatelet effectiveness of clopidogrel (Plavix)," Dunn said.

While the study did not seem to indicate that omeprazole interfered with clopidogrel in preventing clots, "we found that proton pump inhibitor use in general was independently associated with adverse cardiovascular events at both 28 days and one year," whether or not the patient was taking clopidogrel.

However, Dunn explained, "Since the study is retrospective and due to the relatively small numbers of patients, in addition to other (potential) flaws, these results should only be considered hypothesis generating for future research."

In the study involving depression, researchers found

that patients who had negative thinking patterns, such as thoughts about not being able to justify their own existence, were at higher risk for developing depression. Heart patients with depression have been shown to have more complications, including a higher risk of death.

Rebecca Dekker, a research nurse, noted the findings suggest that heading off negative thoughts could help reduce depression in heart failure patients.

"Because of these findings, we have developed an intervention that is designed to reduce negative thinking in hospitalized patients with heart failure, and we will be testing this intervention in a randomized, controlled trial. In the meantime, health care professionals and family members who work with patients with heart failure need to realize that when a person with heart failure expresses negative thoughts, they should be screened and possibly treated for depression," Dekker said.

Other studies and subjects presented this week include:

- Analysis of how and why heart failure patients in rural areas do better than patients in urban areas

- Research on stem cell therapy in heart patients

- Comparison of heart failure symptoms in men and women

- Further studies of depression, anxiety and heart disease

- How increased body mass index (BMI) can be good for some heart failure patients, but how a higher BMI can also mean higher risk even for patients with stable heart disease

- Lycopene benefits for heart failure patients

- Unique problems facing patients with heart failure and diabetes

- Medication adherence among heart failure patients

- Evidence that estrogen may not contribute to a higher rate of artery disease

- Identifying heart failure patients at risk for malnutrition

- Symptoms of depression in caregivers of patients with heart failure

- Why health-related quality of life is better in elderly

patients with heart failure than in younger patients

- Reviewing data involving heart stents and decision-making by physicians regard-

ing when and how to use stents to prop open blocked arteries

- Further discussion of medications used to prevent clots

Halloween party nets teen charges, Taser

Times Staff Report

PRESTONSBURG — A Harold teen is set to be arraigned next week after giving police a Halloween scare that landed him in jail.

David Lee Spradlin, 19, of Toler Creek near Harold, was arrested on Halloween night and charged with alcohol intoxication, fleeing or evading police, resisting arrest and menacing.

He is now set for arraignment on Nov. 19.

According to police,

Spradlin was attending a party at Pike-Floyd Hollow near Betsy Layne when they showed up in response to a disturbance call.

When they arrived, Spradlin started running away, police said. According to the filed report, Spradlin was chased until cornered at which time he "turned very rapidly."

It was at this time that police said they noticed Spradlin was covered in fake blood and immediately used a Taser to subdue him.

Picket

created on this hill."

Some 25 or more guards and supporters stood roadside at the foot of the hill leading up to the prison from Route 3 yesterday, waving as passing vehicles honked, a sign of local support.

But not everyone standing on the line yesterday was local.

Bryan Lowry, of Forrest City, Ariz., was on hand to show support for his fellow guards. And Lowry, who acts as council president for the Council of Prison Locals 33, brought numbers.

"The staffing has been decreased here and that has resulted in an increase in assaults," said Lowry. "There have been 10 assaults in total this year."

The current inmate-to-guard ratio for the federal prison system as a whole is

about five inmates to every one guard, Lowry says, and adds that this fact stands in direct correlation to the increase in assaults.

And if those numbers aren't enough, Lowry has others.

"The budget is part of the problem," he continued yesterday. "This year alone the president proposed about \$400 million shy of what we need."

Other things that are contributing factors are a younger inmate population and a general increase in violence that has grown steadily in the past four years.

"Since 2004 there has been a 15 percent increase in violence in the bureau," Lowry said.

Dwayne Person, another

supporter picketing yesterday and the mid-Atlantic regional vice-president, echoed Lowry's statements.

"When the number of inmate-to-inmate assaults started rising, we told them it wouldn't be long before the assaults on staff started," Person said.

USP Big Sandy, located at Debord in Martin County, has seen its number of assaults increase, especially in the last month.

On Oct. 23, guard Bryan Adkins was stabbed five times. This was the last of three assaults that had occurred in a one-month period, prompting Farthing to begin plans for an informational picket.

Continued from p1

The assault was a brutal one, says Farthing, with Adkins suffering stab wounds to the head and neck, as well as his lung and arm.

It was something that Farthing feels could have been avoided with the proper number of staff.

Of late, Lowry says USP Big Sandy has even had to "come off" lockdown because there simply weren't enough guards to maintain the heightened level of security needed for the procedure.

"The eliminated positions have caused us to lose oversight," said Lowry. "This has given the inmates the ability to do these sorts of things."

Board

system in relation to the 2008-09 District Improvement Plan.

"I would like to commend Supt. Webb for his positive image and goals for the school system," said board member Carol Stumbo.

Webb attributed the recent improvements in test scores and general education to the teamwork of everyone involved.

"I am very proud of the teamwork and the raised expectations," Webb said. "It's an honor to serve the kids of Floyd County. Our people are stepping up and doing whatever it takes to meet the needs of

the children. We are striving to meet all of our goals."

Board Member Jeff Stumbo added his praise for the work that led to the betterment of Floyd County Schools.

"It has been a tremendous turnaround," Stumbo said.

The goals for the District Improvement Plan include each and every school meeting or exceeding Adequate Yearly Progress and CATS goals as determined by the Kentucky Department of Education, each and every student meeting or exceeding the Adequate Yearly Progress goals, and the district to remain fiscally solvent and efficient.

Continued from p1

The improvement plan will be evaluated quarterly to determine if the strategies are being implemented as planned, and the instructional leadership team will review the results for adequacy and effectiveness.

The plan also focuses on attendance, with district goals of 93.5 percent attendance for 2008-29, 95 percent attendance for 2009-10, and a reduction in the dropout and home school rate of 25 percent by 2010.

"I am really excited about the attitude of our people and the future of Floyd County Schools," Webb said.

Smoking

dentist for four decades, told those in attendance. "I saw it go full circle and create problems."

Marshall offered several instances in which he had tended to patients who had "terminal" situations that required either having their lower mandible removed or dying, as well as reflecting on the dangers of secondhand smoke and the responsibility and respect that comes with regarding those who don't smoke.

It was a stance he made clear after taking office, implementing a smoke-free policy for the Floyd County Courthouse and other county buildings.

"When I ran for office, I knew people didn't want change, but I knew it could be possible," said Marshall.

When the policy was first put into place, Marshall said 17 of his 50 employees in the courthouse were smokers. He says that number is now down to five or six, and that more people seem to visit the courthouse.

"I think we've impressed on them the importance of their health," said Marshall, who added that he's not yet finished with his plans. "I would love to see a county-wide adoption put in place,

Continued from p1

and I will be working on that."

At this time, the county courthouse, jail and annex buildings are smoke-free, as well as the Floyd County Justice Center.

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No one knows how much I miss you, no one knows the bitter pain I have suffered. Since I lost you, life has never been the same. In my heart your memory lingers, sweetly tender, fond and true. There is not a day, dear Brandon, I do not think of you.

My love is forever,
Teresa



Pictured above: men in back, on left, Billy Turner; on right, Jack Little; middle row: left to right, Rebble Stanley Little Hopkins, Aileen Little Luxmore, Peggy Little (Jack's wife), Helen Little Turner (Billy's wife); sitting in chair, Rosemary Little Reid; on right of Rosemary, Myrtle Little Dorton; in front, Linda Little Banks (Rebble's daughter).

On Saturday, Aug. 16, 2008, the Little Family gathered at the home of Rosemary Little Reid in Hi Hat, Kentucky. Their niece, Linda, and mother, Rebble, came from Nokesville, Virginia, to visit.

Everyone enjoyed being together. The family was so thankful that pictures were taken that day.

Unfortunately, we did not realize our sister, Rosemary, would pass away on Sept. 9th, 2008. Our brother, Oliver Jr., and wife could not be with us that day. We missed them. We send our love to them in Mt. Vernon, Illinois.

Please join us for the Grand Opening of
of the Bluegrass
Hospice
Mountain Rivers

Monday, November 10, at noon

Hospice of the Bluegrass - Mountain Rivers
101 Hibbard Street, Suite 100, Pikeville, Kentucky

R.S.V.P.
(606) 437-3700 or (877) 807-3054

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

Darlene Alice Kidd, 16, of Allen, to Jonce Coet Sword, 17, of Harold.
 Erma Charlene Snoddy, 51, of Wurtland, to Terry Shawn Sanders, 61, of Wurtland.
 Stacey Lynn Bentley, 27, of McDowell, to John Shane Blackburn, 30, of McDowell.
 Natasha Leann Newsome, 18, of Virgie, to Ryan Douglas Hunt, 20, of Stanville.
 Brandy Rose Moore, 21, of Minnic, to John Cleidith Barnett, 26, of Martin.
 Susann Mullins, 41, of Harold, to Glenn D. Compton, 50, of Harold.

Civil Suits Filed

Willis Keaton vs. Justin Hall; complaint.
 Clyde Woods II vs. Cassandra M. Crum; petition for annulment.
 Jessica Crumpler vs. Blake Crumpler; petition for legal separation.
 Dearl Holbrook vs. Delmar Holbrook; petition for legal separation.
 James A. Osborne vs. Mary Spradlin; complaint.
 Keith Kennard vs. Kerry L. Johnson; complaint.
 Karen Francis vs. Steven Francis; petition for child support and healthcare insurance.
 Susan Greene vs. Virginia Gibson; petition for child support and healthcare insurance.
 Charity Hunt vs. Wesley S. Hunt; petition for child support and healthcare insurance.
 Lee Hammack vs. Barry M. Gossett; petition for child support and healthcare insurance.
 Angela Crisp vs. Michael McCoy; complaint.
 Byron Prater vs. Aleshia Prater; divorce.
 Household Recovery Services vs. William J. Slone; complaint.

Small Claims Filings

Buy Here Pay Here Furniture and Appliances vs. Selina Crager; debt collection.
 Cash Express vs. Amanda Hall; debt collection.
 Jan's Enterprises, Inc. vs. William McCoy; debt collection.
 Byron Staten vs. Andre Greene; debt collection.
 Linda Fay Tackett vs. Misty Dawn Tackett; debt collection.

Charges Filed

Kelsey E. Bradley, 27, Dana; theft by unlawful taking.
 Paul D. Stanley, 58, Prestonsburg; violating an emergency protection order.
 Loretta L. Perkins, 40, Banner; terroristic threatening.
 Kenneth R. Kretzer, 24, Prestonsburg; alcohol intoxication.

Jonathan M. Wells, 21, Tomahawk; alcohol intoxication.
 Erik B. Boriths, 23, Baytown, Texas; alcohol intoxication, disorderly conduct.
 Philip B. Lewis, 33, Meally; operating a motor vehicle under the influence of alcohol or drugs, three counts possession of a controlled substance, possession of marijuana, five counts use or possession of drug paraphernalia, failure to wear seat belts, three counts prescription in improper container.
 Amanda G. Hall, 20, Prestonsburg; criminal trespassing, possession of marijuana, use or possession of drug paraphernalia.
 Regina L. Hall, 22, Prestonsburg; criminal trespassing.
 Jonathan Fitzpatrick Jr., 38, Prestonsburg; alcohol intoxication.
 Eden E. Johnson, 19, Prestonsburg; public intoxication, use or possession of drug paraphernalia.
 Darrell Ray Ramey, 42, Blue River; disorderly conduct.
 Teresa G. Johnson, 39, Wheelwright; fourth-degree assault.
 Melissa Kay Baker, 37, Martin; harassment.
 Jackie Hall, 25, Topmost; public intoxication, giving officer a false name or address, disorderly conduct.
 Stacy Nicole Sparkman, 24, Beaver; public intoxication.
 Fawn N. Webb, 26, Prestonsburg; theft by unlawful taking.
 Jason D. Sparkman, 23, Kite; alcohol intoxication.
 Vernon Dwayne Slone, 30, Jamboree; public intoxication, possession of a controlled substance, prescription in improper container, failure to wear seat belts.
 Michael R. Thornsberry, 25, Kite; public intoxication.
 David Anthony Twiss, 29, Langley; alcohol intoxication.
 David Lee Spradlin, 19, Harold; alcohol intoxication, fleeing or evading police, resisting arrest, menacing.

Inspections

Dillon's Mobile Home Park, Prestonsburg, regular inspection. Violations noted: lots not numbered, systematically, some areas for parking not paved or graveled. Score: 96.
 Duff Elementary, Eastern, regular inspection. Violations noted: found broken sinks in various restrooms, floors in some restrooms in need of

repair, hand dryers found not working properly, floors throughout hallways in need of repair. Score: 90.
 Allen Central Middle School, Eastern, regular inspection. Violations noted: found faucet head broken from sink in male restroom, some areas of floors in need of repair, toilet paper dispenser broken, no toilet paper in stall of student restroom, found chemical spray bottle with label showing content information. Score: 87.
 Super Dollar Discount, Prestonsburg, regular inspection. Violations noted: floors not drained properly, floors not clean, light fixtures not shielded as required. Score: 96.

Betsy Layne Senior Citizens, Betsy Layne, regular inspection. Violations noted: lack of effective hair restraints, non food contact surfaces not properly maintained, non food contact surfaces not properly constructed, cloths used for food and non food contact surfaces not stored and rinsed frequently in water sanitizing solution, floors not in good repair. Score: 96.

Property Transfers

Bobbie Keene to Billy Joe Miller and Christine Mary Miller, property located at Alex Justice Branch.
 Kent Keene to Billy Joe Miller and Christine Mary Miller, property located at Alex Justice Branch.
 Lolita King to Jane E. Lemaster, property located at BP Friend Addition to Prestonsburg.
 Mike Mathis to Peggy Weigle, property not listed.
 Sylvia Mathis to Peggy Weigle, property not listed.
 Dora McCallister to Peggy Weigle, property not listed.
 Sylvia Rigor to Peggy Weigle, property not listed.
 Wayne Rigor to Peggy Weigle, property not listed.
 Donald Shepherd to Peggy Weigle, property not listed.
 Pamela Shepherd to Peggy Weigle, property not listed.
 Gary Matthew Smith to Amanda J. Castle and Teddy Castle, property located at Auxier.
 Jennifer Ann Willis Smith to Amanda J. Castle and Teddy Castle, property located at Auxier.
 Craig Spears to Billy Joe Miller and Christine Mary Miller, property located at Alex Justice Branch.
 Emily Spears to Billy Joe Miller and Christine Mary Miller, property located at Alex Justice Branch.
 Ike Spears to Billy Joe

Miller and Christine Mary Miller, property located at Alex Justice Branch.
 John Morgan Spears to Billy Joe Miller and Christine Mary Miller, property located at Alex Justice Branch.
 Joseph Spears to Billy Joe Miller and Christine Mary Miller, property located at Alex Justice Branch.
 Lisa Spears to Billy Joe Miller and Christine Mary Miller, property located at Alex Justice Branch.
 Ron Spears to Billy Joe Miller and Christine Mary Miller, property located at

Alex Justice Branch.
 Shannon Spears to Billy Joe Miller and Christine Mary Miller, property located at Alex Justice Branch.
 Sherri Spears to Billy Joe Miller and Christine Mary Miller, property located at Alex Justice Branch.
 Teresa Spears to Billy Joe Miller and Christine Mary Miller, property located at Alex Justice Branch.
 John Hamilton to Andy Lee Hamilton, property not listed.
 Millie Hamilton to Andy Lee Hamilton, property not listed.

Happy 30th Birthday, Brandon

Born: Nov. 16, 1978 Died: Sept. 5, 2008



Brandon,
 It's only been 10 weeks since that night we found you laying dead halfway on your bed. I know in my heart that you did not die in that bed. So, don't worry, Mom is in the process of finding out the truth. "You know me, I will not stop until I do."
 You would be 30 years old this week, Nov. 16, 2008. I will always cherish the days, every moment that we spent together, especially the last few months when you would race to the kitchen table to be the first one to say grace. I know you had Jesus on your mind and in your heart—I could tell. With that being said, it leaves me with no doubt in my mind that during your last moments here on this earth, you did reach out your hand and took Jesus by His.
 Our picture here, of us together, was one we took on one of our camping trips a few years ago. I thought it was one of the many I have that you would like.
 I just want to say Happy Birthday, Son, my heart aches and I miss you more than any words can say, and I know I will see you in heaven, someday.
 I love you with all my heart,
 MOM

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Cinema 2—Starts Fri., Nov. 14
 HAUNTING OF MOLLY HARTLEY (PG-13). Mon.-Sat. 7:00-9:00; Sun. (1:30) 7:00-9:00.
 Sunday Matinee—Open 1:00; start 1:30

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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—Held Over
 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 3—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 4—Held Over
 HIGH SCHOOL MUSICAL 3 (G). Mon.-Sun. 7:10-9:25; Fri. (4:25) 7:10-9:25; Sat.-Sun. (2:10-4:25) 7:10-9:25.
Cinema 5—Held Over
 ZACK & MIKI 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—Held Over
 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. 14
 SECRET LIFE OF BEES (PG-13). 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—Starts Fri., Nov. 14
 QUANTUM OF SOLACE (PG-13). Mon.-Sun. 7:00-9:20; Fri. (4:20) 7:00-9:20; Sat.-Sun. (2:00-4:20) 7:00-9:20.
Cinema 9—Held Over
 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 10—Held Over
 SAW 5 (R). Mon.-Sun. 7:10-9:25.
Cinema 10—Held Over
 BEVERLY HILLS CHIHUAHUA (PG). Fri. (4:25); Sat.-Sun. (2:10-4:25).

American Heart Association
 Fighting Heart Disease and Stroke
Choose Healthful Foods



Pikeville College Upward Bound students from Floyd and Martin counties recently toured the campuses of Radford University and Virginia Tech. While driving through Roanoke, the group also stopped to explore the Science Museum of Western Virginia. To learn more about the Upward Bound program contact the office at upward-bound@pc.edu or call (606) 218-5707.

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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 cheap gas trap

The price of gasoline in St. Louis averaged \$2.02 per gallon on Friday, a little more than half of its \$3.98 high last July. This week a gallon of regular unleaded is going for less \$2 at many stations for the first time since January 2007.

Time to unload that efficient Prius for a roomy Escalade? Probably not. The good news is that sooner or later, the current recession will end. When that happens, the price of gasoline will go up. How far up depends in part on how we act while prices are low.

The danger is that we'll repeat the mistake of the 1980s, when falling oil prices led us to abandon conservation and the quest to develop alternative fuels. That mistake set us up for last summer's squeeze.

Last summer's spike in oil prices was a study in what happens when demand exceeds supply. "There was rising demand in a world oil market that simply could not drag out any more oil," says Bill O'Grady, chief market strategist at Confluence Investment Management in Webster Groves.

When that happens, just a little extra demand can shoot prices through the roof. "It's as if you had one barrel of oil and 10 buyers for it. If 10 more buyers show up, the price will go up," Mr. O'Grady said.

With the Chinese economy growing at 10 percent a year and demand for oil continuing to grow at 1.5 percent to 2 percent a year in the United States, it looked as though prices would rise forever. Speculators jumped into the market to ride the oil price wave. They made the problem worse, although there's disagreement about how much.

Then high prices did what high prices normally do: they reduced demand. Beginning last spring, Americans started driving less. For the first nine months of this year, American gasoline consumption is down 2.9 percent, and diesel is down 5.5 percent.

But then came September's financial meltdown, bringing with it the prospect of a deep, worldwide recession. Unemployment in October jumped 0.4 percent to 6.5 percent while 240,000 jobs disappeared in America.

Today's oil prices reflect not only oil demand today, but also traders' guess at what demand will be in coming months. Their prediction: Demand is falling, and it is falling so much that not even OPEC can control prices by cutting supply.

There is more oil now sloshing around the markets than the world can use. The forces that drove prices up are in full reverse. The price of oil closed at \$60 per barrel on Friday, down from July's high of \$147.

This couldn't have come at a better moment. Lower gas prices work like a tax cut. They free up billions of dollars that Americans can spend on things other than gasoline, such as mortgage payments and Christmas presents. And some of the money saved will stay in America, rather than ending up in Canada, Mexico, Venezuela and Middle East oil states.

Low gas prices also mean that gas-guzzlers look affordable again, and that's both good and bad. Ford Motor Co. is adding an extra shift at its F-150 plant near Detroit because truck buyers have jumped back into the market.

That may help the automakers avoid a trip to bankruptcy court — good news for hundreds of thousands of employees. But if the United States ever is going to break its shackles to the oil sheiks and African dictators, we should act as if oil was still at \$147 a barrel.

That means government policies should be directed at the long term: commitment to conservation and alternative fuels and to building high-mileage and alternative-fuel cars and trucks. Oil companies must keep looking for oil, despite the price bust. Gather ye \$2 gasoline while ye may. Just don't get used to it.

— The St. Louis Post-Dispatch



"With all the problems he's facing, he'll be lucky if his honeymoon doesn't end BEFORE the marriage takes place."

Letters

The Santa who stole Christmas

Do your children rise from the bed on Christmas morning, excited to see what Santa has brought them? Do your children wake up on Christmas morning, knowing what a wonderful day it is, with the excitement of celebrating Christ's birthday? Who is this special person, whom we cannot see, yet we know he is there, watching us, knowing if we are being naughty or nice? Santa? Christ?

If children believe so strongly in a being that they can neither see nor hear, what are their thoughts when they learn that it was all a game? What will their thoughts be about Christ?

Our children believe that Santa is someone who:

- Loves us, as Christ does.
- Watches over us, as Christ does.
- Brings good things to our lives, as Christ does.
- Knows when we are bad, as Christ does.
- Is coming with a reward, as Christ will.
- Comes in the night, as Christ may "come as a thief in the night."

Our children are taught to write letters to Santa, asking for their reward for having been good. Are

these same children being taught to pray to God, asking for help to be as good as possible, so that when the time comes, they may receive their rewards?

Children wait with excitement when the time nears for Santa to appear. What a wonderful world it would be if our children were this excited waiting for Christ to appear.

At such a glorious time of year, our children should be taught to count the days until Christ's birthday. Maybe we could and should celebrate Christ's birthday, stressing to our children the importance of being ready for the day when Christ will return.

It is such a sad thing to see Christ often forgotten. Children everywhere count the days until the coming of Santa, trying so hard not to be bad, so that they may get their rewards for their good deeds. Yet in our homes, schools, community, churches, everywhere we look, we see signs of the coming of Santa.

Isn't it time to take the greed, stress and financial worry out of Christmas and give Christ his birthday back?

Are we being deceived? Are we going along with and helping to deceive our children? Everywhere we look, we see signs of this supposedly great, wonderful being, who our children have been taught to love. It's

time to show our children what's real. By worshipping and celebrating this day as it was meant to be, we can teach our children the true meaning of Christmas.

I alone can do so little to give Christ his birthday back, for the whole world to celebrate. But I can give it back in my own home. Maybe others will want to follow my new tradition in celebrating Christ's birthday.

My plans to give Christ his birthday back:

■ I plan on spending what I can comfortably afford. A small gift is enough to show your love, less financial stress, with a calmer mind to celebrate Christmas.

■ No more huge, time-consuming meals. More stress-free time to spend with loved ones, celebrating the very reason for Christmas, Christ's birthday.

■ No more Santa ornaments, pictures, figurines, etc. More symbols of Christ's birth, to help teach our children the true meaning.

Talk to your children about the birth of Christ. Let them count the day's to Christ's birthday.

Give Christ his birthday back!

Linda Woods
Drift

Guest column

House week in review

by REP. HUBERT COLLINS

American history changed forever when more than 50 percent of Americans voted to elect an African-American and the first Democratic president in 8 years to the highest office in the land last Tuesday.

Most of the counties in our state except in the most urban areas cast the majority of their votes for Sen. John McCain, and the same was true in our area, but nationally things were different. States that had not voted for a Democrat in over four and five decades, like Virginia and Indiana, helped put President-Elect Barack Obama in the winner's column and give him what the Associated Press reported as "an Electoral College landslide that redrew America's political map." In separate speeches, Sen. McCain offered President-Elect Obama his congratulations and support and President George W. Bush pledged his complete cooperation to the President-Elect as he transitions from U.S. Senator from Illinois to the President of the United States.

Sen. Obama himself said during his victory speech that he "was never

the likeliest candidate for this office", meaning the presidency, but he soon became the favored candidate in many states where he handily took 349 electoral votes by late election night. At a time in our history when the economy had nearly bottomed out, folks are losing their homes and jobs are doing a disappearing act, it seems that Americans were ready for strong change which he had said he would bring if elected. Now, I join with you and citizens across the Commonwealth and the nation in hopes that President-Elect Obama will be a catalyst for the kind of change that our country needs.

Along with a Democrat in the White House, this election also brought more members of the President-Elect's party to the U.S. House and Senate, giving Sen. Obama much-needed support in his new term. It is unfortunate that politics can set up road blocks to legislative changes that We the People need, but this has long been the case at both the state and national level. The word coined for these phenomena in the media is "gridlock." Proposed changes to how our nation's health care system works and defense matters that were cornerstones of the Obama campaign will probably be easier for him to push through Congress with the expanded majority

of members from his own party.

Kentucky voters also had a chance to elect, or re-elect, state lawmakers last Tuesday along with candidates for Congress, a few state judicial races, Commonwealth Attorneys in some counties and a smattering of other races. Lines were long at polls in most urban counties where turnout was strongest, according to the Secretary of State's Office. Turnout was weaker in rural counties, with statewide turnout at around 65 percent of eligible voters; turnout was 73 percent in the 1992 election when the last Democratic president, Bill Clinton, was elected to his first term.

Nationwide, the Associated Press reported a record turnout of over 136 million Americans, or an estimated 64.1 percent turnout rate. The news agency's source for the turnout percentage—Michael McDonald of George Mason University—said that turnout rate would be the highest since 1908, when 65.7 percent of eligible voters nationwide turned out the vote.

Now that all the votes are cast and the results are in, it is time to set to work on keeping our country safe, improving the economy and generally making life better for us all. Times are rapidly changing in our nation and we must be up to the challenge. As Americans, I believe that we are.

Letter Guidelines

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

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

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

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

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PRIDE presents annual awards to schools, volunteers

HAZARD — PRIDE presented its annual Envi Awards Monday to schools, volunteers and community leaders for excellence in environmental stewardship. The awards ceremony, which was held at the Forum in Hazard, was recorded for broadcast on WYMT-TV at 7 p.m. on Nov. 17.

The PRIDE Campus of the Year Awards honored the elementary, middle, and high school that excelled at hands-on environmental learning with creativity and community involvement while meeting state curriculum guidelines. The winners were Saint Camillus Academy (Knox County), Lee County Middle School, and Leslie County High School.

The Challenger Learning Center of Kentucky (Perry County) won the PRIDE Community Project of the Year Award, which recognizes education programs that go beyond the classroom.

Benny and Culley Abner (Perry County) earned the Tony Turner Volunteer of the Year Award for going above and beyond the ordinary to improve the environment.

Russell County Middle School Teacher Jean Clement won the Rogers-Bickford Environmental Leadership Award by demonstrating environmental stewardship to follow.

J.C. Egnew, President and Chairman of Outdoor Venture Corporation (McCreary County), was presented with the Kentucky PRIDE Award for efforts that make the Commonwealth a better place to live.

Green with Envi Awards, which spotlight conservation projects that PRIDE would like to spread, were presented to Don Combs (Pike County), Corbin Independent Middle School, Pike County Judge-Executive Wayne T. Rutherford and Pike County Fiscal Court, East Kentucky Power Cooperative, and Coal Mining Our Future.

SouthEast Telephone Company (Pike County) won the Unsung Hero Award for dedicated service toward fulfilling the PRIDE mission.

"I congratulate all our finalists and winners for your achievements," said Congressman Hal Rogers (KY-5), who co-founded PRIDE. "You have earned special recognition among a remarkable class — the thousands of students, volunteers, elected officials and business owners who make a difference day after day with PRIDE. I also want to thank those people at home who show personal responsibility for our environment."

Rogers said that 262,955 volunteers have donated 947,798 hours to, PRIDE cleanup and education efforts since 1997. In that time, 2,714 dumps have been cleaned up, and 535,485 students have enjoyed hands-on environ-

mental learning projects. He went on to challenge the region to take new steps in caring for the environment, such as recycling. "Recycling and reusing actually are part of our region's thrifty, self-sufficient heritage," Rogers said. "Old clothes become beautiful quilts, and canning jars are used year after year. We just need to look at all our resources in that light."

In addition to Rogers, special guests were former NFL and UK Quarterback Tim Couch and Paul P. Bollinger, Jr., Deputy Assistant Secretary of the Army for Energy and Partnerships. Musical guests were the 23 String Band and the Rhythm Express Cloggers. The event was made possible by SI International, Kentucky

Association of Highway Contractors, Whayne Supply and Republic Bank & Trust Co.

The PRIDE Envi Awards are presented annually to honor the individuals and organizations who excelled at pursuing the PRIDE mission — Personal Responsibility In A Desirable Environment. PRIDE is an environmental cleanup and education initiative in 38 counties of southern and eastern Kentucky. It was founded by Congressman Rogers and James E. Bickford, the former Kentucky Secretary of Environmental Protection.

For more information about the Envi Awards, please call the PRIDE office, toll free, at 1-888-577-4339 or visit www.kypride.org.



Teacher Jean Clement, center, won the region's Rogers-Bickford Environmental Leadership Award Monday at PRIDE's annual Envi Awards ceremony. Presenting awards were Tim Couch, Congressman Hal Rogers, Cynthia Rogers and Paul Bollinger.

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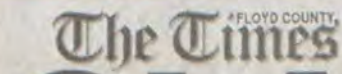
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Legals

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 Hippos, 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 surface mining. 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 Litsey, Gordon Ousley, Donald and Brenda Ousley, Adrian Bradley, James and Rose

Marie Bradley, Ronald and Jackie 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 Reclamation 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, Iodella Bartrum, Everett Crisp, Phillip West, Roger Dale Barnette, Earl Branham, Glenn Akers, Bethel Click, Shannon Click, Edward Webb, Frasure MFG, John

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 the Wheelwright USGS 7 1/2 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, 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 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 Resources' Prestonsburg Regional Office, 3140 South Lake Drive, Prestonsburg, KY 41653. Written comments, objections, or requests for a permit conference must be filed with the Director, Division of Mine Permits, No. 2 Hudson Hollow Complex, Frankfort, KY 40601.

PUBLIC NOTICE

Marlow Tackett and Wendy Tackett hereby declare intention(s) to apply for a retail beer by the drink license(s) no later than December 15, 2008. The business to be licensed will be located at 11954 Hwy. 235, Harold, KY 41635. The (owner(s); principal officers and directors; limited partners; or members are as follows: Owner, Marlow Tackett and Wendy Tackett, P.O. Box 115, Martin, KY 41649. Any person, association, corporation, or body politic may protest the granting of the license(s) by writing the Office of Alcoholic Beverage Control, 1003 Twilight Trail, Frankfort, Ky. 40601-8400, within 30 days of the date of this legal publication.

PUBLIC NOTICE

Notice is hereby given that the City of Prestonsburg has filed an application with the Natural Resources and Environmental Protection Cabinet to raise and fill a section of Stephens Branch Road and also to place a culvert in a portion of Stephens Branch stream and cover this section with fill material. The proposed construction is located 1.2 miles from the intersection of Ky. Rt. 1428 and Cliff Road. Any comments or objections concerning this application shall be directed to: Kentucky Division of Water, Water Resources Branch, 14 Reilly Road, Frankfort Office Park, Frankfort, Kentucky 40601. Phone: (502) 564-3410.

NOTICE OF INTENTION TO MINE Pursuant to Application No. 836-5479, Operator Change

In accordance with 405 KAR 8:010, notice is hereby given that Dekalb Recovery Inc., P.O. Box 166, Eastern, KY 41622, intends to revise permit number 836-5479 to change the operator. The operator presently approved in the permit is the permittee. The new operator will be Johnson Coal Sales, Inc., 3856 Highway 7 South, Dema, KY 41859. The operation is located 0.15 mile southwest of Eastern, in Floyd County. The operation is approximately 0.50 mile southwest of the junction of KY 550 and KY 80, and approximately 0.03 mile northwest of the Right Fork of Beaver Creek. The operation is located on the Martin 7-1/2 minute quadrangle map. The application has been filed for public inspection at the Department for Natural Resources Prestonsburg Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, KY 41653. Written

comments or objections must be filed with the Director, Division of Mine Permits, No. 2 Hudson Hollow, U.S. 127 South, Frankfort, KY 40601. All comments or objections must be received within fifteen (15) days of today's date.

NOTICE OF BOND RELEASE

In accordance with the provisions of KAR 350.093 notice is hereby given that AEP KENTUCKY COAL, L.L.C., 251B Tollage Creek, Pikeville, Kentucky, 41501, has applied for Phase III release on Permit Number 836-5433, which was last issued on 12/2/02. The application covers an area of approximately 4 acres, located 1 mile south of Estill, in Floyd County. The permit area is approximately 0.5 mile northwest from Rt. 7 junction with KY Rt. 1086, and located 0.2 mile southwest of Right Fork of Beaver Creek. The remaining bond in effect for 836-5433 is \$2,800. The remaining bond is being requested in the release. Reclamation work performed includes, grading and seeding, completed on 1/22/03. Written comments, objections and requests for public hearing or informal conference must be filed with the Director, Division of Field Services, #2 Hudson Hollow, U.S. 127 South, Frankfort, Kentucky 40601, by January 14, 2009. A public hearing on the application has been scheduled for 10:00 a.m., January 15, 2009. The Department for Surface Mining Reclamation and Enforcement, Floyd County Regional Office, 3140 South Lake Drive, Suite 6, Prestonsburg, KY 41653. The hearing will be cancelled if no request for a hearing or informal conference is received by January 14, 2009.



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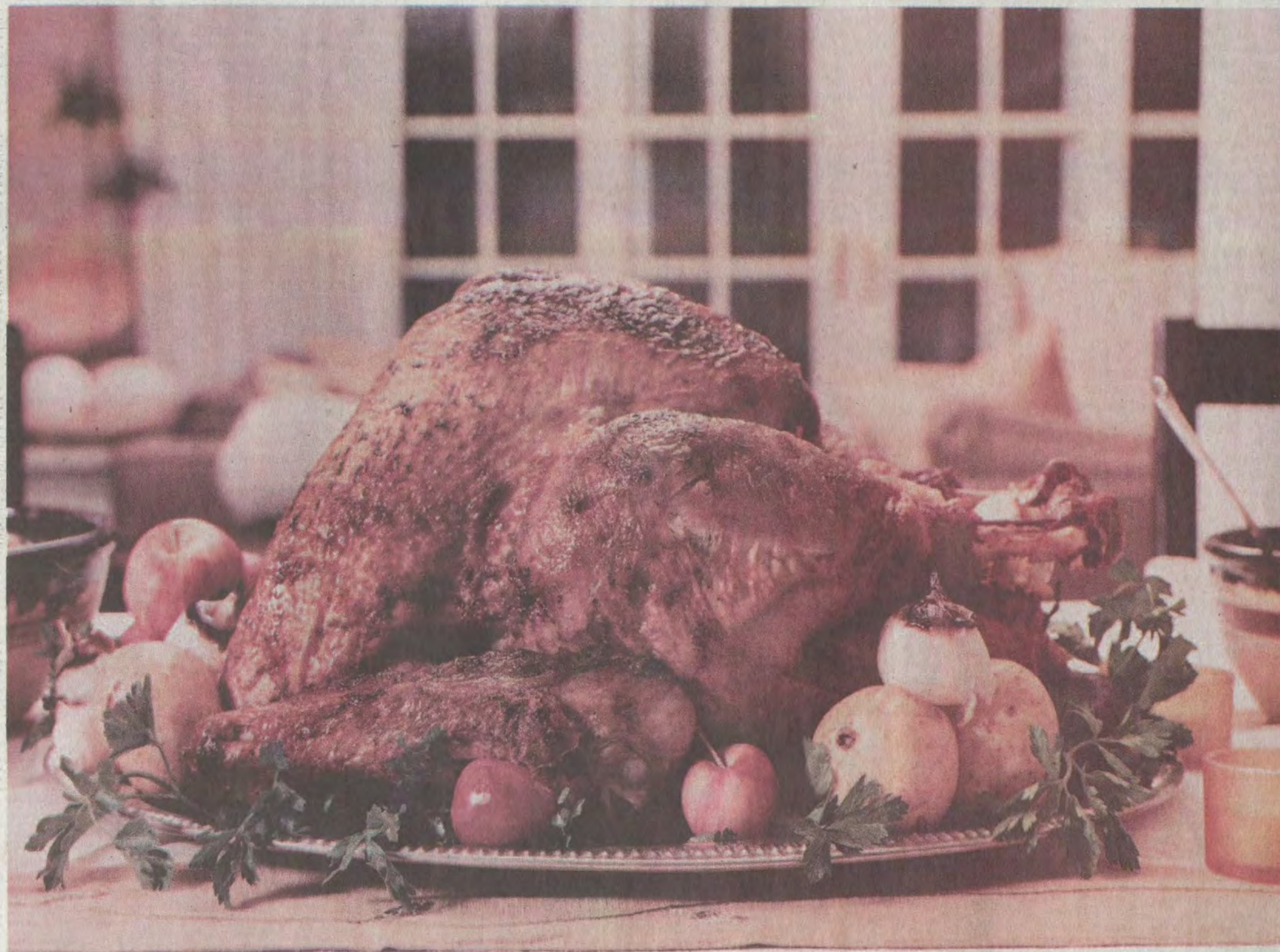
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Holiday SOOS

Help for the first time host

FAMILY FEATURES

Saving away for weeks prepping for your first holiday meal? As the lucky ones learn sooner rather than later, it's not working harder — it's working smarter that gets the job done right. Why shouldn't that apply to the upcoming holiday season?

Hosting your first holiday feast can be intimidating. All the pressure of seamlessly executing a complex meal in a timely manner can make even the most experienced cook wish someone else would take over. No worries! Armed with delicious, dependable recipes, time-saving tips and wonderful wines for your guests, pulling it off seamlessly isn't as intricate as you might think. Who knows — even seasoned cooks might pick up a few pointers.

Keep the menu simple. Don't feel abashed about buying store-bought items to supplement the meal, as long as they are quality items. Source a good local bakery for crusty rolls for the main course and a fresh apple pie or creamy cheesecake for dessert. You may spend a bit more, but you'll save your sanity and, if you find good sources, the store-bought items can be as good as homemade. Eventually, as you build your skills, you'll be able to branch out to making more dishes from scratch.

Don't be afraid to ask for help. Have your guests bring some dishes and ask family members to lend a helping hand before the meal. It's important to create a feeling of involvement for everyone, especially children. While you might not want them near the hot stove, they can certainly be part of the festivities by drawing holiday pictures to put on the refrigerator, setting and decorating the table, or even making seasonal decorations. This homemade touch will charm your guests — and save you time!

Simplify your wine selection. Some wines need to be aged for so long you won't be taking a sip until 2018. When it comes to optimal food pairing, oenophiles favor the wines from the Rioja region in Spain for their unbeatable, consistent quality; in fact, they have long agreed that Rioja wines are literally made for food. Thanks to the Tempranillo grape, a smooth and delectable Spanish classic, Riojas equally pair well with each course of your holiday feast. Remember, Rioja wine is already aged in the bottle, so it is conveniently ready to serve on the day of purchase.

"As someone who often helps people choose wines, it's especially important to select holiday wines that will suit a variety of tastes," notes wine expert, journalist and Rioja spokesperson Adrian Murcia. "Rioja offers really attractive fruit aromas and flavors to those who might dig the big wines of California or Australia, but also possesses a beautiful touch of Old World elegance and soft-spoken seductiveness — qualities that are absolutely essential to any food-loving wine." For more wine and food ideas, visit vibrantrioja.com.



Affordable Rioja wines are widely available in the U.S. in the Spain section of your wine store, including:

- Bodegas Beronia Crianza 2005 (\$10)
- Bodegas Faustino VII 2004 (\$13)
- Bodegas Breton Crianza 2004 (\$15)
- Bodegas Montecillo Gran Reserva 2001 (\$25)
- Bodegas LAN Viña Lanciano Reserva 2001 (\$30)
- Bodegas Barón de Ley Finca Monastario 2003 (\$45)

Cajun Deep Fried Turkey

Makes: 12 to 15 servings

Wine suggestion:

Pair with a Rioja red

- 1 (15-pound) turkey
- Kosher salt and freshly ground black pepper
- Garlic salt
- Cajun seasoning
- 4 to 5 gallons peanut or vegetable oil
- Deep-fry thermometer
- 26 to 40 quart large pot
- High-pressure, outdoor propane cooker

Thaw turkey completely. Clean out cavity, rinse and pat dry. Season turkey with dry ingredients to taste. (For more flavor, season the night before you cook.)

Place cooker outside in an open space, away from the house. Never use a turkey fryer indoors, in a garage or under a covered patio due to potential fire hazard. Heat oil in pot (allow enough room in pot for turkey to be placed, as too much oil will cause overflow), bringing oil to at least 375°F. Immerse turkey in oil. Maintaining at least 325°F throughout the cooking process, cook turkey until golden brown, about 4 minutes per pound.

Corn Bake

Makes: 6 to 8 servings

- 1 (15 1/4-ounce) can whole kernel corn, drained
- 1 (14 3/4-ounce) can cream-style corn
- 1 (8-ounce) package corn muffin mix
- 1 cup sour cream
- 1 large egg
- 1/2 cup (1 stick) butter, melted

Preheat oven to 350°F. In a large bowl, stir together all ingredients. Pour into greased 9 inches by 13 inches casserole dish. Bake for 45 minutes, or until golden brown. Remove from oven. Let stand for at least 5 minutes and then serve warm.

Curry Pumpkin Soup

Makes: 6 servings

- 2 medium pumpkins (3 to 4 pounds)
- 1 large pumpkin (for use as soup tureen)
- 2 cups chicken broth
- 1 cup water
- 1/4 cup maple syrup
- 1 teaspoon cinnamon
- 2 teaspoons curry powder
- 1/2 teaspoon nutmeg
- 1/2 teaspoon salt
- 1/2 teaspoon ginger
- 1 cup heavy cream
- Toasted pumpkin seeds, optional
- Crème fraiche or sour cream, optional

Preheat the oven to 350°F. Cut two medium pumpkins in half. Reserve large pumpkin for use as soup tureen. Scoop out seeds and place skin-side down on baking sheet. Bake for 35 to 45 minutes, or until soft. Scoop out pumpkin flesh into food processor and puree until smooth. Pour pureed pumpkin into saucepan and add chicken broth, water, maple syrup and spices. Bring to a boil, then reduce to a simmer and cook for 30 minutes.

While the soup is cooking, cut the top off the large pumpkin to create the serving bowl. The hole should be wide enough to fit a ladle. Hollow out seeds, checking for holes and lining with plastic, if necessary. Remove soup from heat and stir in heavy cream. Pour soup into large pumpkin and serve garnished with toasted pumpkin seeds and crème fraiche.

FLOYD COUNTY Sports

Pack-coached Blackcats make progress in preseason

by STEVE LeMASTER
SPORTS EDITOR

PRESTONSBURG – Veteran basketball coach Jack Pack is back at the helm of the Prestonsburg High School boys' program. Pack was eager to get his team into the gym for the start of preseason practice in mid-October. Pack is guiding the PHS boys' basketball team after a successful run as PHS girls' coach.

"Practice is going good," Pack

said Thursday morning. "We've got a great group to work with. Everything is positive. We've still got some players out with football but the ones we do have in the gym are working hard and it is going as good as I could have ever expected. It's always different when you are putting in a new system."

According to Pack, no Prestonsburg players are injured.

Pack is now in his second stint as Blackcat boys' basketball coach.

During his first tenure as head coach, Prestonsburg ranked as one of the 15th Region's top teams.

Prominent PHS basketball players that remain busy on the gridiron include senior Austin Gearheart and junior Michael Burchett. Both were key players for the Blackcats last season.

Prestonsburg was scheduled to play in a preseason panorama at Knott County Central High School. The panorama, however, was canceled and the Blackcats

were left with a void to fill in their preseason schedule. Prestonsburg is tentatively scheduled to play in a preseason panorama Tuesday, Nov. 25 at the Knott County Sportsplex. The Blackcats will face June Buchanan at 4:30 p.m. Wednesday, Nov. 26 during Allen Central's annual boys' basketball panorama.

Prestonsburg will host Meet the Blackcats Night Saturday, Nov. 22, beginning at 4 p.m. at the PHS Gym.



photo by Paula Gobie

ALLEN CRAYNON was one of the seniors honored last Friday night prior to the start of the Prestonsburg-Perry County Central game.

Playoffs full of area teams

by RICK BENTLEY
TIMES COLUMNIST

I've really got to start paying more attention.

I sat down to write this week's diatribe with the idea of putting my spin on a preview of the four or five playoff games in our area.

Um ... seriously, is anybody around us not in the playoffs this year?

We looked at the KHSAA schedule, and right at the top of the list there's Allen Central at Harlan. And Betsy Layne at Hazard. Then Pineville at Paintsville. And Jenkins at Pikeville.

That's four, and we're still in Single A.

In Double-A we get to Shelby Valley at Middlesboro and Knott Central at Prestonsburg.

Then of course there's Triple-A, where West Carter is fed to Belfry tonight. The next line shows Garrard County visiting Breathitt, which isn't exactly in our coverage area but reminds us it'd be nice to see a playoff renewal of that old rivalry. Magoffin County visits Mason, Pike Central travels to Russell and Sheldon Clark hosts East Carter.

Seriously, that's 11 games we've mentioned, all with an obvious tie to the area. And that's just in the three smallest classes.

On down the list we find Lawrence County at Bell County, Holmes at Johnson Central and Southwestern at Letcher Central.

It's taken us 200 words just to get through all the games, so let's just hit some things we're thinking about and move on down the list. Good luck to all.

I know odds are stacked against them, but I want to wish three of our local schools good luck. I think it's important for all of us to remember and those young people to be reminded that sometimes we win by starting the journey. That's what's happened at these schools.

And tonight, Betsy Layne, Jenkins and Magoffin County will make the unlikely trip to the playoffs.

Yes, odds are decent those three will not be playing next week, but that's not what's important here. Those are three success-starved programs and the simple fact that they qualified for tonight's opening round makes these young people champions.

Congratulations to them, and best of luck.

I'm not saying, I'm just saying. Pikeville may be 5-5, but the Panthers are 5-0 against Single-A opponents this year. And thanks to football's classifica-

(See PLAYOFFS, page two)



Berea edges Rebels in finale

AC set to face Harlan in Class A Playoffs

by STEVE LeMASTER
SPORTS EDITOR

EASTERN – Allen Central didn't have the regular-season finale it had hoped for last Friday night. The Rebels entered their regular-season finale versus non-dis-

trict foe Berea looking to end the season on a winning note. In a back-and-forth battle, Berea eventually prevailed. Visiting Berea defeated the Rebels 36-34.

Logan Crowder paced Allen Central on the ground, rushing 20 times for 203 yards and two touchdowns. Crowder scored on long runs of 70 and 57 yards, respectively.

Hunter Crowder rushed 18 times for 85 yards and one touchdown. Mickey Parsons aided the Allen Central rushing effort with nine carries

for 36 yards. Parsons scored for the Rebels on a two-point conversion run.

Through the air, Allen Central quarterback Josh Prater completed five-of-nine passes for 75 yards and two touchdowns.

Chris Stumbo and Hunter Crowder each hauled in one touchdown reception for the Rebels.

Defensively, Corey Conn recovered a fumble for the Rebels. Hunter Crowder led the Rebels with nine solo tackles. Conn recorded six solo stops for the Allen

Central gridiron group. Logan Crowder was also productive on the defensive side, making five solo tackles.

Soon after the regular-season setback, Allen Central turned its attention to Harlan. The Rebels will visit Harlan tonight for an opening round Class A Playoffs game.

"New week, new season," Allen Central Coach Jeremy Hall commented. "Everyone is 0-0. Let's start over."

Kickoff for the Allen Central-Harlan game is set for 7:30 p.m.

State cross country meet set for Saturday

TIMES STAFF REPORT

LEXINGTON – The 2008 KHSAA State Cross Country Championships are scheduled for Saturday at the Kentucky Horse Park in Lexington. Action will begin with the Boys' Class A race at 9:30 a.m. and conclude with the Girls' Class 3A race at 2:15 p.m.

Gates will open at 8 a.m. for fans. General admission tickets will be priced at \$7 each with those six and under admitted free of charge. Fans should use the main Horse Park entrance and follow the signs. Parking will be at the back of the Horse Park Campground. A golf cart shuttle will be provided for those that need assistance to the race area.

Following is the race schedule: Boys' Class 1A – 9:30 a.m.; Girls' Class 1A – 10:15 a.m. (awards for Class 1A at the conclusion of the girls' race); Boys' Class 2A –

11:30 a.m.; Girls' Class 2A – 12:15 p.m. (awards for Class 2A at the conclusion of the girls' race); Boys' Class 3A – 1:30 p.m.; Girls' Class 3A – 2:15 p.m. (awards for Class 3A at the conclusion of the girls' race).

Pannell to sponsor Swimming & Diving Championships: Pannell Swim Shop of Lexington has signed an agreement to serve as title sponsor of the KHSAA State Swimming & Diving Championships. Commissioner Brigid DeVries has announced. The agreement is for three years beginning with the 2009 event and continuing through 2011. In addition, Commissioner DeVries announced the site for the event for the same years which will be held at the University of Louisville's Wright Natatorium, which served as host to the 2008 event.

The title sponsorship by

Pannell also includes two academic scholarships (one boy and one girl) open to any senior participant in the State Meet. The event shall officially be referenced as the Pannell Swim Shop/KHSAA State Swimming & Diving Championships.

"We are extremely pleased that Pannell Swim Shop has come on board to sponsor our State Swimming & Diving Championships," DeVries said. "Rick Pannell and his staff have long been the front-runners in the state in supporting our swimming and diving programs at all levels which makes this a natural fit. We hope this is the beginning of a long term relationship between Pannell Swim Shop and the KHSAA."

"Pannell Swim Shop is proud to be the new title sponsor for the KHSAA State Swimming & Diving Championships," said Pannell Swim Shop Owner and

President Rick Pannell. "I have been a part of the swimming community in the state dating back to my youth in swim leagues in Greenville and Owensboro. Pannell Swim Shop believes that the sport of swimming and diving builds great character and promoted a healthy lifestyle for our youth. We are also proud of the scholarship open to any senior participating in the meet. I have always believed that academics should be a top priority in the lives of our young student athletes and with these scholarships, we hope to reward two outstanding young people for their accomplishments," Pannell concluded.

Pannell Swim Shop joins the following other KHSAA title sponsors: Leachman Buick/Pontiac/GMC (boys' and girls' golf), Houchens Industries (girls' basketball), National City (boys' basketball) Forcht Bank (baseball).

UK men's basketball program adds three players

TIMES STAFF REPORT

LEXINGTON – The University of Kentucky men's basketball program received three National Letters of Intent from Jon Hood, Daniel Orton and GJ Vilarino. Coach Billy Gillispie announced on Wednesday.

Jon Hood, a senior at Madisonville North Hopkins, is a 6-6 shooting guard. A native

of Madisonville, Hood averaged 21.4 points, 8.5 rebounds, four assists, and two blocks per game as a junior. He shot 52 percent from the field and 41 percent from behind the three-point line. He also tallied three triple doubles last season on his way to first team All-State honors.

Daniel Orton, a senior at Bishop McGuinness High School, hails from Oklahoma

City, Okla. The 6-10 center is a three-time class 4A state champion in Oklahoma and was named the 2008 state tournament MVP. Orton averaged 15.3 points, 9.7 rebounds, 6.8 blocks and five assists as a junior en route to first team All-State honors.

Point guard GJ Vilarino, from McKinney, Texas, is currently a senior at McKinney High School. A 2008 first team

All-State performer and District MVP, Vilarino averaged 20.5 points and 4.63 assists last season while shooting 48 percent from the field and 78 percent from the free throw line.

"I'm really excited about all three of the players that we signed," Kentucky Coach Billy Gillispie commented. "They will all be terrific players for us and we are very fortunate to have them. Our roster will get

better with these three signees. All three of them are great human beings. They are all excited and all three of them love Kentucky."

The early signing period runs from through Nov. 19.

INSIDE, PAGE B2:
UK-VMI PREVIEW

Lady Bears defeat rival Alice Lloyd

TIMES STAFF REPORT

PIKEVILLE – Already holding a 13-point lead with nine minutes to play, Pikeville College went on a 24-7 run to roll past archrival Alice Lloyd College 81-54 Tuesday night in a women's basketball matchup.

The win stretched Pikeville's season-opening win streak to four heading into its own tournament, the Gattis Classic, this weekend.

Three Lady Bears finished in double figures. Freshman Natiera Hinton, who scored all but two of her 21 points in the second half, led the Lady Bears. With several players in first-half foul trouble – the Lady Bears were whistled for 16 fouls before recess – sophomore Lakia Bailey came off the bench for 10 of her 14. She added six rebounds.

Sophomore Whitney Compton tossed in 12 points for the Lady Bears.

Pikeville dominated the glass, outrebounding ALC 52-41. Junior Kristal Daniels pulling down 10 boards to go along with eight points and three assists. Bailey and sophomore Lauren Potts had six apiece.

Alice Lloyd (21.7 percent) shooting in the first half, hitting only 1-of-7 from the arc before halftime. Their second-half shooting was better – 6-of-12 from the arc – but the Lady Bears pulled away.

The Lady Eagles got 13 points from freshman Gamma Gray. Senior Kaylan Richardson tossed in 10 points, and pulled down six rebounds. Former Lady Bear Chelsie Jarrell led Alice Lloyd rebounders with seven boards.

Pikeville finished with 17 steals as it forced Alice Lloyd into committing 26 turnovers.

The Lady Bears will be back in action on Friday night when they host Bluefield College.

Lady Eagles KO Clermont

by STEVE LeMASTER
SPORTS EDITOR

PIPPA PASSES – The Alice Lloyd College Lady Eagles put on a three-point shooting clinic last Thursday night, defeating University of Cincinnati-Clermont 83-61 at the Grady Nutt Athletic Center. The Lady Eagles (1-1) connected on an outstanding 53.8-percent (14- 26) of its shots from long-range distance en route to its first win. ALC rolled to the victory.

The Lady Eagles came out of the gate on fire. Aided by eight first half three-pointers, ALC built a 41-20 cushion on its way to the intermission period. The second half was merely a formality as the ALC women's team coasted to victory. Senior Kaylan Richardson connected on 6-of-9 shots from beyond the arc. The accurate shooting guard led all scorers with a game-high 20 points. She also pulled down seven rebounds to complete a solid performance.

Sophomore Nicole Lutes was on fire as well. The forward drained 5-of-6 shots from beyond the arc, finishing with 18 points. She also led the way with four assists. Two other Lady Eagles reached double figures. Freshman Gemma Grey tossed in 12 points and senior Camille Cook contributed 11 for the ALC women's team. Keisha Woods and Susan Shipman led UC-Clermont in scoring with 10 points apiece.

Cunningham, Chilton claim Mid-South Conference honors

TIMES STAFF REPORT

PIKEVILLE - It's been a long, tough road for the Pikeville College defense, but Saturday's impressive performance in a 17-14 win over WVU Tech has netted one player conference honors. As for Kyle Chilton, it's becoming a habit he hopes not to break.

Linebacker Anson Cunningham was named Mid-South Conference Defensive Player of the Week on Monday, and Chilton was named Special Teams Player of the Week for the fourth time this season.

Cunningham had 10 tackles on Saturday, four of them being solos. But the biggest play he turned in was an interception on the seven-yard line in the third quarter to turn away the Tech offense as it tried to tie the game.

Pikeville led 7-0 as its defense had bent but not broken all day. An interception gave the Golden Bears the ball at the Pikeville 45, but it was denied the tying touchdown on Cunningham's pick.

In addition, Cunningham was credited with a pass breakup and 1.5 tackles for a total of 12 yards.

Cunningham is a 6-0, 200 pound sophomore from Clinton, S.C.

Chilton, meanwhile, was his typical impressive self, nailing both extra points before his 27-yard field goal in the final 30 seconds gave the Bears the three-point win.

The 5-11, 170 pound junior from Clearwater, Fla., has now hit five straight field goals, two shy of the school record. For the season, he's 7-of-9 on field goal tries. Since his last miss against Bethel College, he has hit from 24, 49, 46, 45 and 27 yards out.

Chilton has been named MSC Special Teams Player of the Week seven times in his career. On three of those occasions, he has followed it up with the national honor.

Pikeville College will end its season on Saturday afternoon when it visits Campbellsville University for a game against the Tigers. Kickoff is slated for 1:30 p.m.

Paintsville native Collett selected to D3football.com Team of the Week

TIMES STAFF REPORT

DANVILLE - For the third time this season a Centre College football player has been selected to the D3football.com Team of the Week, as junior punter Jeff Collett (Paintsville) was chosen for his efforts in the Colonels' 26-17 upset win over No. 16 Trinity University.

Collett punted four times for a 47.5 yard average, including a long of 55 yards, and placed three of his kicks inside the Trinity 20-yard line. Only one of his punts was returned and that return went for minus-2 yards.

The junior has now punted 34 times in 2008 for 1,257 yards, good for a 37.0 average.

Other Colonels to be named to the D3football.com Team of the Week include senior linebacker Adam Hay (Cincinnati, Ohio) and junior defensive back Zack Sloan (Lebanon, Ohio).

Centre will conclude its 2008 season Saturday, Nov. 15 against Colorado College. The Colonels will look for their seventh win of the season, which would mark the first seven-win season since 2005. Kick-off is set for noon MST in Colorado Springs, Colo.



The Gators won the Mini All-Stars division of the EKBA Preseason Tournament held recently at the Knott County Sportsplex.

ATHLETES OF THE WEEK
Allen Craynon, Prestonsburg High Football
Amber Shepherd, ACMS Basketball

Playoffs

tion, those are the only teams they'll play the rest of the way.

- Um, anybody still thinking this Belfry team pales in comparison to those who've gone before them?

Each week on The Sports Guys, we vote in our own poll for the top teams in the area. We don't go by classes, just lump them all together and see how it shakes out.

I'm not there every week, and sometimes when I am in the house I don't vote. I don't

see a lot of high school football these days - I've seen one game since the Pike County Bowl - because of my college schedule. But when I vote, every week I've written the same team in the top line.

And all due respect, it's not been Johnson Central.

I believe in Belfry, I believe in Philip Haywood and Steve Mickey and I believe in the Angry Red.

And last week, they proved when it comes to high school

football - at least in these mountains - they're still the top dog.

- One team I'll be keeping a close eye on this month is Prestonsburg's Blackcats. For some reason I've thought all season long they were a team that could make a lot of noise come playoff time.

And last I checked, November means playoffs in high school football.

- I think it'll be interesting to see how Johnson Central

Continued from p1 responds to last week's loss.

- Letcher Central will be an interesting team to follow as well.

Hillard Howard's team has lost a couple this year, but since their last one they've outscored their three opponents 147-13 with two shutouts. A win tonight sets up a rematch with Perry Central next week, so they could avenge one of those three setbacks - a one-point loss, by the way - then.

Morehead State rolls past Kentucky Christian

TIMES STAFF REPORT

MOREHEAD - The Morehead State University women's basketball team forced 28 turnovers, collected 21 steals, and out-rebounded visiting Kentucky Christian University 58-27 in pulling away for a 91-35 lopsided win over the Lady Knights Monday in MSU's final exhibition game. The Eagles open the regular season Friday, Nov. 14 at 6 p.m. at Duquesne.

MSU opened up a 48-17 halftime lead, forcing 19 KCU mistakes and getting 13 steals in the first half. MSU shot 37 percent in the second half and limited the Lady Knights to a 7-of-25 effort (28 percent) in scoring 43 more. The lead ballooned to 56 points (84-28) with 4:44 left in the contest, and MSU's largest lead was 58 (91-33) in the last moments of the game.

Head coach Mike Bradbury was able to showcase 14 of his 15 roster members in the run-away, and no one played more than 20 minutes. Sophomore Chynna Bozeman led four players in double figures with 16 points in just 16 total minutes. Freshmen Courtney Lumpkin (13), Ashley Martin (12) and Kristin Raker (11) all came off the bench to net double figure point numbers as well. Junior Brittany Pittman scored seven and led the team with eight rebounds, four steals and two blocked shots.

The Eagles also got to the free throw line often and took advantage, hitting 82 percent (23-of-28). On the glass, MSU pulled down 29 offensive boards and equaled it on the defensive end with 29.

KSU was led by Alli Wyckoff and Meredith Reed. Both had seven points. Kelsie Thrasher led the Knights with seven rebounds.

MSU never trailed in the game, running out to a 17-6 lead with 13:50 left in the first half. A 9-0 run, capped by a Martin jumper at 9:01, pushed MSU to a 26-6 advantage. KCU was held without a field goal from the 13:50 mark of the first half to the 7:50 mark. The Eagles opened the second stanza on a 15-2 run and led 63-19 with 10:57 remaining.

Salyers signs with MSU

TIMES STAFF REPORT

MOREHEAD - Stephanie Salyers, a 6-foot-1 center from Somerset, and Southwestern High School, has signed a national letter of intent to join the Morehead State women's basketball program. Salyers is the first 2009-10 recruit for MSU Head Coach Mike Bradbury.

Floyd County native Tim Rice guides the Southwestern High School girls' basketball

program.

Salyers has been a starting center for Southwestern High School since her 8th grade year. She was the 2007-08 Commonwealth Journal Player of the Year and the 2008 District 48 Tournament MVP when she averaged 15 points and nine rebounds per game for the season as a junior. Salyers was also named to the 2007 12th Region All-Tournament Team and was the 2007-08 WYMT Most Improved Player.

She helped lead SHS to the championship of the 48th district in the 2008 and helped guide the Lady Warriors to a runner-up finish in the district in 2005, 2006, and 2007.

As a sophomore she averaged nine points and seven boards and tallied five points and live rebounds per game as a freshman.

In addition, Salyers is a member of the Kentucky Xtreme AAU program where she was a catalyst in leading her team to the 2006, 2007 and 2008 Kentucky state AAU titles. In 2007, the Xtreme finished ninth in the nation at the AAU national tournament.

An accomplished student, she is a member of the National Honor Society, the National Honor Roll, Who's Who Among American High School Students, and the National Society of High School Scholars. She is a student representative of the

Kentucky High School Athletic Association Title IX Committee.

Eagles to meet Wake Forest In NCAA Women's College Cup

TIMES STAFF REPORT

MOREHEAD - The Morehead State University women's soccer team will travel to Winston Salem, N.C., to meet the no. 3 seed in the Stanford region, Wake Forest, in the first round of the 2008 NCAA Women's College Cup Friday at 5 p.m. The winner will go on to play the winner of Georgia and James Madison on Sunday. Tickets are \$5 for Adults \$3 for students and seniors, and \$1 for children.

Morehead State (9-8-3, 4-2-2) captured its first-ever Ohio Valley Conference Tournament crown Sunday with a 1-0 victory over Tennessee Martin. MSU is led in scoring by the 2008 OVC Freshman of the Year and co-Offensive Player of the Year Jillian Birchmeier with nine goals.

Wake Forest (12-7-0, 5-5-0) was eliminated from the 2008 Atlantic Coast Conference Tournament by No. 12 Virginia on November 5. This is the first meeting between MSU and Wake Forest.

FCT SPORTS FYI

P'burg Little League to host board member election

Prestonsburg Little League will host a board member election Sunday, Nov. 23 at StoneCrest. The board member election is scheduled to get underway at 6 p.m.

Cats set to face high-scoring VMI

TIMES STAFF REPORT

LEXINGTON - The University of Kentucky men's basketball team will open the 2008-09 season tonight at home versus VMI (Virginia Military Institute). Tip-off for the Kentucky-VMI game is set for 7 p.m. Kentucky Coach Billy Gillispie held a press conference Wednesday on the same day when three recruits made official their intentions to play for the Wildcats. VMI is one of the nation's most offensive college basketball teams.

"Virginia Military Institute has led the country in scoring two years in a row and they led the country in steals last year," said Gillispie. "They are a confident team and they don't worry about missing baskets. Those kinds of teams are dangerous. Their game may not seem like a direct system, but it is. Coach Duggar Baucom has done a great job implementing a system that works for their program. VMI has good players who are experienced. They shoot more three point shots than anyone, and they make

more three point shots than anyone. This will make us play for 40 minutes and face different kinds of offense and defense. That makes it difficult to prepare, especially at this point in the season. They are masters at getting teams to play the way they want to play. On tape, I haven't seen too many teams play their own game against VMI. They usually end up playing VMI's game. They feel that they are better playing their game than you are. VMI will likely force quick shots and more three point shots. Mature teams and organized teams can combat that, but it's a difficult task with young players."

The Kentucky coach wants his team to get up and down the court at the fastest possible rate.

"I want us to play as fast as possible, but that will be determined by how we shoot and handle the ball," Gillispie commented. "We had 16 turnovers in the first half against Ouachita Baptist and I don't think those were created by our pace. We made poor decisions,

and that's how it often is early in the season. I believe we should be able to play at a decent pace, and our defense will allow us to play at a high pace. But, that is yet to be determined. At this point in the year, our defense isn't where it should be and we need to get more defensive rebounds. Also, we aren't playing the passing lanes yet, which will create easy baskets. We need to change all of those things because they will help set the pace of a game."

With nearly 20 players on his roster, Gillispie can mix and match. He is far from being set on any type of rotation for the upcoming season.

"We have 19 players on the team, and I don't know who is going to play on Friday," Gillispie commented. "I'm happy with everyone right now, and the situation will play out. No one is going to have to play the minutes that Ramel Bradley and Patrick Patterson did last year. That will benefit us, because I believe we have a fairly deep team."

Lady Raiders to scrimmage Hazard, Belfry

by STEVE LeMASTER SPORTS EDITOR

HI HAT - The South Floyd High School girls' basketball team is looking to play its way back into the 15th Region Tournament. In other words, South Floyd has hopes of winning the 58th District championship, or, finishing district runner-up at the very least. For the past couple of seasons, South Floyd has fielded one of the state's youngest girls' high school basketball teams. The

Lady Raiders will get their first preseason test in less than one week. South Floyd will travel to Hazard Thursday, Nov. 20 for a scrimmage. Tip-off for the South Floyd-Hazard scrimmage is set for 7:30 p.m. Earlier in the week, South Floyd resumed preseason practice.

"Practice is getting better," said South Floyd Coach Tony Isaac. "At first, we had some players out with injuries and sickness. Nevertheless, we now have everyone practicing. We

currently have 12 high school girls playing and 12 middle school girls (that range from the sixth to the eighth grades). The girls seem very excited about the season and have been showing a great deal of energy for each other and support for the younger players."

South Floyd will face Belfry at Allen Central on Saturday, Nov. 22 as part of a panorama in its second and final preseason exhibition. Tip-off for the South Floyd-Belfry scrimmage is slated for 6 p.m.

Bad Boys finished runner-up in the Mini All-Stars division of the EKBA Preseason Tournament at the Knott County Sportsplex.

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.



BASEBALL: Kahn's Redsfest XI tickets go on sale

TIMES STAFF REPORT

CINCINNATI – Tickets for Kahn's Redsfest XI, benefiting the Reds Community Fund, will go on sale Monday via the internet at reds.com, by phone at 513-381-REDS or (877) 647-REDS and at all area Meijer stores.

The popular fan fest will be held at Duke Energy Convention Center in downtown Cincinnati on Friday, Dec. 12 from 4 to 10:30 p.m. and on Saturday, Dec. 13 from 11 a.m.-7 p.m.

One-day tickets are \$15 for adults and \$7 for fans 12 and under, while two-day tickets are \$20 for adults and \$10 for kids.

Since returning from a two-year hiatus in 2004-05 due to construction at the convention center, Redsfest has drawn record crowds in consecutive years. Last year's event attracted more than 20,000 fans over two days.

"Redsfest is the benchmark for fan festivals throughout Major League Baseball," said Reds President and Chief Executive Officer Bob Castellini. "Redsfest XI will once again be nothing short of spectacular."

Current and former Reds players expected to attend Redsfest XI include Gold Glove second baseman Brandon Phillips, first baseman Joey Votto, outfielder Jay Bruce and Reds Hall of Fame outfielder Eric Davis.

The first 10,000 fans attending Redsfest each day will receive a free drawstring backpack and a Reds winter ski cap, courtesy of Kahn's.

The Redsfest Main Stage will feature popular activities such as kids-only press conferences involving Reds players, a Reds Idol karaoke contest, a Hooters wing eating contest and the Reds Hot Stove Report with general manager Walt Jocketty and

manager Dusty Baker. Reds starting pitcher Bronson Arroyo will perform in concert on Friday night.

A celebrity Wiffleball home run contest will be held on Friday evening at 6:30 p.m. featuring local media personalities as well as former Reds players, upcoming prospects and local celebrities. The home run contest will kick off the weekend of programming on the 10,000 square foot Gorilla Glue Field of Dreams, that will also include the Chipotle Wiffleball Tournament.

Reds Community Fund Celebrity Poker Tournament takes place on Saturday, Dec. 13. Registration and side games begin at 3:30 pm with the tournament starting at 5 p.m. This is the region's largest celebrity Texas Hold'em poker event with more than 400 participants in 2007. Knock out a Reds player or coach and win the jersey off their back. Prizes for the top 20 finishers, includ-

ing a guaranteed \$10,000 first prize. Registration is \$150 per player in advance (\$200 after Nov. 21) or \$1,500 per table. Fans must be 18 years of age or older to play. Sign-up today at www.reds.com/poker or call 513-765-7235.

Dozens of exhibits and interactive games for all ages will be on display, including: Reds Hall of Fame exhibit presented by Kroger featuring the Reds World Series trophies; Reds Memorabilia Gallery presented by Topp's; GEARUP Batting Cages; Reds Heads Fun Zone kids area; World's Largest Bat presented by Dualite and World's Largest Ball presented by Waltz Business Systems; Belterra Sports Bar furnished by Watson's; Beacon Orthopaedics & Sports Medicine Speed Pitch; Executive Transportation Steal Home Challenge; Advanced Turf Solutions Reds Rookie Field presented by Libbee's

Landscaping.

Redsfest XI will be the first chance to get a Reds Heads Kids Club membership for 2009 season. The '09 Reds Heads merchandise kit is even bigger and better than before and makes a great holiday gift for children ages 14 and younger at a very affordable price. Plus, the first 1,000 Reds Heads members who sign up at Redsfest will receive an exclusive Reds Heads limited edition merchandise item.

Now on reds.com/redsfest, fans can register to win four VIP Redsfest Experience packages. The sweepstakes winners will receive four (4) two-day tickets to Kahn's Redsfest XI, a personalized Reds jersey, a personalized Louisville Slugger authentic bat and a VIP meet-and-greet session with Reds second baseman Brandon Phillips. Postcard entries for the sweepstakes also will be accepted. They can be mailed to Great American

Ball Park, c/o Redsfest VIP Experience, 100 Joe Nuxhall Way, Cincinnati, OH 45202.

New for 2008: Autograph Fast Passes allow the holder to move to the front of any two autograph lines during each day of the event. Fifty passes will be sold with the starting bid at \$50 per pass. The auction will start at reds.com/redsfest on Monday, Nov. 10 at 9 a.m. The pass will be limited to only the holder - no friends or family members can accompany the holder in the autograph line. Passes are not valid for admission to the event. Kids-only autograph lines rules apply to this pass. The holder may only use this pass in the kids-only autograph line if they are younger than 16.

Follow the Reds throughout the year in the pages of The Floyd County Times.

Reds 2B Phillips wins Gold Glove

SPECIAL TO THE TIMES

CINCINNATI – Cincinnati Reds second baseman Brandon Phillips has been named winner of the National League Rawlings Gold Glove Award for his position.

In 2008, Phillips led all NL second basemen with a fielding percentage of .990 (7e, 706tc). He became the first Reds player at that position to lead the league in fielding percentage in consecutive seasons since Bret Boone did it in 3 straight years from 1995-97.

Phillips is the first Reds player to win a Rawlings Gold Glove Award since Pokey Reese earned the honors in 2000, also as a second baseman.

Last week, Phillips received the Bill James Handbook's Fielding Bible Award as the best defensive second basemen in the Major Leagues. His career-high 78-game errorless streak from April 10 through July 8 was the second-longest by a second baseman in the Major Leagues last season (Pittsburgh's Freddy Sanchez,

82 games).

Reds' Rawlings Gold Glove Award Winners: 1957-Roy McMillan; 1958-Frank Robinson, Harvey Haddix, Roy McMillan; 1959-Roy McMillan; 1961-Vada Pinson; 1963-Johnny Edwards; 1964-Johnny Edwards; 1965-Leo Cardenas; 1968-Johnny Bench; 1969-Pete Rose, Johnny Bench; 1970-Pete Rose, Tommy Helms, Johnny Bench; 1971-Tommy Helms, Johnny Bench; 1972-Johnny Bench; 1973-Joe Morgan, Johnny Bench; 1974-Cesar Geronimo,

Johnny Bench, Joe Morgan, Dave Concepcion; 1975-Cesar Geronimo, Johnny Bench, Joe Morgan, Dave Concepcion; 1976-Cesar Geronimo, Johnny Bench, Joe Morgan, Dave Concepcion; 1977-Cesar Geronimo, Johnny Bench, Joe Morgan, Dave Concepcion; 1979-Dave Concepcion; 1987-Eric Davis; 1988-Eric Davis; 1989-Eric Davis; 1994-Barry Larkin; 1995-Barry Larkin; 1996-Barry Larkin; 1998-Bret Boone; 1999-Pokey Reese; 2000-Pokey Reese; 2008-BRANDON PHILLIPS.

Horsemen switch divisions for '09 season

SPECIAL TO THE TIMES

LEXINGTON – The Kentucky Horsemen will be playing in a different division during the 2009 arenafootball2 season.

The Horsemen have been moved to the American Conference's South Division

with Florida, South Georgia and Tennessee Valley, the 2008 ArenaCup champion.

Kentucky, formerly known as the Lexington Horsemen, played its inaugural season of arena football in the Midwest Division with Green Bay, Iowa, Quad City and Peoria. The Louisville Fire, which has

disbanded, also was in the Midwest.

Other teams not returning for the 2009 campaign include Daytona Beach, Fla.; Lubbock, Texas; Austin, Texas; and the Texas Copperheads in Houston. The expansion Milwaukee Iron will join the Midwest

Division.

A12 begins its 10th season on March 20-21, 2009 with two games. Week 1 is March 27-29.

The Horsemen will open their 16-game season March 28 against Tulsa in the Talons' new BOK Center.

DEI, Ganassi Racing will merge teams in '09

SPECIAL TO THE TIMES

MIAMI – Teresa Earnhardt and Chip Ganassi will combine their slumping race teams next season, an effort to stabilize their organizations in a tough economic time.

The combined team will be called Earnhardt Ganassi Racing. Martin Truex Jr. and Juan Pablo Montoya will drive the Nos. 1 and 42 and Aric Almirola will be behind the wheel of the No. 8. The driver of the No. 41 has not been named.

Both organizations have struggled to secure sponsorship this season, forcing the

teams to pool resources.

"In this ultra-competitive era of NASCAR, it is necessary to build and sustain the strongest team possible and our combining with the people and equipment at Dale Earnhardt Inc. will help create a strong four-car program for years to come," Chip Ganassi said in a statement released by the team. "This is a win-win for both organizations as well as all of our partners."

Truex and Almirola will come from Dale Earnhardt Inc.; only Truex's car has full sponsorship for next season.

Montoya has half a season of sponsorship, and Ganassi's

flagship No. 41 car has full sponsorship.

DEI fields Chevrolets, and Ganassi has a Dodge contract. Details of a manufacturer switch still are being worked out as the team is expected to use General Motors.

"Having a partner like Chip, who is heavily involved on the competition side of the business, is an ideal situation for DEI," Teresa Earnhardt said. "He has a long history of managing championship teams in the IndyCar and Rolex Grand-Am Series and I share his passion and goals of winning races and ultimately championships in the

NASCAR Sprint Cup Series. I think this is a case where we are stronger together than we are apart."

DEI is losing the Menard's sponsorship on its No. 15 Chevrolet. Driver Paul Menard is leaving the organization to drive a third car for Yates Racing in 2009.

Ganassi shuttled the No. 40 Dodge of Dario Franchitti earlier this year, and longtime driver Reed Sorenson is leaving the No. 41 to drive for Gillett Evernham Racing next year.

The teams' drivers have combined for 210 starts this year and have zero wins, 11 top-five finishes and 28 top-

Jones, R. Cobb named Kentucky game captains

TIMES STAFF REPORT

LEXINGTON – Cornerback David Jones and quarterback/wide receiver Randall Cobb will be the Kentucky game captains for Saturday's game versus Vanderbilt. Coach Rich Brooks has announced.

Game captains are normally selected on the basis of performance in the previous game. Jones (Red Jacket, W.Va.), who has played well all season, had two tackles and a pass breakup against Georgia. The athletic Jones is a Belfry High School graduate. Cobb (Alcoa, Tenn.) rushed for 82 yards and three touchdowns while passing for 105 yards – all career highs – versus the Bulldogs.

Jones and Cobb will join permanent captains Tony Dixon and Braxton Kelley at the pregame coin toss.

Kentucky (6-4 overall, 2-4 Southeastern Conference) plays host to Vanderbilt (5-4, 3-3) on Saturday at 8 p.m. The game will be a live national telecast on ESPN2.

Pryor expected to have limited availability: Defensive tackle Myron Pryor is expected to have limited availability for the Vanderbilt game, Coach Rich Brooks said after Wednesday's practice. Pryor has been hob-

bled since incurring a high-ankle sprain in the Arkansas game on Oct. 18.

The coach also said that cornerback Trevard Lindley continues to improve and will be able to play against the Commodores.

UK punter Masthay a finalist for 2008 Wuerffel Trophy: University of Kentucky punter/kicker Tim Masthay is one of 13 finalists for the 2008 Wuerffel Trophy, a national award that honors the college football player who best combines exemplary community service with outstanding academic and athletic achievement.

The award is presented by the All Sports Association of Fort Walton Beach Fla. It is named after former Heisman Trophy winner Danny Wuerffel, who led the Florida Gators to the 1996 national championship, played six years in the National Football League and has received national recognition for his humanitarian and community service efforts with Desire Street Ministries in New Orleans.

"We at the All Sports Association are excited and proud of this year's finalist class," commented All Sports President Mike Coupe. "The process of narrowing the field was a difficult one, as the pool

of nominations was outstanding. The submissions clearly revealed the fact that these are not only great athletes and students, but they are also great young men. We are honored to recognize them and how they help reflect upon what is really good in college football."

The finalists, who were nominated by their schools' sports information directors or football liaisons are (listed alphabetically by university):

The finalists are Tim Tebow, junior quarterback, Florida; Austin Starr, senior place kicker, Indiana; Mike Rivera, senior linebacker, Kansas;

Tim Masthay, senior kicker/special teams, Kentucky; Quin Harris, senior linebacker, Louisiana Tech; Chase Daniel, senior quarterback, Missouri; Todd Peterson, senior wide receiver, Nebraska; Justin Paysinger, senior center, San Jose State; Graham Harrell, senior quarterback, Texas Tech;

Will Chambliss, senior offensive lineman, Troy; Travis Dekker, senior tight end, USAF Academy; Louie Sakoda, senior punter/place kicker, Utah;

Tim Hiller, junior quarterback, Western Michigan.

Masthay is extremely active in community service, having been named to the national Good Works Team earlier this

season by the American Football Coaches Association. On the field, Masthay currently ranks third in the nation in punting. An all-around student-athlete, he earned Academic All-America honors in 2007. Following his football career, he plans to join the Peace Corps and serve in Africa.

A committee that includes the Wuerffel Trophy national directors and selection committee members will vote on the finalists later this month, and the winner will be formally announced on December 9. This marks the third time in the four-year history of the award that UK has had a finalist. Antoine Huffman (2005) and Jacob Tammie (2007) also were finalists.

"As I look at this incredible list of finalists, I'm filled with a new sense of hope for the future," said Danny Wuerffel. "These young men truly embody the leadership skills, talents and character that will make a difference in our world. The hardest part now will be for the committee to try to select a winner...all of them really deserve it!"

The 2008 Wuerffel Trophy will be presented to the winner at the All Sports Association's 40th Annual Awards Banquet on February 20, 2009.

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Lifestyles



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FAMILY MEDICINE

Self-help measures, medications can help with anxiety — Page B5

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WELLNESS Q&A

The two-day workout week

by ERNEST BREWER

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

Question: I have been trying to follow the guideline of getting at least a half-hour of exercise most days through my love of cycling. But now with winter coming on and darkness setting in earlier, I find it impossible to ride on weekdays,



Ernest Brewer
Helping you find the answers to your health concerns

and have to do all of my riding on the weekends. What I am wondering is if the body gets the same benefit from one or two "super-sessions" a week, totaling four or five hours, as it would from shorter daily sessions totaling the same amount?

Answer: Good question. The snooty research oriented exercise physiologist would answer with a definitive, "Absolutely not! They are in no way the same." However, I'm not that guy, and I will share some hope with you. But first, let's look at the snooty point of view.

Researchers live in a world of statistical evaluation, and based upon exercise studies, exercising five to six days a week is significantly superior to two days a week in the long run. This is due to some fairly complicated physiological

(See WELLNESS, page five)

DINNER DIVA

Adapting recipes for a slow cooker or crock pot

by LEANNE ELY

It is much easier to convert a regular recipe to a slow cooker recipe than to do it the other way around.



Leanne Ely

That said, there are some general guidelines. "General" being the key word in that sentence. These are by no means etched in stone and the guidelines won't always work.

If original recipe calls for low for 4 to 8 hours or to cook on high for 1 1/2 to 2 1/2 hours cook in the oven or stove top for 1/4 to 1/2 hr. (This is where the problem comes in as you would not cook a roast for 15 to 30 minutes although you would cook it for around 6 hours in the crock pot. This guideline works better for say a casserole that would be in the oven for 30 minutes, it would be great to cook in a crock for 4-5 hours)

If original recipe calls for cooking on low for 6 to 8 hours or on high for 3 to 4 hours in general it will take 1/2 to 1 hr in the oven or on the stove.

If original recipe calls for cooking on low for 8 to 16 hrs. or cook on high for 4 to 6 hrs, you would need 1 to 3 hrs in oven or stovetop cooking time.

Low on a crock pot is 180 to 200 degrees. High on a crock pot is around 300 degrees.

Because crock pots do not allow

(See DIVA, page five)



John Rosenberg enjoyed the samples of canned goods from Route 7 Recipes at a recent meeting of the Floyd County Chamber of Commerce.

photo by Jarrid Deaton

TASTY TREATS

Route 7 Recipes seeking success by preserving a way of life

by JARRID DEATON
FEATURES WRITER

A new healthy eating trend placing great value on organic and home-grown foods has cropped up in the past couple of years, and for residents of Floyd County, Hueysville-based Route 7 Recipes has been producing vegetables organically as a part of the rich farming tradition in the area, and it's no fad.

"We've been producing food this way in Kentucky forever," said Mona Dingus, owner. "I started Route 7 Recipes because I wanted to keep gardening and that way of life alive in my family. We strongly believe in what we do and in properly preserving the art of home and family gardening and doing so in the proper and correct way."

Route 7 Recipes is one of only two home based microprocessors certified by the Department of Agriculture in this part of the state. Dingus was also required to take and pass a microbiology class through the University of Kentucky's Agriculture Department.



"Being certified by the Department of Agriculture means that our main ingredients are grown, produced, and processed on location with no outside assistance and no chemicals," Dingus said. "All of our recipes are tested and approved and

certified. All of our labels have to meet state mandated specifications and pass inspection as well. The biggest difference in our product and one off of the grocery store shelf is that ours is grown, produced, and processed locally."

State Sen. Johnny Ray Turner was so impressed by the wares produced by Route 7 Recipes that he gave every member of the General Assembly a canned product as a gift earlier this year. Many of the members wrote notes to Turner thanking him for the gifts and praising the Route 7 Recipes products.

Mona Dingus, along with Tommy, her husband, and their daughters, brought samples of the products to a recent meeting of the Floyd County Chamber of Commerce, and those in attendance at the meeting were quick to praise the food items and purchase the canned goods at \$5 per jar.

Some of the products that are available at Route 7 Recipes include bread and butter pickles, jalapeno dill pickles, a variety of salsas and jellies, pickled green tomatoes, and relishes. Gift baskets are also available for \$20 and contain a choice of any three items which are then wrapped in a seasonal basket.

For more information on Route 7 Recipes, and a complete list of their products, visit <http://route7recipes.biz>.

FLY LADY

Come together

I woke up in the middle of the night and checked the clock. It read 2:22 and those numbers got me to thinking about our presidential election. Every four years we elect a new president. The race starts many months before the November election day concludes the process. Our country has been right in the middle of it for 22 months. I take that back they were not right in the middle; they were on opposite sides. Most everyone chooses sides from the beginning. This is how our constitution works. I am very thankful that our founding fathers wrote down the process for us. We have smooth transitions of our presidential power unlike many other places in the world. We don't worry about how it will happen it just does.

The process of electing a new president is costly and polarizing. We are inundated with news, campaign commercials, robot phone calls and political conversation. The cost of the

campaigns reaches into the billions of dollars. It is not the cost in money that bothers me; it is the price we all pay in our well-being. The negativity and ill will eats away at us like a cancer. I am thankful that the campaigning has ended and we can go about our business.

I have been involved in political campaigns for all my adult life. I have even been on a few ballots myself and lost an election by 27 votes because people didn't get out and vote. What we have seen these past twenty-two months has been a miracle when it comes to the apathy that I have experienced over the years. The people were excited about both campaigns. The people were working, giving their hard earned dollars and feeling empowered. They came out and voted in numbers that have never been seen before and the percentages of registered voters voting was the highest in one hundred years. Every vote counts and casting your ballot is your right to speak your mind for your candidate.

As I watched the returns last night

I saw the red states and blue states get marked on the maps. I got to thinking about those colors and wondered who picked them anyway. Yes we love color codes but now that the election is over let's all come together. In the pictures last night on television I saw all colors; we are not just black or white and red or blue. As we sang in Sunday School, Red and Yellow, Black and White they are precious in His sight.

I would not want to have the job of President of the United States. In fact I respect all people who do jobs that do not bring me joy. Now that the election is over, I think, Now is the Time to celebrate the fact that it is over. As Michael my Vice President said it best this morning on his Yahoo Instant Messenger Memo, "The Race is Over! America Wins!"

I am proud to be an American. Since the United States of America is

a combination of all colors; let's just blend the red and blue states together and go Purple! One Nation under

God and purple mountain majestics. Let's give our new President-elect Obama the respect that his office deserves and work together with him and all of our newly elected officials to make our communities a great place to live! Let there be Peace on Earth and let it begin with me.

□□□



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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.

Self-help measures, medications can successfully treat anxiety

your body also sends more nutrients to the muscles and less blood to the digestive system. This is called the "fight or flight" reaction. It gives you the energy you need to fight off a threat or run away from it. This is helpful when you are facing an actual physical threat.

However, when the perceived danger is an emotional one like a test, too much adrenaline can still cause the same physical reaction. Unfortunately, once this type of nervous reaction starts, it can be hard to stop. The more nervous you are, the more you sweat and shake; the more you sweat and shake, the more nervous you get. This can become a vicious cycle that spirals upward.

Being aware that you have this problem is the first step toward resolving it. Once your daughter recognizes that an upcoming test is making her nervous, she might attempt a few self-help measures. She should

try to calm yourself with deep breathing or other relaxation exercises. Many people find this very beneficial. Another way to get around test anxiety is to try to consciously redirect the nervous energy toward the task at hand. By redirecting that nervousness, your daughter may find that she can focus more sharply on test questions.

Being prepared for a test is a major anxiety reducer for most people. If a person is well prepared for a test, it can boost confidence to the point that it will override the fear response, hence less test anxiety. Also, learning to purposely replace negative thoughts in anticipation of a test with positive ones will also help prevent test anxiety. Avoiding stimulants, like caffeine-based drinks and foods, and getting a good night's sleep before the test will also enhance a person's ability to stay in control.

There may be help at school

through the guidance counselor or a learning specialist. Your daughter should work with them to develop good study habits. If that's not enough, she may require medicine to reduce her anxiety symptoms. An antidepressant in the SSRI category or a beta blocker used in a low dose the day of the test may help decrease test anxiety and, thus, improve performance. Medications would need to be prescribed by your family physician after a medical history and exam.

□□□

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



Family Medicine

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

Q My daughter is a very smart girl, but she doesn't make grades that are as good as they could be. She tells me that when she has a test, she gets so nervous she makes silly mistakes that frequently cost her a good grade. Is this a medical issue or a school issue? I'm not sure who to talk to about this — the doctor or the teacher?

A Most of us experience a surge of energy when faced with a challenging situation like having to take a test or perform on stage. This surge can help us stay focused and perform at a peak level.

However, for some people the surge of energy can be overwhelming and lead to extreme nervousness, nausea, sweating, vomiting and even fainting. This appears to be the case with your daughter. It's a condition called test anxiety, which is caused by release of excessive amounts of adrenaline.

Adrenaline — a natural body hormone — can be very helpful in certain situations. For instance, a lot of adrenaline is released when you are confronted by a bully on the street. The adrenaline causes the heart to beat faster and the breathing rate to increase. In response to adrenaline,

Diva

much moisture to escape, they tend to have half the amount of liquid a regular recipe calls for, so you'll need to double the amount of liquid.

Crock recipes do not call for the browning of meat prior to cooking it, so this step will need to be added back into crock pot recipes.

Most vegetables are added raw and are not sauteed before being put into a crock pot, so this too will need to be a step added to the recipe.

Because of the slow gentle heat, most crock pot recipes do not require stirring, so you'll need to check your food often

and stir as needed, especially when cooking on stove top.

Pasta and rice are normally cooked separately or only during the last hour as they tend to get very mushy when in a slow cooker for hours on end. You will need to add your pasta or rice sooner in your recipe.

Spices may need to be reduced or increased. Whole herbs and spices increase their flavoring power in crock pot cooking while ground spices may have lost some flavor. You'll need to switch this around by halving your whole herbs and doubling your dried spices when cooking.

Also you'll be directed to add ground spices during the last hour of cooking in a crock pot, so this will need to be reversed for cooking on stove top or oven.

As I said, these are guidelines. Happy crocking!

*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.*

Wellness

processes that use a lot of really long words that I no longer know how to spell. It is also due to some fairly common sense reasons as well. The most noteworthy of these being that your risk for overuse type injuries is much lower during a five-hour week of exercise spread out over five days versus two days. That you will be performing the two days of exercise back to back compounds the risks that much more. Another drawback of the weekend-only exercise program is that if something comes up on one or both of those days, your week of exercise is pretty well shot. Whereas, a five-day-a-week program offers much flexibility in response to life's unexpected curve balls.

Now let's look at the more positive perspective of "the two-day workout week." My most powerful argument for your idea is asking the question, "If you don't do it this way, how much exercise would you really get?" You've already stated that you "find it impossible to ride on weekdays." So, unless you find an alternative form of exercise, you are not likely to exercise five days a week anyway. So the real question is, "What's better for me, exercising two days a week or zero days a week?" For those of you who have trouble with math, the answer is "two."

I believe that you already

knew that answer, but what you were really asking was for clarification on how effective two days a week would be compared to five days. Although the five-day-a-week program is superior, the two-day-a-week idea will still allow you to achieve your goals of weight reduction, increasing endurance, stress reduction and reducing heart disease risks.

As far as the increased risk of overuse type injuries, the form of exercise that you are doing is very low impact, (unless you run into something.) Also, because your proposed goal of 4-to-5 hours per week is relatively low, your risk of injury in either scenario is not really worth considering. If your goal were over six hours per week, your risks would begin to increase dramatically, and the effectiveness of the two-day program versus the five-day program would drop significantly. Studies have shown that there are big differences in the positive effects of exercising continuously 30 minutes compared to 15, 1 hour compared to 30 minutes, and 2 hours compared to 1 hour. However, beyond 2 hours, the positive differences drop off dramatically.

To sum it all up for you, your idea of exercising two days per week, during the winter months, is fine. If you were able to supplement that, during

the week, with some other form of exercise, such as stationary bike or strength training, that would be even better. If you were to insist on trying to get 6-to-8 hours of training in per week, then your idea would have too few benefits outweighed by too many risks. However, your current goals are quite reasonable and relatively safe. Lastly, I would advise that, when the daylight allows, you return to your five-day-a-week program. I wish you well.

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



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Office of National Drug Control Policy

Office of National Drug Control Policy

Continued from p4

Super Crossword

NO WHEY!

- ACROSS**
- 1 TV host John
 - 5 Full of oneself
 - 9 Amontillado container
 - 13 Beseched
 - 17 Nile feature
 - 18 In good health
 - 19 "— Without Love" ('68 hit)
 - 20 Sanctuary
 - 22 Hood's handle
 - 23 Admiral Zumwalt
 - 24 Tiny part of a second
 - 25 Wagner work
 - 26 Annealing oven
 - 27 Flagon filler
 - 28 Newspaper
 - 30 Take-home
 - 31 Start of a remark
 - 35 Ring stat
 - 36 Thwack
 - 37 Compact cotton
 - 38 "Great Expectations" character
 - 40 Cad
 - 42 Mythical being
 - 44 Hateful
 - 50 Give a little
 - 51 Green
 - 52 Yesterday's thresher
 - 53 Lillian or Dorothy
 - 54 Ivy Leaguer
 - 55 Fancy dessert
 - 56 First dog in space
 - 57 Where cats congregate
 - 58 Pie — mode
 - 59 Lofty peak
 - 60 Distribute the donuts
 - 61 Keats composition
 - 62 Middle of remark
 - 70 Born
 - 71 '87 Peace Prize winner
 - 72 Solidify
 - 73 "— Shook Up" ('57 smash)
 - 74 Corny goddess?
 - 77 Colossal commotion
 - 78 Malicious to the max
 - 80 Where rams romp
 - 81 Bus starter?
 - 82 Thirteen, to a baker
 - 83 Soprano Fleming
 - 84 — impasse
 - 85 Dachshund or donkey
 - 87 Pianist Jorge
 - 88 "— Old Cow Hand" ('36 song)
 - 89 Objective
 - 90 Counter change
 - 91 Botanist
 - 92 Age
 - 95 End of remark
 - 104 Road to 'enlightenment
 - 105 Generally
 - 106 — choy
 - 107 Rocker Billy
 - 108 Tracking tool
 - 110 Manuscript enc.
 - 111 "Surely you —"
 - 113 Lowliest cadet
 - 114 Caustic
 - 115 Yemeni port
 - 116 "New Jack City" actor
 - 117 Beast of Borden
 - 118 Long lunch?
 - 119 For fear that
 - 120 Non-stereo oinker
 - 121 Little ones
 - 1 Word form for "end"
 - 2 Nobelist
 - Root
 - 3 Stiffened a shirt
 - 4 Contains
 - 5 Expand
 - 6 Free-for-all
 - 7 City on the Danube
 - 8 Day —
 - 9 Finger food
 - 10 Stun
 - 11 Less loopy
 - 12 TV's "— Landing"
 - 13 Symbol of immortality
 - 14 Drink like a Doberman
 - 15 Happening
 - 16 Writer Walcott
 - 17 Type of "Cagney & Lacey"
 - 21 West. alliance
 - 27 Coldest cont.
 - 28 Audacity
 - 29 Teyye's portrayer
 - 32 Sneeze and wheeze
 - 33 Superior to
 - 34 Chip's chum
 - 39 Infant oinker
 - 40 "Greetings!"
 - 41 Early computer
 - 42 Buccaneers' headquarters
 - 43 Spare part?
 - 44 With 47 Down, Italian export
 - 45 Produces pies
 - 46 Actress Long
 - 47 See 44 Down
 - 48 Manipulate
 - 49 Diffident
 - 50 Drum din
 - 51 Nick of "Q&A"
 - 52 Gets on
 - 55 Perkins role
 - 56 "Frederica" composer
 - 57 Mature
 - 60 Descendant
 - 61 Ready to reduce
 - 63 Silverware city
 - 64 Infirmary item
 - 65 Went wrong
 - 66 Snowy bird
 - 67 "Big Three" site
 - 68 New York city
 - 69 — Bator
 - 74 — au vin
 - 75 Aussie walker
 - 76 Cell stuff
 - 77 Dandy
 - 78 Hailing from
 - 79 In accord
 - 82 Swash-buckling novelist
 - 83 '48 Hitchcock film
 - 84 Texas town
 - 86 "I Love Lucy" surname
 - 87 Tour-de-France vehicle
 - 88 Adjectival suffix
 - 90 Aptitude
 - 91 Say please
 - 92 Pound of poetry
 - 93 Extend
 - 94 Wrestling giant
 - 96 Twangy
 - 97 Commerce
 - 98 Classical nonet
 - 99 "Hedda Gabler" playwright
 - 100 Club creed
 - 101 What i.e. stands for
 - 102 "Ora pro —"
 - 103 Painter Paul
 - 109 Word on a pump
 - 111 Bowie or Bakker
 - 112 Author Umberto
 - 113 Cosset a corgi

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Rental Central

by TOM DOTY
TIMES COLUMNIST

A good week for rentals saw only one dud which, surprisingly, came from the biggest science fiction franchise in film history.

■ "Hellboy 2: The Golden Army" — Guillermo del Toro ("Pan's Labyrinth") returned to direct this sequel which pits a demon, raised by scientists, against an evil elf hell-bent on destroying the earth and returning it to the mythical beast that reigned before humankind. Hellboy is once again joined by his pyrokinetic girlfriend (Selma Blair) and the amphibious Abe Sapien to tackle this newest threat, which includes swarms of killer insects, a giant ogre and the titular army of robots. It all works due to del Toro's wonderful eye for framing action sequences and his ability to inject humanity into larger than life

characters. Here's hoping that his take on "The Hobbit" leaves him with enough time to wrap up this series.

■ "Kung Fu Panda" — When the denizens of the "Valley of Peace" are threatened, a lazy panda must channel his inner Bruce Lee to fight back in this animated action-fest that should please children and unpretentious adults. The animation's fine but the best thing about it is the eclectic cast that would never have otherwise made a feature film together. They include Jack Black, Dustin Hoffman, Jackie Chan, Seth Rogen, Angelina Jolie and Ian McShane.

■ "This Christmas" — A family get-together over the yuletide season brings out the best and worst in everyone as a middle class African American family reunites for Christmas. This was marketed as a comedy but it's actually more of a drama, and a good one at that. Everyone

can find a member of the family to relate to as past conflicts are finally aired out and we learn everyone's back story. A solid cast is led by Delroy Lindo, Loretta Devine and Idris Elba ("The Wire").

■ "Star Wars: The Clone Wars" — A plethora of action sequences make up this animated chapter in George Lucas' space saga that highlights the war only glimpsed in the prequels. The animation is adequate, but there's no story here and it all feels like a pilot for a television series (probably because it is). Surprisingly, the main characters are voiced by new actors, though some featured actors returns (Christopher Lee, Samuel L. Jackson and Anthony Daniels). Not too gripping but at least it's mercifully shorter than the prequels.

Next week brings the Pixar hit "WALL-E" and Ben Stiller's "Tropic Thunder."



Sione Preslee Akers was recently named Tiny Miss Jenny Wiley's Most Photogenic. Sione is the 15-month-old daughter of Derrick and Crystal Akers, of Prestonsburg, and the granddaughter of Winson and Lori Sione, of Blue River, Carson and Sharon Akers, of McDowell, and the great-granddaughter of Levathian Jones, of Prestonsburg.



American Legion Post 0283 in Martin recently provided new American flags for the Mountain Christian Academy classrooms and the administration office. Madison Martin (left), Post Commander, and Robert L. Salisbury (right), 10th District Commander, presented the flags to Sister Judy Yunker (center), Associate Dean of Mountain Christian Academy, on November 4. The flags will be used to educate students about the proper care and respect for an American flag.



Prestonsburg Health Care Center honored local veterans on Tuesday, including residents Wilbur Green, Kenneth Spurlock, Willard Murray and Estil Fannin. Boy Scouts Troop 802 served as color guard and led in reciting the Pledge of Allegiance. The Betsy Lane Auxillary Chapter 169 presented the 13 folds of the American flag. Commander Madison Martin of Chapter 128 read a poem, played a song and presented hats to the veterans. Prestonsburg Health Care also presented plaques to the veterans.

Berea College to host Ky. premiere of new Appalachian documentary

BEREA — Berea College will host the Kentucky premiere Nov. 21-22 of "Appalachia: A History of Mountains and People," a major documentary series that will debut nationally on PBS in February.

"Appalachia" breaks new ground as the first environmental history of any region. Narrated by Sissy Spacek and with an all-star cast that includes Pulitzer Prize-winning biologist E.O. Wilson and best-selling novelist Barbara Kingsolver, the four-part documentary explores the intersection of natural history and human history to paint a picture of the region as never seen before. A production of the James Agee Film Project, the series had its world premiere in Knoxville, Tenn. Sept. 27. For more about the film and to view the trailer, visit www.appalachiafilm.org

Producer Jamie Ross and director Ross Spears will be at Berea Thursday - Saturday, Nov. 20-22 for the screenings and a public talk. Thursday, Nov. 20, they will present a program as part of Berea's Convocations Series, beginning at 3 p.m. in Phelps Stokes Auditorium. For their program titled "Appalachia: Where Is That, and Why Haven't I Been There?" Ross and Spears will show excerpts from the film and discuss their philosophy of film as social commentary.

The documentary will be shown on Nov. 21 (parts 1 and 2) and Nov. 22 (parts 3 and 4). Both screenings will be in Phelps Stokes Auditorium beginning at 7 p.m., followed both evenings by a Talk Back with Ross and Spears.

The events are sponsored by the Berea College Appalachian Center and the Convocations program. Admission is free. For additional event information, contact Chad Berry, director, Berea College Appalachian Center at (859) 985-3140 or chad_berry@berea.edu

For 30 years the James Agee Film Project has been producing award-winning films on the culture and history of the American South. East Tennessee native Ross Spears has been the producer, director and writer for seven award-winning feature documentaries, all of which have aired on PBS.

Ross's most recent project is "Tell About the South: Voices in Black and White," a three-part series on modern southern literature, featuring the greatest writers of the south, past and present, including interviews with most of the greatest living Southern writers. His other films include "AGEE" (1980), the only film biography of an American writer ever to be nominated for an Academy Award for Best Feature Documentary. The film was also an award winner at the American Film Festival. "Electric Valley" (1983), a history of the TVA, was nominated for an Emmy Award for Best Documentary. "To Render a Life," a feature documentary based on the book "Now Let Us Praise Famous Men," by James Agee and Walker Evans, was nominated for a Golden Globe Award, Best Documentary of the Year in 1993 and won a Blue Ribbon at the American Film Festival.

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Faith and Family



KIM'S KORNER

Sharing a little Christian humor

This is one of the best clean jokes I've seen in awhile!

Jesus and Satan were having an ongoing argument about who was better on the computer. They had been going at it for days, and frankly, God was tired of hearing all the bickering.



Kim Little Frasure

Finally fed up, God said, 'THAT'S IT! I have had enough. I am going to set up a test that will run for two hours, and from those results, I will judge who does the better job.'

So Satan and Jesus sat down at the keyboards and typed away.

- They moused.
- They faxed.
- They e-mailed.
- They e-mailed with attachments.
- They downloaded.
- They did spreadsheets!
- They wrote reports.
- They created labels and cards.
- They created charts and graphs.
- They did some genealogy reports.
- They did every job known to man.

Jesus worked with heavenly efficiency and Satan was faster than hell.

Then, 10 minutes before their time was up, lightning suddenly flashed across the sky, thunder rolled, rain poured, and, of course, the power went off.

Satan stared at his blank screen and screamed every curse word known in the underworld.

Jesus just sighed.

Finally the electricity came back on, and each of them restarted their computers. Satan started searching frantically, screaming:

'It's gone! It's all GONE! I lost everything when the power went out!'

Meanwhile, Jesus quietly started printing out all of his files from the past two hours of work.

Satan observed this and became irate.

'Wait!' he screamed. 'That's not fair! He cheated! How come he has all his work and I don't have any?'

God just shrugged and said ...

"JESUS SAVES."



photo by Joshua Byers

Lindsey Campbell, daughter of Traci and Richie Campbell, decorates a shoe box at the First Presbyterian Church in Prestonsburg. The boxes will be used to house gifts for children as part of Operation Christmas Child.

Church kicks off annual Operation Christmas Child effort

PRESTONSBURG — The First Presbyterian Church in Prestonsburg will be collecting shoe boxes filled with gifts for children for the 10th straight year, and Paul Baker, with the church, hopes to bring in more boxes than the 530 boxes collected at the church last year.

"When we started, we had about 200 boxes," Baker said. "Last year, we had 530 boxes. It's really important to top what we did last year. Operation

Christmas Child brings joy and hope to children in desperate situations around the world through gift-filled shoe boxes and the good news of God's love. Since 1993, more than 61 million shoe boxes have been packed, shipped, and delivered across the globe. People of all ages can be involved in this simple, hands-on missions project while focusing on the true meaning of Christmas, Jesus Christ."

To participate in the collection effort,

use an empty shoe box or a small plastic container, determine whether the gift will be for a boy or a girl from ages 2 to 14, print out a label with the correct information for the top of the box, and then fill the box with gifts. After placing a rubber band around the box, drop it off at the nearest collection center during collection week, which is Nov. 17-24.

For more information, contact the First Presbyterian Church by calling (606) 886-2214.

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Thank You, FLOYD COUNTY

*For allowing me
the opportunity
to represent you
in Frankfort.*

*Greg
Stumbo*

Pol. adv. pd. for by Mary K. Stumbo, Treasurer