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## HIGH SCHOOL FOOTBALL

— page B1

### briefs

## Goble to serve on statewide board

Floyd County Magistrate John Goble was sworn in as a member of the Kentucky Association of Counties (KACo) Board of Directors at its 34th Annual Conference and Exposition Nov. 20 at the Lexington Convention Center. He will represent the Big Sandy Area Development District.

The Big Sandy ADD serves Floyd, Johnson, Magoffin, Martin and Pike counties.

More than 1,100 participants attended this year's event, including county judge/executives, magistrates and commissioners, sheriffs, jailers, clerks, coroners, county attorneys, circuit clerks, PVAs and others. Officials were able to join with their counterparts from Kentucky's 120 counties to exchange ideas and discuss the administrative and legislative challenges that face local leaders.

KACo's annual event provides county officials with the opportunity to elect new leadership, hear interesting presentations by noted speakers, and network with others. Participants could also earn training hours by attending workshops on issues affecting counties, including the 2009 legislative session, financial accountability, roads, risk management in jails, tourism and the economy.

### 2 DAY FORECAST

**Today**  
  
High: 47 • Low: 27

**Tomorrow**  
  
High: 47 • Low: 29

For up-to-the-minute forecasts, see [floydcountytimes.com](http://floydcountytimes.com)

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# Wheelwright water moves forward

by SHELDON COMPTON  
STAFF WRITER

PRESTONSBURG — The city of Wheelwright took another step toward seeing a better water and sewer system for residents Wednesday, following an agreement between members of the Floyd County Fiscal Court.

The most recent series of grants were approved this week in the amount of \$310,000 that county leaders immediately accepted and then turned over to Wheelwright for work on the

city's water plant and other utilities.

"We've received this and now we're agreeing to transfer it directly to Wheelwright to save time," said Floyd County Judge-Executive R.D. "Doc" Marshall.

District 3 Magistrate Donnie Daniels made the motion to transfer the funding. He also expressed his relief that some progress was continuing toward this goal for Wheelwright residents.

"I'm happy these steps are falling into place," Daniels said

Wednesday. "I think Golf Hollow was one of the last places in my district that didn't have water extensions and now that can be taken care of with this project."

Golf Hollow, an expansive section of the city once used as a golf course during the city's coal booming days, has had residents using wells for a water supply as recently as this past summer, Daniels said.

"By voting to send this straight along to the

(See WATER, page three)



Floyd County Judge-Executive R.D. "Doc" Marshall and District 3 Magistrate Donnie Daniels look over paperwork Wednesday for a grant heading to Wheelwright for water improvements.

photo by Sheldon Compton

## CRIME SCENE PRACTICE



photo by Jarrid Deaton

Members of the Floyd County Rescue Squad removed the "body" of a murder victim from Dewey Lake on Wednesday. The body was actually a mannequin placed in the water for a homicide investigation scenario conducted by students in the Criminal Justice Program at Big Sandy Community and Technical College. For full story, see Lifestyles, page A5.

# County approves spending, pending receipt of coal funds

by SHELDON COMPTON  
STAFF WRITER

PRESTONSBURG — Another round of projects was approved for funding Wednesday in Floyd County Fiscal Court. The funds again are earmarked for the 2009 fiscal budget items included in House Bill 410, the coal severance tax bill.

The court has been approving numerous projects over the

course of the last couple months, always prefacing for the sake of public information that the projects are slated as funds become available.

Wednesday's approved projects and funding measures were for the Floyd County Rescue Squad, as well as for fire departments and senior citizen centers throughout the county.

The Floyd County Rescue Squad will see \$15,000 coming

in funds, while the 16 fire departments across the county will divide a total of \$124,800. Each of the fire departments will receive \$7,800, according to a resolution signed Wednesday.

Senior citizens centers, which have remained a key focus during Judge-Executive R.D. "Doc" Marshall's administration, are due to receive \$70,000 in total funds.

(See COUNTY, page three)

# City has plans for Christmas

by JARRID DEATON  
FEATURES WRITER

The city of Prestonsburg is already immersed in the festive spirit of the holidays, with an abundance of decorations on display in downtown and Christmas-themed events scheduled for the upcoming weeks.

The big event, the Holiday Christmas Parade, is scheduled for Saturday, Dec. 6, at 7:30 p.m.

"Last year's parade was great, and we expect this year's parade to grow even bigger," said Brent Graden, economic director for Prestonsburg. By starting at 7:30, we believe that this will still give everyone enough time to set up and enough time so the kids don't get so sleepy at night."

(See CHRISTMAS, page three)

# Truck wrecks kill two in Pike

by SHELDON COMPTON  
STAFF WRITER

PIKEVILLE — Two Pike Countians were killed in separate tractor-trailer accidents in the areas of Sidney and Hardy Tuesday.

Norman Hayes, 36, of Ulysses, was operating a tractor-trailer northbound on Route 468 in Sidney when he lost control of the truck and went into a ditch, state police said.

Hayes died as a result of the accident and was pronounced dead at the scene by Pike County Deputy Coroner Mike Hall.

Later that day, almost exactly an hour later, a Hardy woman pulled out in front of a Wal-Mart tractor-trailer along U.S. 119 in the Belfry area of Pike

(See WRECKS, page three)

# Johnson sheriff's son pleads guilty to drug charge

by SHELDON COMPTON  
STAFF WRITER

PIKEVILLE — The son of Johnson County Sheriff Bill Witten entered a plea agreement with federal prosecutors earlier this week for selling methadone.

Hoy Curtis Witten had originally entered a plea of not guilty, but reversed that plea Tuesday in U.S. District Court in Pikeville on the condition that two of the three counts against him be dropped.

In his plea agreement, Witten admitted to selling a total of 40 methadone tablets to an undercover witness working with Kentucky State Police and the Federal Bureau of Investigations over the course of two months in 2005.

On Sept. 23, 2005, agents and troopers filmed Witten, who was working at Family Bank in Paintsville at the time, as he left the bank with a white, bank-issued envelope and handed it to the undercover witness. The undercover witness was fitted with an audio-recording device, as well, prosecutors said.

Witten gave the envelope, which was filled with 20 methadone tablets, to the undercover witness and accepted \$240 in return. This payment arrangement was audio-recorded earlier when Witten was first approached about the transaction, according to the plea agreement.

Two months later, Witten repeated the transaction again in the bank parking lot, selling the same number of tablets for the same amount of money.

The tablets, once seized by authorities, were taken to federal labs and tested, where it was determined they contained amounts of methadone.

Witten was subject to violation of his bond conditions and saw his bond revoked on Oct. 9 of this year. Two months earlier, Lexington attorney Bernard Pafunda had appeared as Witten's attorney. The plea agreement came after a series of sealed documents submitted to the court.

In return for his plea, Witten saw two of his three counts dropped. He was originally indicted on three counts of selling, distributing or dispensing cocaine and methadone.

Witten could serve up to 20 years in federal prison on the remaining count following his plea agreement and face fines up to \$1 million.

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# Proposed legislation would allow alternative funding for major projects

FRANKFORT — A bill, pre-filed today by Sen. Dorsey Ridley, D-Henderson, and Sen. Jerry P. Rhoads, D-Madisonville, could provide a potential funding avenue for significant road projects in the state and provide much-needed jobs.

BR 12 establishes an 11-member Public Infrastructure Authority that, with local input and in coordination with the six-year road plan, will determine which road projects qualify for alternative funding. Only large or "mega" projects, which are defined as those that exceed \$300 million, can use the alternative funding.

"It is acknowledged that our Commonwealth's roads and bridges are aging and in need of a serious financial investment," said Sen. Ridley, chair of the legislative West Kentucky Caucus. "Unfortunately, the cost of construction has increased dramatically in recent years due to the demands of growth economies such as India and China for steel and concrete, and coupled with this, is the long-term erosion of transportation revenue at the state and federal levels. We estimate there will be a \$4.6 billion deficit by 2009."

"This legislation was designed to continue an important debate regarding the sig-

nificant policy and political issues involved with the appropriate use and structuring of alternative financing methods," said Sen. Ridley. "We must find a way to address Kentucky's transportation infrastructure needs while assuring that Kentucky's taxpayers do not pay a disproportionate share of costs on projects of regional and national importance. We must find a way to build important transportation projects without sacrificing necessary government oversight that protects the citizens of Kentucky."

The 2008 Kentucky General Assembly authorized \$231.5 million for the next two years to continue progress on several major projects. Kentucky Transportation Secretary Joe Prather said at a legislative committee meeting earlier this year that there is no money for major projects without new funding sources. Electronic tolling has been suggested as a possible new revenue source.

Significant projects that could qualify for alternative funding include the I-69 development in Western Kentucky; the Ohio River Bridges in Louisville, and the replacement of the Brent Spence Bridge (I-71 and I-75) in Northern Kentucky.

Sen. Ridley said some of

these road plans are critical to the state, citing the new I-69 Ohio River Bridge linking Indiana to Kentucky in Western Kentucky, as vital to the development of the I-69 project.

"I-69 will help create important access for commerce from Indiana to Kentucky. The bridges are important to the success of this project because we have to provide a way for commerce to cross the Ohio River. We do not want travelers looking for alternative routes, which could in turn cause them to bypass the I-69 region in Western Kentucky. Inclusion in this project will open up not just highways, but doors of opportunities for Western Kentucky," said Sen. Ridley. "Such projects are needed in order that our state can grow and, ultimately, prosper."

Sen. Rhoads agrees these projects could serve as catalysts for economic development.

An Economic Development Outlook study has shown that both four-lane highways and interstates are a major factor in attracting new industry, he explained. The study shows that 91.4 percent of industries indicated that highway accessibility was either "important" or "very important" when selecting a site. Transportation ranked second, following labor

availability, as a location factor.

Sen. Rhoads said the jobs provided through these projects would also stimulate the Kentucky's economy.

Under the proposed legislation, the Authority would manage projects and issue bonds so that the bonds are not the debt of the Commonwealth.

The Secretary of Finance and Secretary of Transportation will sit on the board to ensure accountability. Additionally, there will be auditing and reporting requirements to the Governor and the Kentucky General Assembly. Another safety measure is the requirement that the local community enter into an agreement ensuring local input and acceptance of the alternative financing method.

The legislation also stipulates that in the event of the implementation of tolls, the amount of the tolls will be determined by criteria set in statute to ensure the tolls are not excessive. The number of years that tolling can potentially last will be limited. Once the bonds are paid, the Commonwealth will own the project.

The General Assembly will take up the bill when the lawmakers return to Frankfort in January for the 2009 legislative session.

## Special Church Service

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## Obituaries

### Ted (Tessie) Hall

Ted (Tessie) Hall, 85, of McDowell, died Tuesday, November 25, 2008, at her residence.

Born January 6, 1923, in Grethel, she was the daughter of the late Basil and Gracie Blanton Hamilton. She was a mother, grandmother, homemaker, and a member of the Little Rosa Old Regular Baptist Church for 46 years.

She was preceded in death by her husband, Leonard Hall, on July 15, 1994.

Survivors include four sons: Dewless Ray Hall of Chesapeake, Virginia; Sam Hall and Jimmy Darrell Hall, both of McDowell; and Terry Randall Hall of Minnie; four daughters: Nancy Jane Tucker of Alexandria; Minerva Ruth Mead and Linda Mullins, both of Hi Hat; Kathleen Newsome of Langsville, Ohio; one brother, Billy Hamilton of Hindman; one sister, Edith Spurlock of Oakhill, Ohio; 28 grandchildren, and 34 great-grandchildren.

In addition to her husband, and parents, she was preceded in death by six brothers and five sisters: Jake Hamilton, Ernest Hamilton, Navor Hamilton, Jim Hamilton, Bud Kermit Hamilton, C.B. Donald Hamilton, Bessie Elliott, Manerva Ruth Porter, Wanda Lee Charles, Hazel Sexton, and Arcola Allen.

Funeral services will be held Friday, November 28, at noon, at the Little Rosa Old Regular Baptist Church of the New Salem Association, at

McDowell, with ministers of the Old Regular Baptist Church officiating.

Burial will be in the Hamilton Cemetery, in Grethel, under the direction of Nelson-Frazier Funeral Home, in Martin.

Her grandsons will serve as pallbearers.

Visitation is at the church. (Paid obituary)

### Denver Osborne

Denver Osborne, age 80, of Hi Hat, husband of the late Doris Bird Osborne, passed away Tuesday, November 25, 2008, at his residence.

He was born March 27, 1928, in Wheelwright, the son of the late Dewey Osborne and Eulah McReynolds Osborne. He was a retired mine electrician, formerly employed by Inland Steel and Island Creek Coal Company. He was a member of the Wheelwright United Methodist Church for 53 years, and served as superintendent at the Church. He was a member of the Wheelwright Masonic Lodge No. 889; a Shriner; a member of the UMWA, Local 5899; a Kentucky Colonel and a Boy Scout leader.

Survivors include three daughters, Deborah Hall of Chesapeake, Virginia; Donna Chafin and Denise Stephens, both of Prestonsburg; a brother, James H. Osborne, of Prestonsburg; a sister, Janice Bradley of Waukegan, Illinois; four grandchildren, and four great-grandchildren.

Preceding him in death was

his wife, Doris; three brothers: Paul Osborne, Clarence Osborne, and Donald Osborne; and a sister, Alta Burga.

Funeral services for Denver Osborne will be conducted Saturday, November 29, at 1:00 p.m., at the Hall Funeral Home Chapel, in Martin, with Clergymen Arnold Turner Jr., Bobby Isaac, and Honorary Roy Flanary officiating.

Burial will follow in the Davidson Memorial Gardens, in Ivel, with Hall Funeral Home, of Martin, caring for those arrangements.

Visitation is after 6:00 p.m., Thursday, at the Wheelwright United Methodist Church, and after 9:00 a.m., Friday, at Hall Funeral Home, with Masonic services at 7:00 p.m., Friday, at the Funeral Home.

In lieu of flowers, donations may be made to: Wheelwright United Methodist Church, P. O. Box 385, Wheelwright, KY 41669. (Paid obituary)

### Lydia Marie Roberts Robinette Steele

Lydia Marie Roberts Robinette Steele, age 74, of Harold, wife of the late Orville Steele, passed away Tuesday, November 25, 2008, at her residence.

She was born March 5, 1934, in Harold, the daughter of the late Harmel Roberts and Lurlie Salisbury Roberts. She was a member of the Betsy Layne Church of Christ; and a homemaker.

Survivors include two

daughters: Valerie Robinette, her husband Jim Clark, of Harold; and Belinda Robinette, her husband Darrell Newsome, of Mt. Sterling; one son, Shannon, his wife Susie Robinette, of Harold; four brothers: Charles Roberts of Lincoln Park, Michigan; James, "J.D." Roberts of Grethel; Jerry Roberts of Harold; and Larry Roberts of Banner; four sisters: Thelma Spears and Patricia Layne, both of Betsy Layne; and Scarlet Stumbo and Tammy Jarrell, both of Harold; and seven grandchildren.

She was preceded in death by her first husband, Carl Langley Robinette; her second husband, Orville Steele; and one brother Leo Roberts.

Funeral services for Lydia Marie Roberts Robinette Steele will be conducted Friday, November 28, at 11:00 a.m., at the Betsy Layne Church of Christ, with Tommy Spears officiating.

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

Visitation is at the church. (Paid obituary)

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# Task force sets direction for testing system

FRANKFORT — Recommendations from the Task Force on Assessment and Accountability provide guidance for future work to update and improve the Commonwealth Accountability Testing System (CATS), Kentucky's method of public school assessment and accountability.

"Assessment and accountability are polemic topics, and not just in Kentucky," said Education Commissioner Jon E. Draud. "Many — including the members of this task force — have strong opinions. But, this group came to consensus on some key areas, providing the Department of Education and the Kentucky Board of Education with an early blueprint to help us maintain accountability to 2014 and decide what the system will look like in the future."

The group had four main recommendations:

- Expand a pilot project that enabled assessment of elementary schools' arts programs — The project, conducted in the 2007-08 school year in 20 schools, provided the means to measure schools' arts instructional programs against standards for curriculum, instruction, assessment and organizational support for the arts and humanities program. The task force recom-

mends that the project be expanded statewide and to all grade levels. The project would eventually be phased in to the school and district accountability system to take the place of paper-and-pencil tests taken by students.

- Encourage formative assessments — Formative assessments are those that encourage learning and provide direct and immediate feedback to students and teachers. Examples of formative assessments include classroom assessments, anecdotal records, quizzes, lab reports and diagnostic tests.

- Work toward concise standards and a balanced assessment and accountability system — The task force supports reviewing the state's subject-area standards and ensuring that those are rigorous and relevant. The group also wants a focus on a system of assessments that are accurate, efficient and provide detailed information on how well students attain specific standards.

- Provide teacher training and preparation related to assessment — The goal is to focus on standards and different types of assessment to foster a sense of "assessment literacy" among educators to ensure that they use appropriate testing to best meet the needs of students.

The group's four recommendations will be considered by the Kentucky Board of Education at its meeting December 10-11.

Commissioner Draud will appoint a work group of practitioners and others for further action. The group would explore the next generation of assessment and accountability, maintaining the state's goal of having all schools reach proficiency by the year 2014 and providing a plan to update assessment and accountability for the future. Members will be named in early 2009, and the group will provide periodic updates to the task force.

Formed in June, the task force reviewed the Commonwealth Accountability Testing System (CATS) to provide a blueprint for the system's progress in the future to ensure that the system meets the best interests of public school students. Members of the group included policymakers and experts in the field.

Education Commissioner Jon E. Draud asked statewide organizations, partner groups and leaders of the Kentucky Senate and House of Representatives to name members to the task force. The group began meeting in

August, with the goal of having recommendations to present to the state legislature in early 2009.

Minutes from the task force meetings are available online at <http://www.education.ky.gov/KDE/Administrative+Resources/Testing+and+Reporting+/CATS/Task+Force+on+Assessment+and+Accountability.htm>



## Water

Wheelwright City Utilities Commission, it means this can be taken care of more quickly," added Daniels. "That means some good news for probably close to 200 or 300 people."

Of course the project — which weighs in with a \$1.46 million price tag — will not start until some time in 2009, according to Denise Thomas with the Big Sandy Area Development District. The \$310,000 grant is one of several, she said, that will combine for the overall total.

Brenda Powers, who is administering the grant through Big Sandy ADD for the city, said in October there has been an engineer from Frankfort already assigned to the project.

Continued from p1

"One of the initiatives is to upgrade their water source," Powers said then. "They're getting water from mines, one of the few places I know of where this is being done, but the engineers are working on designs to provide more options for citizens."

The grant money, which are bond funds through the Kentucky Infrastructure Authority, will be split in such a way that the largest majority will be utilized to expand water services, while the remaining amount will fund attempts to improve the city's water source.

According to Powers, \$1,170,000 of the grant will be used to upgrade the water treatment plant and add the services to Golf Hollow.

## Christmas

Continued from p1

The parade will be followed by the tree lighting ceremony, and Graden says plenty of entertainment will be on tap for those in attendance to enjoy.

"The tree lighting will take place 15 minutes after the last float passes by," Graden said. "We will have entertainment, carols and an old familiar face on hand to flip the switch. We will also have cash prizes for top floats."

The parade route is the same as last year, with floats and vehicles traveling from Prestonsburg High School down through town to the S-curve, and Graden recommends that the floats be parked at the Sally Gate and Richmond parking lots in order for those involved to be able to attend the tree lighting ceremony.

Also, the Kentucky Opry will be performing their Christmas show at the Mountain Arts Center tonight and tomorrow, and Dance Etc. will be performing the Nutcracker on Dec. 3-4.

For more information on Prestonsburg's Christmas plans, contact Brent Graden at (606) 886-2335.



## NOT ALL SIGNS OF A STROKE ARE THIS EASY TO RECOGNIZE

Knowing the signs of a stroke could save your life, yet few people can identify these common symptoms:

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Cinema 1—Held Over  
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 2—Starts Wed., Nov. 26  
AUSTRALIA (PG-13). Mon.-Sun. 8:00; Fri. (4:45) 8:00; Sat.-Sun. (1:30-4:45) 8:00.  
Cinema 3—Starts Wed., Nov. 26  
THE CHANGLEING (R). Mon.-Sun. 6:55-9:15; Fri. (4:15) 6:55-9:15; Sat.-Sun. (1:55-4:15) 6:55-9:15.  
Cinema 4—Held Over  
HAUNTING OF MOLLY HARTLEY (PG-13). Mon.-Sun. 7:15-9:30.  
Cinema 4—Held Over  
FIREPROOF (PG). Fri. (4:15); Sat.-Sun. (1:55-4:15).  
Cinema 5—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 6—Held Over  
BOLT (PG). Mon.-Sun. 7:00-9:10; Fri. (4:10) 7:00-9:10; Sat.-Sun. (2:00-4:10) 7:00-9:10.  
Cinema 7—Starts Wed., Nov. 26  
FOUR CHRISTMASSES (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 8—Held Over  
TWILIGHT (PG-13). Mon.-Sun. 6:55-9:25; Fri. (4:15) 6:55-9:25; Sat.-Sun. (1:50-4:15) 6:55-9:25.  
Cinema 9—Starts Wed., Nov. 26  
TRANSPORTER 3 (PG-13). Mon.-Sun. 7:05-9:25; Fri. (4:25) 7:05-9:25; Sat.-Sun. (2:05-4:25) 7:05-9:25.  
Cinema 10—Held Over  
MADAGASCAR 2 (PG). Mon.-Sun. 7:10-9:10; Fri. (4:10) 7:10-9:10; Sat.-Sun. (2:10-4:10) 7:10-9:10.

## County

Continued from p1

Those funds are made possible, according to county leaders, from a reimbursement of a Kentucky Local Government Economic Development Fund.

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

County leaders signed off on wish lists this past July for all three fiscal years.

Number one on all of those lists were for operating funds for county senior citizen centers, while Marshall said the county's fire departments were also a high priority.

The county has asked for \$280,000 for operating costs for senior citizens centers over the three fiscal years and \$10,400 each for the 16 fire departments across the county.

## Wrecks

Continued from p1

County. According to reports from the Kentucky State Police Post 9 in Pikeville, 80-year-old Kathleen Hensley of Hardy was attempting to make a left turn onto U.S. 119 from the parking lot of the Dollar Store and found herself in the oncoming path of a 2007 International tractor-trailer driven by Keith Kitchen.

Hensley was pronounced dead at the scene by Pike County Deputy Coroner Zeb Hampton, who declined an autopsy for the victim, according to state police reports.

It was not stated if either of the two victims were wearing seatbelts at the time of the accidents.

We know a lady who's been to Haiti, But who would have guessed, she's halfway to eighty.

Happy Birthday Alicia Dawson "We Love You!"





# Viewpoint

Worth Repeating ...

*A committee is a cul-de-sac down which ideas are lured and then quietly strangled.*

— Sir Barnett Cocks

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

## Young, troubled hearts

A new study suggesting that grossly overweight children have the arteries of a typical 45-year-old illustrates why kids need to spend more time exercising and less time in front of televisions and computers.

A report Wednesday by the Journal Sentinel's John Fauber said the study found more evidence that the process of arterial disease begins early in life, increasing the risk of premature heart disease in adulthood. Doctors also have been finding abnormally high levels of cholesterol in obese kids ages 5 to 18.

The research was not surprising to Laure DeMetia, assistant clinical professor in the Department of Pediatrics at Children's Hospital of Wisconsin.

Young people are spending too much time in front of the television and not enough time exercising, she said.

A few ideas on how to change that:

- Parents should make sure their kids spend less than two hours a day watching television, talking on the phone and playing video games, and parents should encourage regular exercise.

- Parents should eliminate from their kids' diets soda and other sweetened beverages that are loaded with calories.

- Families should eat meals with the television off to encourage healthier eating habits and less snacking.

- Schools should incorporate more after-school activities and eliminate sugary snacks from their vending machines.

The long-term toll of childhood obesity includes more medical problems, including diabetes, and shortened, harder lives. Schools and parents need to work together to establish healthier lifestyles for children.

— The Milwaukee Journal Sentinel

## 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.



Guest column

## No, the government can't

by SHELDON RICHMAN

Barack Obama will assume the presidency on a wave of hope among millions of Americans that he will deliver on promises that countless politicians have made before him. Rising above partisanship and committed to solving long-festering problems, Obama will inspire and unify the American people and, as a result, move the crusty Washington political apparatus to at long last serve the interests of all.

At least that's the theory and the widely held expectation. The truth is that some political promises cannot be kept because they run up against the wall of reality, namely, the unchangeable laws of economics. The sooner Obama learns this, the easier it will be on everyone and the more good he will be capable of. Because of those laws, which are every bit as real as the laws of physics, government cannot directly do the things Obama wants to do: raise wages, create jobs, provide universal medical care, improve education, innovate on energy, and the rest. But indirectly he can help bring those things about. How? By freeing the economic process of all impediments and distortions, including taxes on production, regulations, subsidies, and guarantees to business. The free market, which consists of free individuals

cooperating through consent and the division of labor, can deliver those things and more.

It may seem strange to hear that economic laws limit our options. Obama's slogan was "Yes we can." In part he means there's nothing "we" can't do if we put our minds to it. And by "we" he means government. All that is holding us back, he is saying, is the lack of will and commitment. We can have all the things he promises if we want them enough and are willing to work together.

But this is naïve. If he said we could repeal the laws of physics if we worked hard enough, no one would believe him. So why believe his suggestion that we can achieve things in defiance of the laws of economics?

It takes a certain humility to acknowledge our limitations. While ambition and audacity are admirable, some things are beyond human capabilities. For example, the laws of economics - which are laws of human action - dictate that all choices have costs and tradeoffs. In a world of scarcity, efforts to achieve A mean abstaining from efforts to achieve B. It's in the nature of things, and we have no choice about it. Given this fact, it is good that people confront the costs of their actions, for those costs prevent us from achieving the less valuable at the expense of the more valuable.

Government cannot change this law, but government can obscure it by hiding or shifting the costs. For example, subsidies and regulations can make medical care appear cheaper than it really is. When government

does this, it upsets the balance of supply and demand, raising prices for the uninsured and creating other hardships. At that point, government will either have to back off or expand its intervention in an attempt to fix the problems it caused. But new interventions will beget new problems, and the cycle begins again.

The upshot is that when government tries to ignore the laws of economics, it throws things out of whack, makes things worse, and provides excuses for the exercise of more power. The results are undesirable from the point of view of most people: fewer and less desirable goods and services, and a shrinking of freedom as government power grows.

It is important to realize that intentions are irrelevant in this regard. The logic of human action operates with implacable regularity whether intentions are good or bad. That logic can no more be annulled than can the laws of the natural sciences.

Barack Obama is no doubt a remarkable political figure. But he's not that remarkable. If he wants a successful presidency, he'll have to learn to live with the laws of economics - and liberate the American people from government restrictions on their peaceful activities.

□□□

Sheldon Richman is senior fellow at The Future of Freedom Foundation, author of *Tethered Citizens: Time to Repeal the Welfare State*, and editor of *The Freeman* magazine.

# The Times

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PUBLISHER

Joshua Byers  
jbyers@heartlandpublications.com

MANAGING EDITOR

Ralph B. Davis  
web@floydcountytimes.com

ADVERTISING MANAGER

Jamie VanHoose  
advertising@floydcountytimes.com

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# Lifestyles



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## FAMILY MEDICINE

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### DINNER DIVA

## Casseroles do double-duty

by LEANNE ELY

Meal planning doesn't have to make you wring your hands, stomp your feet and cause you to



Leanne Ely

order pizza in frustration. The solution is simple if you plan a little bit ahead, keep a perpetual grocery list going, utilize easy recipes and keep your pantry stock-piled.

One trick that has always helped me in a pinch has been to make extra and freeze it. Casseroles are the ideal dish for the freezer as they manage to hold up to the freezer beautifully without losing taste or texture.

So why not make one a week as part of your regular weekly menu plan and double the recipe? Then you will have a stash of casseroles in your freezer for another time.

But let's take this frozen casserole concept a step further. A little bit of planning for the future costs you nearly nothing in money and time and allows you to reach out and help someone else. An extra frozen casserole is easy stuff and could be a lifeline to a friend or relative in need.

Here's a fabulous recipe (easily doubled!) with friendly freezing tips included:

### Chicken and Artichoke Casserole

Serves 4

- 5 boneless skinless chicken breast halves - cut in 1-inch strips
- 4 tablespoons butter
- 2 cloves garlic - pressed
- Salt and pepper to taste
- 1 cup mushrooms - sliced
- 1 4-6-oz. jar marinated artichoke hearts - drained

- 2 tablespoons flour
- 1 15-oz. can chicken broth

Preheat oven to 350 degrees. In a skillet over medium heat, brown chicken lightly in 2 tablespoons butter, add the garlic and mushrooms, salt and pepper to taste and keep cooking till chicken mixture is smelling very garlicky.

Transfer browned chicken strips to a baking dish (for your extra casserole, use an aluminum pan that can be tossed after use); arrange artichoke hearts on top.

In the skillet, melt remaining butter and add the flour, whisking to blend (no lumps!). Add broth and cook until thickened then pour over chicken mixture.

Bake the casserole, uncovered, at 350 degrees for about 30 to 45 minutes.

To freeze: After the casserole has totally cooled, carefully place your casserole in a zipper-topped plastic FREEZER bag and remove all air before sealing. Huge 1 1/2 to 2 gallon bags are perfect for this. (IMPORTANT note about freezer bags: This will aid in the casserole tasting fresh. These bags are designed to take the cold and regular bags are more permeable and will not keep your food as fresh.)

Next, mark the bag with what you made ("Cathy's Cheesy Casserole," for example) and the DATE. Add the heating instructions - like preheat oven to 350 degrees and cook for 35 minutes or until hot and bubbling, etc. Use a Sharpie pen for this task (it's the only pen that will hold up to the freezer without running. To keep your Sharpie from running off with the nearest child, hide your Sharpie in the freezer bag box or you'll never see it again.)

To cook the casserole, remove from the freezer the night before

(See DIVA, page six)



The reflection of a Floyd County Rescue Squad member hovers ominously over a "body" found in Dewey Lake on Wednesday. The body was actually a mannequin used in a homicide investigation scenario for the Criminal Justice Program students at Big Sandy Community and Technical College.

photo by Jarrid Deaton

# A MURKY MYSTERY

## BSCTC Criminal Justice Club stages death investigation

by JARRID DEATON  
FEATURES WRITER

PRESTONSBURG — The bitter cold of a November morning only served to augment a chilling scene at Dewey Lake on Wednesday, as the draining of a portion of the reservoir near the swimming pool uncovered the body of a Prestonsburg man that was reported missing 10 days ago.

As police officers and rescue

squad members started to arrive on scene, the floating body and submerged vehicle that sat in the lowered water near the boat ramp could have caused shock to anybody driving by the area that happened to glance over toward the swimming pool parking lot. The only real shock, however, came from the freezing temperatures, as the discovery of the body, actually a mannequin, was part of an exercise for students of the Criminal Justice

Program at Big Sandy Community and Technical College.

The exercise, titled "A Murky Mystery," dealt with the discovery of the body of a young man who had been despondent, according to his mother, and it was suspected that he had been contemplating suicide.

Student investigators, along with Kentucky State Police Detectives B.J. Caudill and Gary Sykes, looked for all available evidence at the scene,

and developed leads for the case. As the investigation continued, including a visit to the victim's home, investigators decided to speak to a neighbor who was friends with the victim. The neighbor became the primary suspect in the case and was "arrested" and taken back to police headquarters, which was actually on the campus of Big Sandy

(See MYSTERY, page six)

### FLY LADY

## A counter blockade

In late summer we added two new kittens to our already large menagerie of three dogs. We had been without a kitty in our home for several months since our last cat died. We got our last cat from the CatMan. Geech was already a full grown tom cat. I have never had the pleasure of being around cuteness kitties.

My sweet darling has always said that it is better to have a wife that can cook and doesn't cook often than one who can't cook and cooks all the time. I have never liked critters in my kitchen; especially when I am in my once a year major cooking mode. I like to start a week out to prepare for the feast. Thanksgiving is my favorite time of year.

Today I woke up with cooking on my mind! I put on my favorite Christmas music, Eric's new Christmas Wish and Appalachian Christmas by the Nashville Sessions. The kitchen was clean thanks to my routines and it was so easy to get started or so I thought.

The kittens are curious by nature but our new white kitty that we have named Penrod after a precocious young man from literature written by Booth Tarkington around 1900. Penrod lives up to his name every day. This kitty wants to know everything about what I am doing. He is under my feet and on my kitchen counters. I have tried everything to discourage him from walking on my counters.

I have yelled, blown a whistle, yelled some more, chased after him with a spray bottle of plain water. Nothing has helped me. Robert will not scold them either. Now I know what it is like to be the bad firm parent when the other one lets the babies get away with everything. Needless to say the kitties love Robert. The minute he sits down the cats are in his lap. As for me the kitties think my laptop is a heating pad and I find them curled up on the keyboard one too many times. Did you know that cats don't type well and computers are not fond of cat hair?

Today as I started my cooking marathon I had to disinfect my counters for the third time. I was not happy! The bottle of cooking wine started to look pretty good at that time then I had an epiphany! I need a cat fence to keep them off my

counter. I had already put a sheet over my table to protect my dishes and centerpiece from the infamous cat hair. I would hate to have to write about another Thanksgiving mishap.

Our curious kitties have not figured that they can jump from the floor to the counter top yet. They need cat ladders which amount to window sills, chairs, the dining table and Roberts lap. I had to figure out a way to blockade the cats. So I moved our toaster to their favorite entrance by the chair of the man who will not correct the precious babies. I backed it up with a coffee pot, coffee canister and coffee grinder. Wow I think this might work. Then I looked at the opposite end of my kitchen to a white cat sitting on my dining table just dying to come see what I was up to!

I had to stop him from his surprise attack! I need a half of sheet of plywood. That would take hours. I needed something NOW! As I looked past his kittie blue eyes trying not to make eye contact; I noticed a gate that we use on the deck to keep the dogs in the yard. It is three feet by four feet

wooden frame with fence wire stapled to it. I brushed it off with my trusty Rubba Scrubba and propped it up by the end of the counter wedged in by our heavy duty 45 gallon crock that we use for a trash can. By golly I think it is going to work! I have thwarted the cat attack on my Thanksgiving Dinner preparations.

I have found such joy in this that I had to holler down the stairs for Robert to come and see how brilliant I was! He just laughed. This got me to thinking! Who was the smarter one here? Were the cats really training me! Back to cooking! Happy Thanksgiving!

□□□

For more help getting rid of your CHAOS; check out her website and join her free mentoring group at [www.FlyLady.net](http://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.



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Police officers and students from the Criminal Justice Program at Big Sandy Community and Technical College participated in a homicide investigation scenario at Dewey Lake on Wednesday.

photo by Jarrid Deaton

**Mystery**

Community and Technical College. The suspect initially proved difficult during the interrogation process, but eventually confessed to the crime, with the motive being determined as an insurance policy taken out on the victim.

Mike Dixon, program coordinator, talked about the program and the murder investigation scenario as student investigators searched for clues inside the car.

"Police work doesn't wait on the weather," Dixon said. "That's why we decided to do it in the cold. The investigation is the culmination of the homicide investigation course. The students utilize everything they learned during the semester in order to solve the case."

Since 1998, the Criminal Justice Program has presented scenarios for students giving them the opportunity to practice solving crimes such as

murder, rape, armed robbery, drug labs, and domestic violence assaults.

"The program is very popular," Dixon said. "It is here to stay, and it sells itself. We provide very close attention to all who need our support, and we have produced over 30 troopers with the Kentucky State Police, many local and county officers, and over a dozen federal corrections officers at the Big Sandy Penitentiary."

Continued from p5

**Students get job interview preview**

PIKEVILLE — Receiving an insightful look at the interviewing process, students at the National College Pikeville Campus gained greater awareness of interview etiquette on Nov. 5, as Howard Blackburn, vice president of human resources with Community Trust Bank, discussed the many facets of applying for a position and speaking with potential employers.

Blackburn spoke with students about being prepared, having sufficient job application information with them for an interview, and dressing for success. They listened intently as he explained what businesses look for when hiring a new employee, the many pitfalls an applicant can run into when



Howard Blackburn, vice president of human resources with Community Trust Bank, held a job interview workshop with students of National College's Pikeville campus.

sending resumes with errors, and incorrectly addressing employers.

Relating the subject matter even more, Blackburn discussed interviewing do's and

don't's, showing the difference between successful interviews and the ones that may cause an applicant not to receive a call back from an otherwise interested employer.

The guest speaker also talked of his personal career endeavors, and previous life experiences from being in the workforce. Finally, he explained the role of working in a bank and the many career opportunities currently present.

As the workshop ended, a question-and-answer session was held.

Community Trust Bank is considered to be the largest Kentucky-based Bank Holding Company according to their website, www.ctbi.com.

**Diva**

and place in the fridge to thaw overnight. By the time cooking time comes, it may not be completely thawed but that's OK. You will most likely need to cook the casserole longer to reheat, but an easy way to do that is give the original cooking time and add the caveat,

"OR until hot and bubbly."

Getting your casserole dish back can be a hassle, so make sure you make yourself a note so you know where it is!

Serving Suggestions: Some brown rice, steamed broccoli and a big green salad.

Nutritional Data: Per serv-

ing: 527 calories; 17g fat (29.6 percent calories from fat); 84g protein; 5g carbohydrate; 1g dietary fiber; 236mg cholesterol; 560mg sodium. Exchanges: 0 grain(starch); 11 1/2 lean meat; 1/2 vegetable; 2 1/2 fat.

Continued from p5

**Rental Central**

by TOM DOTY  
TIMES COLUMNIST

A quartet of comedies hit the shelves this week and shared the unfortunate quality of being aggressively mediocre.

■ "Space Chimps" — At least the kids will enjoy this animated tale of a third generation NASA monkey who is drafted to partake on a deep space mission with two other simians. Their adventure gets cosmic when the trio comes to the aid of an alien race being pushed around by an intergalactic empire. Put it on for the young ones and feel free to get that laundry folded.

■ "Hancock" — The super-

hero genre could have done without this low-key effort that follows a socially challenged hero on a quest to increase his popularity. Will Smith phones it in as the hero, though Jason Bateman has a few moments as his publicist. A creaky subplot involving infidelity is shoehorned into the action, which only makes the whole thing drag on longer.

■ "Fred Claus" — Every family has a black sheep and Santa's no exception, as this film reveals when we meet his brother Fred. A criminal career has not worked for the guy and the film chronicles his efforts to go straight while toiling away in his brother's toy factory. Vince Vaughn continues

to backslide as Fred, though Paul Giamatti manages a few scene-stealing moments as the jolly one.

■ "Meet Dave" — No pallet of bad comedies would be complete without an entry by Eddie Murphy (who seems to make one good flick for every three bad ones). Here Murphy only essays two roles, which include an alien space captain and the ship he pilots (a human-sized Eddie Murphy robot). About as good as it sounds.

Next week there is at least some variety with the debut of the hyper-violent "Wanted" alongside the latest Narnia adventure "Prince Caspian."

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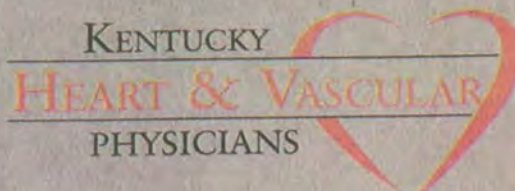
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# For the Record

### Marriage Licenses

Sheena Denise Spears, 22, of Prestonsburg, to Shaun Michael Shelton, 24, of Martin.

Sherri Wellman, 30, of WV, to Jason Winfrey Layne, 36, of Prestonsburg.

Morgan Ann Johnson, 19, of Bevinsville, to Christopher Paul Bryant, 18, of Wheelwright.

Kimberly Lynn Boyd, 24, of Prestonsburg, to Brett Davis James, 31, of Prestonsburg.

Amanda Dawn Smith, 26, of Prestonsburg, to Ryan Edward Oldhman, 25, of Lexington.

### Civil Suits Filed

American General Financial Services Inc. vs. Patrick Hall; complaint.

Tucker Gas Processing Equipment vs. O & G Energy LLC; complaint.

Ouida Coburn vs. Gary Coburn; divorce.

David R. Akers and Oma Akers vs. Thomas McNeil and

Amanda West; petition for custody.

Brandeis Machinery and Supply vs. Bluegrass Pipeline Inc; complaint.

State Farm Mutual Automobile Insurance vs. Andy Newsome; complaint.

JP Morgan Chase Bank vs. Curis Handshoe; complaint.

April Parland vs. Randy Parland; petition for healthcare insurance.

Kristy Click vs. James Hayes; petition for healthcare insurance.

Kathy Thomas vs. Carrie Harris; petition for child support and healthcare insurance.

Ruth Stallard vs. Bennie Hart Jr.; petition for healthcare insurance.

Rachel Damron vs. Terry Damron; petition for healthcare insurance.

Becky J. Gross vs. Michael R. Gross; petition for healthcare insurance.

Kathy Short vs. Johnny Short; petition for healthcare insurance.

### Small Claims Filings

Cash Express vs. Carolyn Hall; debt collection.

Sandra L. McGarey vs. Ricky Dale Short; debt collection.

Cathy K. Hurd vs. Sharmar Beatty; debt collection.

### Charges Filed

Janice B. Setser, 61, Prestonsburg; harassing communications.

Israel J. Benner, 31, Langley; second-degree cruelty to animals.

Brian W. Burke, 36, Hager Hill; alcohol intoxication, possession of a controlled substance, prescription in improper container.

Jeffery Turner, 46, Martin; alcohol intoxication.

Billy Daron Ward, 41, Melvin; alcohol intoxication.

Hazel L. Armour, 88, Wheelwright; harassing communications.

Katrina Moore, 19, Harold; fourth-degree assault.

Eddie Dean Tibbs, 27, Harold; harboring a vicious animal.

Randall Smith, 43, Prestonsburg; selling alcoholic beverages to a minor.

Malcum Scarberry, 47, Garrett; alcohol intoxication.

Tammy L. Sykes, 38, address not listed; theft by unlawful taking.

Donna S. Yates, 44, Harold; public intoxication.

Joshua D. Wolfenbarger, 25, McDowell; hindering prosecution or apprehension, disorderly conduct.

Judith Diane Hall, 55, McDowell; public intoxication.

Darin Johnson, 23, Melvin; fourth-degree assault.

Glen Ray Kidd, 51, Martin; harassing communications.

### Inspections

Giovanni's Pizza House, Prestonsburg, regular inspection. Violations noted: food not protected during storage, food not protected during preparation, food not protected during service, lack of effective hair restraints, non food contact surfaces not properly constructed, non food contact surfaces not properly maintained, hand cleaner not provided at lavatory or hand-washing sink, sanitary towel or hand drying device not provided at lavatory or handwashing sink, garbage and refuse containers not covered as required, floors not in good repair, floors not clean, walls, ceiling, attached equipment not constructed properly, walls, ceiling, attached equipment not in good repair, light fixtures not shielded as required, lighting not provided as required, cleaning and maintenance equipment not properly stored. Score: 87.

Layne, regular inspection. Violations noted: food not protected during storage, food not protected during preparation, in use food dispensing utensil not properly stored, lack of effective hair restraints, non food contact surfaces not properly constructed, non food contact surfaces not properly maintained, hand cleaner not provided at lavatory or hand-washing sink, sanitary towel or hand drying device not provided at lavatory or handwashing sink, garbage and refuse containers not covered as required, floors not in good repair, floors not clean, walls, ceiling, attached equipment not constructed properly, walls, ceiling, attached equipment not in good repair, light fixtures not shielded as required, lighting not provided as required, cleaning and maintenance equipment not properly stored. Score: 87.

## BBB offers advice for safe online shopping

"Cyber Monday" is less than a week away! The Monday after Thanksgiving, is the ceremonial kickoff for online holiday shopping. With more shoppers expected to hit the internet this season, scammers will take advantage of consumers who are looking for bargains. Scammers will set up shop online, using low prices to entice shoppers, but ultimately not delivering the goods. BBB is offering 10 tips for gift givers to help them stay safe and secure when shopping online this holiday season.

■ **Protect your computer** - A computer should always have the most recent updates installed for spam filters, anti-virus and anti-spyware software, and a secure firewall.

■ **Use trustworthy Web sites** - Shoppers should start with BBB to check on the seller's reputation and record for customer satisfaction. Always look for a "trustmark" from BBBOnline and click on that seal to confirm that it's valid.

■ **Protect your personal information** - Take time to read the site's privacy policy and understand what personal information is being requested and how it will be used. If there isn't one posted, it should be taken as a red flag that personal information may be sold to others without permission.

■ **Trust your gut** - Offers on Web sites and in unsolicited e-mails can often sound too good to be true. Consumers should always go with their instincts.

■ **Beware of phishing** - Legitimate businesses do not send e-mails claiming problems with an order or an account to lure the "buyer" into revealing financial information. If a consumer receives such an e-mail, call the contact number on the Web site where the purchase was made to find out if there is a problem.

■ **Confirm your online purchase is secure** - Shoppers should always look in the address box for the "s" in https:// and in the lower-right corner for the "lock" symbol before paying. If there are any doubts about a site, right-click anywhere on the page and select "Properties." This will let you see the real URL (Web site address) and the dialog box will reveal if the site is not encrypted.

■ **Pay with a credit card** - It's best to use a credit card, because under federal law the shopper can dispute the charges if he or she doesn't receive the item. Shoppers also have dispute rights if there are unauthorized charges on their credit card, and many card issuers have "zero liability"

policies under which the card holder pays nothing if someone steals the credit card number and uses it.

■ **Keep documentation of your order**. After completing the online order process, there may be a final confirmation page or the shopper might receive confirmation by e-mail. Save a copy of the Web page and any e-mails for future reference and as a record of the purchase.

■ **Check your credit card statements often** - Don't wait for paper statements; Check credit card statements for suspicious activity by either calling credit card companies or by checking statements online regularly.

■ **Know your rights** - Federal law requires orders made by mail, phone, or online be shipped by the date promised or, if no delivery time was stated, within 30 days. If the goods aren't shipped on time, the shopper can cancel and demand a refund.

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# Can't catch shingles from sibling, but it might run in families

Question: Are shingles contagious? If four out of six members of a family have had shingles, does that mean the other siblings will be susceptible for shingles? Is there a shot you can get for shingles?

Answer: Shingles, called herpes zoster in medical lingo, is fairly common in people over 50. If you have ever had chickenpox, you are at risk for this disease. This is because shingles is caused by a reactivation of the same virus that originally gave you chickenpox. It's called the varicella-zoster virus (VZV), and it has remained in your system ever since you had chickenpox as a child.

Doctors and scientists don't know exactly why this virus reactivates. We do know it is more likely to happen when a person is under stress, is over 50 years old or has a disease that weakens the immune system, such as some forms of cancer and HIV. Having transplant surgery or cancer chemotherapy can also put you at greater risk. Though not conclusive, there is some research showing that those with a family history of shingles are more likely to develop it themselves.

Generally, a person will only get shingles once in his or her lifetime, if at all. While it's possible to get shingles two or three times, this is quite rare.

The signs and symptoms of shingles follow a classic pattern that is easily recognized by an experienced practitioner. The first symptom is usually a burning pain, or tingling and itching in the affected area with no visible rash. Within a few days a rash starts to develop. At first it is just a reddened area, then clear vesicles, or blisters appear, usually in a

tight cluster. The distribution of the rash follows a nerve root and is confined to one side of the body.

The most common location for this rash is on the trunk or buttocks. It may be associated with a fever and general malaise. It usually takes about ten to 14 days to get over a case of the shingles. If diagnosed early, however, it can be treated with antiviral medications that reduce the healing time and help limit the spread. Also, if the VZV infection affects the area around the nose or eye, you should seek immediate medical attention

as this can very serious. The virus can spread to the cornea or the retina and threaten your vision.

Shingles are not contagious and cannot be spread from one person to another. However, if a person who has never had chickenpox or has not been immunized against it comes in direct contact with the shingles rash, he or she can catch chickenpox. Keeping the shingles rash covered can prevent the spread of VZV.

The most common complication of shingles is pain after the rash has disappeared — a condition called postherpetic

neuralgia. This is seen most often in older people and can last for up to a year and, in rare cases, longer. The use of antiviral agents can help prevent this complication. Shingles can also, in rare cases, lead to meningitis and encephalitis.

There is now a shingles vaccine on the market. It is recommended for people over 60, even if you have had shingles in the past. It is a one time vaccine that you can get from your primary care physician. Also, if you have never had chickenpox, ask your doctor about the chickenpox vaccine.



**Family Medicine**  
OHIO UNIVERSITY  
College of Osteopathic Medicine

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

This two shot series is especially important for those who work with children, such as teachers, daycare workers and health care workers.

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@familymedicineneeds.org. Medical information in this column is provided as an educational service only. It does not replace the judgment of your personal physician, who should be relied on to diagnose and recommend treatment for any medical conditions.

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Michael Matt Steen

## Steen joins Nesbitt Engineering

LEXINGTON — Nesbitt Engineering has announced that Michael Matt Steen has joined their company as a senior engineering technician.

Steen has a B.S. in geology from the University of Kentucky, has professional experience working for the Kentucky Division of Oil and Gas, as well as project development and coordination. He will provide support to the company's civil engineering section.

The company's president, Paul D. Nesbitt, MBA, PE, LS, said, "Matt's engineering and construction knowledge, along with his environmental and geological project experience, prepares him to take on significant responsibility in his position with Nesbitt."

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Steve LeMaster  
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# FLOYD COUNTY Sports

Inside

■ Pikeville-Alice Lloyd  
Basketball • B2

## P'burg to play Corbin for region title

by STEVE LeMASTER  
SPORTS EDITOR

**PRESTONSBURG** — Prestonsburg has another shot at a regional championship. The Blackcat football team will face host Corbin tonight with a trip to the State Semifinals going to the winner. Should Coach John DeRossett's Blackcats win, Prestonsburg will host a State Semifinals matchup next Friday night.

A balanced Blackcat offensive unit and a defense that has bent but not broken throughout much of the season continues to

lead the Blackcats.

In 12 games, Prestonsburg has outscored opponents 407-184. Seniors Seth Setser and Allen Craynon have combined to rush for over 2,100 yards and 33 touchdowns. Blackcat quarterback Michael Burchett has completed 73-of-140 passes for 1,499 yards and 18 touchdowns.

Prestonsburg receiver Austin Gearheart has grabbed 44 catches for 965 yards and 12 touchdowns.

Quarterback Lance Freeman leads the Redhounds. Freeman has passed for over 1,000 yards. A balanced Corbin rushing

attack features the talented trio of Ryan Fritts, Caleb Watkins and Michael Campbell.

During the regular-season, Corbin defeated Pikeville, Knox Central, Bethlehem, South Laurel, Knott County Central, Lexington Christian, Middlesboro, North Laurel, Leslie County and Somerset. The Redhounds reeled off 10 straight wins before enjoying their open date during the final week of the regular-season.

The two teams have a common opponent in Middlesboro. Corbin posted a 14-7 win over Middlesboro during the regular-

season.

Corbin defeated Bath County Friday night in another second round matchup. The Redhounds blanked Morgan County 53-0 in the opening round.

The Blackcats and Redhounds have met three times in the playoffs. Corbin owns a 2-1 advantage in the postseason series. The Redhounds won during the second round of the 1982 playoffs, 28-0. Corbin defeated Prestonsburg in the first round in 1990, winning 47-13. Prestonsburg defeated Corbin in 1985's second round game, prevailing 27-6.

## Blackcat send-off set for 1 p.m.

**PRESTONSBURG** — The Prestonsburg Blackcats (11-1) are headed to Corbin today for a regional championship matchup with the undefeated Corbin Redhounds (12-0). The Blackcats are hoping for some company on the playoffs road. Blackcat Coach John DeRossett invites the community out today at 1 p.m. to help give the team a good luck send-off. The Prestonsburg head coach is excited about tonight's game.

"We hope the entire community will come out today to see the kids off and wish them luck," commented DeRossett. "We hope to have a huge caravan heading to Corbin tonight."

Prestonsburg and Corbin will kickoff the regional championship game tonight at 7:30 p.m. — Jamie Howell

## Area teams to vie for region championships

by RICK BENTLEY  
TIMES COLUMNIST

They call today Black Friday, and I don't really know why. The retailers certainly shouldn't be sad. You remember those old Army commercials? "They do

more before 8 a.m. than you'll do all day."

Tim Burke made more money before 8 a.m. than I will in a month.

The hope today is that by the time Jeff Meek and Dave Stanford hit the air at 10:30 tonight, it won't be Black Friday for our local football teams.

Only 48 teams are still playing football in Kentucky and six of them could easily read this column. We've got Pikeville alive in Single-A, Prestonsburg in Double-A, Belfry and Sheldon Clark in Triple-A and Johnson Central and Letcher Central in whatever they call 5A. Personally, I call it "5A."

Speaking of that, this playoff system is so screwed up it's ridiculous, but my hope is that Johnson and Letcher meet for the 5A state title. Think about it: In Eastern Kentucky nearly every school is in the bottom two classes and yet these two, within an hour of each other in the second-biggest class, should be in the same district but somehow or another can't meet until the finals.

Somebody needs to 'splain that one to me.

Most years we only have four teams per class playing the night after Thanksgiving, but the KHSAA decided that because we've added two more classes and put nearly every school in the commonwealth in the playoffs we'd delay them a week, so we're at eight teams per class this year. I'm sure it makes sense on some level, but I haven't climbed the ladder that high just yet.

And even though we've proven now that we can adjust the playoffs if need be, we still have to move the finals to Bowling Green for two years because Papa John's Cardinal Stadium "might" not be available because of Louisville's schedule.

Think about that for a second. I'll wait for you.

OK, enough about the KHSAA. I think. The important thing is we have six teams playing from our area, and we need to help get them wins.

Right here, my boys Philip Haywood, Hillard Howard, John DeRossett, Jim Matney, Shawn

(See TEAMS, page two)



## PRESEASON BOYS' BASKETBALL

Prestonsburg faced 14th Region member Buckhorn Tuesday night at the Knott County Sportsplex in the first of two pre-season scrimmages. Veteran Jack Pack is back guiding the Prestonsburg team as its head coach.

Above: Blackcat Warren Blackburn is pictured going for a loose ball.

Right: Steven Patrick blocked a shot for the Prestonsburg team.

photos by Tony McGuire



photo by Greg Moore  
**ALLEN CENTRAL LADY REBEL** was in action Saturday in a home scrimmage game versus the Piarist School. The Lady Rebels are under the guidance of first-year head coach Tiffany Turner. A former South Floyd assistant coach, Turner played for Allen Central during her prep career. Girls' high school basketball teams throughout the state will open play in the 2008-09 season next week.

## Jones, Gonzales named UK game captains

TIMES STAFF REPORT

**LEXINGTON** — Senior cornerback David Jones and junior center Jorge Gonzalez will be the game captains for Saturday's game at the University of Tennessee, University of Kentucky Coach Rich Brooks has announced.

Game captains are normally selected on the basis of

performance in the previous game. In UK's game against Vanderbilt, Jones returned a blocked field goal 57 yards for a touchdown and also provided excellent pass coverage. It is the third time in the last four games that Jones has earned the game-captain role. Jones is a Belfry High School graduate. He is a starter in the UK defensive secondary.

Gonzalez played one of his best games at center versus the Commodores; for the season, the UK offensive line ranks third in the nation in fewest tackles for loss allowed and seventh in the nation in fewest quarterback sacks allowed.

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

## HIGH SCHOOL FOOTBALL PLAYOFFS TONIGHT'S AREA GAMES

- CLASS 1A**  
Hazard at Pikeville, 7:30 p.m.
- CLASS 2A**  
Prestonsburg at Corbin, 7:30 p.m.
- CLASS 3A**  
Sheldon Clark at Belfry, 7:30 p.m.  
Estill County at Breathitt County, 7:30 p.m.
- CLASS 5A**  
Highlands at Johnson Central, 7:30 p.m.  
Letcher County Central at Whitley County, 7:30 p.m.

## Adams defeats South Floyd

TIMES STAFF REPORT

**PRESTONSBURG** — The Adams Middle Blackcats took their home floor on Monday evening with hopes of opening Floyd County Conference play with a win. South Floyd came to town a winner in three of the four meetings last season and looking to get another win over the Blackcats this season. Bryson Williams got the Blackcats off on the right foot, scoring 16 of his game-high 21 points in the first half. Adams ultimately won, defeating the Raiders 57-52.

Adams held a slim 6-5 lead after one quarter and extended its advantage to six points heading into the half. The Blackcats built a lead of as many as 13 points early in the fourth quarter before South Floyd rallied late to pull within one point. Seventh grader Tyler Keens added 12 points for Adams in off of the bench.

The Raiders got back in the game late with strong play from point guard Wes Little, who tossed in eight of his 19 points in the fourth quarter. Corey Thornberry pitched in 17 points for the Raiders.

Adams was able to hold off the Raiders when Keens stepped to the line with a one point lead with only :23 left and hit two charity shots. South Floyd could not convert at the offensive end and Williams was fouled with :01 on the clock.

Two more made free-throws from Williams gave Adams the 57-52 win. Garren Newsome finished with seven points for the winning team. Kody Davis tossed in six points for Adams while Gary Arnett added five. Trey Stapleton netted four points for Adams and Derek Newsome rounded out the Adams scoring with two points.

Helton tossed in six points for South Floyd. Dylan Hall added five points for the Raiders in the short effort.

## Shag Campbell tourney to tip off Monday

by JAMIE HOWELL  
CONTRIBUTING WRITER

**ALLEN** — The annual Shag Campbell middle school boys' basketball tournament is set to get underway on Monday evening at Allen Elementary. The tournament will run Monday-Thursday and consist of an eight-team field. Opening round play will begin on Monday evening with Allen facing Paintsville. South Floyd will tangle with Betsy Layne in Monday's second game. On Tuesday, Wesley Christian will face Allen Central Middle. Adams and MCA will meet in the final game of the opening round. Semifinals will take place on Wednesday with the Betsy Layne/South Floyd winner facing the Allen/Paintsville winner at 5:30 p.m. The Wesley/Allen Central winner and the Adams/MCA winner will meet at 7:30 p.m. Thursday will feature a consolation third-place game at 6 p.m. Tip-off for the championship game is set for 7:30 p.m. Sponsors for this year's tournament are Dr. Blake Price, Dr. Ryan Maynard, First Commonwealth Bank, Samon's Service Station, WQHY Radio, Jones & Pack, Dr. Gary Brown, Fire Pumps and Equipment, Bush & Burchett Inc., Transstar Ambulance, Pillersdorf, DeRossett and Lane, Honda of Prestonsburg, The Floyd County Times and Hot Rod's Pizza.



## Lady Bears down Alice Lloyd for eighth straight win

TIMES STAFF REPORT

**PIPPA PASSES** – The Pikeville College Lady Bears ran their season-opening win streak to eight games Tuesday night by knocking off longtime mountain rival Alice Lloyd College 63-50.

The Lady Bears have now gone 4-0 at home and 4-0 away from the Pikeville College Gym. They won two neutral-floor games in the High Five Classic in Williamsburg and have won at Rio Grande and now at Alice Lloyd.

Freshman Natiera Hinton led the team in scoring for the seventh time in eight games with 22 points. Hinton, a transfer from Marshall University, also had five rebounds, five steals and three assists in the win.

She was joined in double figures by senior Alice Daniel, who nailed two-of-three from the arc to score 12 points on only five field goal attempts. Daniel is a Johnson Central High School graduate.

Senior Kristal Daniels, who played her freshman season at Alice Lloyd before transferring to Pikeville, led her team with 11 rebounds. The Lady Bears won the battle of the boards 48-36. Freshman point guard Megan Mosley (Knott County Central High School) finished her first appearance at Pippa Passes with six points, four rebounds and four assists.

Senior Camille Cook led Alice Lloyd (4-2) with 12 points. Bre Frazier had nine points and seven rebounds for Alice Lloyd in the loss.

## Second-half comeback leads Bears past Eagles

TIMES STAFF REPORT

**PIPPA PASSES** – It was a classic, typical Pikeville-Alice Lloyd game, complete with cjections, bru-ha-has – and a fierce Bears rally for the win.

The short-handed Bears ripped the nets for 75 percent second-half shooting, including 83 percent from the arc and sank 76 percent from the line for an 88-76 win Tuesday night.

Trailing 43-31 at the break, Pikeville went to something completely foreign to it – a 2-3 zone – and worked it in combination with its half-court 1-3-1 to stifle the Eagles. After a 53 percent first half, the Eagles were held to 39 percent second-half shooting as the Bears rallied for the win.

Things got hostile momentarily at the 2:03 mark of the first half. A tie-up under the Alice Lloyd basket resulted in the ejection of four players – including three Bears – before the fog cleared.

The result was Pikeville playing the last 22 minutes with only eight uniformed players. Only six saw action as the Bears came alive and caught the Eagles for the win.

Five Bears reached double figures. Charles Bronson turned in a double-double of 23 points and 16 rebounds. Bronson had a 9-of-12 shooting effort from the floor. Sophomore Justin Hicks came alive off of the bench, scoring all 17 points in the second half.

Senior J.B. Smiley followed with 16 points and five assists for the Bears. Senior Ewan Linton tossed in 14 points and pulled down six rebounds for the winning team. Senior Haakim Johnson added 12 points for the Bears.

Alice Lloyd (6-2) was led by senior Rodney Mitchell, who fired in 18 points on 9-of-14 shooting. Senior guard Will Dillard, who entered the game third in the country in NAIA Div. II at 25.3 points per game, joined him in double digits with 16 points. His complete performance included seven assists and five rebounds.

Pikeville (5-2) will return to action on Friday night against Bluefield (Va.) College in the Bluefield State (W.Va.) tournament.

## Teams

Hager and Mike Copley are thinking, "This is what we need. Bentley trying to help us win."

But it's true. I love football and hate to see it end. I hope we can all go to Louisville and rip up the pizza box, as they call it. I don't think the KHSAA would mind too much if four of their six state titles came to the mountains. As long as the 6A thing works out for them, they're cool with the rest of it.

But some of the others wouldn't get it. I think the Cantrell Rating would file protest. Have you seen how the mountain teams are treated in that thing? Every time I start a rant on that I remember

the year his negotiations fell through with the Herald-Leader and I got a phone call wanting me to run it in my sports section.

Let's just say it was a brief conversation, and at some point in all the laughing, I managed to say no.

I think the playoffs are about to get really interesting. Tonight Prestonsburg travels to Corbin for what should be a fantastic game, and Pikeville does its shopping at home as Hazard comes to town.

I heard a lot about the Bulldogs in the preseason, about how they'd dominate the mountains and all, but it just hasn't happened. They renew old acquaintances with

Pikeville in what could be a classic game.

Belfry plays Sheldon Clark again, which means former Pirate quarterback Shawn Hager gets another crack at the Bucs. It's going to happen sooner or later for Hager. Is tonight sooner? Or will it be later?

Letcher Central travels to Williamsburg to play Whitley County tonight, and I'll admit I don't know a lot about Whitley. I do know that home teams tend to win at a high percentage in the playoffs. We'll just hope for the best for the Howards.

The game of the week in the entire state could be at Paintsville tonight when

Highlands comes to call. The Bluebirds are 11-1 on the season, with their only loss coming in Week Two when they fell to Colerain, Ohio, by a 33-18 count. Since then, their 10 straight wins have come over the likes of CovCath, Lexington Catholic and Bryan Station.

Let's just say the Birds are legit.

But I believe the Eagles are too. I'd expect a capacity crowd tonight at the House Jason Blanton Built.

It's a huge week in mountain football. Let's just hope we leave the Black Friday stuff to the malls and the marts.

Continued from p1

## Colonels claim OVC football awards

TIMES STAFF REPORT

**BRENTWOOD, Tenn.** – Eight Eastern Kentucky University football players were named to the All-Ohio Valley Conference team the league office announced Tuesday. Meanwhile, Dean Hood was named the OVC Roy Kidd Coach of the Year.

On the offensive side of the ball, two EKV players were named first team all-conference. Senior tight end Stephen Sizemore leads all OVC tight ends with 46 receptions this year. The native of Lost Creek, Ky., tallied a team season-high 12 catches to go along with 85 receiving yards and a touchdown in the win at Southeast Missouri on Nov. 1. Sizemore has recorded at least one reception in 10 of the 11 games thus far. Junior offensive tackle Derek Hardman has been a fixture on the offensive line over the last three years. He has started 35 consecutive games on the line dating back to 2006. The native of Spencer, W.Va., moved to left tackle this year after spending the previous two seasons at right tackle.

Defensively, seniors Chris Coy and Brandon Gathof came away with first team all-league

accolades. Coy, a two-time first team All-OVC pick, is among the conference leaders in sacks. His best performance of the season arguably came against Eastern Illinois on Oct. 25 when he recorded six tackles and two sacks in the 20-7 win. The native of Slaughters, has 143 career tackles as well as 13.5 sacks. Gathof is just the eighth Colonel ever to be named first team All-OVC three times and the first since linebacker Justen Rivers (2002-04). The native of LaGrange was instrumental in EKV's win over UT Martin on Nov. 22. He finished with two interceptions, including one returned 50 yards for a touchdown, and blocked the game-winning field goal attempt as time expired.

Senior kicker Taylor Long earned a spot with the first team specialists. The native of Hopkinsville has made 19 field goals this year which ranks second nationally at the FCS level. During one stretch, Long converted 13 straight field goals including the overtime game-winner against Austin Peay on Sept. 27. Long then booted a career-best 50-yard field goal in the win over Eastern Illinois on Oct. 25.

In his first year at Eastern, Hood helped guide the Colonels to their second consecutive Ohio Valley Conference championship. Eastern Kentucky began the year 1-3, but rallied to win its final seven regular season games to claim the program's 20th league title. The Colonels lead the OVC in scoring defense (21.6 ppg) and rank among the top-five nationally in turnover margin (+16). EKV football head coaches have now won this award 12 times since its inception in 1963 as well as two years in a row.

Three Colonels were named second team All-OVC – senior center Sam Reid, senior linebacker Tyjuan Jones and senior defensive back Zach Denton. Reid made the move from tight end to center in 2008 and has started all 11 games. Jones is the team's leading tackler (94) and registered a team season-high 16 tackles against rival Western Kentucky on Sept. 6. Denton has tallied an interception in five of the last six games and leads the conference with six interceptions.

Senior wide receiver Stephon Fuqua earned a spot on the OVC All-Newcomer

team. Fuqua played three years of football at Akron before coming to Eastern to work on his master's degree in sports administration. He leads the team in receiving yards (491) and is second in yards per reception (16.9).

2008 All-Ohio Valley Conference Football Team (EKU selections)

- OVC Roy Kidd Coach of the Year: Dean Hood
- First Team Offense
- Derek Hardman, OT, 6-6, 292, Jr., Spencer, W.Va.
- Stephen Sizemore, TE, 6-3, 246, Sr., Lost Creek
- First Team Defense
- Chris Coy, DL, 6-1, 240, Sr., Slaughters
- Brandon Gathof, DB, 6-2, 200, Sr., LaGrange
- First Team Specialists
- Taylor Long, K, 5-11, 176, Sr., Hopkinsville
- Second Team Offense
- Sam Reid, C, 6-0, 248, Sr., Carlisle
- Second Team Defense
- Zach Denton, DB, 5-11, 199, Sr., Cincinnati, Ohio
- Tyjuan Jones, LB, 6-1, 225, Sr., Dayton, Ohio
- All-Newcomer Team
- Stephon Fuqua, WR, 6-1, 200, Sr., Cleveland, Ohio

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photos by Greg Moore



SEVERAL TEAMS, including host Allen Central, South Floyd and the Piarist School from Floyd County, were in action Saturday on the J.E. Campbell Arena hardwood during a preseason panorama. Teams will tip off the 2008-09 season next week.



CONTACT THE FLOYD COUNTY TIMES SPORTS DEPARTMENT  
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# MSU baseball program signs high school standouts from two states

**TIMES STAFF REPORT**

**MOREHEAD** — Head Coach Jay Sorg and his Morehead State University baseball staff announce the signings of two high school standouts to national letters-of-intent. The newest Eagles are Trey Harper, a 6-2, 200-pound right-handed pitcher from Pleasure Ridge Park High School and Louisville, and Austin Haney, a 6-2, 190-pound shortstop from Westview High School and Shipshewana, Ind.

"We are very excited about adding these signees during the November signing period," Sorg said. "These two student-athletes are a perfect compliment to our club. Our vision has been to build this program for longevity. These two players along with the 14 men we brought in for the 2009 season should provide a strong foundation for many years to come."

Harper was 7-1 in 2008 with a 0.93 earned run average. He struck out 72 batters in 52 innings pitched and was the

winning pitcher in the Kentucky state championship game. Harper will join three former high school teammates from tradition-rich Pleasure Ridge Park (Kris Sipes, Luke Bainer and Eric Bainer).

He earned second-team all-state honors as a junior, as well as being named all-district and all-region. Harper is an Under Armour/Baseball Factory 2009 High School Pre-season All-American.

"Trey gives us another quality arm from last year's seventh-ranked team in the nation," Sorg said. "Pleasure Ridge Park Coach Bill Miller and his staff do an outstanding job developing players. Trey is on the short list for the top pitcher in the state of Kentucky. He is big-game battle-tested which fits our philosophy of recruiting players who know how to win. We believe he will have great success here as an Eagle."

Haney hit .430 as a junior with eight doubles, two triples and 34 runs batted in. The right-hander also made several

relief pitching appearances and was 3-0 with four saves and a 2.10 earned run average.

He is a two-time all-area and all-conference selection and has been named most valuable player of the Westview baseball team the past two seasons. An outstanding student, he is a member of Westview's high honor roll and of the National Honor Society with a 3.94 grade point average.

"Austin came highly recommended by his summer coach, my friend and former professional teammate, Ben Bailey," Sorg said. "He is a tremendous three-sport athlete and is recognized as one of the best middle infielders in the state of Indiana. Defensively he is a tall, strong shortstop with a plus-arm and great feet. Offensively, the ball comes off his bat well with gap type power. He will be given the opportunity to come in and compete early."

Sorg and his staff have now brought in 20 new players during their year and a half at

MSU. Of those 20, eight have been members of high school teams that have won state championships and six have played for nationally-ranked teams.

"I have to thank our coaching staff once again for continuously identifying and pursuing top level players," Sorg said. "They work tirelessly to ensure the future success of this program."

**Morehead State Women falls to Marshall:** The Morehead State University women's basketball team held host Marshall without a field goal for the final 9:05 of the first half and led by as many as 11 in the second half, but the Thundering Herd turned up the full-court pressure defense in the middle of the final half and rallied past the Eagles, 56-51, Tuesday at the Cam Henderson Center. MSU fell to 3-2 following the loss.

Morehead State led 23-18 at the half and went ahead 36-25 early in the final 20 minutes, but the Herd's defense forced

the Eagles without a field goal for six minutes in the second half and outscored MSU 38-28.

Freshman guard, Courtney Lumpkin scored a career high 13 points to lead the Eagles. She also team bests of four assists and three steals. Junior guard Tiffany Hamilton tallied 11 points and seven rebounds and hit a trio of three-pointers. Brittany Pittman was saddled with foul trouble and only played three minutes in the first half. She came back to score seven points and grab eight rebounds in the final half.

Chantelle Handy led all scorers with 16 points. Tynikki Crook had 12 points, while Angelica Harris netted 13 total points.

After the Eagles held the Herd to only 24 percent shooting in the first half (6-of-25), Marshall shot 43 percent in the second. The Eagles improved to 37 percent in the final half after totaling just 25 percent in the opening 20 minutes. Marshall also forced 13 MSU

mistakes in the second half, playing a three-quarters press defense for the majority of the final stanza.

The Eagles led 44-42 with 6:55 left after two Tiffanic Stephens free throws, but the Herd then rattled off a 9-0 run over the next five minutes. The Eagles had five turnovers, and Marshall went ahead 51-44 with 1:29 remaining. Hamilton hit a three-pointer to make it 51-47 before Harris' jumper pushed the Herd back ahead 53-47.

A three-pointer by Chynna Bozeman had the Eagles within striking distance at 53-50, and a free throw by Lumpkin helped MSU climb back to within 53-51 with 14 ticks left. But, the Eagles could not get another field goal and were forced to foul to set up the final five-point margin.

MSU outrebounded the Herd 44-39, including 21 offensive rebounds. The Eagles finished shooting 35 percent, while Marshall was at only 30 percent.

# Lady Colonels sign four in recruiting class

**TIMES STAFF REPORT**

**RICHMOND** — Eastern Kentucky University's 2009-10 women's basketball recruiting class includes two players considered among the top-10 in the state of Kentucky and two players listed among the top-25 players in Ohio, head coach Chrissy Roberts announced Wednesday. Roberts' first recruiting class is ranked as the third best class in the Ohio Valley Conference by the All-Star Girls Report.

Brittany Coles, a 5-foot-11 guard from Lexington, Brittany Fisher, a 5-foot-10 guard from Fairfield, Ohio, Alex Jones, a 6-foot-1 forward/center from Elizabethtown, Ky., and Michaela Kleist, a 6-foot-1 guard from Mason, Ohio, have signed National Letters of Intent to play at EKU.

"We filled a lot of needs with the signing of these four players," Roberts said. "We knew coming in that we needed to sign some more size and athleticism around the perimeter, and both Coles and Fisher fill that void. Another key for us was to find a post player that can score consistently inside while still being able to step outside and knock down shots. Alex is exactly what we were looking for. Lastly, we knew that we needed someone that could play both inside and out. Michaela has the physical presence to score both on the block and from three-point range."

Bluechip Basketball has Coles ranked as one of the top-10 seniors in the state and the third best guard in Kentucky.

Coles helped Henry Clay reach the Sweet 16 last season. She averaged 10 points, six rebounds, three assists, two steals and two blocks per game as a junior. She was a member of the Kentucky Junior All Stars and was selected to the 2008 11th Region All-Tournament team. She has played on the varsity squad since the eighth grade. Coles has also earned 2008 42nd District All-Tournament and 2006 Fifth Third Classic All-Tournament honors.

"Brittany Coles is the epitome of what we were looking for in a combo guard," Roberts said. "She has the ability to take her defender off the dribble and attack the basket, or fill it up from the outside. Her size, athleticism and high basketball I.Q. make her extremely hard to guard. Brittany is an in-state talent that we feel can be a huge asset to this program."

The Ohio Girls Basketball Report has Fisher ranked among the top-25 seniors in the Buckeye State. As a junior, Fisher averaged 8.4 points and 3.5 rebounds per game for Fairfield High School. She averaged 15 points and seven rebounds with the Midwest Xpress AAU team during the spring and summer of 2008.

"Brittany Fisher is a super athletic guard that was one of the best slashers I saw this summer," said Roberts. "Her

ability to get to the rim and create is something that this team needs and will benefit from. She is aggressive on both ends of the floor and will up the athleticism of our team immediately. She has great size for a guard and is versatile player that has the ability to play multiple positions for us."

Jones is ranked as a top-5 player in Kentucky and the state's top low post player by Blue Chip Basketball.

As a junior at Elizabethtown High School she averaged 15 points and 10 rebounds per game while leading the team to state tournament final four. She shot 60 percent from the field, seventh best in the state. Jones was selected second team all-state by the Courier Journal and honorable mention all-state by the KHSAA. She was selected to the district, region and state all-tournament teams and fifth region tournament MVP.

"Alex has great instincts and the ability to score in a variety of ways," Roberts said. "One of our main goals with this class was to find a player to anchor down the interior for us and we are getting that in Alex. She is ranked by scouting services as one of the best, if not the best, post players in the state of Kentucky. It is a tremendous credit to this program for us to be able to keep such a talent at home."

Kleist is also listed among the top-25 players in Ohio by the Ohio Girls Report. Last season as a junior, Kleist averaged 9.6 points, 7.9 rebounds, 1.8 steals and 1.2 blocks per game for Mason High School. She helped the team to a runner-up finish in the district and averaged 15 points and 10 rebounds per game in the tournament.

"Michaela is the ultimate versatile player," Roberts said. "She has the ability to play four different positions on the floor for us and she will cause match-up nightmares for our opponents in the future. She has great size and a tremendous skill set as well as a tireless work ethic. She was one of the first players that we saw this past July evaluation period and one that we immediately targeted."

Eastern Kentucky currently has 10 scholarship players on the team, including one senior.

"This group includes talented basketball players with bright futures ahead of them, but more importantly, as people they are off the charts," said Roberts. "These are four young ladies that the Colonel Nation can truly be proud of and will look forward to cheering on the next four years. We all worked extremely hard to bring this class to Eastern Kentucky. My staff did a super job identifying such great student-athletes and selling them on this program. As our first recruiting class here at EKU, I appreciate their belief in our vision for the future of Lady Colonel basketball and I know that they will work tirelessly to make that vision a reality."

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# Faith and Family



**KIM'S KORNER**

## This year, I'm thankful for Cash

by KIM LITTLE FRASURE

It's very early on Wednesday morning, the day before Thanksgiving, as this week's column is being penned. And though it won't appear in print until the turkey and stuffing and all that goes with it are now left-overs, the thoughts of everything there is to be thankful for are front and center of my mind.



Kim Little Frasure

Many of you who read this column each week have asked why I haven't written about my soon-to-be born very first grandchild. Yes, it is true, Spouse and I are due to be grandparents this coming February and the excitement and joy and anticipation is the most wonderful experience in the world.

It has been such a blessing to be able to watch our grandson Cash as he develops from the very first ultrasound to the most recent 4D ultrasound this past Monday where you can actually see his little face.

Technology is amazing these days! They sure didn't have all these things available 28 years ago. Yes, the days are long gone when you had to wait until the actual birth to know if that little bundle of joy was going to be a girl or boy.

No more having to guess which wives' tale of carrying the baby low or high determines which you will get, or holding the needle and thread over the momma's belly and waiting to see if it will go around and around or back and forth. Nope, not today ... today's Mommas-to-be can get the most amazing glimpse of what their baby is and even what he or she is going to look like.

Baby Cash has even been sucking his tiny little thumb on occasion in some of Ashleigh's ultrasounds, and to see that is so precious it just fills the heart, I tell ya.

There truly is nothing better than to see this new life forming right before your eyes. God is so good!

To think how He has blessed physicians with the knowledge and skills to help those who struggle to become parents. To think of the wisdom He's given those who invent and create these machines to allow the very life inside you to be seen from the very first moment of conception is phenomenal.

Oh yes, God is so good!

Though the road Ashleigh and Robert have had to travel has been a very long and treacherous road to endure in order to receive their blessing of a child, it has been worth of every minute, just ask her and she will tell you. I have never seen so many prayers and concerned individuals anticipate the birth of one precious little baby in my life. It has truly been amazing every step of the way.

And to each of you I give my thanks and appreciation as well.

Yes, there is so very much to be thankful for this Thanksgiving but the most wonderful blessing of all is coming in February and this G-momma can hardly wait to get her hands on Baby Cash.

'Til next week, God's blessings to you and yours.

## Campbellsville University Youth Ministry Conference discusses ways to engage youth in churches

by JOAN C. MCKINNEY  
NEWS AND PUBLICATIONS  
COORDINATOR

CAMPBELLVILLE — "Youth in churches actually want more from their youth ministry experience," said the Rev. Joe Ball, who works with the Youth Ministry and Sunday School Department at the Kentucky Baptist Convention, as he talked at Campbellsville University's Youth Ministry Conference Nov. 15 in Ransdell Chapel.

Forty-two youth ministers and others interested in the field, from Kentucky and Indiana, attended the session.

The Rev. John Chowning, vice president for church and eternal relations and executive assistant to the president at Campbellsville University, presented certificates of appreciation to four youth ministers for their valued contributions to effective youth ministry among Kentucky Baptist churches.

They included: Matt Flanagan, who attended CU, Parkway Baptist Church, Bardstown; David Levee, a 1997 graduate of CU who received his master's from CU in 2008, Crestwood Baptist Church, Crestwood; Jay Montgomery, a 1993 graduate of First Baptist Carrollton in Carrollton; and Dewayne Gibson, a 1992 graduate of South Fork Baptist Church in Hodgenville.

Three of the youth ministries, Levee, Montgomery and Gibson, are graduates of CU, and Flanagan attended CU.

Ball, a 1985 graduate of Campbellsville University, said youth want to be involved in service projects, deep conversations about faith and life, mission trips, accountability, and, significantly, more time spent in worship.

He encouraged attendees to think again about youth ministry in light of such promising solutions.

Ball led attendees to consider Steven Wright's new book ReThink, which deals with the role of parents in youth ministry. The book was given to all participants.

Ball discussed how the family, not the church, is the primary institution created by God for the discipline of teens. The church, as a secondary institution, acts as a partner to parents, Ball said.

Ball discussed what he has seen in churches all across Kentucky where parents are completely disconnected from their teenager's spiritual life.

He said it is not that parents do not know how to spiritually engage their teenagers, they have never viewed discipleship as part of their parental role. Ball said, instead, they expect the youth pastor to do all the work.

Ball said, "In light of significant low student retention rates (students leave church after leaving high school), low baptism rates, low pastor tenures, and low biblical literacy, it is no wonder that student ministry is facing a great crisis.

He quoted Alvin Reid who said, "Youth Ministry in America has not produced a generation of young people that are passionate about the church." At the heat of Wright's "remodeling" of youth ministry is the principle that the primary institution for discipleship is the family.

Ball said, thus, youth ministry should place parents more centrally in any strategy for training youth. A second, and related, principle is that the primary institution for discipleship is the church. Thus, Ball said, youth ministry should produce youth who are passionate about the church.

He said youth ministry should teach youth to champion the church, to serve the church and its mission.

The Rev. Shane Garrison,

instructor in educational ministries at CU, who is also a 1999 graduate of the university, gave the first presentation, laying out various paradigms (or models) for youth ministry.

He said five promising paradigms are as follows: mission-driven youth ministry — go and tell, not come and see; global-humanitarian youth ministry — where youth become part of the "Jesus Peace Corps" by helping and serving others in Jesus' name; Parent-centered youth ministry — where parents learn to lead their own teens in spiritual growth (with or without a "youth minister"); peer-to-peer youth ministry — which consists of youth ministry led by students for students;

And campus crusade youth ministry that produces student missionaries sent to minister to their own school campuses.

Garrison said, "These paradigms are challenging and dif-

ficult to implement, but they do show significant differences in student retention and discipleship patterns."

He talked about three popular youth ministry paradigms including pragmatic youth ministry, which is a purpose-driven youth ministry which isn't clear about how the various purposes are connected; needs-driven youth ministry, which focuses only on meeting a certain need; and overly-calendared youth ministry where the focus is on keeping the calendar full and youth occupied.

Three failing youth ministry paradigms Garrison discussed are: Joke and a Coke, a youth ministry that is often solely event-oriented with no larger role to disciple youth; youth room phenomenon, where youth ministry exists to separate youth from the life of the larger church, and Joe, Joe, the Circus Clown youth ministry that centers solely on the per-

sonality of the youth ministry.

Following his presentation, Garrison led in group discussion after smaller groups had the opportunity to talk about which paradigms they had most used and which they thought might lead to effective youth ministry in their own ministry settings.

Dr. Michael V. Carter, president of the university, greeted those attending and related the story of the pivotal role that a youth minister played in his own conversion as a young teenager.

Dr. John Hurtgen, dean of the School of Theology, said CU and the School of Theology are "very appreciative of Rev. Joe Ball and the Kentucky Baptist Convention for their sponsorship and support that made the workshop such a success."

Garrison said the conference "brought together youth pastors for a day of equipping

combined with time to spend with their students on campus."

After the conference, the youth ministers were invited to a special tailgate party and given tickets to watch the Campbellsville Tigers football team take on Pikeville College.

Campbellsville University is a private, comprehensive institution located in South Central Kentucky. Founded in 1906.

Campbellsville University is affiliated with the Kentucky Baptist Convention and has an enrollment of 2,601 students who represent 93 Kentucky counties, 27 states and 31 foreign nations. Listed in U.S. News & World Report's 2009 "America's Best Colleges," CU is ranked 22nd in "Best Baccalaureate Colleges" in the South for the second consecutive year. CU has been ranked 16 consecutive years with U.S. News & World Report.

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In Victory Assembly of God, West Prestonsburg; Sunday School, 10:00; Worship Service, 11:00 & 6:30; Wednesday Evening, 6:30; Gary Stanley, Pastor.

New Bethel Assembly of God, Burning Fork Rd., Salyersville; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m. Arthur (Sam) Smith, Minister.

Praise Assembly, 1 mile S. of Prestonsburg, intersection of Rt. 80 and U.S. 23; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wednesday, 6:30 p.m.; J.M. Sloce, Minister.

**BAPTIST**  
 Allen First Baptist, Allen; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Arnold Turner, Minister.

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

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

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

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

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

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

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

Calvary Southern Baptist, Betsy Layne; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Doug Lewis, Minister.

Community Freewill Baptist, Goble Roberts Addition; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Paul D. Coleman, Minister.

Cow Creek Freewill Baptist, Cow Creek; Sunday School, 10 a.m.; Sunday, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Nathan Lafferty, Minister.

Daniels Creek Baptist Fellowship Church of God, Banner. Services: Saturday night, 7 p.m.; Sunday morning, 11 a.m.; Sunday night, 7 p.m.; Henry Lewis, Minister.

Drift Freewill Baptist, Drift; Sunday School, 10 a.m.; Worship Service, 6:30 p.m.; Thursday, 6:30 p.m. Jim Fields, Minister.

Endicot Freewill Baptist, Buffalo; Sun. School, 10 a.m.; Church every Sun. Morning 11:00 a.m.; Wed. evening Bible Study & Prayer Meeting, 7:00 p.m.; First Sat. evening Service, All Welcome 7 p.m. Pastor Mark Hunt, 606-478-2698

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

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

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

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

First Baptist, Prestonsburg, 157 South Front Street; Sunday School, 9:45 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Wed., 6:30 p.m.; Jerry C. Workman, minister.

Fitzpatrick First Baptist, 1063 Big Branch, P.O. Box 410, Prestonsburg, KY 41653; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Pastor Tommy Reed.

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

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

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

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

Highland Avenue Freewill Baptist; Sunday School, 9:50 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; David Garrett, Minister.

Jacks Creek Baptist, Bevinville; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Pastor Roger Truty.

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Lancer Baptist Church; 71 Cooley St., Prestonsburg. Sunday School, 10:00 a.m. Morning Worship, 11:00 a.m., Evening Worship, 6:00 p.m., Wednesday Prayer Meeting and Bible Study, 7:00 p.m.; Pastor Bobby Carpenter

Left Beaver Regular Baptist Church across from Garth School; 4th Saturday & Sunday 10:00 am, Odd Saturday 6:00 pm.; Gary Compton, Pastor.

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

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

Little Rosa Regular Baptist Church of Jesus Christ, (Indian Bottom Association) Services: 1st Saturday & Sunday of every month 9:30 a.m., 3rd Sunday 9:30 a.m., Odd Sunday 9:30 a.m.

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

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

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

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

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

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

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

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

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

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

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

**Devotional Spotlight**



**Praise Assembly**  
 J.M. Sloce, Minister

Worship Service 10:00 a.m.  
 Evening Service 6:30 p.m.  
 Wednesday 6:30 p.m.

Attention Church Organizations, send in a picture of your church, pastor, or youth leaders.

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

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

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

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

Tom Moore Memorial Freewill Baptist; Cliff Road; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Youth Service, 5:00 p.m.; Evening Service, 6:00 p.m.; No Service the 1st Sunday of each month; Wednesday, 7 p.m.; Jody Spencer, Minister.

Trimble Chapel Freewill Baptist; Intersection of U.S. 23 and KY 80, Water Gap; Sunday School, 10 a.m.; Morning Worship Service, 11 a.m. and Evening Worship Service 6 p.m.; Wednesday Bible Study, 7 p.m., Youth Services 7 p.m.; Everyone Welcome.

United Community Baptist, Hwy. 7, Huaysville; Worship Service, 2 p.m.; Friday, 7 p.m.; Carlos Beverly, Minister.

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

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

**CHRISTIAN**  
 First Christian, 580 North Arnold Avenue; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Jim Sherman, Minister.

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

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

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

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

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

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

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

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

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

Maytown Church of Christ, 86 Turkey Creek Rd., Langley; Sunday Bible Study 10:00 a.m.; Sunday morning worship 11:00 a.m., Evening Worship 6:00 p.m., Wednesday Bible Study 6:00 p.m.

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

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

**CHURCH OF GOD**  
 Betsy Layne Church of God, Old U.S. 23; Sunday School, 10:30 a.m.; Worship Service, 11 a.m. and 7 p.m.; Wednesday, 7 p.m.; Judith Caudill, Minister.

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

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

Garrett Church of God, Garrett; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Family Training Hour - Thursday 7 p.m., Bill B. Tussey, Jr. Pastor

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

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

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

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

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

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

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

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

Community United Methodist, 147 Burke Avenue (off University Drive and Neeley St.); Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Glen "Sandy" Douglass, Rev.

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

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

First United Methodist, 256 South Arnold Avenue; Sunday School, 9:45 a.m.; Worship Service, 10:55 a.m.; Youth Service 6 p.m.; Rev Jim Adams, Pastor.

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

Graceway United Methodist, Rt. 80, Sunday School, 9:45 a.m.;

Worship Service, 11 a.m.; Wednesday Night, 7 p.m.; Roy Harlow, Minister.

Salisbury United Methodist, Printer; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday Bible Study, 6 p.m.; Bobby G. Lawson, Minister.

Wayland United Methodist, Rt. 7, Wayland; Sunday School, 10 a.m.; Worship Service, 11 a.m.; Wednesday, 6 p.m.; Jack Howard, Pastor.

Wheelwright United Methodist, Wheelwright; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6 p.m.; Wednesday, 7 p.m.; Bobby Isaac, Minister.

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

Drift Pentecostal, Drift; Sunday School, 10 a.m.; Worship Service, Saturday/Sunday, 7 p.m.; Wednesday, 7 p.m.; Ted Shannon, Minister.

Free Pentecostal Church of God, Rt. 1428, East Point; Sunday School, 10 a.m.; Worship Service, 11 a.m. and 6:30 p.m.; Thurs., 6:30 p.m.; Buster Hayton, Minister.

Free Pentecostal Church of God, Weeksbury; Sunday School, 10 a.m.; Worship Service, 7 p.m.; Wednesday/Saturday, 7 p.m.; John "Jay" Patton, Minister.

Free Pentecostal Deliverance, Ext. 46 off Mt., Parkway at Campton; Worship Service, Saturday and Sunday, 7 p.m.; Patricia Cnider, Minister.

Free Pentecostal Holiness, Rt. 122, Upper Burtort; Sunday School, 11 a.m.; Worship Service, 6 p.m.; Friday, 7 p.m.; Louis Sarlan, Minister; David Pike, Associate Minister.

Goodloe Pentecostal, Rt. 850, David; Worship Service, 6 p.m.; Malcom Sione, Minister.

Parkway First Calvary Pentecostal, Floyd and Magoffin County Line; Worship Service, 6:30 p.m.; Mike D. Caldwell, Minister. 297-6262.

Trinity Chapel Pentecostal Holiness, Main St., Martin; Sunday School, 10 a.m.; Worship Service, 7 p.m.; 2nd Sat., 7 p.m.; Thurs., 7 p.m.; Ellis J. Stevens, Minister.

Free Pentecostal Church, Dwaie; Services Saturday, 6 p.m.; Sunday School, 10 a.m.; Services, 11 a.m.; No Sunday Night Service.

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

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

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

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

**OTHER**  
 Pastor Atha Johnson welcomes everyone to attend services at the CHURCH OF GOD OF PROPHECY TRAM KENTUCKY. Sunday school 10 a.m., Worship service 11 a.m.

Drift Independent, Drift; Sunday, 11 a.m.; Thursday, 6:30 p.m.

Grace Fellowship Prestonsburg, (next to old flea market), Sunday School, 10 a.m. Worship, 11 a.m. Bill Stukenberg, Pastor 889-0905.

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

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

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

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

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

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

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

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

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

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

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

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

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



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**For Sale:** 97 Pontiac Grand Prix. Good condition. Runs great. Asking \$4,000. Call 285-9171 or 226-4692.

**2002 Ford Explorer XLT** for sale. Leather seats \$ 8,000. Call 422-0088 or 874-6396.

**For sale:** 1999 Chrysler Town & country. Extra clean, mini van, leather interior, 4 captains seat, third row, 2 side doors. 109k miles, new tires, also has front & rear air, over head console, pear white. \$5,800. If interested call 606-454-8858.

**Part time / full time delivery tech** for local home medical equipment company. Fax resumes to 886-0109.

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

**Rhino Trucking LLC** is now accepting applications for 10 and 18 wheel drivers. Class A or B CDL required. The jobs are available in Pikeville and Phelps area. Wages and benefits are competitive for the area. Please send resumes to: Human Resource Dept, P.O. Box 1169, Pikeville, KY 41502 or stop by our office at 265 Hambley Blvd, Pikeville, KY to pick up an application. Business hours are from 8:00 am to 5:00 pm Monday through Friday.

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

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**"Big Sandy Community and Technical College** now offers an AAS Degree in Motorcycle Technology. Earn a Degree in Motorcycle Repair or Motorcycle Retail or a Certificate in Motorcycle Repair. Contact Eugene Blackburn at 889-4728. Remember Higher Education Begins Here!"

**NEED A TUTOR FOR YOUR CHILD?** I have ten years experience teaching children aged 2-18, have successfully tutored children with both emotional and learning disabilities and have assisted a child with autistic spec-

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

**Animals**

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

**Appliances**

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

**Misc.**

**Reward!! \$1,000 with return of computer.** With no questions asked. Stolen on 11/15/2008. Call 226-6053.

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

**Ladies brand name professional** suites for sale. Size 8-10. Also for sale little girl clothes size 4 all brands. Excellent condition. Call 886-3437.

**Two cemetery plots,** below the road on the south end of Davidson Memorial Gardens @ \$1,200 each (606-789-8337). Several sizes of new carpet for sale. 12 x 13 Tan berber \$85.00, 11.5 x 9

dark beige plush \$65.00 12 x 11 Dark blue plush \$85.00, 12 x 13 Burg. Com, \$85.00, 12 x 15 Mauve Com \$110.00, also very nice used 9x13 Seafoam plush \$65.00. If interested call 606-454-8858.

**Queen size water bed** dark oak for sale. But has a special regular mattress very clean \$300. If interested call 606-454-8858.

**For Sale: Brass bed, queen size.** Original price \$1,300 asking \$500. Call 874-2873.

**Need a Attorney.** Before Nov 26. Call 606-791-7596.

**2006 Hallmark DLX** for sale. Vee nose cargo trailer. Single axle 7 x 14, 6 ft high. Ramp load with side door in excellent condition. \$3,500 OBO. 606-285-5081.

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

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

**White & Beige living room suite** lg couch, love seat, & lg chair white ottoman \$800, also multi couch \$100, if interested call 606-454-8858.

**Houses**

**3 br house for sale.** Located in Ivel, Ky. Just off

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**Government funds** available for home buyers who own land. Call toll free 877-310-2577 for preapproval.

**2 story block and brick home** for sale. Built in 1981 located in Maytown. Upper level is 3 br 8x12 living room 15x18, dining room 20 x 20 with 1 1/2 bath and fenced in yard. Lower level is 2 bay service garage. Bank appraised at \$ 7 6 , 0 0 0 . Conventional loan at 80 / 20. Call for appointment at 285-3191.

**4 Br, 3 ba home** for sale. Newly renovated, located at 227 Clark Dr within walking distance of new Prestonsburg elementary school. \$165,000. Call 886-3437.

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**Commercial property** for lease. Across from Social Security Office. 2,200 sq ft. Plenty of parking. Serious inquiries only. Call 606-226-1925 or 886-8583.

**Nice 1 br, 1 ba** apartment for rent. Just off of 23 at Harold. \$600 plus security deposit. Call 606-478-3333 or 606-478-2423.

**RENTALS**

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**1 br apartment** for rent. With garage, hardwood floors & cabinets. Call 886-0893.

**Apartment for rent.** Located above

Unisign on US 23 at level. 2 br, 1 bath. \$350 month plus \$350 deposit. 1 year lease. No pets. Call 606-478-8100.

**1 Br up stairs apt** for rent. Located in town in Prestonsburg. Utilities included. \$425 mth with \$150 deposit. Call 889-0208.

**1 Br furnished** apartment for rent. Washer and dryer included. No animals, single person or married couple. \$425 monthly plus \$150 security deposit. Call 886-2239 after 6:00pm. **ONLY!!**

**Apartment for rent.** Nice 2 br with large living room. Extra nice, central heat/air. \$350 plus deposit. Located 1.5 miles south of Wayland. NO HUD or NO PETS. Call 606-226-1925.

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**2 Br, townhouse** for rent. Located on Rt 1428. Newly renovated. No HUD accepted. Call 358-9483 after 6 pm.

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

**Houses**

**House for Rent.** 2BR House - Available July 1st 622 N. Arnold Avenue, Prestonsburg. Accommodating only 1 or 2 people. LR, Dining Room, 2 Bedrooms and 2 Full Baths. Washer/Dryer Hookups. Central Heat & Air. \$600 plus Utilities. Deposit & Lease required. No Pets! 886-6460.

**3 BD 2BA, Log** Home in Oaklawn, Hager Hill, KY Central H/A low utility bills. Large covered deck, Large storage barn, Acres of Privacy. \$1050.00 month. Call 850-222-2222. Leave message. See pix a 1 www.YesFLA.com.

**House for rent.** Also 1 br & 2br apartments for rent. All located in downtown Prestonsburg. No pets & no children. Call 886-8000 or 886-9466.

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**3 Br, mobile home** for rent. Located at Slick Rock. Call 874-9949.

**Legals**

**TO MINE Pursuant to Application Number 836-0342 NW**

In accordance with KRS 350.055, notice is hereby given that Frasure Creek Mining, LLC, 4978 Teays Valley Road, Scott Depot,

WV 25560, (304) 204-1455 has applied for a permit for a surface coal mining and reclamation operation located 1.7 miles northeast of Hippo, Kentucky in Floyd County. The proposed operation will disturb 373.34 surface acres and will underlie 4.92 acres, and the total area within the permit boundary will be 378.31 acres. The proposed operation is approximately 0.8 miles south from KY 1210 junction with Alum Lick Road and located 0.2 miles southwest of Caney Creek. The proposed operation is located on the Martin USGS 7 1/2 minute quadrangle map. The operation will use the mountaintop removal and auger methods of surface mining. The surface area to be disturbed is owned by George Thomsbury, et al, Evie Thomsbury, 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, Johanna L. Silveus, Kenneth Silveus, Earl and Peggy Stephens and Sianna Plesner, 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. Reffet. 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.

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# THE THREE R'S OF Holiday Entertaining

FAMILY FEATURES

**T**hrowing a holiday party doesn't have to be stressful or expensive. When you know the three R's of entertaining — how to get **Ready**, be **Realistic** and choose a **Reliable** menu — you're on your way to a party everyone can enjoy.

**Get Ready.** When it comes to party planning, lists are your friend. With so many things to do, lists will help you think things through and keep track of what you still need to accomplish. (And it feels great to see to-do items checked off!)

In addition to the lists for guests and pre-party chores, make two grocery lists: one for dry goods and shelf-stable items, such as canned items, sugar and flour, that you can buy up to three weeks before the party. The other list is for perishable items that you can buy two to three days ahead of time. This way your fridge doesn't get too full too soon, and you can spread the cost out over a few paychecks.

**Be Realistic.** You don't have to prepare a five-course gourmet meal. The whole idea of holiday entertaining is to spend time with people you enjoy, not to spend time stuck in the kitchen. Setting out a spread of healthy and delicious appetizers and salads satisfies different palates, lets people mingle and keeps the conversation going.

**Choose a Reliable Menu.** Trying out unfamiliar ingredients is a risky party proposition. Stick with food you know your guests will enjoy. Tuna, for example, is a versatile and affordable ingredient that can be dressed up into dips, spreads, bite-sized appetizers and salads. Consider a high-protein, satisfying treat such as Tuscan Tuna Crostini or Tortellini Tuna Salad. This tasty appetizer and salad are so good your guests won't realize how healthy they're eating!

Other reliable appetizer ideas include:

- An antipasto plate of marinated vegetables, salty olives, artisan breads, natural deli meats, small bites of seafood, and nibbles of quality cheeses
- Spiced nuts
- Fruit kabobs
- Crostini with fig and blue cheese spread
- A cheese plate. Select three to five cheeses that contrast in taste and texture: balance sweet with pungent, firm with creamy. Fresh fruits such as grapes, sliced pears and apples complement cheeses well.

**Tips from the pros:** Minimize your time in the kitchen by serving room temperature items that can stay out on your table during the whole party. And plan on 8 to 12 appetizers per person for a cocktail party where dinner is not being served.

Make entertaining easy on yourself so you can enjoy the party, too. Keep these three R's in mind so you'll be able to add a fourth one — **Relaxing!**



## Tuscan Tuna Crostini

Preparation and Cook Time: 12 minutes  
Makes 12 servings

- 12 thin baguette slices
- Olive oil
- 1 pouch (4 ounces) Starkist Albacore Creations™, Tomato Pesto
- 1 small clove garlic, minced
- 2 tablespoons light mayonnaise
- 2 teaspoons fresh lemon juice

1. Preheat oven to 425°F.
2. Brush bread slices lightly with olive oil. Place on baking sheet. Bake for 10 minutes, or until lightly toasted.
3. Combine tuna, garlic, mayonnaise and lemon juice.
4. Spread mixture over bread and garnish with fresh basil and red and yellow pepper strips, if desired.

Recipe compliments of Starkist

## Tortellini Tuna Salad

Preparation Time: 20 minutes  
Makes 6 servings

- 1 9-ounce package refrigerated cheese tortellini, cooked according to package directions
- 3 cups assorted fresh cut vegetables such as broccoli florets, yellow squash, colorful bell peppers, red onion, carrots, tomatoes
- 1 15-ounce can artichoke hearts, drained
- 1/4 cup chopped fresh basil leaves
- 1 12-ounce can drained Chicken of the Sea® Chunk Light Tuna in Spring Water
- 1 cup light roasted garlic and white wine dressing
- Parmesan cheese

1. In large bowl, combine first 4 ingredients. Gently flake and fold in tuna; add and toss in dressing.
2. Cover and refrigerate 30 minutes or up to 24 hours before serving.
3. Toss once before serving. Garnish with Parmesan cheese if desired.

Recipe compliments of Chicken of the Sea

## Attention Busy Holiday Shoppers!

**T**he holidays are a hectic time, and you're going to need all the energy you can get! Stay energized with protein charged pick-me-ups — lean and delicious power meals that keep you going without packing on the pounds. And when you rely on fish as a lean protein source, you not only get long-lasting energy, you also get brain-healthy omega-3s.

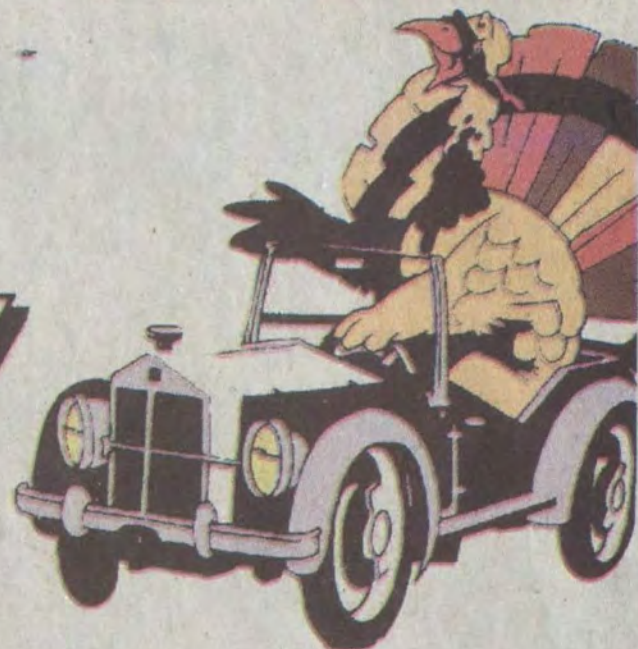
Registered Dietitian and seafood blogger Jennifer Wilmes (blogaboutscafood.com) says, "I like to keep three-ounce 'to-go' cups of tuna in my office for lunch and snacks. I bring a few slices of bread and a small plastic container full of tuna mix-ins such as olive oil, salt, pepper, chopped parsley and pieces of sun-dried tomato. Then when I get hungry, I simply add my tuna into the container, stir, and spread the mixture on the bread. Super convenient, versatile and no sogginess."

For more easy, on-the-go tuna snack ideas and recipes, visit [www.tunafacts.com](http://www.tunafacts.com).



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